



# larder trimmed loin of mutton

pan 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: 10 minutes*

## method

Pre heat oven to 200°C / 180°C fan-assisted (gas 6).

Remove your canon steaks out of the packaging, pat dry, season with salt & pepper & bring to room temperature.

Heat a griddle or heavy based frying pan over medium heat & render the fat until rich & golden, tipping away excess fat as it releases.

Sear on the meat side then return back to the fat side, place in centre of the oven & roast for 10 to 12 minutes reaching a core temperature of 52 °C pre resting for medium rare.

For additional flavour add a large knob of butter & a sprig of rosemary then baste the foaming butter over the meat for the final minute or two before leaving to rest in a warm place for 5 minutes before carving.

## serving suggestions

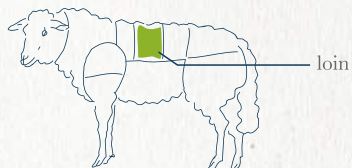
Serve with dauphinoise potatoes & braised red cabbage.

**for best results, pan 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	56-58°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](https://farmison.com/our-meat)



Share your kitchen creations with #eatbettermeat

[f](#) [t](#) [@](#) [p](#) [farmisonuk](https://farmisonuk.com)