



E X C E L L E N C E

A CHEFS GUIDE TO QUALITY STANDARD MARK BEEF AND LAMB



Tough standards. Tender results.



The pursuit of Excellence

This comprehensive guide to Quality Standard Mark beef and lamb highlights the development work and research that EBLEX has undertaken over many years to enhance the market for beef and lamb in the Foodservice sector.

The publication guides you through the important procedures, standards and specifications which will benefit your business and increase your understanding and knowledge in relation to the production, processing and supply of Quality Standard Mark beef and lamb. It is a call to action for chefs, caterers and suppliers to benefit from the advances that have been made in the industry.

The guide begins on the farm, highlighting the excellence and dedication of producers. It is a reference aid that imparts all that is good about farming and the countryside farming heritage. It examines the diversity of the sheep and beef industry, the importance of seasonality and speciality regional breeds. It is not a definitive reference but a guide highlighting important information that can benefit chefs and suppliers alike.

It will enable you to discover new and exciting cuts and dishes that will benefit your business, enabling you to make your menus stand out against the competition.

A recipe portfolio section highlights many talented chefs' work and you can also discover what our chef colleagues are preparing on the continent as Italian, Belgian and French Michelin Star chefs enlighten us on their latest dishes.

I hope you will find this guide an important reference book as it is a celebration of the quality and dedication inherent in the beef and lamb industry from the farmer, the processor and the supplier through to the chef. At the back of the guide a number of websites are highlighted where you can seek further clarification, detail and information relating to all the topics outlined and the literature that is available.

I am proud of the excellence attributed to the beef and lamb industry and hope you will find this guide, not only of great interest but also a vital reference book to benefit your business, whether you are a processor, supplier, caterer or chef.



Hugh Judd, EBLEX Foodservice Project Manager
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An Introduction to EBLEX



EBLEX is the marketing organisation for beef and lamb levy payers in England

It exists to enhance the profitability and sustainability of the English beef and lamb sector.

Its aims are:

- To help the beef and sheep meat supply chain become more efficient.*
- To add value to the beef and sheep meat industry.*

EBLEX is part of the Agriculture and Horticulture Development Board (AHDB) along with five other levy organisations.

EBLEX undertakes a variety of activities on behalf of levy payers to help them get the best possible returns from their enterprises in a sustainable way, as well as stimulating a profitable demand for beef and lamb.

The work is equally split between cattle and sheep and can be divided into a number of distinct areas. Without the involvement of EBLEX, it is unlikely that individual enterprises would have the resources to invest in areas like research and marketing – to the detriment of the industry.



Quality Standard Mark Scheme

A fully Assured product from farm to point-of-sale

EBLEX developed and launched the Quality Standard Mark Scheme for beef and lamb in 2004. The scheme was launched to enhance integrity, quality and product consistency throughout the supply chain for beef and lamb. To date there are approaching 2500 members ranging from catering butchers and processors to restaurants, caterers and retailers all benefiting from the marketing support provided to members.



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The Quality Standard Mark Scheme for beef and lamb provides one of the highest levels of independently-inspected quality assurance for meat in the United Kingdom. The standards contain combined guarantees of food safety, animal welfare, care for the environment and enhanced eating quality.

This scheme is constantly being updated in relation to research and development findings. The scheme has animal age restrictions and maturation regimes to enhance eating quality. The standards include specific carcass classifications to maximise meat yields and provide better returns through the supply chain.

This means you can be more confident of the tenderness and succulence of your meat when its specifications are that of Quality Standard Mark beef and lamb.

These key factors of tenderness and succulence are vital to ensure customer satisfaction. The whole supply chain (farm, abattoir, wholesaler, butcher, caterer) needs to be signed up to the scheme in order to utilise the Quality Standard Mark.

As beef and lamb are central to so many dishes on most menus throughout the industry, it is essential that caterers ensure they are using a quality supplier. Suppliers of beef and lamb who are members of the EBLEX Quality Standard Mark Scheme will be able to meet requirements over and above the current legal standards guaranteeing their customers a product of integrity and of a consistently high eating standard.



The EBLEX Quality Standard Mark Scheme is independently audited to confirm that members are compliant with scheme standards

Why join the scheme?

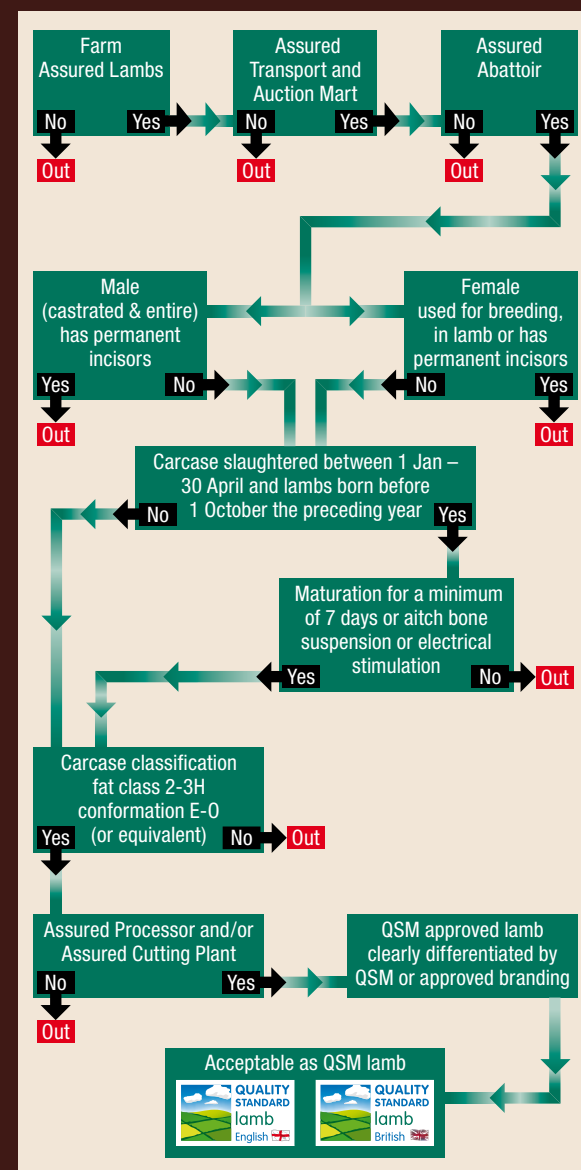
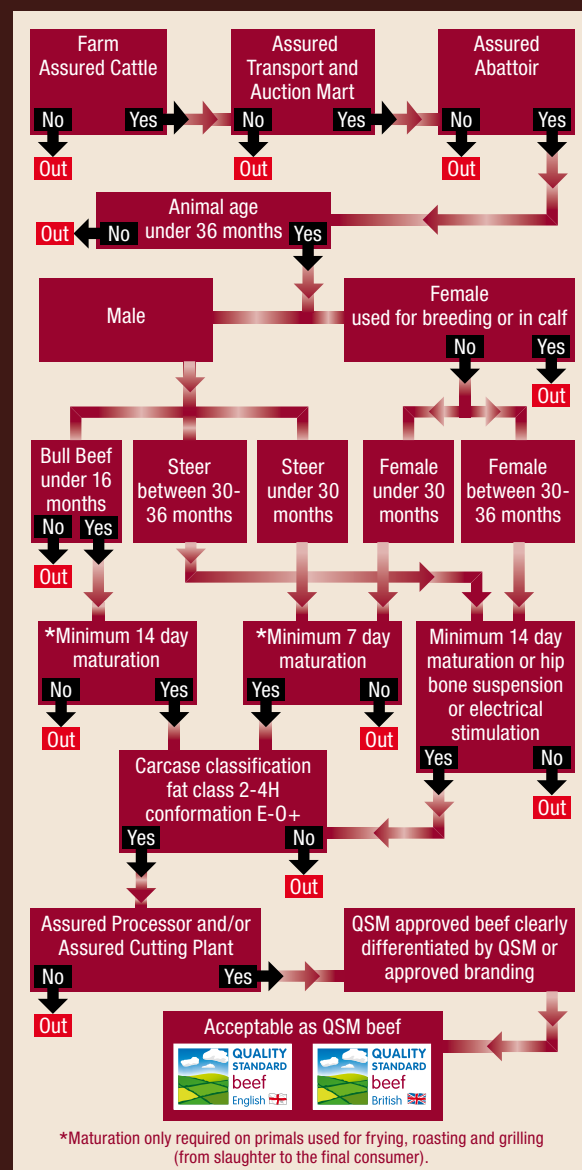
- It gives a genuine point of difference for caterers and their suppliers.
- The Quality Standard Mark Scheme for beef and lamb provides one of the highest levels of independently-inspected quality assurance for meat in the United Kingdom. The standards contain combined guarantees of food safety, animal welfare, care for the environment and enhanced eating quality.
- The scheme sets standards for quality beef and lamb production higher than the legal requirements currently in place.
- Specifications guarantee eating quality and cover maturation, animal age and gender.
- To guarantee the consistently high quality dishes that customers expect, caterers must be able to work with high quality ingredients. This not only gives them confidence in the dishes they are producing but also protects their reputation and that of their business.

