

Chapmans Butchers Product Guide

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BEEF

All of our beef is naturally reared, grass fed Aberdeen Angus from Scotland's finest farms, brought down to us weekly then matured in our dry ageing room for a minimum of four weeks. It is, we feel, the finest beef in the world

Roasting Joints

Brisket Very economical, tasty joint *if* cooked slowly. Easiest way for the average size joint is to roast at 180 deg. C for 1 hour 20 min. then take out, wrap in tin foil then roast @ 130 deg. C for a further 4 hours.

Topside Lean, popular joint. Is inclined to dry out so either roast slightly rare, pot roast or as above for brisket.

Silverside Similar to topside with slightly coarser grain, particularly suitable for pot roasting.

Rib The classic Roast. Very cook tolerant so equally good rare, medium or well done

Sirloin For the special occasion nothing beats sirloin, similar qualities to rib but a little leaner. Also available on the bone

Cote de Beauf Perfect for 2 people. Simply season, brown nicely in a hot pan then finish in a hot oven for 30 minutes or so.

Steak

Minute Simply flash – fry in a hot pan for 2 or 3 minutes each side. Very economical also useful if there is no time for a roast but the family want their beef & Yorkshire

Rump Perhaps the best flavoured steak, more texture so must be well hung – ask the butcher if this is so.

Rib Eye Wonderfully tender, good flavour. Carries a little fat but normally not too much. Best pan-fried.

Sirloin Always popular, a great combination of texture and flavour makes it ideal

for any style of cooking – griddle plate is our favourite

Fillet Needs no introduction, the tenderest luxury steak.

T – Bone The combined fillet & sirloin for the hungry person

Onglet Very popular in France as a ‘Bistro’ steak – and deservedly so. Sear in a really hot pan and serve rare.

Bavette The thick skirt sliced across the grain, treat as Onglet.

Flat Iron Steak Very much back in fashion, it is the feather blade from the shoulder cut length ways, trimmed then sliced. Again, season, sear and eat pink.

The last three cuts of steak are enjoying something of a re-birth in popularity – and deservedly so being roughly half the price of the classic steaks. Give them a go!

Casserole

Shin Our favourite, has the most flavour and is very tender - but only if cooked very slowly. (30 minutes @ 180 deg C. then a further 4 hours @ 130deg C.) A simple stew of shin, root vegetables and pearl barley is hard to beat.

Chuck Delia Smith’s favourite so who are we to argue? Our standard casserole beef, typically with a little marbling which can only help the flavour. Needs less cooking than shin (2-3 hours @ 160 deg. C)

Blade The leanest casserole. Sometimes peddled as ‘mock fillet’ to trap the unwary. Cook the same as chuck.

Feather Blade Almost the same as blade except for the ‘feather’ of gristle running through the centre, don’t be put off this gristle turns to jelly during cooking which helps the gravy along nicely.

Skirt The classic cut for pies and pasties. Diced up cutting across the distinct grain, it breaks down to make a perfect pie filling.

Miscellaneous beef

Mince Minced Scotch chuck steak nothing more nothing less.

Suet Real beef suet for authentic dumplings, Christmas puddings etc.

Oxtail Old fashioned but back in vogue now. The classic recipe is to cook it over two days. First day treat it like shin (above) only leaving out the root vegetables then allow to cool overnight. The following day skim any surface fat then add your veg. then re-cook for 1 1/2 hours. Shin can be added to bulk out the stew if feeding lots of people.

Ox Cheek Very flavoursome with a great texture but simply must be very slowly braised

PORK

In today's supermarket led world finding good quality British free range pork is one of the traditional butcher's harder tasks. We are lucky enough to have two suppliers in Suffolk who both produce the real thing.

When buying pork don't be tempted by excess leanness. The pig naturally carries a layer of fat, very lean pork is more likely a sign of malnourishment than quality and is likely to produce the hard, dry pork which is so prevalent nowadays. Also crackling is simply impossible with lean pork.

Roasting

Leg on the bone Large, family joint. Lean, slightly dryer texture than the other pork joints.

Leg boneless As above only boneless.

Sparerib Great value joint. Typically carries a bit more fat so is consequently moister. It does benefit from slightly slower cooking 160 deg.C for 40 minutes per pound (app. 90 min. per Kg) plus 40 min as a rough guide.

