



pork rump steak skewers

fry/griddle/bbq



cooking time from: 5 minutes

method

Remove the skewers out of the packaging & bring to room temperature.

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

Season the skewers liberally with sea salt & black pepper just prior to cooking & brush with a little oil.

Sear on all sides over high heat creating a rich, dark crust then reduce to medium heat & continue to cook for a couple of minutes more turning regularly. (If using a glaze brush the meat when you reduce heat to medium & turn regularly).

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!

serving suggestions

Serve with egg-fried rice & hot chilli sauce.

for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Medium	58-60°C	62-65°C
Well Done	65-68°C	70-75°C



Jeff Baker

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