The scheme also has specific standards and specifications for mince, burgers and a specific Mark for veal.

Zebu Genetics

The Zebu gene must not be present in any beef or beef products that carry the Quality Standard Mark. Presence of the gene has been shown to have adverse effects on eating quality and is therefore excluded. Zebu cattle predominate in tropical environments and this should, therefore, not affect beef reared in the UK or other European countries. EBLEX reserves the right to genetically test beef or beef products bearing the Quality Standard Mark and if it is found to contain the Zebu gene, to notify the appropriate authorities regarding the misrepresentation of the product. This may result in a criminal prosecution.

EBLEX Quality Standard Mark beef and lamb qualifying criteria



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The Current Market for Beef and Lamb

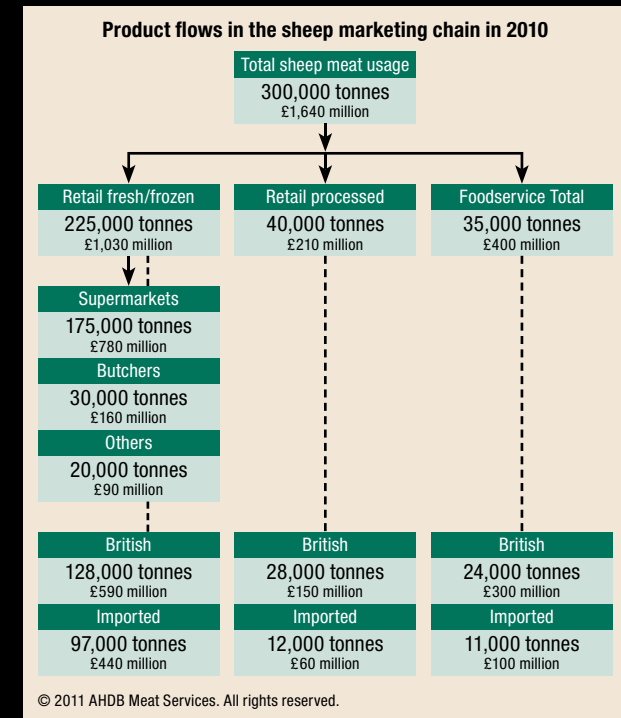
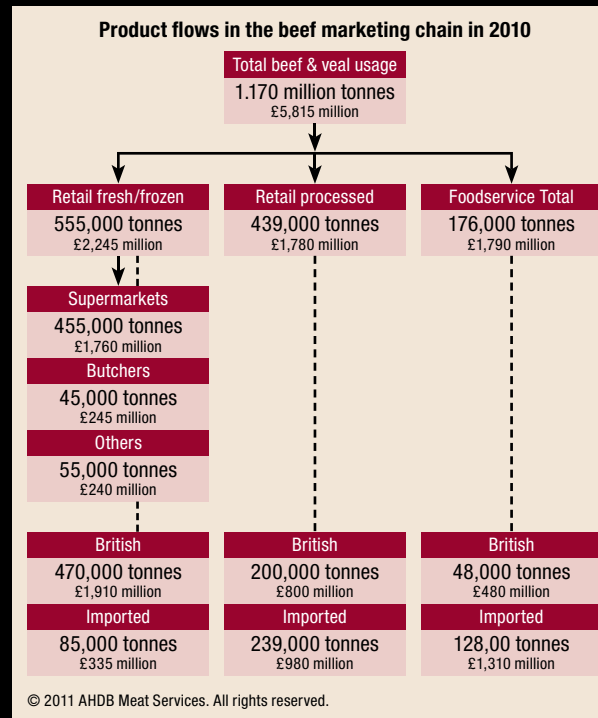
Domestic demand for beef and lamb is robust, with beef consumption at its highest level for many years and lamb was enjoying a mini-revival until the recent credit crunch. However, the UK's self-sufficiency in red meat has fallen significantly in recent years and despite current strong livestock prices for producers, the industry is contracting. The UK is less than 80% self sufficient in beef and 91% for lamb. Maintaining a guaranteed supply of Quality Assured beef and lamb will, therefore, be a major concern for foodservice operators keen to offer product consistency to their customers.

Beef

Of the total volume of 1,170 million tonnes of beef and veal, approximately 15% is accounted for by the foodservice sector. However, almost 75% of beef sold out of home is imported, which compares with less than 14% in the retail sector.

Lamb

Of the total volume of 300,000 tonnes of lamb, approximately 10% is accounted for by the foodservice sector. Unlike beef only 31% of lamb sold out of home is imported, with a much higher proportion of British lamb being used.



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What makes Quality Standard Mark beef and lamb so Special

The countryside offers a tremendous variety and quality of breeding stock. The country has some 30 beef and 10 dairy cattle breeds and, remarkably, 90 sheep breeds. These cater for a wide range of production attributes and withstand a considerable variety of environments and climates.

These farming breeds are world-renowned for their quality and suitability for profitable livestock farming. They have been exported for more than two centuries over five continents and form the core of world beef production. For example, the Angus breed is one of the most ubiquitous beef breeds in the world and is widely used for crossing with other breeds. There are extensive numbers of Hereford cattle in many countries. The Suffolk breed of sheep is another example of a breed widely exported all over the world.

Cattle and sheep breeds have become central to global livestock production, either in their own right

or as 'improvers' for local and indigenous breeds. Increasingly, livestock producers in many countries are learning from our experience in the use of planned and structured crossbreeding to exploit complementary and hybrid vigour in their enterprises.

Modern production of beef and lamb requires, above all, a low cost of production and a high control of these costs. This means that the genetic potential of the animal, in terms of growth, carcass quality, efficiency, ease of calving/lambing, offspring survival and longevity, must be paramount. The genetic potential of the animal must be realised through production performance within the specific farming

system, environment and conditions within the farm. This in turn requires animals that are able to thrive in a variety of conditions and can give the producer flexibility in terms of production systems. Only with high quality livestock, such as pedigree cattle and sheep, can these two goals of optimum potential and flexibility be achieved.

Livestock breeds also offer many possibilities in terms of differentiated products for beef and lamb that can improve producers' returns by targeting premium markets. Excellent tasting beef and lamb are an integral part of what the countryside can offer and is the ultimate goal of the consumer.

For over two hundred and fifty years farmers have improved cattle and sheep and offered the result of their passion, integrity and farming heritage to the supply chain and export markets.





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Quality Standard Mark

beef and lamb...
something

Special



Farm Assurance

Meeting the on-farm requirements of the Quality Standard Mark Scheme allows producers to prove that their husbandry and welfare on the farm meet agreed levels of excellent practice and gives an assurance to the consumer that the product is safe.

The standards cover:

- *Identification and traceability*
- *Farm animal management*
- *Feed composition, storage and use*
- *Housing and handling facilities*
- *Medicines and veterinary treatments*
- *Transport of livestock*
- *Expansion of home-mixing standards for feed*
- *Herd/flock health plans*
- *Waste management plans*

It is vital that all buyers (e.g. abattoirs, auction markets, etc) are able to confirm easily that a producer has a valid certificate. Assured producers are issued with stickers which they should use on paperwork (including cattle passports), accompanying every consignment of farm assured beef/lamb that is sold.

