

FREE RANGE GAMMON STEAKS

FRY / GRILL



METHOD

- 1 Carefully remove gammon steaks out of the packaging.
- 2 Pre heat a griddle or heavy based frying pan over medium high heat & apply a thin layer of pork dripping or poultry fat.
- 3 Layer the gammon in the pan without overlapping & cook 2 minutes each side, the meat should be firm to touch.
- 4 Remove from the pan, pat away excess fat on kitchen paper & serve straight away.

SERVING SUGGESTION

My old favourite never fails served with homemade chips, garden peas & topped with a fried egg.

FOR BEST RESULTS, FRY THIS CUT

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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