



# rack of mutton French trimmed

roast



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 from: 20 minutes*

## method

Preheat the oven to 180°C for fan-assisted or 200°C for ovens without a fan (gas 6).

Remove the rack from the fridge, pat dry, season with salt and pepper and bring to room temperature.

Preheat a griddle or heavy based frying pan over medium heat and render the fat until rich and golden, spooning away excess fat as it releases then place in the centre of the oven fat side down. Roast for approximately 20 minutes reaching a core temperature of 52 °C for medium rare finish, then leave to rest in a warm place for at least 5 minutes before carving.

## serving suggestions

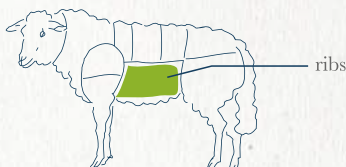
Serve with gratin dauphinoise potatoes and buttered winter cabbage.

## for best results, roast 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	56-58°C	60-62°C
Well Done	65-68°C	70-75°C

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