Farmers must be able to demonstrate they are accredited to one of the following Farm Assurance modules:

- *Red Tractor Assurance for Farms – Beef and Lamb (Previously ABM Beef and Lamb Assurance)*
- *Farm Assured Welsh Livestock (FAWL)*
- *Red Tractor Assurance for Livestock Markets and Collection Centres (Previously ABM Auction Market Standards)*
- *NIBL FQAS Northern Ireland Beef and Lamb Farm Quality Assurance Scheme*
- *QMS – Cattle and Sheep*
- *Genesis Quality Assurance (Whole Farm) (Beef and Sheep Module)*

Beef cattle

Beef production is based on a wide range of cattle breeds, usually incorporating crosses to benefit from hybrid vigour. Suckler cows are crosses selected for their maternal characteristics. Hybrid vigour is maximised by crossing these with a “terminal sire” – a bull with good meat producing characteristics which might be a continental or a traditional British breed.

Dairy crosses also provide suckler cows for the beef industry, as well as calves that also produce prime beef. British beef production makes extensive use of grass for beef production. A wide range of production systems is used. Beef cattle are often reared outdoors on grass-based systems and brought indoors when the pasture becomes too wet to support livestock. They are then fed a diet, often based on home-grown feeds. British beef cattle are reared in the wide range of environments, rainfalls, temperatures and altitudes that characterise the unique aspects of the countryside

British beef is famous for its quality, which is the result of centuries of breeding, experience and care during farming and processing. Added to this is extensive science and research.

Lamb

The countryside is rich in natural landscape which is unique to the specific farming region. Fields, woodlands, hedgerows, moors and scrubland, upland hills, dales, fells and lush pastureland together make it unique in its diversity.

Whether lamb is produced on rugged moorland, craggy mountains or on the herbs and heathers of coastal farms, it is unique and has a very individual flavour.

The Lake District hills and mountains, the borders of Wales and Scotland, the lush pastures of the southern counties all maximise the opportunity that New Season lamb affords your menu.

Early spring lamb is more attributed to producers in the south of England, as the climate is warmer and less harsh. However, with modern farming practice and crossbreeding, fresh spring lamb is available across the country.

As spring becomes summer and finally autumn and winter, fresh lamb, whether derived from crossbreeding or specific breeds, region by region, becomes available across the country. New Season

Lamb is synonymous with tradition, quality and subtle taste variations due to regional diet and climate.

While the main production of lamb comes from crossbred ewes, Suffolk, for example, is the second largest contributor of terminal sires to the UK flock. The main continental breeds are Beltex, Charollais, and Texel.

Veal

Quality Standard Mark veal is the meat produced from very young cattle which must be under eight months old and is most commonly male calves from dairy herds. Adult female cows used in dairy herds must have had a calf in order to continue milk production.

This means the dairy cows must give birth to a calf each year. Approximately half of all calves born are female; they are raised by the dairy producer to replace older milk cows and replenish the milking herd. Only a few male calves are needed for breeding stock, so the surplus male calves are sold for meat.

Typically, veal calves are classified according to the age and weight of the animal when it is butchered.

The type of meat produced is determined by the way the calves are raised – either milk-fed or grain-fed. Milk-fed veal, also known as special-fed veal comes from calves that are fed a milk supplement. This results in meat that is light pink, finely textured, and quite lean.

Grain-fed veal calves, on the other hand, initially receive milk and later are fed on a diet of grain and hay. The meat from grain-fed veal calves tends to be darker in colour and fattier. All Quality Standard Mark veal is subject to specific labelling and is from animals under eight months old.



Mutton

Sheep farming experts generally agree that mutton refers to meat from sheep that are over two years old (lamb meat is generally from animals that have been reared for five months). Traditionalists argue that mutton is always the meat from a wether (a wether is a castrated male sheep; it is thought that castration improves the taste of some meats). A more contemporary view is that mutton comes from a breeding ewe that has reached the end of its productive life.

Guidelines drawn up by Mutton Renaissance aim to ensure that mutton is consistently of the quality expected by chefs and home-cooks. The standards specify that sheep must be over two years old and that animals must have a forage-based diet (for example, grass, heather and root crops). Sheep meeting the Mutton Renaissance standard should have a given amount of fat cover and be matured (for example by hanging) for at least two weeks. Mutton producers must be able to provide full traceability records showing where an animal is reared, its breed and age at slaughter. Although mutton can be available all year, the best meat is produced from October to March.



This is because the sheep have access to nutritious summer and autumn grass and heather and are able to put on fat before being slaughtered. Towards the end of the mutton season, animals are fed on root crops and silage to ensure they reach the standards.

Diet

Diet also plays a significant role in terms of producing consistent and appropriate animals for the market. Obviously, beef and lamb are at their best during the spring and summer months as they can graze on natural grasses when they are at their best and full of nutrients.

Feed supplements are of significant importance during the winter months and cereal-based feeds are important when finishing cattle before slaughter to maximise weight gain, fat specifications and carcass weights. Store lambs and winter beef will all have feeding regimes which reflect the time of year and supplements to maintain health. What an animal eats affects meat quality, appearance and aroma as well as fat and colour. Diet has little effect on eating quality for lamb but is very important in relation to flavour. Consumers prefer the flavour of grass-fed lamb.

Seasonality

The seasonal weather plays a significant part in the production and flavour of beef and lamb throughout the country.

Beef is at its best when fed on natural grass from lush countryside pasture. But there are specific breeds with distinct flavours from all parts of the country. The beef Shorthorn, for example, is very adaptable and is quite at home in the bleak Cumbrian mountainside and fells, producing wonderful beef.

Lamb in particular benefits the industry with the adaptability of the many breeds and the flavour associated with the natural grazing ranging from salt marshlands, fells and moors to lush pastureland.

www.muttonrenaissance.org.uk

The organisation which champions mutton farming and its versatility in the kitchen. Providing product knowledge, recipe advice and supply availability.



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The importance of Provenance

Provenance

Consumers want to know where the beef and lamb they are eating has come from. More and more consumers want to support farmers and suppliers in their area.

Chefs know the importance of differentiation on their menus, highlighting the farms and the speciality breeds relating to the beef and lamb dishes on their menus.

Suppliers increasingly source from farmers and abattoirs near to their business. It is important as a sustainable and efficient supply chain benefits all. The Quality Standard Mark Scheme for beef and lamb encourages regional produce and premium beef and lamb products.

All Quality Standard Mark beef and lamb that carries the English Saint George flag on the mark has been born, raised and slaughtered in England.

Climate

The United Kingdom is blessed with a mild and wet climate, particularly in the west, which is propitious for the growing of grass and ruminant production. Indeed, some areas of the countryside can boast all year round grass growth. Cattle and sheep are reared in a green environment on improved pastures, as part of rotation systems using the latest grass and clover cultivars, on permanent pastures and on the hills. Grazing is treated as a science in Britain with the objective of optimising the production of beef and sheep meat.



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Getting it right at the *Abattoir*

All abattoirs in the Quality Standard Mark Scheme are independently inspected to verify compliance with strict processing standards and specifications.

Abattoirs must be able to demonstrate that they are accredited to one of the following assurance modules:

- *Red Tractor Assurance Meat Processing Scheme (Previously ABM Abattoirs & Cutting Plants)*
- *Global Food Standard (BRC) + Red Tractor Assurance Meat Processing Scheme (Traceability and Animal Welfare Modules)*
- *International Food Standard (IFS) + Red Tractor Assurance Meat Processing Scheme (Traceability and Animal Welfare Modules)*
- *QMS - Processor*

The standards cover important areas in the processing of beef and lamb, all of which are vital in terms of quality, consistency and welfare.

