



Long Yard Beef Company Pty. Ltd.

Your Butcher

Issue 3

December 2011

BEST SOURCES OF IRON

The best source of iron in the diet is red meat such as beef and lamb. Pork and chicken contain moderate amounts of iron and fish less again. Iron from meats and fish is particularly well absorbed into the body. Some plant foods also contain iron but it is in a different form and less well absorbed. Including meat in a meal with plant foods actually increases the absorption of iron from the plant foods.

Source: National Health and Medical Research Council
www.nhmrc.gov.au

Joke of the month

How does a Butcher introduce his wife....

Meat Pattie

Newsletter Special

Spend over \$50 instore and you will receive 1kg of our Famous BBQ Sausages!

Christmas is upon us!

I'm pleased to say that orders are rolling in for Christmas, with many of you already making plans for your festive get togethers. The boys have been busy cooking hams to fill our club and pub orders who are already raffling hams. We will only have limited stock available in the last week before Christmas.

- Our Famous Traditional Woodsmoked Hams
- Smoked Turkey Buffs
- Whole Turkeys
- Smoked Chickens
- Rolled Pork Roasts
- Whole Ducks
- Fresh Australian Gulf Prawns

I encourage you to place an order for those items that you need for the festive season and we'll make sure we will have them ready for you to collect. We will definitely sell out of our hams again this year so place your order soon to avoid disappointment.



From all of us at The Bellmere Butcher we wish you a Merry Christmas and best wishes for the New Year. Thank you again for your support this year and keep safe for the holidays.

See you next year!!
Josh, Kristie and the Long Yard Team

How to store your Ham.

1. Soak your ham bag in 4 cups of water and 2 tablespoons of vinegar.
2. Wring out excess water and your ham in the bag.
3. Store in the coolest part of the fridge.
4. Rinse out and re-soak your ham bag in the solution every few days or when the bag dries out.

If stored correctly your ham should last up to two weeks.



Long Yard Beef Company

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meat delivered to
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www.longyardbeefco.com.au



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On The Farm

Christmas is around the corner, kids are talking holidays and Summer is officially here. It's all left me wondering, where did spring go? It was Winter, then it was Summer, there was only about two weeks of Spring. This hot dry weather we have been having has wreaked havoc to the west. It's very, very dry and we are desperate for rain. It will be an incredibly tough summer for farmers if good falls of rain don't arrive soon. Follow up rain is essential this time of year to get a good body of grass before summer.



Calves everywhere! The spring is calving season and all across the farm little calves are skipping around. It's also a time of heavy work load as we slash or burn many of the creek flats ready for the summer Rains. With the prospect of a good season ahead we start looking forward to Christmas and the branding.

Alex

Recipe Of The Month

Glazed Christmas Ham

Ingredients

- 1 cooked leg of ham
- Zest and juice of 1 orange
- 2 tablespoons Dijon or grain mustard
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- 2 tablespoons dried cloves

Method

Preheat oven to 160°C.
Combine grated orange zest, orange juice, mustard, sugar and cinnamon.
Remove skin from ham and score fat in a diamond shape.

Press a clove into the centre of each diamond shape.
Spread glaze over ham.
Bake for up to 2 hours, basting the ham with the glaze every 20 minutes.

A whole leg of ham will serve 20+.



Note:

Keep an eye on the oven temperature as the glaze can burn quickly if the oven is too hot.