

BLACK BACON STEAKS

BBQ/FRY/GRIDDLE



FOR BEST RESULTS, GRIDDLE/FRY 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

- Remember to remove your steaks out of the packaging, pat dry and bring to room temperature.
- Pre heat your griddle or heavy based frying pan until it sizzles when you add a drop of oil.
- No need to season this meat.
- Don't overcrowd the cooking base.
- There's enough fat to lubricate itself.
- Cook over high heat turning the steak only once after a rich, golden crust has formed, reduce heat to medium when crust has formed, this steak will become a deep caramel colour as the cure contains natural sugars.
- Cook 5 to 6 minutes each side until firm to touch.
- Finish by adding a small knob of butter when frying or on the griddle.
- Leave to rest in a warm place for 2 to 3 minutes before serving.
- 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.

SERVING SUGGESTION

Serve with home made chips, fried onions and hot beer mustard.

