



# cross cut rump steak

fry/griddle/bbq



*cooking time from: 8 minutes*

## method

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

Pre heat a griddle or heavy based frying pan until it sizzles when you add a drop of oil.

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

Sear the steak on both sides over high heat creating a rich, dark crust then reduce to medium heat

Cook 3 to 4 minutes each side basting the steak with foaming butter for the final couple of minutes of cooking.

For a medium rare steak, press the steak with your thumb it should have a slight spring to touch & a core temperature of 52°C before resting.

Leave to rest in a warm place for half the cooking time before carving into thin slices against the grain.

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 French fries, watercress salad & a rich peppercorn sauce.

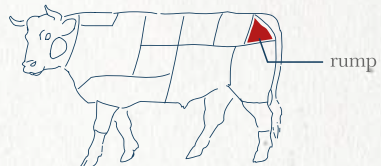
## for best results, griddle this cut

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](http://farmison.com/our-meat)



Share your kitchen creations with #eatbettermeat

farmisonuk