

The Free Range Butcher

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www.freerangebutcher.com.au

Welcome to Winter (and comfort foods)

CHRISTMAS IN JULY

Are you planning a Christmas in July event? If so, we can supply you with delicious whole and half legs of (free range) ham.

Hams are available to order now via the website:
freerangebutcher.com.au

Hams will be available all through the month of July.



Although the cold weather is really yet to hit, the early evenings and chilly nights start the yearning for more hearty foods. Baked dinners, curries, soups with crusty bread and all the other family favorites will grace our tables in the coming months. To help you enjoy the winter, and give you more choice while at home, we are adding to our list of products. Osso bucco, curried lamb and marinated lamb shoulders are now available at our market stalls. These products and our new range of preservative free sausages will be added to the website very soon too. We have also decreased our order turnaround time so now you can place an order 36 hours before you need your products delivered or ready for pick up.

Naturally we are always talking to people in regard to recipes and the different ways to cook meals, many of which we try in our own kitchen. To help you in your kitchen, we have a slow cooker to be given away this

month. Slow cookers are especially great for those with a busy lifestyle as they are quick and very easy to use. If you haven't already, we encourage you to place an order online and see how easy and convenient it is.

Far from being online, Dad is still reporting on 'warm days for this time of year' at the farm. The cold snap that came last month turned warm again and we are still waiting for our first good frost. The farm continues to receive rain with good falls coming from the weather that effected the mid north coast so badly. No doubt the next time this newsletter arrives in early July we will find the farm very cold... Perfect timing for Mum's lamb roast.

Until next time,

A handwritten signature in blue ink that reads "Ben".

Ben Clinch
Farmer/Director

Order online during June and win a slow cooker

During the month of June each order you place online will entitle you to an entry in our draw to win a slow cooker.

We received a slow cooker for an engagement present and have been raving fans ever since! In winter especially, it's a perfect way of cooking meals like casseroles, roasts and lamb shanks.

To go in the draw to win the slow cooker simply place an online order (for home delivery or pick up) between 1 June and 30 June 2009 and you're automatically in the running. Every order gives you another entry in the draw. *Good luck!*



Roast pork with perfect crackling

One of the reasons roast pork is such a favourite is the delicious crackling. The secret to getting it right is the combination of oil, salt and high heat. Follow these tips to achieve perfect crackling every time.

- Choose a piece of pork with a generous covering of fat and rind.
- Remove pork from Cryovac packaging the day/night before you intend to cook it. Wrap in a tea towel and leave in the fridge.
- Remove from the fridge and allow the meat to come to room temperature before cooking.
- Make sure the pork rind is very dry, as any moisture can prevent it from crackling.
- Use a sharp knife to score the rind by making cuts to the fat layer, about 5mm apart. This allows moisture and fat to run out of the rind, which makes it crisp.
- Rub a little oil and salt over the rind and into the cuts - this helps to draw any moisture out of the rind and makes it crackle.
- Preheat oven to 220°C. Cook for 20 minutes at 220°C then turn down oven to 180°C and cook for roast for 40 minutes per kg. Rest under foil for 5 - 10 minutes.

Best pork cuts for Roasting: Loin chops, Rolled loin, Rolled belly, Leg, Rolled shoulder, Scotch roast, Loin, Topside,

Hams for Christmas in July

If you fancy some mid year ham or are having a Christmas in July celebration we can supply you with delicious free range ham.

Hams are available in whole and half legs. To order your ham, go to the pork section of our website:

www.freerangebutcher.com.au/categories/pork/



Monthly survey question

Thanks to everyone who answered our survey question for May.

Last month we asked 'How many times each week do you eat red meat?', and the results were:

- 1 - 2 times = 62%
- 3 - 4 times = 24%
- 5 or more times = 14%

This month we're asking "Which type of meat do you eat most often?". To cast your vote, go to www.freerangebutcher.com.au

Recipe of the month

Tomato and red wine beef casserole

With Winter officially here, we thought it was definitely time for a hearty casserole. Serves 4.

1. Heat 1 tablespoon oil in a large saucepan over high heat. Cook beef in batches, stirring, until browned. Transfer to a plate.
2. Reduce heat to medium. Add remaining oil, onions, garlic, celery and carrots to pan. Cook, stirring often, for 5 minutes.
3. Return beef to pan with tomatoes, wine and stock. Bring to the boil. Reduce heat to low and simmer, covered, for 1 hour. Uncover and simmer gently, stirring occasionally, for 30 minutes or until beef is tender.

Serve with mashed potato and bread.

Ingredients

- 2 tablespoons olive oil
- 1 kg diced beef (chuck or blade)
- 2 large onions, cut into wedges
- 2 garlic cloves, crushed
- 4 sticks celery, sliced
- 2 carrots, cut into chucks
- 2 x 425g cans diced tomatoes
- 1/4 cup red wine
- 1 cup beef stock