

BARBRECK BEEF

Barbreck cattle are crossed with a Limousin bull. They are summered on fresh grass, and wintered on home produced haylage, supplemented with cereals, essential natural minerals and vitamins, to ensure good sturdy growth and lean flavoursome meat. Heifers are finished at 18 months and transported direct to the abattoir in Dunblane, where they are humanely killed. The carcasses are then brought back to Barbreck, hung for between 14 to 21 days, butchered and vacuum packed in our on-farm butchery, a process means that we have as much control over the end product as is possible. The meat from a well-hung heifer is second to none, and we hope you will agree.

Because the flesh is tender and not too fat, many of the cuts require minimum cooking to acquire the finest flavour. We offer a choice of five kinds of steak, silverside and topside for roasting, brisket for braising or pot roasting, minced and diced shoulder, and rib cuts for soups and stews. For special occasions we can supply sirloin on the bone, and rib-roast on the bone.

We sincerely hope you will become addicted to Barbreck beef - and for those of you who have not yet had the good fortune to be able to buy direct us and ask us about the best way to cook our beef, we attach a few recipes and guidelines to help you to get the very best from your wise purchase!

SOME GENERAL COOKING GUIDELINES

In the two years that we have been supplying Barbreck Beef people have asked for advice on cooking the different types of steaks and joints, which, until recently, seem to have fallen from popularity. So here are a few hints. We have not included mince and diced beef, as these are so readily available in the supermarket and everyone has their favourite way of cooking them.

All cuts taste better if they are cooked from room temperature, rather than straight from the refrigerator. So remember to take your meat out in plenty of time!

STEAKS

Fillet, sirloin, rib-eye and popeseye steaks are all best done quickly – either grilled or fried.

These times assume you have a grill which will heat to 260C/500F, with steaks 2.5cm/1 inch thick, and a distance of 7.5cm/3 in. from the heat source. The times are for each side. For frying, brush the steaks with oil or butter, and use same times, with a very hot pan.

FILLET:	Blue	2 mins each side
	Rare	2 ½ mins each side
	Medium rare	3 mins each side
	Medium	3 ½ mins each side
	Well done	5 mins each side

SIRLOIN:	Blue	2 ½ mins each side
	Rare	3 mins each side
	Medium rare	3 ½ mins each side
	Medium	4 mins each side
	Well done	5 ½ mins each side

(Prue Leith – “The Cooks Handbok”)

Rib-eye and popeseye: you should allow up to 30% longer in each case.

RUMP STEAK

Because the meat is less tender than the above, it is better to braise rump steaks. A tried and tested recipe in our family is as follows (for 2 people):

Brown two steaks in a hot pan using a mixture of oil and butter. Put in oven-proof casserole dish and rest. Fry chopped onions and a crushed clove of garlic in same juice until brown and softening. Then stir in about a tablespoon of flour and mix well.

Add stock or water to the pan to make a gravy and then pour the contents of the pan over the steaks in the casserole dish until steaks are just covered. Place the covered dish in a moderately hot oven until liquid boiling. Turn oven down until simmering, and cook for approximately 40 mins – 1 hour, or until meat is tender and gravy brown and thick.

TOPSIDE/SILVERSIDE

Both these joints are ideal for quick roasting when you haven't long to prepare a meal. Be sure the meat is at room temperature all through before cooking:

Seal the joint all over in your roasting pan, with some hot oil on the top of the stove. Then place in a very hot oven (220C/425F/gas 7). For rare 20 mins, for medium 30 mins, for well done 40 mins. Once done, leave for 15-20 mins to rest before carving. Use the juices in the pan to make wonderful gravy.

for a spicier joint you can roll it all over in crushed black peppercorns before sealing.
(Gary Rhodes – “Open Rhodes Around Britain)

BRISKET

An excellent way to cook a rolled joint of brisket is to pot roast it, with or without vegetables. Firstly heat a large pan or fireproof casserole dish with oil in, until smoking. Then brown the joint all over quickly and draw off the heat. Chop up vegetables of your choice (potatoes, carrots, parsnips, onions, or whatever is in season), and some parsley and a bayleaf). Place these around meat in pan, and brown slightly in juices. Then add enough stock or water to cover the vegetables, season with salt and pepper, and cook slowly on top of stove (making sure there is enough water to prevent sticking), until meat is tender and vegetables are cooked. Remember to keep checking the water level and top up if necessary to prevent burning. If you like you can purée some of the vegetables and add to pan to thicken gravy.

BEEF FLANK – BONE-IN (OR STRIP)

To get the best soup stock, roast the piece of beef in a hot oven until most of the fat has gathered in the pan. (Save and cool this fat if you enjoy dripping toast!). A good soup can be made thus: Simmer the strip in water until the meat falls from the bone. Fry a leek, some carrots, celery and potato in dripping or butter, then add yellow split peas. Remove the fat and bone from the rib, chop the meat finely and add it and the stock to the pan. Then simmer everything until all the peas have softened and lost their shape, and the soup is thick. Check seasoning, and serve hot.