The Free Range Butcher

ISSUE 3 — FEBRUARY 2009

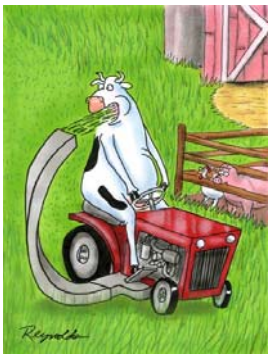
www.freerangebutcher.com.au

A great start to the year

As we all settle in to the new year and find our rhythm, it's hard to believe it's February already.

We're very pleased to report that we've had a great start to the year and that we are having a huge season up at the farm. Following on from a wonderful spring, we have had good rain (over 100mm) in the last month. Dad has been busy on the tractor getting paddocks ready for sowing winter crops for pasture (some of you might have noticed his absence from the market stalls!). The grass is as high as your knees, the bulls have gone in with the cows for our spring calves, and we have a new addition to the family—a foal!

During the winter months at 'Blue Hills' it can turn very cold. We often have snow and sleet and many times I have driven home and seen snow settled on the backs of the cows as they graze. This seems far away when the days are hot and dry, but now is the time to prepare for the winter that will come. While the days are still long and there is moisture in the ground, a farmer pretty much eats and sleeps on his tractor.



Our grass fed cows...

As most of our regulars will know, Alison and I are getting married on the 21st of this month, and we thank you for all your support and well wishes. We will be going on a honeymoon as well and so will be taking a break from the business between 16 February and 9 March. You can still place orders during this time and we will deliver them week commencing 9 March. We will also be back to our market stalls around Sydney the same week.

Happy eating,

Ben.

Ben Clinch
Farmer/Director

CONGRATULATIONS

Congratulations to Sue Morton of Allambie Heights who placed an online order with us during January and was the winner of the $50 store credit. Congratulations Sue!

Have your say about our products online

If you've visited our website you may have noticed an option to write a review about each product. Writing a review is simple—just go to the product you wish to review and then click the button marked 'Write a review'. After you submit your review it will be forwarded to us to publish, so don't worry if you don't see it on the website immediately. Customer feedback is really important to us, and we know that customers especially value the feedback from other customers too so feel free to write as many reviews as you'd like!

Product Reviews

WRITE A REVIEW

1. Great Fillet ★★★★★

Posted by Robert, Whale Beach on 5th Dec 2008

Our first purchase from Frenchs Forest markets, this was a great cut, I BBQ it, just medium rare, and it was certainly one of the best scotch fillets we have had. We will be at the market again soon.

Ben's top 5 tips for the perfect steak

① **Choose the right cut**
Are you eating the steak on its own or as part of a dish? If eating the steak on its own, try Porterhouse/Sirloin, T-Bone or Scotch Fillet. If the steak is part of another dish, try a Rump. For steak sandwiches you can't beat BBQ (minute) steaks.

② **Bring the meat to room temperature**
Half an hour before you want to cook your meat, take it out of fridge, and remove the packaging. Your meat should be at room temperature when you cook it.

③ **Preheat your pan or grill**
Your pan or grill should already be hot when the steak comes into contact with the heat. You'll know it's right when you hear the sizzle.

④ **Resist the temptation to turn**
Place your steak on the pan or grill and leave it there until you start to see moisture rise on the surface. Leave the steak on that side for as long as you need for it to reach your preferred level of 'done-ness'. When ready, turn your steak to the other side and again wait for the moisture to rise to the surface.

⑤ **Rest your steak**
Remove your steak from the heat and cover it loosely with foil for a good few minutes.

ENJOY!

Wasabi salad dressing

This is a dressed up version of a basic vinaigrette, and the wasabi just gives it an extra kick (add more if you want). Double or triple the ingredient quantities depending on the size of the bottle you need to fill with dressing.

Ingredients

- 1/2 cup olive oil
- 1/2 cup white balsamic vinegar
- 1 crushed clove of garlic
- Grated rind of half a lemon
- Pinch of chilli flakes
- 1 level teaspoon of wasabi paste

Add all the ingredients in a screw top jar and shake together. Pour over your favourite salad.

TIP *Wasabi paste is available in major supermarkets, and is located with the Asian groceries.*

Name our new foal!

As mentioned, we had a new addition at the farm this month—a female foal! The foal doesn't have a name yet, so we'd love to hear your suggestions for what the foal should be called. We'll share the best suggestions with you in our March newsletter. The suggestion which we judge the best will receive a framed picture of the foal. This is a great one to get your kids involved with—they might like to name it after one of their heroes or favourite characters. Send your suggestions to **info@freerangebutcher.com.au**

Recipe of the month

Beef kofta with cous cous

Mince is such a versatile product, from spaghetti bolognaise to rissoles to tacos. Our recipe this month features beef kofta (kebabs) which is a middle eastern dish and is a good alternative to hamburgers on the bbq. *Serves 4*

1. Soak 12 bamboo skewers in cold water for at least an hour before use to prevent burning.
2. Combine mince, onion, garlic, juice, spices, nuts, herbs and egg in large bowl.
3. Roll heaped tablespoons of mixture into balls and thread three onto each skewer. Place skewers on a tray, cover, refrigerate for 30 minutes.
4. Cook beef kofta on heated oiled grill or barbeque until browned all over and cooked through.

TIP *Serve on a bed of cous cous, accompanied by combined yoghurt and cucumber.*

Ingredients

- 1 kilo beef mince
- 1 brown onion
- 2 cloves of garlic, crushed
- 2 tbsp lemon juice
- 1.5 tsp ground cumin
- 1.5 tsp ground coriander
- 1/4 cup toasted pine nuts
- 2 tbsp finely chopped mint
- 2 tbsp finely chopped coriander
- 1 egg