



whole beef feather blade

pot roast



cooking time: 3 hours

method

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

Preheat your oven to 140°C for fan-assisted or 16°C for ovens without a fan (gas 3).

Choose a large, flame proof casserole with deep sides & tight fitting lid.

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

Sear the meat over a high heat then add a trivet of vegetables, (roughly chopped onion, carrot and celery, plus a bay leaf, sprig of thyme and a few black peppercorns) & brown in the pan.

Next add 200ml red wine, local ale, chicken or beef stock to the dish & cover with a tight fitting lid & cook for 3 hours on 140°C for fan-assisted or 160°C for ovens without a fan (gas 3), the meat is ready when it is tender, it should pull away easily when pierced with a skewer.

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

Pass the roasting juices through a fine strainer into a clean saucepan & bring to a simmer, skim away any fat that rises to the surface & thicken with a little corn flour mixed with cold water.

Pour the finished gravy over the joint & serve.

for best results, pot roast this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

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

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serving suggestions

Serve with all butter mash potatoes, roast vegetables & horseradish sauce.

