

# SIRLOIN STEAK ON THE BONE

BBQ/FRY/GRIDDLE



FOR BEST RESULTS, FRY/GRIDDLE THIS CUT

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 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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## METHOD

- 1 Remember to remove your steaks out of the packaging, pat dry and bring to room temperature.
- 2 Pre heat your griddle or heavy based frying pan until it sizzles when you add a drop of oil.
- 3 Season the meat just prior to cooking.
- 4 Don't overcrowd the cooking base, a couple of medium sized steaks or per pan.
- 5 Place the steaks on the fat to render before searing on the flat sides.
- 6 Cook over high heat turning the steak only once after a rich, golden crust has formed.
- 7 Cook 4 to 5 minutes on first side then 3 to 4 minutes on the reverse for medium rare.
- 8 Finish by adding a large knob of butter when frying or on the griddle.
- 9 Leave to rest in a warm place at least 5 minutes before carving.
- 10 The meat will become more firm as it cooks, gently press with your thumb, the more spring back you get the hotter the protein cells have expand which means the more well done your meat is, for a medium rare steak it should have a soft feel with a little spring back.

## SERVING SUGGESTION

Serve with sautéed potatoes finished with parsley and garlic, bearnaise sauce and grilled mushrooms.

