



PORK RIB EYE STEAK ON THE BONE

FRY/GRIDDLE/BBQ



FOR BEST RESULTS, FRY/GRIDDLE THIS CUT

CORE TEMPERATURES	OUT OF THE OVEN	AFTER RESTING
MEDIUM	58-60°C	62-65°C
WELL DONE	65-68°C	72-75°C

The core temperature is taken with a thermometer from the very centre of the meat.

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

METHOD

- 1 Remove your pork rib eye steak out of the packaging, pat dry and bring to room temperature.
- 2 Pre heat a griddle or heavy based frying pan large enough to hold the meat until it sizzles when you add a drop of oil.
- 3 Season the pork rib eye steak liberally just prior to cooking.
- 4 Place the pork rib eye steak on the fat to render before searing on the flat sides then cook over high heat turning the pork rib eye steak a couple of times once a rich, dark crust has formed, reducing the heat if the pork rib eye steak is getting too charred.
- 5 Cook 3 to 4 minutes each side basting the pork with foaming butter for the final couple of minutes of cooking.
- 6 Press the meat with your thumb it should be firm to touch with a little spring & a core temperature of 65°C before resting.
- 7 Alternatively you can pop the pork rib eye steak into a preheated oven (after the initial charring steps) 200°C /180°C fan assisted (gas mark 6) for 6-8 minutes.
- 8 Leave to rest in a warm place for half the cooking time before carving.

SERVING SUGGESTION

Serve with celeriac & potato gratin.

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