Loin A great roasting joint, ideal for dinner parties as it carves so neatly also is the easiest to produce good crackling.

Loin – boned & rolled As above only with the bone removed. Roast the joint sitting on those bones to help the gravy along and to protect the exposed underside of the joint.

Streaky Joint Very out of fashion but superb if very slowly roasted so all the fat melts away. As a guide roast for app. 3 hours @ 130 deg C. then turn the oven up to 200 deg C. for a further 30 minutes to make the crackling.

Cajun roll A firm favourite here, the eye of sparerib marinated in olive oil, garlic and herbs. Best roasted nice and slowly wrapped in tin foil.

Grilling / Frying

Chops Needs no introduction, a little moister than loin chops below

Loin chops As above only a bit meatier as it includes the fillet or tenderloin.

Steaks Very useful for cooking in a sauce, slicing for stir-fry's etc, etc

Fillet Good for almost anything, can be opened out then egg and bread crumbed to make schnitzel, wrapped in streaky bacon and roasted, kebabed or a hundred and one other things.

Streaky slice Best slowly grilled to reduce the fat and then enjoy this underrated meat.

Misc.

Diced Makes a lighter casserole than beef also lovely if combined 50/50 with beef for an authentic goulash

Hocks Simmer for two hours then finish by roasting for 30 or 40 minutes @ 180deg C. for the most economical and underrated pork dish. Unavoidable if you visit Bavaria!

LAMB

Sourcing the very best lamb is both a seasonal and regional culinary problem – which is where your butchers knowledge comes into play. Typically the earliest or spring lambs will come from the south of England sometime around Easter then as soon as they become available (sometime during May) we move on to local lambs, on to the Scottish highlands finishing up with late lamb from the Hebrides.

Roasting

Leg whole The classic summer Sunday roast, simply roast for 1 hour 45 minutes @ 180 deg C, leave for 20 minutes to rest then serve. Also great pot roasted. Feeds 6.

Leg fillet As above, a smaller neater joint for up to four people.

Leg knuckle As above but still *looking* like a leg of lamb

Shoulder whole Very underrated joint, it is a little tricky to carve but if slightly *over* cooked the meat more or less falls off the bone anyway.

Try roasting @150deg C. for 3 1/2 hours. Feeds 6.

Shoulder blade As above only feeds 4.

Shoulder knuckle Smaller still, ideal for a couple.

Shoulder boneless The modern solution to carving the shoulder, as is usual with meat it doesn't quite have the flavour that it would on the bone but still very good, quite economical and can be cut to any size for up to six.

Chumps Wonderful individual roasting joints, simply seal in a hot pan until nicely brown then finish in the oven for 15 minutes @ 180 deg. C.

Racks The dinner party favourite. Can be cut any size up to seven chops. Often convenient to have as individual portions of 2 or 3 chops per person. Cook the same as chumps. Can also be cut as a **Saddle** for larger parties.

Loin Boned & normally stuffed with either our black pudding or a lamb and herb forcemeat is again a lovely dinner party treat. Seal in a hot pan then roast @ 190 deg C. for 35 minutes.

Crown Roast For the special occasion. Can be made to feed from four to twelve people. Does need a little care during cooking to ensure forcemeat centre is thoroughly cooked without ruining the rack outside, so wrap the whole of the outside including the tips of the bones in tinfoil and roast @ 170 deg C. for 25 minutes per lb plus 25 minutes.

Rolled Breast Really underrated; really good – but it must be cooked correctly; Roast open @180 degrees centigrade for 50 minutes, remove from oven wrap in foil and turn the oven down to 130 degrees, roast for a further 3 hours. It will melt!

Grilling / Frying

Loin chops The classic lamb chop, probably best simply grilled.

Cutlets A little smaller than loin, generally just a little sweeter also.

Chump chops Largest of the chops

Giggot Steak A slice through the leg, useful for the larger appetite

Neck fillet Makes a lovely mini roast early in the season especially if slightly *over* cooked, after mid summer is best used for casseroles or curries.

Loin fillet The TV chefs favourite except they always forget to tell their audience

how expensive it is! However it is a great treat, probably the most popular cooking method is to sear it in a hot pan then finish for ten minutes in the oven @200 deg C and serve with a sauce of your choice.