The standards cover:

- *Traceability*
- *Storage*
- *Classifications*
- *Cutting and Packing*
- *Slaughter*
- *Welfare*
- *Lairage*
- *Maturation*
- *Chilling*
- *Labelling*
- *Dressing*
- *Hygiene and Food Safety*
- *Processing*
- *Transport/deliveries*

Welfare standards are championed in these standards and specifications, as stressed animals will provide tough and poor quality meat. Animals must be properly housed, watered and fed, with care and by professional handlers.

Once the animal has been stunned and killed, the care, skill and hygiene of the plant and its workforce, will dictate the quality of the finished product. Carcasses are hung in the abattoir to chill down in a carefully, well-monitored and controlled way, to avoid meat 'toughing'. Carcasses can be cooled slowly or high voltage electrical stimulation can be applied.

Dependent on customer specifications, the animals are graded and matured to varying disciplines and carcasses are hung again to individual specifications relating to maturation. These can be hip, achilles, whole carcase or hindquarter/forequarter. Again, these can be dry-aged on the bone or vacuum-packed in bags, either as primals or specific cuts.

Maturation may also take place with suppliers and catering butchers in their own chilling environment, to their own specifications or bolt-on specifications dictated by their chef and catering customers.



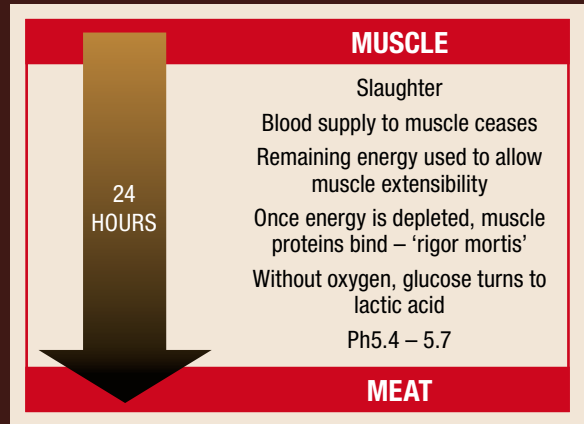


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The process of beef and lamb muscle turning into red meat

Post-slaughter factors

After slaughter, muscle undergoes changes that will affect both visual appeal and meat quality.



Electrical stimulation

Some meat plants use electrical stimulation after slaughter, to improve eating quality. Muscles stimulated to contract will use up energy, accelerating the onset of rigor mortis and so allow earlier chilling. High voltage applied prior to chilling increases tenderness more

effectively than low voltage applied prior to dressing. In beef, this method is less effective on tenderness than hip suspension.

Chilling rate

Meat toughness increases if muscles contract before rigor mortis sets in. Cooling too fast or too soon results in muscle 'shortening'. As a general rule, while chilling the carcass, a muscle temperature below 10°C within ten hours after slaughter should be avoided. This is unlikely to occur in a fridge operating at 4°C except for smaller lamb carcasses. If electrical stimulation has been used, faster chilling is preferable.

Hanging time/maturation

Tenderness increases in extended storage, as naturally-occurring enzymes break down protein in the meat. Maturation can occur in hung carcasses, unpackaged primals or vacuum packs.

Beef should be matured for 7 days from slaughter to sale or packing in high oxygen gas mixture (whichever

is the sooner) for steers and heifers a minimum of 14 days for young bulls. For additional quality improvements a minimum of 21 days can be applied. Maturation can be in carcass or cut form and in air or vacuum packs. Extended 'dry aging' should only be used where a specific market is identified to recover the value added by the marked additional weight loss. Lamb joints benefit from ageing for up to ten days. This should be limited to seven days for cuts to be sold bone-in. Extending this to fifteen days will show some additional improvement but there is little benefit in extending maturation beyond that.

The Chill Chain

Chilling by reducing carcass temperature and the associated drying of the carcass surface restricts pathogen growth and spoilage micro-organisms (bacteria, yeasts and moulds), thus reducing deterioration. Chilling begins at the abattoir where carcasses are usually put in conditions of 0-5°C after slaughter until the deep muscle temperature reaches 7°C.



Optimising Quality and yield

A well-managed chill chain is critical for preparing and selling fresh meat and meat products. For food safety and product quality assurance, a well managed chill chain is essential.

Delivery systems must maintain the chill chain and avoid large temperature variations at critical points, such as loading and unloading.

Carcase Classification

The Quality Standard Mark Scheme stipulates specific carcass classifications for both beef and lamb.

Beef Fat Class 2–4H Conformation E–O+
 Lamb Fat Class 2–3H Conformation E–O

Carcass classification provides the opportunity to specify the carcass classes that are specifically required.

Classification takes into account:

Conformation – is the amount of depth and the thickness of muscle around the shoulders, back and rump of the animal.

Fat Class – is the amount of fat cover, which can greatly affect the yield (amount of usable red meat) which comes from the carcass, when it is broken down.

In some cases, speciality breeds for example, do not fall into the ideal window for carcass classification, but research has shown that the falling traffic light system identifies the optimum carcass classification for beef and lamb. These are shown below.

Improving Yield

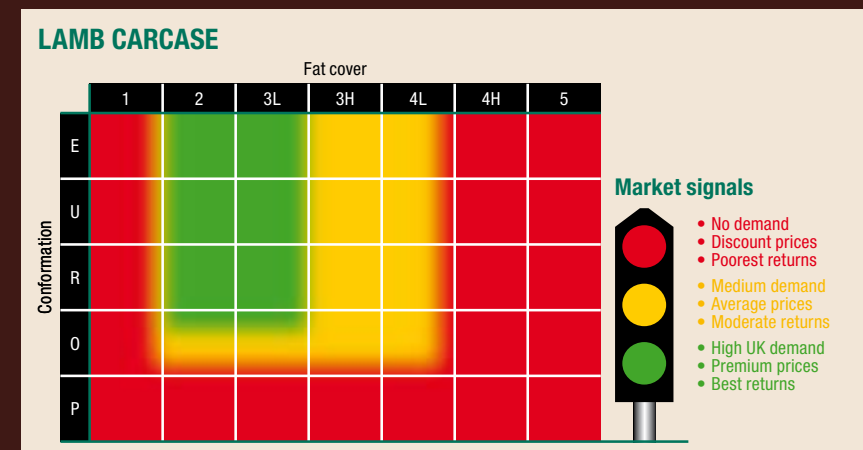
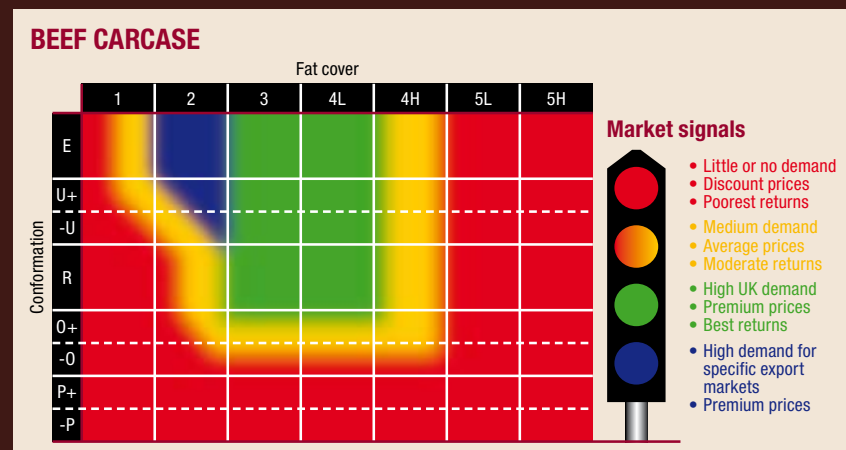
Providing appropriate carcass classifications will also guarantee better meat yields and subsequently better returns, demonstrated in the table opposite.

