



the free range chicken sausage

pan fry



cooking time from: 8 minutes

method

Pre heat a heavy based frying pan over medium high heat.

Add a little poultry fat or oil & fry the sausages for around 8 minutes, turning frequently on all sides until golden brown & the sausages thoroughly cooked.

The sausages should be minimum core temperature of 75°C before resting.

serving suggestions

Easy & quick to cook, great alternative to a hotdog or served as a light lunch with French-fries & mustard.

for best results, pan fry this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	75°C	75°C

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

eat
better
meat®



Explore our wide range of innovative and forgotten cuts and choose the breed that best suits your palate at farmison.com/our-meat

Share your kitchen creations with [#eatbettermeat](https://twitter.com/eatbettermeat)

[f](https://facebook.com/farmisonuk) [t](https://twitter.com/farmisonuk) [i](https://instagram.com/farmisonuk) [p](https://pinterest.com/farmisonuk) [farmisonuk](https://farmisonuk.com)