



SMOKED NIDDERDALE PANCETTA

FRY/GRIDDLE/GRILL



FOR BEST RESULTS, FRY/GRIDDLE THIS CUT

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

METHOD

- 1 Remove pancetta from packaging and pat away any excess moisture.
- 2 Pre heat your griddle or heavy based frying pan until it sizzles when you add a drop of oil.
- 3 No need to season this meat as the cure will of done this for us.
- 4 Don't overcrowd the cooking base, a few rashers per pan or griddle.
- 5 Cook over high heat turning once after a rich, caramalization takes place then reduce heat to medium to continue cooking.
- 6 Cook for 1 minute each side or until the fat sizzles and looks ready to eat.
- 7 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 mixed into salads, on top of risotto or with waffles and maple syrup.

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