



picanha joint

roast



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: 30 minutes

method

Remove your joint from the packaging, pat dry & bring to room temperature.

Preheat your oven to 200°C for fan-assisted or 220°C for ovens without a fan (gas 7).

Season the meat with good quality sea salt just prior to cooking.

Choose a heavy-based flame proof roasting tray & over a medium heat brown the fat first then the meat all over (this will take around 10 minutes) then place in the centre of the oven and roast for 25 to 30 minutes reaching a core temperature of 52°C before resting for a medium rare joint.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil.

Rest for a minimum of 20 minutes before carving.

serving suggestions

Serve with chilli, tomato & lime salsa.

for best results, roast this cut

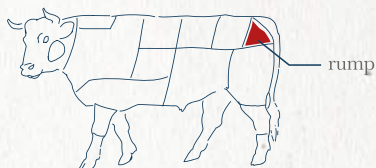
Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	58-60°C	60-62°C
Well Done	65-68°C	70-75°C

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