



chicken thighs skinned & boned

oven fry/bbq



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: 20 minutes

method

Remove your chicken out of the packaging, pat dry and bring to room temperature.

Pre heat a griddle or heavy based frying pan over low to medium heat.

Season the chicken with sea salt just prior to cooking.

Place the chicken thighs into the pan to & sear both sides then add 50ml chicken stock or water & a knob of butter to the pan then transfer to a pre heated oven 200°C / 180°C fan-assisted (gas 6) for 20 minutes until fully cooked through with a core temperature of 65°C before resting.

Leave to rest in a warm place for 5 minutes before serving.

servicing suggestions

Serve with buttered noodles & tarragon.

for best results, griddle this cut

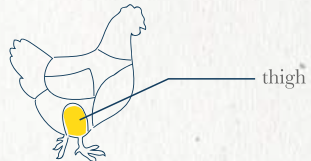
Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

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