



# cote de boeuf

fry/griddle/bbq



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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*cooking time from: 20 minutes*

## method

Remove the steak out of the packaging, pat dry and bring to room temperature.

Preheat a griddle or heavy based frying pan large enough to hold the meat until it sizzles when you add a drop of oil and season the meat liberally just prior to cooking.

Start by rendering the fat side for a minute or 2 before searing the steak on both sides over a high until nicely charred then reduce heat and continue cook turning regularly, approximately 6 to 7 minutes each side for medium rare, basting with lots of foaming butter once nicely seared.

Press the steak with your thumb. It should have a slight spring to touch & a core temperature of 52°C before resting.

Alternatively you can pop the steak into a preheated oven (after the initial charring steps) 180°C / 160°C fan-assisted (gas 5) for approximately 15 minutes or until the core temperature reaches 52°C before resting.

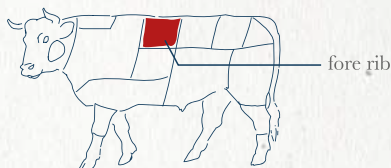
Leave to rest in a warm place for half the cooking time before carving.

## serving suggestions

Serve with blue cheese salad & French fries.

## for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Rare	48-50°C	52-54°C
Medium Rare	52-54°C	56-58°C
Medium	58-60°C	60-62°C
Well Done	65-68°C	70-75°C



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