

# MUTTON NECK CHOPS

## SLOW COOK



**FOR BEST RESULTS, SLOW COOK THIS CUT**

OVEN TEMPERATURES	°C	°F	GAS MARK
VERY COOL	140°C	275°C	1
WARM	160°C	325°C	3
FAIRLY HOT	190°C	375°F	5
HOT	220°C	425°C	7
VERY HOT	240°C	475°C	9

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

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 Pre heat your oven to 150°C / 130°C fan assisted (gas 2).
- 2 Remove your meat from the packaging & pat dry before cooking.
- 3 Make a Mirepoix by neatly chopping equal amounts of onion, carrot and celery or my preferred choice of celeriac, the root of the celery plus a bay leaf & a sprig of thyme.
- 4 Season the meat with sea salt & cracked black pepper before searing in a little olive oil or rapeseed oil in a casserole dish over high heat until brown then keep to one side.
- 5 Next fry the Mirepoix until lightly coloured, add half a bottle of white wine, or a favorite local ale and reduce by two thirds then add 300ml of lamb or chicken 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 then add the meat to the casserole.
- 6 Cover & place in the centre of the oven and cook for 2½ hours, the meat should be tender when pierced with a skewer.
- 7 Remove from oven & pass off the juices through a fine sieve into a clean saucepan and reduce to rich, glossy gravy then pour back over the meat ready to serve.

### SERVING SUGGESTION

Serve with parsnip & potato gratin.

