



Long Yard Beef Company Pty. Ltd.

# Your Butcher

Issue 2

November 2011

## CONGRATULATIONS!

Congratulations to Elita Firth of Morayfield who placed an online order with us during October and was the winner of the \$50 store credit.

Congratulations Elita!



## Joke of the month

A Butcher backed into a bacon slicer and got a little behind in his orders...

**Newsletter  
Special**

**Grainfed 2nd Grade  
Whole Rump**

**\$11.99kg  
(Sliced Free)**

## What are we eating?!



I have always been aware of food additives in nearly everything we eat, but it is not until we have had children that I have seen clearly some of the effects these chemicals can have.

After listening to Tanja Winfield from Additive Free Pantry on 101.5fm's Community Kitchen talk about how bad some of the additives are in most foods we eat, I decided to do a little pantry test of my own. Much to my dismay, I had a kitchen bench full of products that contained "bad numbers"! Kraft peanut butter and dried apricots were just some of the things on the bench that I would give my kids regularly. And both contain food additives that can cause headaches, asthma, behavioural problems and depression! Not something I want to be exposed to, let alone my children!

Food additives are nothing new. People have been adding things to food for centuries to improve the taste and appearance of food and to make food last longer. The original food additives were natural substances such as salt, sugar, spice, vinegar,

smoke etc, and these substances are still used as food additives. Over time however, the number of food additives and the nature of things which are used as food additives has changed dramatically.

Many butchers use vacuum tumblers to pump whole cuts of meat full of moisture, some preservative based, and you wouldn't even know! Some also use a paint on chemical smoke when making hams and bacon. We pride ourselves on having a natural product at The Bellmere Butcher. Many food additives are permitted for use in Australia even though their use is limited or banned in many overseas countries. While some food additives are safe, others are suspected carcinogens and many have adverse health effects. Scary hey!

Since doing my pantry clean out, I am now more aware of food labeling when doing my grocery shopping and have found new products that do not contain nasty food additives with the help of these websites – <http://www.chemicalmaze.com/> <http://additivefreepantry.com/>

I hope this has helped you also become more aware of what you and your family are eating.

Kristie

## Taking Christmas Orders NOW!



You can place your order anytime from now. Just drop in to the shop or give us a call and let us know your order and the date you would like to pick it up.

*Traditional Woodsmoked Hams*

*Smoked Turkey Buffs*

*Whole Turkeys*

*Smoked Chickens*

*Rolled Pork  
Roasts*

*Ducks*

*Prawns*



## Long Yard Beef Company

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Visit our Online  
Store and get fresh  
meat delivered to  
your door!

[www.longyardbeefco.com.au](http://www.longyardbeefco.com.au)



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## Recipe Of The Month

### Sweet Onion Relish

1kg onions, thinly sliced  
10 black peppercorns  
475ml red wine vinegar  
400g brown sugar  
½ tsp salt  
100ml balsamic vinegar  
2 tsp fresh thyme leaves

1. Place onion, peppercorns and red wine vinegar in a medium heavy based saucepan over a high heat and bring to the boil. Reduce heat to low and simmer, covered, for 40 minutes or until onion is soft.
2. Add sugar, salt and balsamic vinegar and cook, stirring, until sugar has dissolved. Increase heat to medium high and boil for 25 – 30 minutes, stirring occasionally, or until mixture is thick and syrupy. Stir in thyme. Use a large spoon to remove scum from surface.

3. Spoon relish into hot sterilised jars and seal. Invert jars for 5 minutes, then turn right way up and set aside to cool completely. Serve or gift wrap for Christmas presents.

#### HINT

Perfect smothered over barbecued meats, piled high on a hamburger or enjoy with ham or turkey.

## On The Farm

Situated just west of Kilcoy in some of Queensland's Blue Ribbon beef country Court Le Roi is a 3,000 acre property. With lush pastures and running creeks throughout it is the perfect place to raise Beef. Josh's parents Alex and Annette have owned and run the property for the last two years. The old homestead was constructed in about 1887 and was pretty rundown but they have made many changes and improvements since acquiring the property and hope to fully restore it to its original grandeur over time.



Annette is a food commentator, former Restaurateur and professional caterer amongst other skills and is busy creating a sustainable future at Court Le Roi by planting Vegetable gardens, Orchards and growing chooks turkeys and ducks. Eventually she will be conducting cooking class's showing people the way back to basics. Alex is kept very busy managing a complex cattle enterprise, breeding Angus Limousin cross cattle for Long Yard Beef company and ensuring they are grain finished to the highest possible standards.

## We did it again!



Josh and Kristie attended the Quest Business Achievers Awards last month and took out another award for the year in the Food and Convenience category. It is great recognition for the hard work we all put in! Thanks again to all of our loyal customers and supporters for voting for us!!