Miscellaneous Lamb

Shanks A great favourite. Can be cooked anyway as long as it's slow. Perhaps the easiest is to pot roast it along with stock, red wine and root vegetables. Give it half an hour @ 190 deg C. then turn the oven down to 130 deg for a further 2 1/2 hours keeping the lid on all the time. Available plain or marinated

Diced Very flavourful, great for curries & casseroles.

Mince For a 'proper' shepherd's pie, Mousaka etc.

Neck The old fashioned ingredient for Irish stew. Best slowly casserole one day, left to cool overnight, the solidified fat removed then cooked again on the second day.

Middle neck Very similar to neck only leaner and less fatty so it can be cooked and eaten on the same day.

POULTRY

There is very little excuse for the for the amount of imported poultry we consume in Britain. Surely humanely produced British chickens are worth a few pence more than any imported meat of dubious origin injected with who knows what and preserved with whatever to give the longest shelf life?

We sell only English poultry.

Adlingtons: produced by the Frederick's in Royden, Essex. These are old fashioned, slow growing Free range chickens. They have a firmer texture and a little more flavour than the barn reared but are not so meaty. Available whole birds of approx. 1.8 - 2kg.

Barn reared Chicken We have been dealing with this farm in Norfolk – plus now another similar in Yorkshire, for over 30 years, the birds are reared in large, clean airy barns, allowed natural light and of course not given routine antibiotics etc, We have dealt with the same farm for many years and think they are a genuinely good chicken reared in a completely humane manner.

Whole Chicken Available from 1,6 – 2.5 kg (3 – 6lb)

Breasts Whole breasts on the bone will always roast better than supremes because the skin and bones will prevent the meat drying out.

Supremes - skinless Very handy for any recipe which incorporates a sauce or marinade to keep the meat moist.

Supremes – skin on No bone to contend with, if you want to roast a supreme it will cook nicer with the skin left on to protect the meat

Diced Diced breast meat, good for almost anything.

Leg Very underrated and very economical. Try simply roasting for an hour @180 Deg.C

Thighs The very best choice for coq au vin, currys etc. Very economical.

Drumsticks Very popular with our younger customers, great on the barbeque!

Poussin Very small tender, small whole chickens. Allow one per person

Spatchcock A poussin split down the backbone and opened out. Just roast for 45 minutes (perhaps as a tray bake) at 180 degrees centigrade

Boned & stuffed chicken (half) Half a chicken boned and stuffed with seasoned minced pork. Wrap in foil and roast for an 1 1/4 hours @ 180 deg. C. Serves 2 or 3.

Jamaican Jerk Chicken Whole chickens cut into eight, bone left in, seasoned in a spicy jerk marinade

Jalapeno wings Spicy wings, cook on a tray for full flavour, raised on a rack so the marinade can drip for a milder experience

Chicken escallops Available marinated in a range of great flavours including: garlic & herb, sweet chilli, Black garlic etc.

Guinea Fowl Supremes Marinated in garlic & herbs guinea fowl is superb, more flavour and texture than chicken but not as gamey as pheasant. A must try! Just roast for 40 minutes at 180 degrees c.

Turkey Traditional free range turkeys, available to order either white or bronze from 10 to 30 lb.

Turkey breast Very popular, easy to carve. Is available any size up to 10lb. Also available stuffed with the following stuffing's: Sage & Onion, Apricot, Apple & Ginger, Chestnut or Cranberry & Orange

Turkey Escallops Breaded in a spicy crumb, gently fry or bake for 20 minutes or so

Duck Our Norfolk ducks are a great favourite with all of us here, we like them roasted nice and slowly so the meat turns to butter, the fat runs away (cook on a grid) and the skin is left golden and crispy.

Duck Breasts Popular for all kinds of dishes, very quick and easy to cook

Duck breasts in plum and Worcestershire sauce Leaving the sauce in the bag, first gently fry the duck skin side down until it's golden brown. Remove the duck from the pan, transfer to an oven proof dish, add the sauce, lid on then finish for 20 minutes in the oven. (180 degrees c.) Fantastic!

SAUSAGES

All our sausages are made here in our state of the art butchery. Free range pork, Angus beef and seasonal lamb are exclusively used.

