

The Free Range Butcher

ISSUE 6 — MAY 2009

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A load of hog wash if you ask me

CATTLE AND THE CARBON CYCLE

Cattle are a natural part of the carbon cycle. They eat grass containing carbon, they release some of this carbon in to the atmosphere, and the carbon in the atmosphere is then re-absorbed by grass as it grows.

We (humans) are also part of the carbon cycle. When we eat meat we absorb carbon that gives us energy as well as lots of other nutrients that are important for good health.

Firstly, let's call it H1N1 for the pigs' sake. Our politically correct pigs delivered to us from *Melanda Park* are about to march on parliament house in protest, as they believe they have nothing to do with this 'hog wash'. And the reality is they don't.

As we went to print, the renamed H1N1 virus has not been reported in pigs or humans in Australia. It is now considered to be no more dangerous than the standard strain of the flu virus that does the rounds in humans each year.

You can feel completely safe in purchasing Australian pork. We all understand the concern of governments wishing to protect their constituents, and I agree with the preventative measures we have to take to keep us all safe from epidemics or pandemics for that matter, but the way the media grabbed this issue and scared the bacon out of all of us, was a bit much. I won't say anymore and contribute to the hype, but I can assure you the pork we sell is safe and happier

still because it lives outdoors!

Dad is back at the farm these days, some crutching and some shearing has been completed, and the tractor is back in the shed for the moment. We are still counting our blessings for the great season; over 100mm of rain (or 4 inches if you ask the old man) since the start of April has helped pastures no end. That bit of rain while the soil temperature was still warm does wonders for germination.

But now as it has done in Sydney, we can feel the winter moving closer. Dad says it's officially "fresh" at home now, the temperature being less than 2 degrees at night for the last two weeks. Electric blankets here we come...

Until next time,



Ben Clinch
Farmer/Director

Don't forget your Mum on Mother's Day

Mums should be celebrated every day of the year, but especially on Mother's Day (10 May).

Why not show your Mum (or wife) how much you love her by cooking breakfast for her or maybe even a yummy dinner like our Mango chicken with fetta cheese and prosciutto (recipe on next page)? We'd like to say a huge thank you to our Mums, Margaret (left) and Trish (right), for everything they've done for us and also for their support and encouragement with our new business. We love you!



Cooking the perfect roast

Roasting really is one of the easiest ways to cook. Put it in the oven, set the timer and forget about it.

1. Preheat the oven according to the type of meat you're roasting, and it's weight
2. Place the roast on a rack in a roasting dish (if you have one). Raising the roast allows the heat to circulate, browning it evenly all over.
3. Different meats require different cooking times per fixed weight. For ease and accuracy you can use a meat thermometer.
4. Remove roast when cooked to your liking. Transfer to a plate and cover loosely with foil for 10-15 minutes before carving. Carve across the grain to ensure tenderness.

SUGGESTED ROASTING TIMES PER 500g				
BEEF	Temp	Rare	Medium	Well done
Rib eye/scotch fillet, rump, sirloin, fillet/tenderloin, standing rib roast, rolled roast	200°C	15-20 min	20-25 min	25-30 min
Silverside, blade, round, topside, oyster blade	160°C	20-25 min	25-30 min	30-35 min
LAMB	Temp	Rare	Medium	Well done
Eye fillet/backstrap, topside mini roast, lamb rump	220°C	15-20 min	20-25 min	25-30 min
Rack of lamb, shortloin/midloin	200°C	20-25 min (regardless of weight)	30-35 min (regardless of weight)	40-45 min (regardless of weight)
Loin (boned and rolled), leg or shoulder (bone-in), easy carve leg or shoulder	180°C	20-25 min	25-30 min	30-35 min

Monthly survey question

We've recently added a quick survey question to our website. Each month we'll include a new question, and we'd love if you took a few seconds to submit your response. We're really keen to receive your feedback so that we can tailor our products to what you want.

You can find the survey question on the left hand side of our website homepage. Go to www.freerangebutcher.com.au to cast your vote and immediately see the results. Thanks for your feedback!

How many times each week do you eat red meat?

3 - 4 times

5 or more times

1 - 2 times

This month's survey question

Recipe of the month

Mango chicken with fetta and prosciutto

Our recipe this month comes from our dear friend (and super cook) Julia Davey.

Thanks Jules! Serves 4.

1. Pre-heat the oven to 180 degrees
2. Slice chicken breasts to create a pocket; being careful not to cut the whole way through
3. Spread 1 (heaped) tablespoon of mango chutney inside each breast, then a quarter of the fetta
4. Close the pocket and wrap two slices of prosciutto around each chicken breast
5. Line a baking dish with baking paper and place the chicken breasts in the dish
6. Bake for 20 minutes or until the chicken is cooked through

Ingredients

4 chicken breasts
4 tbsps of mango chutney
200g fetta cheese, crumbled
8 slices of prosciutto

TIP Serve with kumara (sweet potato) mash and a green salad