Percentage yield of saleable meat dependent on classification

| | | FAT CLASS | | | | Increasing fatness → |
|--------------------------|--------------------|-----------|------|------|------|----------------------|
| | | 2 | 3 | 4L | 4H | Overall |
| Improving conformation ↑ | CONFORMATION CLASS | | | | | |
| | U- | 76.5 | 73.8 | 71.7 | 70.4 | 73.1 |
| | R | 74.8 | 72.1 | 70.0 | 68.7 | 71.4 |
| | O+ | 73.1 | 70.4 | 68.3 | 67.0 | 69.7 |
| | O- | 71.7 | 69.0 | 66.9 | 65.6 | 68.3 |
| | P | 70.8 | 68.1 | 66.1 | 64.7 | 67.4 |
| | Overall | 74.1 | 71.4 | 69.4 | 68.0 | 70.7 |

Average side weight of 144.6kg

Both fat class and conformation class have significant effects on the yield of saleable meat from the carcass with a difference in yield of 11% of the side weight when moving from U-2 to O-4H for example. For an average carcass weight from this sample (289.2kg) this represents a difference of 31.8kg.



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Halal

Quality Lamb for the Muslim Consumer

All consumers hope and rightly expect when they buy meat, that it has been produced to the highest possible standards, with animal welfare, traceability and hygiene paramount throughout the supply chain. These same high standards apply to Halal meat.

However, for meat to be considered truly Halal there are a number of additional factors to take into consideration, on the farm, during slaughter and when cutting the carcase.

Muslim consumers require meat that has a high proportion of muscle and low fat cover. The sheep are fed a diet that is natural and free from any GM modified feeds that might be considered to be Haram (unlawful). On the farm, great care is taken to ensure that every animal reaches the correct weight and carcass conformity to satisfy the demands of the market.

During the slaughtering process there are a number of important points that must be observed for the meat to conform to Halal requirements. There are significant differences to traditional butchery techniques when the lamb carcass is cut for the Halal market.

With this last point in mind, EBLEX (a division of the Agriculture and Horticulture Development Board), has produced a guide which highlights the step by step cutting specification of the lamb carcass in line with Halal requirements.

Jointly developed by EBLEX Master Butcher, Dick van Leeuwen and Halal butcher Riyadh Al-Hassan, the aim is to provide a single comprehensive specification which will ensure consistency throughout the Halal industry.



Halal

Processing and Butchery Techniques



The cutting of a lamb carcass so that it conforms to Halal requirements differs greatly from traditional butchery techniques. This is due to the fact that within the Halal market there is greater demand for certain cuts of meat than the more traditional cuts.

Here are a few examples:



T-bone chops



Cutlets



Meaty bone pieces



Individual ribs



Diced leg



EBLEX is currently developing a similar guide for cutting the beef carcass to Halal requirements.



Types and cuts of meat consumed The table below highlights the types and cuts of meat eaten by different Halal consumer groups and also the types of dishes they cook.

| | Pakistani | Bangladeshi | Indian | Somali | Turkish | Middle Eastern Arabic |
|-------------|---|--|---|--|---|---|
| Lamb/mutton | <ul style="list-style-type: none"> Much more lamb consumed than beef. Most popular lamb cuts were: Whole/half a sheep (cut up and frozen in portions) Shoulder Leg Minced (by butcher) Chops Lamb neck Sheep's stomach (Birmingham only) | <ul style="list-style-type: none"> Mainly eat lamb and mutton ie. Whole/half a sheep (cut up and frozen in portions) Shoulder Leg Mutton chops: front and back Minced (by butcher) Ribs | <ul style="list-style-type: none"> Whole/half a sheep (cut up and frozen in portions) Leg Chops Neck Boneless cubes Minced (by butcher) | <ul style="list-style-type: none"> Whole/half a sheep (cut up and frozen in portions) Minced lamb Shoulder Leg/whole hind leg Ribs Chops Liver, kidneys | <ul style="list-style-type: none"> Mainly lamb Shoulder Leg Minced (by butcher) Neck/middle neck Ribs Front chops Best end/chump chops Diced lamb Offal | <ul style="list-style-type: none"> Whole lamb Leg/leg pieces Minced lamb (spiced and ready to make into kebabs) Chops Shoulder Double back chops Stuffed lamb (de-boned, stuffed and rolled) |
| Beef | <ul style="list-style-type: none"> Steak pieces Cow's feet (seen as a delicacy) | <ul style="list-style-type: none"> Steak | <ul style="list-style-type: none"> Steak | <ul style="list-style-type: none"> Steak Minced beef Sughar (small cuts of beef) | <ul style="list-style-type: none"> Steak Minced beef | <ul style="list-style-type: none"> Cubed, boneless beef pieces Minced beef |
| Other meat | <ul style="list-style-type: none"> Goat/mutton Ready made samosas, lamb burgers, kebabs etc | <ul style="list-style-type: none"> Ready made lamb kebabs, tikka pieces, lamb sausages, samosas, burgers | <ul style="list-style-type: none"> Ready made lamb burgers, kebabs, spring rolls, samosas | <ul style="list-style-type: none"> Veal, camel meat Frozen burgers, sausages (lamb and beef) | <ul style="list-style-type: none"> Ready made lamb and beef burgers | <ul style="list-style-type: none"> Veal Frozen lamb burgers Deli meats |

Typical meat dishes cooked

| | Pakistani | Bangladeshi | Indian | Somali | Turkish | Middle Eastern Arabic |
|--------------------|--|---|---|--|--|---|
| Traditional dishes | <ul style="list-style-type: none"> Meat curries Keena Kebabs Biryani Roast/barbecued meat | <ul style="list-style-type: none"> Meat curries Mutton chops – curried or grilled Minced meat curry Roast leg of lamb (Asian style) Meat pulao Lamb biryani Kebabs | <ul style="list-style-type: none"> Lamb curry Lamb korma Tahari (rice and meat cooked together) Grilled meat chops Kebabs Mince curry Meat ball curry Paya/nehari/biryani (special occasions) | <ul style="list-style-type: none"> Grilled lamb and steak Beef or lamb stew Lamb or beef cooked in broth or soup Minced cooked as kebabs, burgers or samosas Lamb cooked with rice Roast lamb/beef | <ul style="list-style-type: none"> Lamb and vegetable stews Barbecues Kebabs Meatballs Roast lamb Dried beans cooked with meat | <ul style="list-style-type: none"> Meat and vegetables (eg.okra) in a tomato-based sauced served with rice Meat and peas Grilled/fried/roasted meat eg. Kofta/kebabs/steak |
| Other | <ul style="list-style-type: none"> Shepherd's pie, spaghetti bolognese | <ul style="list-style-type: none"> Shepherd's pie, lasagne | <ul style="list-style-type: none"> Shepherd's pie | <ul style="list-style-type: none"> Pizza Pasta with meatballs | <ul style="list-style-type: none"> Shepherd's pie Lasagne | <ul style="list-style-type: none"> (No mention of European dishes in either group) |

For assistance in identifying Halal certified food processors contact:

The Halal Food Authority (HFA)
www.halalfoodauthority.co.uk

The Halal Monitoring Committee (HMC)
www.halalmc.net

The European Halal Development Agency (EHDA)
www.ehda.co.uk

Assured Suppliers

When the beef and lamb carcasses have been graded, matured and processed to individual customer specifications, they are transported by chilled distribution vehicles to customers direct, to specialist catering wholesalers or catering butchers.

The beef and lamb is usually cut and packed before distribution to the caterer or chef. It may be further matured by these suppliers in specific maturation and chilled environments, either on the bone and dry aged or in vacuum packs, dependent on specific requirements and types of product.

As with abattoirs, all catering wholesalers, cutting plants and specialist catering butchers, must be accredited under a recognised qualifying assurance scheme, in order to be members of the Quality Standard Mark Scheme for beef and lamb. These are:

- Red Tractor Meat Processing Scheme
- QMS - Processor
- Global Food Standard (BRC) + *Red Tractor Assurance Meat Processing Scheme (Traceability Module)

- International Food Standard (IFS) + *Red Tractor Assurance Meat Processing Scheme (Traceability Module)

- NACB Catering Butchers Standard

*The EBLEX appointed auditing company are approved to audit these additional modules.

These suppliers must also be able to demonstrate compliance with all the Quality Standard scheme standards which cover:

- Deliveries
- Packing and Handling
- Despatches
- Storage
- Traceability
- Hygiene
- Transport

All these standards and specifications are rigorously and independently checked by EBLEX's specially appointed certification body, which inspects all scheme suppliers on an annual basis. Carcasses and primal cuts of Quality Standard Mark beef and lamb are broken down by specialist butchers into the various cuts and products that customers, chefs and caterers specify. The carcasses are broken down into main primal sections as shown below.