There is no such thing as a '*Good cheap sausage*' as with most things you get out what you put in. We 'put in' the best ingredients so you can happily consume our sausages as part of your balanced healthy diet and not worry if for example, the children will only eat sausages.

To enjoy sausages at their best try *slowly* frying them in a little olive oil.

Traditional pork & sage Our most popular sausage, made using the same recipe for the last sixty years. Perfect for bangers & mash, toad in the hole etc.

Traditional chipolata Same as above only thinner so are popular with children, also ideal for breakfast.

Cocktail sausage As above only shorter, also available wrapped in streaky bacon.

Extra Spicy pork sausage Our traditional pork & sage with extra pepper. Very good in casseroles.

Pork & Honey A nice mild sausage with just a hint of sweetness from the honey, very popular for barbeques, also with children. GF

Pork & stilton A good savoury sausage, quite mild but given interest by the stilton. Good for people who like a traditional style sausage but without the sage. GF

Pork, black pudding & apple Our popular black pudding combined with pork, oatmeal and apple creates a distinctive and certainly different sausage.

Pork & Leek Always a good combination, coarsely chopped fresh leeks and free range pork.

Toulouse The classic French sausage made with pure pork, black pepper and garlic, essential for cassoulet, great if slowly fried to bring out the sweetness of the garlic. GF

Pork & Fennel Another continental style pure meat sausage, this time from Italy. The fennel add it's distinctive liquorish flavour to the pork and is used in many Italian bean based recipes. GF

Merguez From North Africa this time. Lamb with paprika and a good dose of chilli. GF Very popular on the barbeque but also peeps up chicken or pork casseroles. GF.

Venison & rioja A great pungent, flavourful sausage made from our local Fallow deer. Normally only available during the stalking season, i.e. September to March GF

Lamb & mint A classic, always popular combination. Especially good on the barbeque

Lamb & cranberry Savoury lamb combined with sweet/sour cranberries. GF

Wild boar & pistachio Real wild boar combined with the 'crunch' of pistachio GF creates a classic sausage

Boerewors Fast becoming our speciality. Boerewors (Afrikaans for farmers sausage) is made from a combination of beef, pork, coriander and vinegar and is quite the perfect barbeque sausage. We import the spices direct from Cape Town to ensure we capture the authentic flavour. As well as being sold direct from our Baldock shop we send these sausages by overnight courier all over Britain.

Peri peri Boerewors Similar to the traditional Boerewors but with the addition of Peri peri chillies. Quite hot.

Beef Boerewors Exactly the same as our traditional Boerewors but without the pork. This creates a slightly dryer sausage and is ideal for people who either cannot or are not allowed to eat pork.

Cheesewors Beef, pork, coriander and vinegar but this time with the addition of cheese.

Bratwurst A wonderful, underrated pure pork sausage. It looks slightly strange because we scald the sausage before offering it for sale, this turns the sausage white which as well as acting as a natural preservative means that the sausage only needs to be fried off to colour the outside and heat the middle and it's ready to eat. GF.

Nuremberg sausage Another classic German recipe, this sausage is made chipolata size from pure pork, marjoram and fresh eggs. GF

Farmers Sausage Very distinctive, ready to eat smoked sausage made from pork

shoulder which is cured, smoked then slowly cooked. Great for pasta dishes. GF

Pork and Apple Sausage A really classic combination, the apple gives a slight sweetness to the sausage. Popular with children

Cumberland Sausage Quite similar to our traditional pork sausage but with more herbs. It's the nearest to a traditional English sausage while being gluten free. G.F.

GLUTEN FREE SAUSAGES

The varieties marked 'GF' are guaranteed free from any gluten content

BACON & GAMMON

We are one of the few remaining traditional bacon curers. Our curing methods are very old and very slow but produces a solid, full flavoured bacon, nitrate free, with no added water. As there is no water to leach out, our traditional bacon cooks a little different to it's modern factory made equivalent, so try pan frying the back and streaky in a little olive oil as grilling will tend to dry it out.

The gammons should either be simmered for 25 minutes per lb plus 25 minutes or roasted wrapped in a double tent of tin foil for 20 minutes per lb plus 20 minutes @ 180 deg C.

Smoked back Made from free-range Specially selected pork which is simply dry-cured on beds of salt & sugar for 14 days, dried off then oak smoked for a day or two.

