



MEADOWSWEET MATTERS

ISSUE 8, WINTER 2007/2008

A Very MERRY CHRISTMAS
and a HAPPY NEW YEAR to all
our Meadowsweet Customers

Looking back at the last Meadowsweet Matters with pictures of blue sky, golden corn and harvesting, it is hard to believe that the Festive Season is nearly upon us! Autumn has come and gone with good and bad blessings. The weather has been very kind with just enough rain to get the barley, wheat, oil seed rape and grass seeds off to a good start.



Ploughing...



Preparing the ground for drilling...



Drilling winter barley in September

The grass has kept growing until quite late so some of the cattle are still out and just taking a little rolled barley to make up for the declining feed value in the grass. Normally wet weather would have brought them inside by now as cattle don't like rain. They stand around in the gateways making a lot of mud and looking sorry for themselves (like small children...) until they make such a mess that they have to come indoors. All this year's crops have been sold at much better prices than last year (except some barley which we will keep as feed).

So what could be the Bad Blessings? Well, all of our suppliers now think we are Barley Barons! Consequently, all the costs of our supplies have gone up; fertilizer, diesel, butcher, even the packaging supplies. With this in mind we are sorry to say that our prices have been forced to rise too. From February, 2008 our prices will go up to £55 and £110 a box. We are sorry about this but hope you will understand.

Other bad news? The pigeons are eating the rape...the rabbits are eating the wheat... and where we drilled grass seed, Martin ran out of seed before he got to the end of the field so we now have a bare strip for all our fellow farmers to laugh at!

A DATE FOR YOUR DIARY...

THE CHRISTMAS DELIVERY OF BEEF WILL BE MADE ON TUESDAY 18TH DECEMBER.

We will have a rest in January so the next lot of beef will be ready in mid-February. Please telephone, email or speak to us in person to order your next box

For orders in the new year:-

A £55.00 box will be made up of:

- 3 X JOINTS
- 2 X STEAKS
- 1 X BRAISING STEAK
- 1 X STEWING STEAK
- 2 X MINCE

This is delivered fresh ready for use or can be frozen.

The cuts are individually bagged and labelled.

The boxes are refrigerated with techni-ice and insulated with bubble wrap so that they are delivered in perfect condition

BRISKET

It seems you either love it or you haven't discovered it yet... We have some customers who ring us up asking specifically for this joint. The secret with brisket is to know what to do with it, but if it's not cooked properly it can be rather tough. Personally, I think a brisket is one of the tastiest joints of beef. But it is all in the cooking. A brisket comes from the breast or chest of a beef animal and does need long slow cooking. We supply them rolled and cut into joints all ready for pot roasting or slow cooking. Don't be put off by the fat around a brisket as long slow cooking will cause most of this fat to melt away, leaving very moist, tender, flavoursome meat. You can cook them in water or stock or even something alcoholic as in the recipe featured here. But the key is "long and slow" to allow the meat to tenderise. After several hours, the meat falls apart and really does have that melt-in-the-mouth quality.

BRISKET IN CIDER

Feeds : 4-6

Time to cook: 30-40 minutes
per 450g/1/2 kg (1lb)
plus 30-40 minutes



TAKE:

Lean beef brisket joint
oil, Onions, Eating apples, Cinnamon stick
Ground ginger, Cider

MAKE...

Heat 15ml(1tbsp) oil in a large lidded casserole dish and brown a 1.25kg(27lb) lean beef brisket joint on all sides. Add 2 onions, quartered, 3 eating apples, cut in half, 1 cinnamon stick and 5ml(1tsp) ground ginger to the pan. Pour over 1 pint of cider, cover and simmer on hob or in oven (Gas mark 3, 170°C, 325°F) for calculated cooking time. You may need to top up the fluid during cooking.

Serve hot or allow to get cold in the cider - transfer to a cold pan or bowl to cool down quicker.

Serve thinly sliced with salad or in sandwiches. Alternatively serve hot with potatoes and seasonal vegetables with the sauce as a thin gravy.

Competition

Win all the ingredients to make this delicious meal.

Just answer the question below and email the answer to: meadowsweetbeef@btinternet.com by 31st December 2007.

Alternatively send the answer to us at the address at the bottom of this Newsletter.

QUESTION:

Where on a beef animal does the brisket come from?

Answer: _____

Name _____

Address _____

Telephone _____

Email _____

WILL THERE BE ANY SNOW THIS WINTER?
More snow on way this winter? Lucy & William hope so and after the weather this last year, who can tell????



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