



f&co black pudding

fry/grill



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: 5 minutes

method

Remove your pudding from the outer casing then peel away the outer skin ready to cook, slice into half lengthways or 5cm slices.

Pre heat a frying pan over medium heat or grill.

Add a little dripping, goose or duck fat to the pan & fry the pudding on each side around 5 minutes in total until crisp on the edges & very hot throughout.

Serve straight away.

serving suggestions

Serve with sauté potatoes & green apple, mustard vinaigrette or with fried duck egg & brown sauce.

for best results, fry this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	75°C	75°C

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