

# Perfick Pork Buying and Cooking Guide

## *What size joint of meat do I need for a dinner I'm cooking?*

We're often asked by customers in our shop what size of joint they will need for a special dinner party they are cooking for.

Quite simply we would recommend 1/2 lb (approximately 250g) per person. This will give you that all important extra bit as well!



## *How long should I cook meat for?*

We find that many new customers in our shop are put off by some roasting joints because in past experience, they have found the joint too dry when cooked. In the vast majority of cases, this is due to the joint being overcooked.

Look at the recommended cooking times on each of the joints in our online shop.

We also find people are unsure on how to cook steak for to ensure it is cooked medium. We supply the prestigious Hoste Arms Hotel in Burnham Market and the head chef, Aaron recommends cooking as per the following guidelines:

Fillet	3 minutes each side to achieve medium
Sirloin	4 minutes each side to achieve medium
Rib Eye Steak	3 minutes each side to achieve medium
Rump	4 minutes each side to achieve medium

Cooking times depend on the pan and heat intensity. Therefore, to cook to medium rare or rare reduce the cooking time by approximately 30 seconds for each stage. For well done increase the cooking time by 30 seconds.

Always allow meat to rest. Remove from the heat and cover with tin foil. This allows any juices to settle and for the meat to tenderise.

Cooking times vary because each cut varies in density and physiology. For example; the sirloin has an insoluble sliver of fat running into the meat, this is harder to breakdown and needs to cook for longer;

We're always here to help and if you are unsure of what to buy or how to cook it, please do not hesitate to contact us in the shop.



*Perfick!*