



# the English breakfast 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

Perfect for breakfast, lunch or dinner, an all round sausage pairs particularly well with caramelized onions.

## 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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