

# STEAK STRIPS

FRY / GRIDDLE



## METHOD

- 1 Remove your steak strips out of the packaging, pat dry and bring to room temperature.
- 2 Pre heat a heavy based frying pan or Wok until it sizzles when you add a drop of oil.
- 3 Add a thin film of oil to the pan & sear the strips over high heat for 1 to 2 minutes, its important not to overcrowd the pan when frying.
- 4 Leave to rest in a warm place for a minute or so before serving.

## SERVING SUGGESTION

Serve with stir fry, vegetable strips, soy & sesame.

## FOR BEST RESULTS, FRY/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

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

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