



Dear Valued English Meats Customer,

We are delighted to deliver our fresh, organic lamb to you this fine day. We do hope that you find it to be succulent, tender and tasty, and absolutely to your satisfaction.

Of course we are always happy to receive any feedback from you, take repeat orders, answer enquiries about different meats and game that we may be able to provide to you, and hear back from you with your favourite recipes. The best way to enjoy great food is to share it, and so if you have any cooking tips or favourite flavours then let us know and we will pass them on to our growing community of lovers of great quality meats.

We are constantly striving to improve our service, and hope that this delivery run has been convenient to you and has met or even exceeded your expectations. Again, we are happy to receive any feedback, good or bad, so that we can improve what we do, and make life easier for our hopefully happy customers.

We do hope that you have a good time working your way through this month's delivery, and enjoy the satisfaction of cooking, sharing and tasting classic and different cuts of lamb. Included here for your information is some advice on safe storage, and some suggested recipes to get you started. So what are you waiting for, we do hope that you already have the mint, rosemary and redcurrant jelly all set to go.

Delicious.

Until the next time, happy eating, and remember...we're always pleased to meat you!

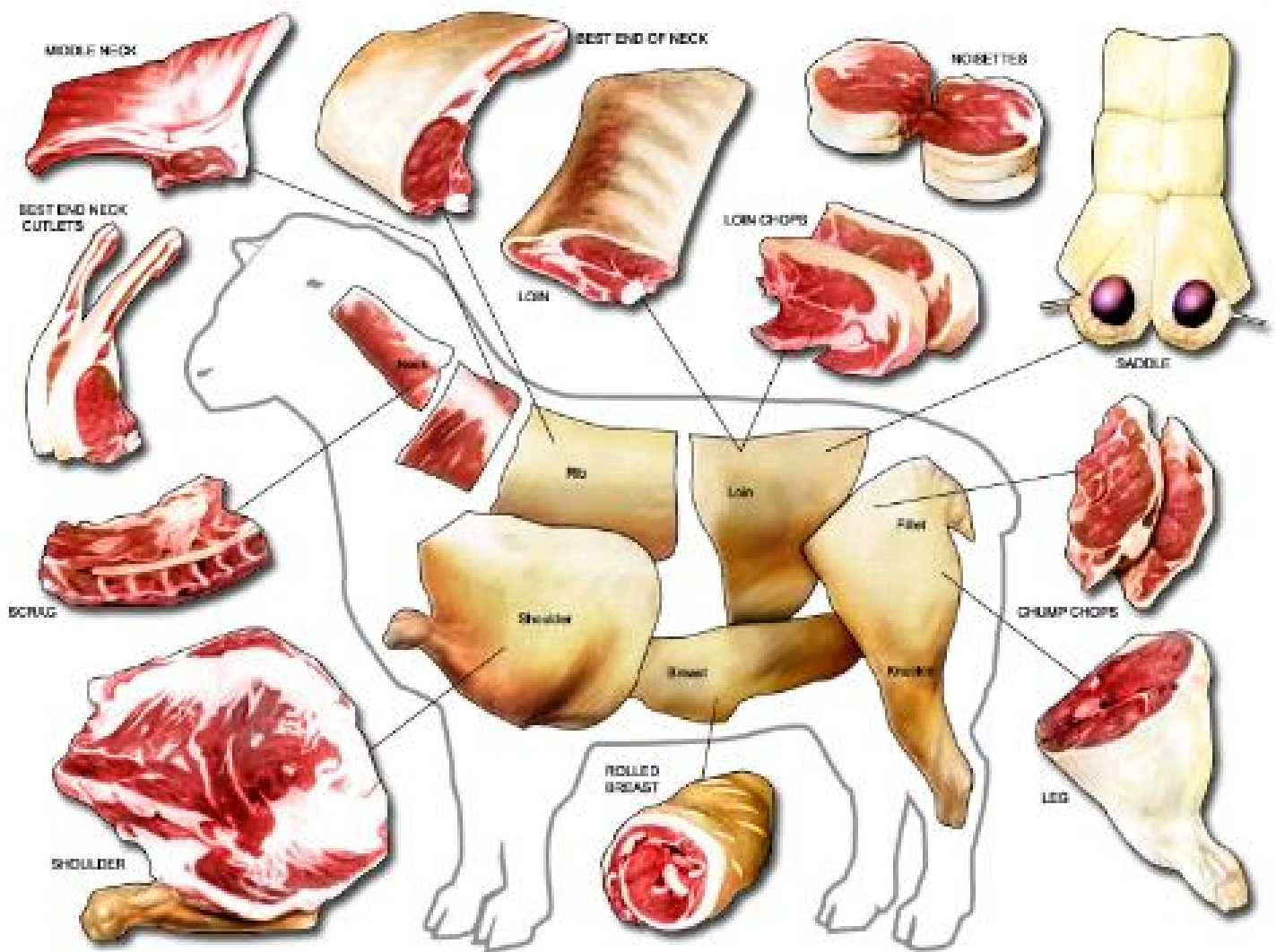
Very best wishes,

Dan, Rob and Dan
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Lamb Cuts:





Storage Advice – Lamb:

Lamb, particularly if it has been butchered properly, well-hung and stored correctly, is very good for freezing, and has very little or no detrimental effect to the quality of the meat when cooked. Unfortunately this is not usually the case with meat bought from supermarkets. They tend to vacuum-pack their meat soon after slaughter in an attempt to keep in the weight and moisture, and so as to try to turn as rapid and large a profit as possible. Basically the approach is to get it to the consumer as quick as possible with no effort made to treat the meat with respect, or allow it to reach its full delicious potential as an ingredient in cooking. There is also the question of how well the beast has been reared and how humane the slaughter is when buying supermarket meat, all of which affect the flavour of the meat greatly. Fortunately these are not issues to worry about with our meat, which has been treated properly from birth all the way to your door.

For best quality we would recommend keeping the lamb in the fridge for immediate use for up to one week, and using any frozen cuts within six months.

