



f&co white pudding

fry/grill



cooking time from: 4 minutes

method

Remove your pudding from the outer packaging then slice into half lengthways or into 6 or 7 discs.

Pre heat a frying pan over medium heat or grill.

Add a little dripping, goose or duck fat to the pan & fry the pudding for a couple of minutes on each side until golden brown & very hot throughout & serve straight away.

serving suggestions

Serve as part of a full cooked breakfast, aromatic lentils spiked with aged vinegar or with mashed potatoes & a rich creamy mustard sauce.

for best results, fry this cut

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

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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