



JACOB'S LADDER SLOW COOK/BBQ



CORE TEMPERATURES	°C	°F
Rare	54	130
Medium Rare	58	135
Medium	61	140
Medium Well Done	65	150
Well Done	72	160

The Core Temperature is taken with a thermometer from the very centre of the meat.

Whilst all our recipes are developed, tried and tested by our Executive Chef, Jeff Baker, variances in native and rare breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving.

At Farmison & Co we have a extensive range of both modern and heritage cuts on offer, please visit our main website for detail on individual products.

SERVING SUGGESTIONS

Serve with roast onions, potatoes and hot beer mustard.

METHOD

1. Remember to remove your meat from the packaging, pat dry and bring to room temperature.
2. Pre heat your oven to 135°C temperature.
3. Next choose a suitable sized oven proof casserole with a tight fitting lid.
4. Season the meat just prior to coloring with good quality sea salt.
5. Make a mirepoix by neatly chopping equal amounts of onion, carrot and celery or our preferred choice of celeriac, the root of the celery plus a bay leaf, sprig of rosemary and a few black peppercorns, another nice addition can be a head of garlic split in half.
6. Take a large, heavy based frying pan, and add a few drops pomace or vegetable oil.
7. Fry the ribs on all sides then transfer to the casserole dish.
8. Next fry the mirepoix until lightly coloured.
9. Then add half a bottle of red wine, or a favourite local ale and reduce by two thirds then add 500ml of Essential Cuisine beef stock, 1 tablespoon tomato paste (optional) and reduce a little, thicken with a tablespoon corn flour mixed with a little cold water and stirred into the boiling broth.
10. Pour the sauce over the ribs and cover.
11. Place in the centre of the oven and cook for 3 to 4 hours, the meat should be tender when pierced with a meat fork and pull clean away from the bone.
12. Remove from oven, carefully take out the ribs and keep warm.
13. Pass off the juices through a fine sieve into a clean sauce pan and reduce to a glossy finish then pour back over the beef ready to serve.
14. To bbq, marinade in a oriental or bbq sauce then slow cook under a covered bbq for up to 12 hours at around 75°C until well charred and tender, coming away from the bone.