Products are cut to exact specifications, covering size, weight and thickness, in terms of steaks and chops, to ensure control over portion size and costings.

Once the carcase has been totally broken down, it is vital to make use of the whole carcase and maximise the market opportunities for offal.

Primal breakdown of beef and lamb carcasses



Make more of *Offal*

Offal is the name given to the internal parts of animals produced for food. These include the perhaps more well known products such as oxtail, tongue, kidneys and liver to the more speciality cuts such as sweetbreads, fries, tripe and the parts not regarded as traditional cuts such as ox cheek, suet and heel.

Offal offers a whole extra range of unusual and exciting tastes and textures, which are quite unlike muscle meat. However, it is under utilised in the kitchen.

- *Ox (beef) Liver*
- *Lamb's Liver*
- *Ox (beef) Kidney*
- *Lamb's Kidney*
- *Ox (beef) Heart*
- *Lamb's Heart*
- *Ox (beef) Tongue*
- *Lamb's Tongue*
- *Oxtail*
- *Lamb Sweetbreads*
- *Lamb Fries*
- *Tripe*
- *Suet*
- *Cow Heel*



Ox (beef) Liver



Ox (beef) Kidney



Lamb's Heart

Buying and Storing Offal

The shelf life of offal is short and ideally it should be used on the day of purchase. When buying offal, it should always look fresh, clean and moist with no dry patches and have an even colour and texture. It should smell fresh without a stale or strong colour.

Always leave pre-packed offal in its original packaging until required for cooking and adhere to any 'use by' dates. As with all raw meat, store offal covered at the bottom of the refrigerator and away from cooked foods. When opening pre-packed or vacuum packed offal, there may be, as with other cuts of meat, a slight odour but this should soon disappear.



*Pan Fried Liver
and Onions with Sage*

Innovative Butchery

New Product Development and Research

EBLEX has a specific New Product Development team which works with specialist butchers to introduce new cuts to improve market opportunities and create new profit potential.

All new products are fully researched to evaluate financial viability and production feasibility. All these products are then assessed by consumers – for taste, appearance and value.

Particular attention has been paid to the forequarter for both beef and lamb, to maximise overall carcass value and carcass balance.

Innovative Steak Cuts

In conjunction with Pierre Koffmann, EBLEX has developed a range of speciality steak cuts by utilising seam butchery techniques on under-used primals.

There are 12 steaks in this range which deliver added value to different muscles including the body skirt, thick flank, underblade, heel, topside and feather. These cuts are proving increasingly popular in the foodservice sector as businesses are demanding better value meal options that still deliver in terms of customer satisfaction and expectations.

The full range of steaks are:

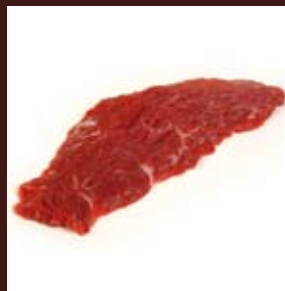
| | |
|---------------------------------|---------------------------|
| <i>Hanger Pavé</i> | <i>Pavé (Thick Flank)</i> |
| <i>Hanger Steak</i> | <i>Pavé (Heel Muscle)</i> |
| <i>Bavette</i> | <i>Flat Iron Steak</i> |
| <i>Skirt Steak</i> | <i>Tender Top Steak</i> |
| <i>Pavé (Underblade)</i> | <i>Centre Cut Steak</i> |
| <i>Pavé (Underblade Fillet)</i> | <i>Ranch Steak</i> |

All of these new steak cuts have been highlighted in a special brochure.

MASTER
Chef AND *Butcher*
MASTER



Hanger Steak



Bavette



Pavé (Underblade Fillet)



Centre Cut Steak



Innovative Butchery

Quality Premium Range

EBLEX identified many inconsistencies in the beef and lamb market in relation to both product appearance and consumer satisfaction.

The result of extensive consumer research demonstrated just how discerning consumers are about the meat they buy and consume, this is indicated by the following factors:

- Fat Content
- Presentation
- Gristle
- Appearance
- Thickness/size
- Plate Waste

All of these have a direct impact on consumer satisfaction, as they impair eating quality. With this in mind, EBLEX has developed a quality premium range for beef and lamb.

It is the products themselves that have to be superior!

By cutting and processing the products differently we can provide:

- Distinctive new products for the modern market place
- Enhanced product consistency through tighter specifications
- Additional premium lines and increased profit opportunities for your business

Specifications for the full range of Quality Premium beef and lamb cuts are available on our website.

A good example of how this range has added value to businesses is the Flat Iron Steak. This steak is produced from the feather muscle in the chuck, which in the main, is used for dice and mince. Using seam butchery techniques and then cutting the feather muscle differently, EBLEX has produced a great tasting, low cost steak which has added significant value to this particular forequarter muscle.

“Having sampled the Flat Iron Steak, at an EBLEX event some 18 months ago, we decided to add it to our steak range. We now cut over 200 kilos in our butchery every week”

David Jenkins, Marketing Director, Cumbrian Catering Butcher



Feather Muscle



Flat Iron Steak



Oriental Flat Iron Steak

Maximising Value

Primal Utilisation

EBLEX places great importance on knowledge transfer in relation to new cuts and has been particularly pro-active in this area, bearing in mind the importance of maximising the value of the whole carcass.

To illustrate this, the chuck for example is often used for dice and mince, but EBLEX has developed nine new joint, steak and pave cuts to maximise the value of this particular primal cut.

Carcass Utilisation and Value

The chuck primal is just one example of EBLEX's continuing efforts to add value to the whole of the carcass, benefiting the entire beef and lamb industry.

By using seam-butchery techniques, particularly on forequarter primals and under-used muscles from the hindquarter, this development has a positive financial effect right through the supply chain, from the producers through to chefs and the products they serve to their customers.

In the USA, developing new steak and roast cuts from under valued primals like the Chuck, has increased the value of the carcass by between \$50 and \$70

King Arthur's Beef Roast

EBLEX Code: Chuck B029



Prepared from the chuck eye roll with the cap of the fore rib added.

Chuck Eye 'Centre Cut' Joint

EBLEX Code: Chuck B026



Prepared from the chuck eye roll with the cap of the fore rib added.

Rib Eye Fillet

EBLEX Code: Chuck B027



The rib eye fillet is the continuation of the rib eye situated in the chuck.

Denver Steak

EBLEX Code: Chuck B025



This steak is prepared from a single muscle out of the chuck.

Chuck Eye 'Centre Cut' Steak

EBLEX Code: Chuck B028



This steak has a smaller diameter than the chuck steak.

Chuck Rib Steaks on the bone

EBLEX Code: Chuck B030



Produced from the first 3 ribs of the forequarter.

Back Rib Steaks on the bone

EBLEX Code: Chuck B031



Produced from ribs 4, 5 and 6 of the forequarter.

Pavé (underblade)

EBLEX Code: Chuck B019



Prepared from the chuck eye roll with the cap of the fore rib added.

Pavé (underblade fillet)

EBLEX Code: Chuck B020



The smaller underblade muscle (fillet) can be cut into tender Pavés.





Profit from *Sous Vide*

A new range of sous vide products has recently been developed with the assistance of Michelin starred chef, Anthony Demetre. This is yet another example of EBLEX's commitment to new product development and its desire to be at the cutting edge of development. This range has been developed to not only increase carcass utilisation but to provide real differentiation on menus for customers to try.

The main brochure features cooking times, temperatures and serving suggestions for a number of these cuts including:

Goose Skirt Steak

Prime Hind Shin

Beef Bucco

Ox Cheek

Scrag Slices

Rolled Lamb Breast

Neck Fillet

Rump Portions

Sous vide cooking is becoming increasingly popular with chefs, who are taking advantage of its many benefits and are using it to experiment with new dishes. As a result, the number of sous vide recipes and knowledge of the sous vide process is growing rapidly.

