



the cumberland sausage swirls

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!



Jeff Baker

Executive Development Chef

cooking time from: 8 minutes

method

Pre heat a heavy based frying pan over medium heat.

Add a little poultry fat or oil and fry the sausages for approximately 8 minutes, turning frequently on both sides once nicely browned and the sausages are thoroughly cooked.

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

Rest for a couple of minutes before serving.

serving suggestions

Serve with luxury all butter mash and a rich onion gravy.

for best results, pan fry this cut

Core Temperatures	Before Resting	After Resting
Well Done	75°C	75°C

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