



# pork, apple & fennel sausage

## pan fry



*cooking time from: 10 minutes*

### method

Pre heat a heavy based frying pan over medium heat.

Add a little poultry fat or oil & fry the sausages for around 10 minutes, turning frequently on all sides until golden brown & the sausages thoroughly cooked.

The sausages should be minimum core temperature of 75°C before resting.

Rest for a couple of minutes before serving.

### serving suggestions

Serve with soft polenta enriched with Parmesan.

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

### for best results, pan fry this cut

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