It is safe to freeze lamb in its original packaging. However, for long-term freezing, we would recommend overwrapping the meat with storage wraps or bags to prevent "freezer burn" (this appears as grayish-brown leathery spots and is caused by air reaching the surface of food). If you do get freezer-burn, cut the affected areas away either before or after cooking the lamb. Heavily freezer-burned products may have to be discarded for quality reasons.

There are three safe ways to defrost lamb: in the refrigerator, in cold water, and in the microwave. It is best not to defrost lamb directly on the counter or in other room temperature locations. The best thing is to plan ahead for slow, safe thawing in the refrigerator. Ground lamb, stew meat, and steaks may defrost within a day. Bone-in parts and whole roasts may take 2 days or longer. Just make sure it is well wrapped and in the coldest part (bottom) of the fridge, and away from other foods and cooked meats.

Once the raw product defrosts, it will be safe in the refrigerator 3 to 5 days (for roasts and chops) and 1 to 2 days for ground lamb before cooking. During this time, if you decide not to use the lamb, you can safely refreeze it without cooking it first, but we would not recommend making a habit of it.

To defrost lamb in cold water, do not remove packaging. Be sure the package is airtight or put it into a leakproof bag. Submerge the lamb in cold water, changing the water every 30 minutes so that it

continues to thaw. Small packages of lamb may defrost in an hour or less; a larger bone-in roast may take 2 to 3 hours.

When microwave defrosting lamb, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially-cooked food is not recommended because any bacteria present wouldn't have been destroyed.

Foods defrosted in the microwave or by the cold water method should be cooked before refreezing because they may potentially have been held at temperatures that allow bacteria to grow

It is usually safe to cook frozen lamb in the oven, on the stove, or grill without defrosting it first but harder to ensure that the cooking goes well as times in recipes will vary; the cooking time may be about 50% longer. Do not cook frozen lamb in a slow cooker.

Of course much of this storage advice can be avoided by simply getting the oven gloves on and chowing down as soon as possible. You can always order some more from us if you run out of meat sooner than you expect!



Cooking Lamb:

Mint and rosemary of course are the first things that come to mind when we think about cooking lamb, and they are truly made for one another. However, lamb is such a rich, strong and versatile meat that it can sit well with many different ingredients, and take to very simple seasoning, or more complex mixtures of flavour. Some of our favourites include French mustard, tarragon, tomatoes, olive oil, aubergine, yoghurt, soy sauce, ginger, garlic, apricots, coriander, Garam masala and cumin, but you will have your own approaches no doubt - do make sure to let us know what these are, we love to share great cooking tips.