To help you take advantage of this opportunity, EBLEX has identified 40 different beef and lamb cuts which are suitable for sous vide cooking, to provide you with real inspiration for your menu.



Code it and Benefit

The Importance of Specifications

Whether you are specifying offal, veal, a fillet steak, a leg of lamb, a sous vide product or an alternative steak cut, it is vital to have a specification that is consistent throughout the industry.

EBLEX Cutting Specification Manual and Meat Purchasing Guide

Lifestyle changes and increasing demand from discerning consumers have led to tremendous changes and pressures on the red meat industry in terms of product integrity and consistency.

This, coupled with more and more meat products and specifications being readily available in the retail and catering marketplace, has resulted in varying degrees of product inconsistency and standards. The variations inherent in meat carcasses and processing methods have also contributed to these inconsistencies.

To address these issues, EBLEX set out to develop comprehensive specification manuals and purchasing guides for beef and lamb products, which could be utilised throughout the whole meat industry.

For the supply sector a Cutting Specification Manual was developed. Each product is laid out on its own step by step specification sheet and given its own unique code.

For the catering industry a Meat Purchasing Guide was developed. This carries all the product specifications in the Cutting Manual and, importantly, identifies each product with the exact same code that the suppliers use in their Manual.

The two publications work together through this unique coding system to eliminate any inconsistencies between product specification and supply.

Since their launch in 2007, these two publications have been widely embraced throughout the whole meat industry and are now recognised as the 'bibles' of product specifications. They have not only significantly eradicated product inconsistencies, they also provide you with new ideas for your menu.

Recently identified by world renowned meat scientist, Dr Chris Calkins from the University of Nebraska as,

“the finest meat publication I have ever seen”

Dr Chris Calkins

There are over 400 cuts of beef, lamb, mutton and veal and these can be viewed online or downloaded at www.eblextrade.co.uk



The Image of red meat and the consumer

Today's discerning consumers are asking more and more questions relating to the food they are purchasing and consuming. Value plays an important role when red meat is being purchased, but it should not be at the expense of quality and food safety.

Consumers want to know where the beef and lamb they are buying comes from. Regional produce has become more and more popular, as consumers want to protect and sustain the farming countryside and its heritage.

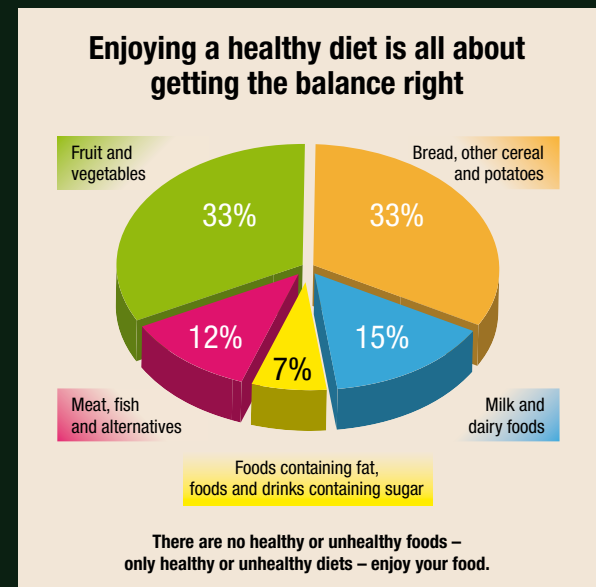
Product integrity plays a vital role in the decision-making process when consumers purchase beef and lamb from caterers' menus. Consumers want product consistency and a pleasant eating experience, with little plate waste.

It is also essential to remember the important part that red meat plays in a healthy, balanced diet. It is full of nutrients, vitamins, minerals and protein, all vital for a healthy, enjoyable lifestyle.

Lean red meat (beef and lamb) can play an important part in a healthy balanced diet. It has a high nutrient density containing high biological value protein, key minerals particularly iron and zinc and is also an important source of B vitamins, including B12, which is not found naturally in foods of plant origin.

There are five main food groups: fruit & vegetables; bread, other cereals and potatoes; meat, fish and alternatives; milk and dairy foods; foods containing fat, foods and drinks containing fat and sugar.

The Balanced Plate model shows the relative proportions of food that we eat should eat, including snacks, from each of the five food groups on a daily basis.



Please visit www.meatandhealth.com for more information.





Tough standards. Tender results.



The *Image* of red meat and the consumer

Fact or fiction?

Myth: *Meat is high in fat, especially saturates*

Fact: The fat content of lean red meat has fallen by one third on average over the last 20 years, with the average fat content of lean lamb now 8%, lean beef 5% and lean pork 4%. Red meat actually contains more heart healthy monounsaturated and polyunsaturated fats, than saturates. Choosing lean cuts of meat and trimming off any visible fat helps to reduce the saturated fat content further. Meat also contains small amounts of omega-3 fats, which help to keep the heart healthy, especially in people who've already had a heart attack.

Myth: *Meat is only important for iron*

Fact: Red meat is indeed an important source of iron, which is needed for healthy blood and to prevent anaemia. This is particularly important for women, as currently a quarter of females aged 19 to 64 years in the UK have iron intakes below the minimum amount needed to stay healthy.

But meat isn't just a good source of iron. Meat and meat products contain many other nutrients that are important for good health, including protein, zinc, vitamin B12 and vitamin D. The body is also able to absorb and use the iron and zinc from red meat more easily than from other foods.

Myth: *Meat causes bowel cancer*

Fact: Some studies have shown a link between high intakes of meat and colorectal (bowel) cancer, with stronger association being found for processed meat.

However, in the UK, average daily intakes of red and processed meat are still below the amount thought to increase the risk of bowel cancer in the UK. Indeed, in the past 35 years, the incidence of bowel cancer in the UK has increased dramatically while red meat intakes have declined by around 25%.

Myth: *Meat causes heart disease*

Fact: Studies have found it is difficult to isolate the effects of meat alone on heart health - rather overall eating habits and lifestyle are more important when it comes to preventing heart disease. While some studies have shown a slight increase in the risk of cardiovascular disease (which includes coronary heart disease and stroke) in meat eaters compared with those who don't eat meat, other studies have shown that eating lean red meat doesn't increase cholesterol or blood pressure, and may even reduce levels of 'bad' or LDL cholesterol. This could possibly be because lean red meat contains monounsaturated, omega-3 fats, B vitamins and selenium, all of which help to keep the heart healthy. In conclusion it's fine to eat lean red meat as part of a diet for a healthy heart.

Myth: *A healthy diet should cut out meat*

Fact: This couldn't be further from the truth. Meat adds variety to people's diets and is enjoyed by the majority of people. While some people choose not to eat it, there's no scientific evidence to suggest that eating moderate amounts of lean red meat is unhealthy.

The Importance of nutrition

Health Benefits

Red meat contains high biological value protein and important micronutrients, all of which are essential for good health throughout our life. A recognised healthy balanced diet includes lean meat in moderate amounts, together with starchy carbohydrates (including wholegrain foods), plenty of fruit and vegetables, and moderate amounts of milk and dairy foods.

Protein

Red meat is an excellent source of high biological value protein and an important source of the eight essential amino acids for adults (lysine, threonine, methionine, phenylalanine, tryptophan, leucine, isoleucine and valine) and histidine which is considered to be an additional essential amino acid for children. The pattern of amino acids in animal cells is comparable to the pattern in human cells which means that it is highly digestible and can be utilised by the body with the minimum of waste.

Minerals

Red meat is an important dietary source of bioavailable minerals and trace elements, in particular iron and zinc. Red meat contributes approximately 17% of total iron intake in the UK and contains a type of iron (haem iron) that is more readily absorbed than the non-haem iron found in vegetables, fortified foods and supplements.

In the UK almost 50% of women of child bearing age have iron intakes below the lower reference nutrient intake (LRNI) – the amount of nutrient that is sufficient only for a small proportion of individuals (Henderson et al 2003b).

