FOR BEST RESULTS, SLOW COOK THIS CUT

<table>
<thead>
<tr>
<th>CORE TEMPERATURES</th>
<th>OUT OF THE OVEN</th>
<th>AFTER RESTING</th>
</tr>
</thead>
<tbody>
<tr>
<td>RARE</td>
<td>48-50°C</td>
<td>52-54°C</td>
</tr>
<tr>
<td>MEDIUM RARE</td>
<td>52-54°C</td>
<td>56-58°C</td>
</tr>
<tr>
<td>MEDIUM</td>
<td>56-58°C</td>
<td>60-62°C</td>
</tr>
<tr>
<td>WELL DONE</td>
<td>65-68°C</td>
<td>70-75°C</td>
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</tbody>
</table>

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. Pre heat your oven to 150°C /130°C fan assisted (gas mark 2).
2. Remove your meat from the packaging & pat dry before cooking.
3. Make a Mirepoix by neatly chopping equal amounts of onion, carrot and celery or my preferred choice of celeriac, the root of the celery plus a bay leaf & a sprig of thyme.
4. Season the meat with sea salt & cracked black pepper before searing in a little olive oil or rapeseed oil in a casserole dish over high heat until brown then keep to one side.
5. Next fry the Mirepoix until lightly coloured, add half a bottle of red wine & reduce by two thirds then add 300ml of lamb or chicken stock, 1 tablespoon tomato paste (optional) and reduce a little, thicken with a tablespoon corn flour mixed with a little cold water and stir into the boiling broth then add the meat to the casserole.
6. Cover & place in the centre of the oven and cook for 2 to 2½ hours, the meat should be tender when pierced with a skewer.
7. Remove from oven & pass off the juices through a fine sieve into a clean saucepan and reduce to rich, glossy gravy then pour back over the meat ready to serve.

SERVING SUGGESTION

Serve with celeriac mash & grain mustard.

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