Because of its delicious fresh taste lamb also goes well with simple vegetable sides. It is always best to buy vegetables in season and right now there are loads of great choices to make. New potatoes are great at any time of course, but add in Broccoli, Brussels, Cabbage, Leeks, Marrows, Parsnips, Pumpkins, Radishes, Runner Beans and Spinach, all of which are fully in season right now. Go on, get the Oliver, Ramsay, Slater, Delia or Fearnley-Whittingstall out and go a bit Michelin on us! It's what the lambs would have wanted.

Below are a few recipes to get you started, including our classic roast lamb with a cheeky twist, but any recipe book will do you proud. Don't forget there is also a range of delicious and easy to follow recipes on our website at www.englishmeat.co.uk

Roasting:

(Note: When using a covered tin or wrapping in foil, increase the cooking time by 20-30 minutes)

Suitable cuts:

- Boned and rolled Breast
- Whole or half Leg/Whole or half Shoulder
- Loin
- Best End Neck
- Saddle

Allowances:

225-350g/ 8-12oz per person (with bone)

175-250g/ 6-9oz per person (without bone)

Cooking time:

Quick Roasting - 200C, 400F, Gas mark 6

20-30 minutes per 450g/1lb, plus an extra 20 minutes

Slow Roasting - 170C, 330F, Gas mark 4
35 minutes per 450g/1lb plus an extra 35 minutes

Grilling:

(Note: Always preheat the grill before cooking commences)

Suitable cuts:

- Cutlets
- Loin Chops
- Leg Steaks

Allowances:

2-3 Cutlets per person
1-2 Loin Chops per person
1 Leg Steak per person

Cooking time:

3-4 minutes per side under a hot grill then reduce the heat and continue to cook for an extra 3-6 minutes per side.

Shallow Frying:

Suitable cuts:

- Cutlets
- Loin Chops
- Leg Steaks
- Fillet

Allowances:

2-3 Cutlets per person
1-2 Loin Chops per person
1 Leg Steak per person
100-200g/4-8oz Fillet per person

Cooking time:

3-4 minutes per side over a high heat, then reduce the heat and continue to cook for an extra 3-6 minutes per side.

Boiling, Casseroling or Stewing

Suitable cuts:

- Breast (boned and rolled)
- Middle Neck
- Scrag End Neck

Allowances:

225-350g/8-12oz per person depending on the amount of bone.

Cooking time:

1 ½ -2 ½ hours or more depending on the recipe



Classic Roast Lamb:

If it ain't broke, don't fix it. That's what they say. Sometimes they also say. If it ain't broke, don't fix it, but do find away to rub salty fish into it. At least they do where we grew up, but that's a different story.

Roast leg (or indeed shoulder) of lamb is surely one of the greatest meals out there. Our survey (of each other) revealed it to be very top choice of roast dinner, the greatest of all times. Like Muhammad Ali - Only better with redcurrant jelly.

What you need:

1 Leg of Lamb (approx 1.5/2kgs)

Some sprigs of fresh rosemary, washed and roughly chopped, or leaves just stripped from the twig

2 or 3 cloves of garlic, peeled and quartered

2 tbsp Olive Oil

2 oz. butter, cut into pieces

Some fresh mint, washed/chopped

A tin or jar of anchovies in oil

2 tbsp redcurrant jelly

2 glasses of red wine

1/4 pt lamb stock (or plain old tap water)

Salt and pepper

It might also pay to have some tin foil around

1. Always, always, always, when roasting a meat like lamb, start it off with the high temperature sizzle to lock in the moisture and flavour. Preheat your oven to 220°C/415°F/gas mark 7, and take off all of your clothes. Don't really take off your clothes.

2. Put the joint into a good sized roasting tin (there should be a bit of space around the meat) and cut 8 to 12 deep slits into the meat with a sharp knife, about 2 or 3 cms down, maybe a little more. Break the unchopped rosemary into 8 sprigs. Stuff each cut with a few rosemary leaves (on the twig even), a couple of slices of garlic, and if you are doing the fish craziness one of the salty little anchovies. Don't worry about the lamb going all fishy-flavour yucky, it won't. The anchovy will merely melt into the meat and give a wonderful rich and velvety flavour. You can even rub the oil

from the anchovy jar over the rest of the lamb when you are done.

3. Rub a couple of tablespoons of olive oil into the lamb, all over.

4. Put the tin in the oven, which by now should have reached its high temperature. Leave it in for about 20 or 30 minutes. Fret not if it is sizzling, that's good. If it is smoking black smoke then have a looksie to make sure there is nothing awry.

