



# lorne sausage

## pan fry



*cooking time from: 6 minutes*

A traditional 'square' sausage originating from the Lorne region of Western Scotland perfect for serving in a breakfast sandwich or part of a traditional breakfast.

## method

Pre heat a heavy based frying pan over medium heat.

Add a little poultry fat or oil & fry the 'square' sausages for 3 to 4 minutes each side, turning frequently until thoroughly cooked.

The 'square' sausages should be minimum core temperature of 75°C before serving.

## serving suggestions

Sandwiched between freshly baked white bread, or with mashed potatoes & rich onion gravy.

## for best results, pan 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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