

# BRADFORD'S FARM



[www.bradfordsfarm.co.uk](http://www.bradfordsfarm.co.uk)

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## *Bradford's Farm Newsletter*

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### **Website**

You may like to have a look at our website, which has recently been updated. In April 2004, Kathy reduced her work at the NHS and joined the family farm business to develop some of our new initiatives, including this newsletter. Click on 'Blue Sky Thinking' to read about her experiences.

### **Workshops**

A warm welcome to Philip, who is renting the workshop in the Sussex Barn to make flight simulators.

### **Livery**

Vicki has now brought Ned to share Jazz's field. We are hoping that Jazz will learn to love him soon! Vicki is now renting the big stable and Andy will be renting the small one for Siggy, so all the stables are now full.

### **Meat Sales**

We have now been granted assured status for our beef, which guarantees that it meets high standards of welfare, traceability and safety and can carry the British Farm Standard 'Red Tractor' logo. Our Aberdeen Angus beef is all naturally reared on the farm, fed on home grown grass, hay and silage. Our cattle graze in the fields throughout the summer and spend the winter in our cattle barns in the farmyard. The calves stay with their mothers and suckle until they are 8-9 months old and a real bull visits each spring! Our beef is hung for three weeks, slaughtered and butchered at our local abattoir in Heathfield. Our lamb is also reared locally, either here or on a neighbouring farm.

**In addition to our boxed options, all our cuts of beef are now available as single small packs.** See overleaf for a full price list.

### **Recipe Suggestion - Beef 'Bourguignon'**

#### **Ingredients:**

6 rindless rashers of smoked streaky bacon, chopped  
1kg braising steak, cubed  
2 tbsp plain flour  
2 tbsp sunflower oil  
2 tbsp olive oil  
12 peeled shallots  
2 garlic cloves, crushed  
250g sliced mushrooms  
¾ pt red wine  
¼ pt stock  
1 bay leaf, 2 sprigs each thyme, parsley, oregano  
Seasoning

#### **Method:**

1. Heat a large flameproof casserole, add bacon and cook until pieces are crisp and golden brown. Remove the bacon from the casserole and set aside.
2. Season flour and use to coat meat. Heat the sunflower oil in the casserole, then brown the beef in batches and set aside with the bacon.
3. Add olive oil to casserole. Cook shallots and garlic until just starting to colour, then add mushrooms and cook for 5 mins. Replace bacon and meat, stir in wine and stock. Tie herbs together and add to casserole.
4. Cover and cook in oven (160°C/325°F/Gas 3) for 2 hours or until meat is tender, stirring occasionally. Season to taste and serve with mashed root vegetables.

**Serves 4-6**

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## ***Meat Sales - price list***

### **Aberdeen Angus Beef**

Fillet steak pack (2 x 125g steaks)	£5.00
Sirloin pack (2 x 250g steaks)	£6.20
Rump pack (500g steak)	£5.00
Stewing steak pack (500g)	£2.60
Braising steak (500g)	£3.20
Mince (500g)	£1.50
Topside joint	£7.00kg
Bone in rib joint	£7.00kg
Rolled rib	£10.00kg
6oz burgers	50p each
12kg 'weekender' boxes <i>(Steaks, joints &amp; burgers)</i>	£90.00
12kg mixed boxes <i>(Steaks, joints, braising/stewing steak &amp; mince)</i>	£80.00

### **Lamb Boxes (4-5kg)**

With ½ leg/½ shoulder, chops, cutlets, mince	£32.00
With whole shoulder, chops, cutlets, mince	£30.00
With whole leg, chops, cutlets, mince	£38.00

### **Meat pies** *(Steak stout & mushroom or steak & kidney or lamb & potato)*

Individual	£2.00
Medium (serves 2-3)	£4.00

**To order, phone Kathy 01825 840368**

**We deliver free for orders over £10 in the local area (Uckfield, Lewes, Crowborough, Hailsham, Heathfield and surrounding villages) or you can collect (by arrangement) from Bradford's Farm.**