Unsmoked back Exactly the same as above only the smoking process is left out.

For those who like a milder bacon it's ideal.

Baldock Black Becoming a bit of a speciality, this is cured with the addition of black treacle which gives the bacon a dark appearance and wonderful slightly sweet flavour.

Baldock Black Streaky Like our Black back only with a more intense flavour

Smoked streaky Normally cut a little thinner than back, the flavour from crispy streaky is unbeatable.

Honey cured streaky Thick cut, American style streaky bacon. Fry slowly

Bacon pieces Great for adding flavour to chicken casseroles, soups, pasta etc.

Gammon –whole smoked Lovely to have at Christmas also ideal and great value for weddings, christenings, family gatherings etc. Each gammon will feed 30 people and will last for up to a week on the fridge once cooked

Gammon – whole unsmoked Just as above only a little milder.

Smoked collar Very underrated because it's a little fatter than gammon, but is economical and full flavoured.

Gammon steaks Made from the 'chump'(pork rump steak) so is very lean & tender. Best lightly pan fried.

BLACK PUDDING

Black pudding Our home made black pudding has a great following with people travelling from all over to stock up. It is made very simply with blood, lots of pearl barley, oatmeal, very little fat and of course our secret blend of spices.

Chilli Black pudding For all you chilli fans. Perfect with eggs!

Irish style white pudding Made here to an old Irish recipe with pork, oatmeal, seasoning – and potato

HAGGIS

Haggis Made here in Baldock – yes really – with fresh lambs liver, heart, lights, pearl barley, oatmeal and stock.

Easiest to cook wrapped in tinfoil in the oven for 50 minutes per lb @ 180 degC. Or again wrap in foil and simmer for the same time span

OFFAL

Lambs liver Dry, slightly crumbly texture with mild flavour. Best fried.

Pigs liver Firm texture, fuller flavour. Good for casseroles or stroganoff . Also ideal for pate, liver sausage, terrines etc.

Calves liver Our most popular liver, has a mild delicate flavour popular even with children if cut into very thin strips and stir fried!

Lambs kidneys For devilled kidneys or a traditional fry-up

Pigs kidneys Quite strong, for the kidney enthusiast only.

Ox kidney Essential for steak and kidney pie or pudding.

Lamb hearts Very out of fashion but still makes a wonderful casserole if cooked nice and slowly.

BARBEQUE AND MARINATED MEATS

KEBABS

Lamb and Haloumi Cubed shoulder of lamb marinated in garlic & herbs plus haloumi, vine tomatoes and peppers.

Thai Chicken Tender chicken breast marinated in lemon and lemon grass, combined with apricots & peppers

Beef Lean beef in a spicy black pepper & chill marinade with peppers

Kofta Spicy minced lamb on a stick

Garlic Turkey Turkey breast marinated in Yoghurt & garlic with peppers.

Pork, Chorizo & Vine Tomato lightly marinated pork fillet, tasty chorizo and vine tomato

BBQ Spareribs Available as racks, baby backs, marinated or plain. Essential for the BBQ

MARINATED STEAKS

Rib Eye Tender Angus rib eye steak, marinated in our blend of olive oil, Worcestershire sauce, black pepper, chilli & garlic.

Peppered pork Steaks Succulent sparerib steaks in black pepper sauce, a long time favourite here

Lamb Giggot Slices through the leg of lamb, normally marinated in either garlic and herbs or mint.

Beef minute steaks In a mild chilli & black pepper marinade. As the name implies, simply fry or barbeque for a minute or two each side. Also very useful if you have no time for a roast – just fry these and serve with Yorkshire pudding, vegetables and gravy.

MARINATED POULTRY

Lemon & coriander chicken Our most popular marinated product of all time. Easiest way to cook is to simply place in a pyrex dish, lid on and put in the oven for 45 minutes @ 180 deg. C.

Lemon & Black pepper chicken Breast fillets coated in a dry mixture of breadcrumbs, lemon & black pepper. Needs to be kept moist during cooking so wrap in tinfoil and roast for 45 minutes @180 deg C.

Sweet & Sour chicken Chicken fillets this time in a mild fruity sweet pepper marinade. Treat the same as lemon & coriander.

