



# HERITAGE BREED LAMB SKEWERS IN GREEK MARINADE BBQ/GRIDDLE



**FOR BEST RESULTS, BBQ/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	56-58°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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## METHOD

- 1 This recipe can either be used on a BBQ or indoor grill.
- 2 Remove the skewers out of the packaging and bring to room temperature.
- 3 Pre heat your BBQ until the coals are white hot or a griddle pan until it is smoking hot.
- 4 Grill 2-3 minutes each side until nicely charred then turn frequently until the lamb is cooked to your liking.
- 5 Leave to rest in a warm place for a few minutes before serving.

## SERVING SUGGESTION

Serve with a fresh tomato salad, labneh and pomegranate.

