

# BRADFORD'S FARM



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

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## Bradford's Farm Newsletter

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### New! Bradford's Farm goes Alp!

We now have a lovely apartment in Les 2 Alpes, France which is available to rent summer and winter. It sleeps 4 and is 100m from the central ski lifts. The resort offers excellent winter and summer (glacier) ski-ing/boarding and in summer, mountain biking, hiking, white water rafting, canoeing, swimming etc. Further details will soon be on our website, but if you would like to know more, give us a call.

### Caravans

The caravan site is very busy this year and rally dates for 2009 are nearly all booked. Our caravan storage facility is still full and we will be sending out renewal notices any day now. The annual charge will be increasing slightly. If you store your van with us, please do remember to put your name in the front when you drop it off, as it makes life so much easier for our staff!

### Farm Tours

This is the Year of Food and Farming, a national campaign aiming to promote healthy living by giving children direct experience of food, farming and the countryside. We have hosted several school visits and visited local schools to talk to students. For more information, visit [www.yearoffoodandfarming.org.uk](http://www.yearoffoodandfarming.org.uk) and look us up on the Megamap!

We are also very willing to come and give talks to adult groups about farming, diversification, food etc., so give us a call if your group is interested.

### Farm Butcher's Shop

We continue to specialise in local meat which is free range/naturally reared. The shop continues to grow in popularity and we are kept very busy making burgers, sausages etc. for summer barbecues. Call in soon for excellent local meat, recipe suggestions and special offers. We also now have organic unpasteurised milk and locally pressed rapeseed oil.

If you don't want to cook, you can sample some of our meat and products at the Laughing Fish, Isfield; the Flying Fish, Denton nr. Newhaven; and Moonrakers Restaurant in Alfriston.

We can also supply whole hogs or lambs for spit roasts, so give us a call if you are planning a special party.

### Butcher's Shop opening times

Wednesday 9.00- 5.00  
Friday 9.00- 5.00  
Saturday 9.00-1.00

**The latest retail price list is overleaf.**

### Arable

Harvest is nearly upon us again and thankfully, prices have improved slightly. However, the price of fuel, fertiliser and sprays has also risen, so somehow we aren't much better off! Let's hope we have a good harvest!

### Recipe Suggestion - Chicken livers in cream and brandy sauce (Serves 2-3)

227g chicken livers, cut into strips  
90g seasoned flour  
½ tsp paprika  
40g butter  
125g mushrooms, sliced  
300ml chicken stock  
1 tbsp brandy  
75ml double cream

**Serve immediately with boiled rice and peas**

1. Toss the liver in 2/3 of the seasoned flour and paprika. Melt the butter in a frying pan and gently fry the liver until brown. Remove and keep warm.
2. Add the mushrooms and fry for 2-3 minutes. Return the liver to the pan. Add the remaining flour and gradually stir in the stock and brandy.
3. Bring to the boil, cover and simmer for 10-15 minutes
4. Remove the pan from the heat, stir in the cream and reheat without boiling.

# Bradford's Farm Butcher's Shop

## Price List - Summer 08

	£ per kg		£ per kg
<b><u>Beef</u></b>		<b><u>Lamb</u></b>	
Braising steak	6.34	Breast	3.10
Brisket	5.09	Barnsley chops	12.15
Fillet steak	29.71	Casserole lamb	8.50
Kidney	3.70	Chump chops	12.95
Mince	5.09	Cutlets	10.71
Oxtail	5.35	Heart	1.15
Rib (boned)	12.00	Kidney	3.70
Rib (bone-in)	8.29	Kebabs	2.10 per pack
Rib-eye steak	15.56	Lamb fillet	11.46
Rump steak	14.59	Lamb mince	5.09
Silverside	8.07	Leg	8.57
Sirloin joint (bone-in)	12.15	Liver	3.99
Sirloin steak/rolled joint	17.78	Loin chops	12.15
Steak & kidney	5.60	Middle neck	3.10
Stewing steak	6.26	Rack of lamb	11.10
T Bone steak	13.25	Shoulder - bone in	4.85
Tongue	5.54	Shoulder - boned & rolled	6.51
Topside	8.07	Steak	14.68
		Shanks	7.87
<b><u>Pork</u></b>		<b><u>Mutton</u></b>	
Belly	4.90	Diced for casserole	8.50
Black pudding	4.72	Fillet	11.10
Casserole pork	6.50	Leg	7.10
Liver	2.77		
Loin	7.29	<b><u>Sausages</u></b>	
Loin chops	7.29	Beef	4.41
Spare ribs	3.67	Chipolatas	6.82
Spare rib joint	6.50	Gluten free pork	6.30
Steak	8.19	Lamb & mint	7.56
Tenderloin	10.29	Old English pork	6.30
Leg (boned)	6.50	Pork & apple	7.56
		Sausage meat	5.30
		Toulouse pork	7.56
<b><u>Burgers</u></b>		<b><u>Pies</u></b>	<b><u>Each</u></b>
Angus burgers 6oz (each)	.80	Lamb & potato	
Angus burgers 4oz (each)	.65	Steak & kidney	
Lamb & mint burgers 6oz (each)	.80	Steak, stout & mushroom	
Pork, apple & bacon burgers 6oz (each)	.80	<b>Individual</b>	2.35
		<b>Medium (serves 2-3)</b>	4.40
<b><u>Bacon</u></b> (Green or smoked)		<b><u>Poultry &amp; Eggs</u></b>	
Back bacon	10.29	Chicken breast fillets	6.82
Collar joint	4.85	Chicken drumsticks	2.50
Corner gammon	7.35	Chicken livers	3.99
Fore hock joint	2.35	Chicken quarter portions	6.30
Gammon steak	7.35	Chicken thighs	2.62
Lardons	4.72	Duck breasts	11.02
Middle gammon	7.87	Duck (Gressingham)	5.25
Streaky	5.77	Free range whole chicken	5.77
Whole gammon	4.72	Free range eggs (size 1)	1.50 per ½ doz

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