



venison medallions

fry/griddle/bbq



cooking time: 2 minutes

method

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

Pre heat a griddle or heavy based frying pan large enough to hold the medallions until it sizzles when you add a drop of oil.

Season liberally with sea salt just prior to cooking & massage with a little goose or duck fat.

Sear on both sides over high heat, 1 to 2 minutes each side then baste with foaming butter for the final minute of cooking.

Leave to rest in a warm place for half the cooking time before serving.

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

serving suggestions

Serve with a rich peppercorn sauce & game chips.

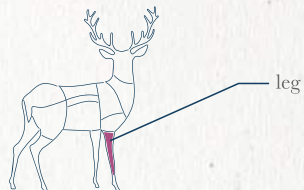
for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	58-60°C	60-62°C
Well Done	65-68°C	70-75°C

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

farmisonuk