

pan fry



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!



Executive Development Chef

cooking time from: 6 minutes

method

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

Add a little poultry fat or oil and fry the sausages for around 6 minutes, turning frequently on all sides until golden brown thoroughly cooked.

They should reach a minimum core temperature of 75°C before resting.

Alternatively air fry 200°C for 12 minutes or until fully cooked.

BBQ over direct heat grilling 6 to 8 minutes or until fully cooked.

serving suggestions

Serve in a bun with melted cheese, pickles and your favourite hot chilli sauce.

for best results, pan fry this cut

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



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farmison.com/our-meat