Spatchcock chicken A whole poussin split down the backbone, opened out and marinated in garlic, herbs and olive oil or sweet chill & black pepper. Ideal for the barbeque or roasting, taking perhaps 45 minutes @ 180 degrees c..

Turkey Escallops Slices cut through the breast then coated in our seasoned crumb. Simply bake or fry in butter or olive oil for 6 to 8 minutes each side.

BURGERS

Burgers have such a bad press, in truth though a good honest burger is no better or worse for you than any other meat. The trick is to find a butcher who makes takes a pride in his products.

Our beef and steak burgers are made of Scotch chuck steak, the pork & apple from free range shoulder of pork.

Angus Steak Burger Made very simply from beef and seasoning, nothing else. Quite a ‘solid’ burger perhaps best fried gently. Very good served with gravy.

Angus Beef Burger Exactly the same meat as our Angus steak burger only with a little bread added which lightens and softens the burger. A favourite for barbeques and with children.

Pork & Apple Burger A lighter style of burger. Always popular.

Lamb & Mint Burger As always, a classic combination.

Venison Burger A good rustic burger made with our local wild venison and a good Rioja! – seasonal.

MARINATED CHOPS

Pork in mustard & dill A nice mild mustard sauce which not only adds flavour but helps to keep the chops moist during cooking. Try wrapping in tin foil and roasting for an hour @ 170 deg. C.

Sweet & sour pork chops Free range Suffolk pork loin chops marinated in mixed sweet pepper and spice. Cook same as the mustard & dill chops.

Minty lamb chops Lamb cutlets marinated in mint and herbs.

STIR FRYS

Spicy Beef Tender Angus steak strips marinated in chilli and black pepper. Quite hot.

Beef in Coffee and black pepper Completely unlikely, completely delicious!

Sweet & Sour Pork Mild to medium strength, popular with all the family.

Venison, plum & Worcester sauce A lovely combination, tender mild venison with the sweetness of plum all tempered by the Worcestershire sauce tang.

Thai chicken Chicken breast, lemon grass, sweet pepper & onions. Quite mild, also very good to serve cold with a salad.

Herby Turkey Tender turkey breast marinated in herbs and garlic.

Chorizo Chicken A Spanish inspired combination of chicken, chorizo, mushrooms, bacon, onion, tomato, sun dried tomato, garlic, pepper & parsley. Try gently frying then combining with risotto rice

READY MEALS etc

Short Ribs A real favourite – in fact the most popular new line ever – we have slowly cooked the Beef Short Ribs for over 8 hours then lightly seasoned them leaving you to simply wrap it in tin foil and re-heat in the oven (approx.. 45 minutes @ 180 deg.C) It really is the most wonderful flavoursome, melt in the mouth beef imaginable!

Pork Blocks Belly of pork this time slowly cooked by us for 10 hours! Again simply wrap in foil and re-heat thoroughly in the oven or on the BBQ.

Duck Confit The recipe was shamelessly poached from the great Raymond Blanc. Following his formula we season the duck legs, slowly poach them in duck fat then finish them off with a further light seasoning, They really are just great (as you would expect from RB) all you need do is gently re-heat them in the oven or as the French do, in the frying pan.

Pork Hocks If you have ever been to Bavaria you can't have missed these. We make them to a very traditional recipe leaving you to wrap them in tin foil and re-heat in the oven for the most wonderful tender, economical pork roast.

Lasagne, Moussaka & Cottage Pies From the Freezer. All made here from scratch using natural ingredients just as you would at home – if you had time...

FRESH READY MEALS All made here by our chef using exactly the same recipes you would at home. – so ready cooked home cooking!

Chilli A really nice homemade medium strength chilli made with our wonderful Scotch beef

Boeuf Bourguignon Scotch chuck steak, mushrooms, onions, carrots & dry cured bacon slowly cooked in red wine

Cassoulet Harricot beans with Toulouse sausage, duck, pork, bacon, onions, tomato & garlic. Serve with a simple side salad – and rough red wine...

