



ripion cathedral porter cured bacon steaks

fry/griddle/bbq



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: 8 minutes

method

Remove your 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 meat until it sizzles when you add a drop of oil.

Season the meat liberally just prior to cooking.

Place the steaks on the fat to render before searing on the flat sides then cook over high heat turning the steak a couple of times once a rich, dark crust has formed, reducing the heat if the steak is getting too charred.

Cook 3 to 4 minutes each side pressing the steak with your thumb it should slightly firm to touch & a core temperature of 65°C before resting.

Finish by adding a large knob of butter to the pan & basting over the steaks for the final couple of minutes.

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

serving suggestions

Serve with fried duck egg & roast tomatoes.

for best results, griddle this cut

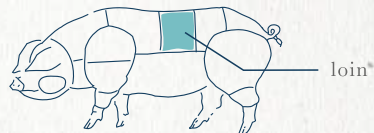
Core Temperatures	Out of the Oven	After Resting
Medium	58-60°C	62-65°C
Well Done	65-68°C	70-75°C

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