

# Cooking Guide

## How to cook the perfect steak



1. Heat a frying pan over medium-high heat before adding the steak (this seals the surface, trapping in juices).
2. Rather than oiling the pan, brush the steak with oil to prevent it sticking. Cook a 2cm-thick piece of steak for 2-3 minutes each side for rare, 4 minutes each side for medium, and 5-6 minutes each side for well-done.
3. Turn the steak only once, otherwise it will dry out. Always use tongs to handle steak as they won't pierce the meat, allowing the juices to escape.
4. To test if your steak is done, press the centre with the back of the tongs. The steak will feel soft if it's rare, slightly firmer and springy when it's medium and very firm when it's well-done.
5. Transfer steak to a plate, cover with foil and set aside for 3-5 minutes to rest. This allows the juices to settle and the muscle fibres to relax, which ensures the steak is tender.

## Cooking a Roast



Preheat oven to 180°C. Cook beef and lamb for 25 mins per 500gm. Cook pork, chicken, and turkey for 30 mins per 500gm. Allow meat to stand for 10 mins before carving.

## Pork Crackling



Score the skin with a sharp knife to help the fat escape during cooking, but don't cut all the way into the meat. Pat skin dry then rub with salt and oil to help the fat render and the skin to puff and crisp. Weigh and roast the meat for 25 mins at 240°C (fan 220°C). Then turn the oven down to 190°C (fan 170°C) and roast for 25 mins per 450g. Rest the meat for 10 to 15 mins before carving.

## Cooking Guide for our products



Product	Cooking Guide
<b>Beef or Chicken Sausage Rolls</b>	Oven bake for 30 to 35 mins at 180°C
<b>Beef/Lamb Strudels</b>	Oven bake for 1 hour & 10 mins at 180°C
<b>Beef Chuck Ribs</b>	Oven bake for 4 hours at 140°C
<b>Burgers and Rissoles</b>	Pan fry for 10 mins each side on medium heat. Oven bake for 30 mins at 180°C
<b>Chicken Breast Roasts</b>	Oven bake for 1 hour and 15 mins at 180°C
<b>Chicken Cordon Bleu, Chicken Kiev, Chicken Parmigiana</b>	Oven bake for 30 to 35 mins at 180°C
<b>Chicken Enchiladas</b>	Oven bake for 30 to 35 mins at 180°C
<b>Chicken Mini Roasts</b>	Oven bake for 40 mins at 180°C
<b>Chicken Rolls</b>	Oven bake for 1 hour and 25 mins at 180°C
<b>Chicken or Lamb Mignons</b>	Oven bake for 35 to 40 mins at 180°C
<b>Crumbed Schnitzel, Steak, Cutlets &amp; Chops</b>	Pan fry for 8 mins each side on low to medium heat
<b>Filos and Pinwheels</b>	Oven bake for 35 mins at 180°C
<b>Kebabs &amp; Shashliks</b>	Pan fry for 14 mins, turn once
<b>Olive and Feta Lamb Rump Roasts</b>	Oven bake for 25 to 30 mins for medium/rare at 180°C
<b>Pulled Pork Parcels</b>	Oven bake for 30 mins at 180°C
<b>Sausages</b>	Pan fry for 25 mins on medium heat, turn regularly
<b>Stuffed Mushrooms</b>	Oven bake for 25 to 30 mins at 180°C
<b>Wellingtons and Pork Parcels</b>	Oven bake for 30 mins at 180°C
<b>USA Ribs</b>	Oven bake for 1.5 to 2 hours at 140°C