Lamb Tagine Fresh lamb very slowly cooked with onions, tomatoes, honey, apricots, sultanas, mint, coriander & Moroccan spices. Couscous is the ideal accompaniment

Coq au Vin The classic French dish. Chicken cooked in red wine with shallots, bacon, mushrooms, garlic & herbs

Chicken & Butternut squash curry Our homemade curry, quite mild. Made with chicken, butternut squash, onion, chilli, garlic, ginger, tomatoes & coconut milk

Bolognaise Simply made with beef, pork, bacon, onion, carrots, celery and tomato

GAME – SEASONAL

Apart from the grouse all the game listed comes directly from local estates. The venison is something of a speciality of ours, wild Fallow deer coming from three estates within ten miles of our Baldock shop.

VENISON

Casserole Diced shoulder. Either marinade in a specific venison recipe or simply use in place of beef – venison bourgeon, venison & kidney pie etc.

Haunch The back leg on the bone, can be cut any size up to approx. 10lb. Feeding 15 plus. Ideal for a banquet!

Boneless Haunch As above but a little more user friendly. Can be divided into neat joints for up to a dozen people. As venison is so lean (and low in fat & cholesterol) it does need some protection from drying out during cooking so either pot roast or wrap in tin foil.

Steak Slices of haunch, good for frying or barbequeing.

Fillet A simply wonderful dinner party treat. Could not be easier to cook, just cut into medallions, season and fry for two minutes per side. Keep the fillets warm while adding port, redcurrant jelly and a little corn flour to the pan juices. Reduce this for a few minutes and the sauce is made. Try serving with potato dauphinois.

Saddle The prime roasting joint. Very useful when a small bone-in joint is required. Roast covered in tin foil for 15 minutes per lb. plus 15 minutes.

GAME BIRDS All available in season (Seasons vary but roughly Autumn to end of January)

Pheasant

Partridge

Mallard

Wood Pigeon

Grouse

Teal

Woodcock

Plus Rabbit, Hares and Wild Boar in season – even squirrel occasionally for the more adventurous

Delicatessen Counter

All the products listed below are made by hand here at our Baldock shop.

OUR HANDMADE PIES

Steak & Kidney
Steak & Guinness
Steak & mushroom
Chicken, ham & leek
Curried chicken
Lamb & mint
Pheasant & cranberry
Cornish pasty
Quiche Lorraine

MEATCOOKED MEATS Everything listed below is cooked, dry cured or smoked on the premises (or a combination of these)

Ham
Ham on the bone
Smoked loin
Collar
Smoked Streaky
Roast Beef
Roast Pork
Roast Turkey
Turkey Crown
Smoked Turkey
Smoked chicken
Haslet
Ox tongue

SALAMI

Made here in Baldock. We are the first people ever to make artisan, cured and air – dried salami in this town, perhaps this county!

Pepper Salami
Fennel salami
Venison salami

HOMEMADE PATE

Our pates are made very simply using our old recipes. Simply meat, stock, seasoning & eggs, combined together then slowly cooked.

Country Pork

Coarse pepper

Garlic

Chicken liver & port

Duck & pistachio

Venison & port

A SELECTION OF SOME EIGHTY VARIETIES OF FARMHOUSE / REGIONAL CHEESES ALWAYS AVAILABLE FROM THE CHEESE COUNTER

SOUTH AFRICAN SPECIALITIES

We are one of the largest manufacturers of Biltong and Droewors in the UK

Using techniques and recipes we learned in southern Africa our dried meats are made to authentic recipes, even the spices are shipped from Cape Town ensuring the flavour is totally authentic.

Biltong really is the ideal snack food or aperitif, used in place of, or alongside the usual crisps or peanuts it makes a healthy protein rich change.

It also great for children's 'tuck' keeping ravenous youngsters away from their normal favourite sweets.

Traditional Biltong The most popular variety. Made with long strips of silverside, marinated in our special blend of coriander, black pepper and vinegar then slowly air – dried. It is usually sliced very thinly across the grain and can be bought 'wet' (soft) or dry (hard)

Peri - Peri Biltong Made the same as traditional biltong except the meat is marinated in quite strong chilli's before being dried. Produces a spicy yet slightly sweet biltong and is very popular.

Game Biltong During the stalking season we make all our game biltong from fallow deer – our local game. It produces the most lovely lean biltong with it's own distinct mild flavour.

Droewors (Dried sausage) is made very similarly to biltong except we mince the meat and make it into a sausage before air drying it. These are particularly popular with children and people who want to eat on the go.

Peri – Peri Droewors As above only spicy chilli flavour