



## Steak Night Cooking Instructions

### Two 8oz British Rump Steaks

Marinated in garlic and thyme

#### 1. Bring the meat to room temperature

Remove meat from the packaging and pat dry with kitchen paper. Allow to come to room temperature for 30 minutes before cooking. This helps the steak cook more evenly, stay juicier and more tender.

#### 2. Pre-heat your oven to 180°C

Season the steaks well before cooking with sea salt or normal table salt, and crushed black pepper.

#### 3. Grilling the steaks to your liking

Using a heavy based pan or griddle, preferably cast iron, add a splash of vegetable oil and heat the pan until really hot and almost smoking.

Now add your steaks to the pan (they should sizzle) and sear for approximately 3 minutes per side (adjust time according to your preference below).

Rare: 2¼ minutes each side

Medium Rare: 3¼ minutes each side

Medium: 4½ minutes each side

Or use a meat thermometer to check temperature (Rare 57°C, Medium Rare 63°C or Medium 71°C)

We recommend you don't cook a rump steak beyond medium as it will become tough and somewhat chewy.

Once seared, place the steaks uncovered on a rack in a roasting tin. Roast in the pre-heated oven for 8 to 10 minutes.

#### 4. Rest before serving

Remove steak from the oven, cover with foil and leave to rest for 5 to 10 minutes in a warm place. Resting ensures evenly juicy, tender meat.

### Pulled beef and horseradish croquette (G,E,S)

Delivered in a foil container

Remove lid and place on a baking tray

Heat in the oven at 180° C for 12 - 15 minutes until piping hot

### Tatws Pum Munud (D)

A traditional Welsh potato stew with confit onions, pancetta and parsley

Delivered in a foil container

Remove lid and place on a baking tray

Heat in the oven at 180° C for 12 - 15 minutes until piping hot

### Pickled shallot, cherry tomato and rocket salad (V,SD)

Delivered ready to serve

### Portobello mushroom with garlic herb crust (V,D,G,S)

Delivered in a foil container

Remove lid and place on a baking tray

Heat in the oven at 180° C for 10 – 12 minutes until piping hot

### Black peppercorn and Cognac sauce (D,SD)

Delivered in a microwaveable container

Heat in the microwave at full power for 2 minutes or until piping hot

**Timings may vary from oven to oven and should be treated as a guide only. Please note if the oven is overloaded, this will increase cooking time dramatically. Please check that each dish is piping hot and if not, extend the heating time in 5 minute intervals for ovens and 1 minute intervals for microwaves.**

#### Please note:

All items are fresh and have been refrigerated up until collection.

Pre-cooked items must not be reheated more than once.

All items will display a 'use by' date and are not suitable for freezing.

Weights are approximate and provided as a guide only.

Before serving at home please ensure that all items are piping hot.

Unfortunately at this time we are unable to accommodate specific dietary requests. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers. (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.