



f&co nidderdale lamb keema individual pies 2 pack

oven bake



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: 35 minutes

To defrost the pies remove from the outer packaging & leave in the foil, place on a tray in the fridge uncovered.

Once fully defrosted bake within 24 hours.

Note: to cook from frozen, add an additional 10 minutes onto the cooking time, or until piping hot.

method

Pre heat your oven to 220°C / 200°C fan-assisted (gas 7).

Place the pies on a baking tray.

Place in the middle shelf of your oven and bake for 30 minutes until the pastry is golden & the filling piping hot, minimum core temperature of 75°C before removing & resting on a cooling wire for 10 minutes before serving.

serving suggestions

Serve with seasonal greens shredded & tossed with garlic, ginger & fresh curry leaves.

for best results, oven bake this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

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