

The Free Range Butcher

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www.freerangebutcher.com.au

Why Big Kev needs to eat red meat

HUGH'S MEAT MANIFESTO

Renowned cookery writer Hugh Fearnley-Whittingstall has boiled down his thoughts about meat into a few bullet points. We thought he did it so well, we've included them here:

- Think about the meat you eat. Is it good enough?
- Think about the animals from which the meat that you eat comes.
- Where do you get your meat? Might there be a different way of buying meat?
- Think about the way you cook meat. Do you do it justice?
- Are you adventurous with meat?

For more go to:
www.rivercottage.net

PS. A special thanks to our friend Gary for his gift to us of Hugh's book. We love it!

I was reading recently that our PM, 'Big Kev', is on a no red meat diet. Sacrilegious if you ask me! We all eat meat in different amounts depending on tastes, diets, etc, but the important thing is whatever portion we eat, we choose the most beneficial type for our families and ourselves.

We all agree about the ethical merits of our cows and sheep wandering the grassy paddocks. But do we understand the real health benefits of a grass fed, free range product?

Grass fed meat has numerous benefits over a grain fed product. Firstly there are less total fats in grass fed produce, as well as less saturated fats, cholesterol and calories. Grass fed meat also has more vitamin E, beta-carotene, and vitamin C. Researchers believe that our omega 6 intake should be no more than 4-5 times that of our omega 3 intake. We have known for some time that is important to keep the omega 3:6 ratio as even as possible. Meat from animals who have been fed grains and meals, has a low omega 3 count, and a generally higher omega 6 count. Grass fed meat typically has 60% higher omega 3 content than grain fed meat, thereby providing a more

favourable omega 3:6 ratio*.

So back to Big Kev... If he had included some grass fed red meat in his diet it would have increased his iron levels, and increased his vitamin A intake through beta-carotene which helps vision, bone growth and the division and reproduction of cells. The vitamin A antioxidant activity would also have helped protect his cells from 'free radicals' (does that include other politicians?). Add the health benefits of a favourable omega 3:6 ratio, and omega 3's ability to help with warding off depression and schizophrenia, and Big Kev may have been in a better frame of mind and not snapped at the poor girl dishing out the grub on the Air Force plane...

Until next time,



Ben Clinch
Farmer/Director

* <http://www.csuchico.edu/agr/grassfedbeef/health-benefits/index.html>

Introducing 'Penelope'

Thanks to all the kids (and adults) who entered the competition to name our foal.

We had some great suggestions such as Starlight, Lucy, Chloe, and Anastasia. The winner was Madison Inglis, who named the foal Penelope. Madison will receive a \$20 gift voucher for Westfield as well as a framed picture of Penelope. Congratulations Madison!



Improvements to The Free Range Butcher website

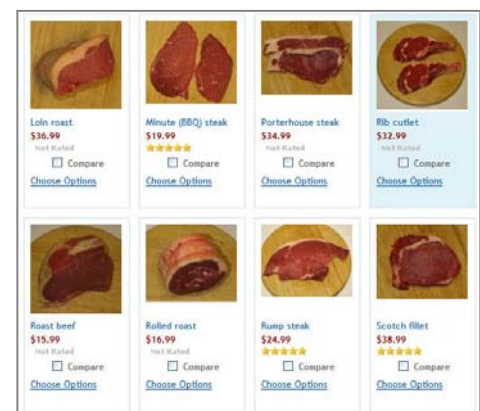
We've recently made a few changes to our website which we hope will make it easier for you to use.

- Family packs** – You can now purchase a beef, lamb, chicken or pork pack and choose either a Large Family size, or a Small Family size. The packs also offer you a 5% saving on the total price of the items. Each pack contains a variety of all four meat types, so for example, the chicken pack contains more chicken than beef, lamb or pork. To see the packs, follow the link from our website homepage, or go directly to the web address below. If reading online, just click the link:

<http://www.freerangebutcher.com.au/categories/Family-packs>

- Product photos** – If you're not sure what the difference is between a Scotch Fillet and a Porterhouse steak, the addition of photos to the website will hopefully make online ordering easier.
- Product descriptions** – we've updated all of the product descriptions with details of how many pieces there are in each package (eg. A 325g package includes 2 Scotch fillet steaks), and updated all package weights to be more accurate.

We would love to hear from you with any suggestions you have for the website and anything that would make it easier for you to use. Email us anytime at info@freerangebutcher.com.au



Recipe of the month

Rack of lamb with chilli balsamic dressing

This recipe is a simple 'throw in the oven dish' and tastes delicious. Serves 4

1. Pre-heat oven to 180°C
2. Place the balsamic vinegar, sugar, chilli, salt and pepper in a small bowl and mix to combine
3. Place the lamb in a baking dish and pour over half of the balsamic mixture
4. Roast for 15 minutes and then pour over the remaining half of the mixture
5. Roast for a further 10 minutes or until cooked to your liking
6. Remove lamb from the oven, allow to rest, then cut into eight cutlets and spoon the pan juices on top

Ingredients

8 cutlet rack of lamb
1/2 cup balsamic vinegar
4 tbsps brown sugar
2 finely chopped long red chillies
Salt and pepper

TIP Serve with roasted vegetables and steamed greens