5. After 30 minutes (no longer) pull the tray out and add a splash (half a cup or so) of water. Loosely wrap some tin foil over the entire tray, securing it over the lip to form a loose seal. At the same time turn your oven down to about 170C, 330F, Gas mark 4.

6. Put the tray of lamb back in and leave for about 2 – 3 hours. Play a game or two of Yahtzee if you like, or catch up on some classic Foghorn Leghorn cartoons. It's all the same to us, really. After 2 hours maybe have a look under the foil and check it is all okay (it will be). The foil will keep a lot of the moisture in. You can always add a splash of wine or water to stop it drying out, but lamb is quite juicy and so this keeps it nice and moist through cooking. At this point take off the foil completely, and cook for another 30 minutes, this will cruzzle the outside up lovely.

7. At end of cooking time pull out the lamb and place it on a plate to stand for 20 minutes while you do the gravy. Use the roasting tin and put it on the hob, over a moderate heat. Skim a bit of the fat off and get the remaining juices bubbling a bit. Add a glass or so of red wine and keep it stirring, with a tablespoon of redcurrant jelly and some salt and pepper. You are aiming to reduce the liquid down to a nice gravy consistency. You can sprinkle in a bit of flour to thicken if you need to (only a little at a time mind!).

8. Get someone to slice the lamb in nice thick slices, place it back in the gravy and serve straight out of the tin to your ravenous hordes.

9. Of course you will have done some peas up already, and also some stunning roast spuds. At this stage, you may well be inclined to groan in contented pleasure at the feast you are devouring. Probably best to put a bit of Debussy on, and make it seem proper posh.



Do The Lamb Shank Shuffle With The One And Only Shanks:

You don't have to go down the pub to get some authentic lamb shank action, not these days. To feel like a real chef the best thing to do is swear a lot, obviously, but also get your ingredients sorted out before you start cooking. That way it really is ready, steady cook, and saves any panicking when things are a-bubblin' and smokin'!

What you need:

4 lamb shanks
1 carrot, diced finely
1 medium onion, diced finely
2 celery sticks, diced finely
30-45ml/2-3 tbsp olive oil
A few sprigs of fresh thyme
2 bay leaves
2 garlic cloves, finely chopped
2 oranges and one lemon, juice and finely grated zest, no pith (or taking the pith!)
4 tbsp sieved roasted tomatoes (or 1 tbsp concentrated tomato purée)
½ bottle white wine
250ml/8½fl oz lamb stock (or plain old tap water)
salt and pepper
fresh parsley, chopped to within an inch of its life

What to do:

1. In a suitable casserole dish, sweat the diced vegetables in some of the olive oil without browning until tender. This means cooking them in a tablespoon or two of olive oil over a low heat for about ten minutes or so, stirring every now and then to stop sticking. Aim to soften not to brown. If in doubt, go lower on the heat and do it for longer.
2. Chuck in the thyme, bay leaves, garlic, tomato, wine and lamb stock (or water), along with most of the orange zest and juice (hold back a few pinches of zest and 1 tbsp of juice). Bring to the boil and lower to a gentle simmer, i.e just the faintest hint of a bubble.
3. Heat a little more olive oil in a separate pan (a medium type hotness) and brown the lamb shanks on all sides, seasoning with a little salt and pepper as you go. This should take a few minutes tops.
4. Transfer the lamb to the casserole dish with all the lovely veggies and stock in it and cover with its

lid. Cook in a preheated slow-moderate oven (about 150C/300F/Gas 2) until the meat is completely tender and coming off the bone. This could take as long as a couple of hours. Enough time to watch a film, or even nip out for a stroll to build up an appetite. Or try to learn ten new words from a big dictionary.

5. Just before you do all of the final few steps get some new potatoes boiling. They'll be ready by the time you've done all this next bit.

6. Remove the shanks from the pan and keep warm while you finish the sauce. Skim off some of the fat that is floating on it. Taste for seasoning and to assess its intensity. Boil to reduce if you think it needs it.

7. Stir in the reserved juice to refresh the citrus flavour. You remember, that zest and juice you held back in instruction 2.

8. Serve one lamb shank on each warmed plate with a generous amount of sauce spooned over. Sprinkle each shank with a little parsley and a pinch of the reserved zest. Mash the new potatoes in the sauce a bit as you tuck in and revel in the praise of your fellow diners. You'll probably already have a nice Motown collection spinning, so why change things now!