

BUYING MEAT

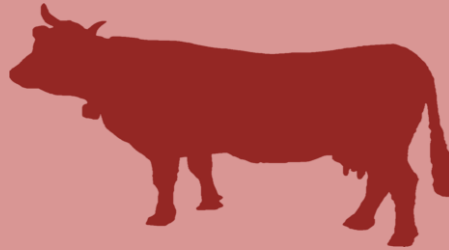


CHICKEN

In our opinion there are only two options :free-range or organic. Simple as that .

RARE BREADS

Buff Orpington
Jersey Giant
Booted Bantam
Norfolk Grey
Sicilian Butter Cup



BEEF

Buy Manx .
Hanging gives the meat time to become tender
Meat should be dry-hung for a minimum of two weeks
Buy grass-fed where possible
Avoid meat that has been wet aged.
Meat should be deep red in colour and look dry
It should be firm to touch
Look out for marbling –the fat running through the muscle – which helps in the cooking

RARE BREADS

Longhorn
Red Poll
Black Galloway
Gloucester
Red Rub Devon



LAMB

Buy Manx; it is mainly outdoor-reared and grass-fed.
'spring lamb' is only ready to eat from the summer and into late autumn.
Meat should look moist and pink when young not red or bloody ,when older.
It is best hung for a week .
Hogget and mutton are richer than lamb ,but not as tender.
Lamb is up to one year old Hogget is one - two years ,mutton is two or more years

RARE BREADS

Hebridean
Norfolk Horn
Dorset Down
Jacob
Shetland



PORK

Buy Manx(there are lots of continental pork around and the animals may not have enjoyed the welfare standards you would expect).
Look for outdoor reared or free range pork.
Meat should be deep pink in colour and should have a close fine texture
Loo out for marbling it will be more evident in rare breeds

RARE BREADS

Tamworth
Gloucester Old Spot
Saddleback
Middle white
British Lop