Vitamins

Red meat contains a variety of vitamins, including a range of B vitamins, and in particular red meat is a rich source of vitamin B3 (niacin) and B12. As vitamin B12 is only found naturally in foods of animal or bacterial origin, people who do not consume meat or other animal products may have inadequate intakes. Red meat is also a valuable source of thiamine and riboflavin.

Fat

In a number of Western countries, red meat consumption has declined, partly due to concerns about its fat content. However, advances in animal husbandry and butchery techniques over the last 40 years have reduced the fat content of carcass meat by 10-30%. This means that the fat content of lean red meat is much less than many consumers perceive; typically the total fat content of lean red meat is only 5-10g /100g.

Consumers can further reduce the fat content of their meat dishes by grilling, baking or dry frying, and by trimming the visible fat off meat.

Meat and meat products can make an important contribution to nutrient intakes in the diet. They provide a number of essential nutrients, including protein, long chain n-3 fatty acids, iron, zinc, selenium, vitamin D and vitamin B12. In particular, some of these nutrients are more bioavailable in meat than in alternative food sources and can make a significant contribution to dietary intakes for some population groups.

Nutrient content of red meat

| Nutrient | Nutrients per 100g cooked meats | |
|---------------------------------|---------------------------------|---------------------|
| | Beef (grilled steak) | Lamb (grilled chop) |
| Energy Kcal | 176 | 213 |
| Protein (g) | 26.6 | 29.2 |
| Fat (g) | 7.7 | 10.7 |
| Saturated fatty acids (g) | 3.4 | 4.9 |
| Monounsaturated fatty acids (g) | 3.3 | 4.0 |
| Polyunsaturated fatty acids (g) | 0.3 | 0.6 |
| Carbohydrate (g) | Nil | Nil |
| Vitamin B ₁₂ (µg) | 2.0 | 3.0 |
| Iron (mg) | 1.4 | 2.1 |
| Zinc (mg) | 4.3 | 3.6 |

(Chan et al 1995)

Please visit www.meatandhealth.com for more information.

Excellence in Europe – recipe portfolio

EBLEX has worked closely with many exemplar chefs developing new products, dishes, industry presentations and recipe guides. Previous publications include ‘Glorious’ a celebration of regional dishes and ‘Passion’ where EBLEX worked with the rising stars of the future.

The following recipe portfolio singles out dishes from prominent English chefs and several from across Europe. As EBLEX develops export opportunities across Europe our knowledge, understanding and interface with their chefs and caterers has evolved accordingly.

This has improved our understanding of varying markets and their respective requirements in terms of products and supply. As part of this recipe portfolio we look more closely at what our European chefs are developing. Top chefs from France, Belgium and Italy inspire and enlighten us with

an insight into their respective culinary expertise, knowledge and skill. At the heart of each dish, of course, is the principal ingredient, Quality Standard Mark beef or lamb which is becoming more and more available across Europe as the export market continues to develop.



Johan Segers

Johan Segers is a Belgian (Flemish) chef.

He started his own restaurant, Fornuis, in Antwerp in 1977. Since 1986, the restaurant has held a Michelin star. The Gault-Millau guide awards him the excellent and well-deserved rating of 17/20. In 2008 and 2009 he was the ambassador of Antwerpen Proeft – Taste of Antwerp – the largest culinary festival in Belgium (Roger Van Damme succeeded him as ambassador). In 2010, Johan Segers obtained the “Gouden Garde bezet met diamanten” (Golden Whisk set with diamonds), a reward by the Knack Restaurant guide for his outstanding career. On TV, he can be seen in regular shows on the cooking channel Njam.

Johan Segers favours an honest, natural cuisine with fresh ingredients. That is why his restaurant is known for its daily specials. These dishes are prepared according to the daily supplies and the season.



Andrea Berton

Andrea Berton (1970) began his culinary adventure in Milan, with Gualtiero Marchesi, in Via Bonvesin della Riva. In the years that followed, he worked in some of the world’s most important restaurants. First in London, at Mossiman’s, then in Florence at the Enoteca Pinchiorri with Carlo Cracco, then in Monte Carlo, at the Louis XV, with Alain Ducasse. From 1997 to 2001 he was Chef at the Taverna di Colloredo di Monte Albano, a restaurant which, under his guidance, was awarded a Michelin star. After this important experience, he returned to Marchesi as Executive Chef of the group.

In 2005, Andrea Berton began to work with Trussardi, starting the project which was to lead, in June 2006, to the opening of *Il Ristorante Trussardi Alla Scala* for which he serves as Director and Chef. In 2007 it’s mentioned as the best new restaurant of the year by the Italian Restaurants Guide published by L’Espresso. In the 2008 Michelin Guide it gets the first star and in the 2009 edition a second one.



Flora Mikula

Flora Mikula is regarded as one of the most talented female chefs in France and certainly one of the best Provençal chefs in Europe.

She was the chef/owner of the popular 7th arrondissement Provençal restaurant in Paris called Les Olivades.

In 2002, she moved on to new quarters and opened her stylish restaurant, FLORA facing the hotel George V, next to the Champs-Élysées.



Lisa Allen

Lisa started her career at the Michelin starred Holbeck Ghyll in the Lake District as a commis chef in 2000, before moving to the two Michelin starred Le Champignon Sauvage in Cheltenham.

In 2003 she joined Nigel Haworth, of the famous Northcote, as a Demi Chef de Partie. After only four years and at the tender age of 23, was promoted to Head Chef and has successfully retained their Michelin star ever since.



David Zuddas

In Auberge de la Charme in Dijon, David Zuddas made his name with a cuisine inspired by Moroccan and Japanese heritage associated with the French culinary techniques.

The Chef of this charming cottage has been awarded one star, was rated 17/20 by the Gault-Millau and given 3 points in the Champérard guide. David has now decided to take another direction and opened his own restaurant called DZ' Envies.



Anthony Demetre

He has worked with Raymond Blanc, Marco Pierre White and Gary Rhodes. Later in his career he also worked with Pierre Koffmann and Bruno Loubet before moving to London where he gained his first Michelin star.

Now head chef and co-owner of Arbutus restaurant in London, Anthony is celebrated for his firm belief that “cheap doesn’t have to mean nasty” when it comes to food.

This way of thinking helped Anthony’s restaurant gain a Michelin star within months of opening.



Chilled Lamb Consommé with Broad Beans, Lamb's Tongue and Tomatoes

Johan Segers

Serves: 4

Ingredients:

- 8 lambs' tongues • 3Ltr white lamb stock • 100g of broad beans • 3 tomatoes
- 2 sprigs of tarragon • 6 sheets of gelatine

For the clarification mixture:

- 2 carrots • a few celery stalks • 2 sprigs of thyme • 1 bay leaf
- 1 soup spoon of tomato purée • 6 egg whites • 4 cloves garlic • salt and pepper

Method:

Cook the lambs' tongues in the stock for three hours over low heat. Make sure that there is still at least 2Ltr of stock when they have finished cooking.

For the clarification mixture: cut the carrots and celery into thin strips and chop the herbs. Add the tomato purée to the egg whites, add the vegetables and garlic and whisk thoroughly. Season with salt and pepper.

Remove the lambs' tongues from the pan and remove the outer skin. Place them in a little (new) stock until they have completely cooled. Return the remaining lamb stock to the boil and then carefully stir in the clarification mixture.

Bring to the boil again and simmer for one hour over very low heat. Strain the broth through a conical sieve lined with muslin. Take care not to break up the "cake" of solidified egg white; leave the consommé to cool.

Cook the beans in salted water and then refresh them in iced water to prevent them from over-cooking. Peel them. Peel, seed and dice the tomatoes. Remove the leaves from the tarragon. Arrange the lambs' tongues, beans and tomatoes in well chilled soup dishes. If the lamb consommé has not become suitably gelatinous, add a few sheets of gelatine.



Carpaccio of Shoulder of Lamb *with Rocket and Parmesan*

Johan Segers

Serves: 8

Ingredients:

- 1 boned shoulder of lamb • coarse black salt • pepper • extra virgin olive oil
- 100g washed rocket • 100g Parmesan shavings

Method:

Thoroughly season the shoulder of lamb with the pepper and coarse black salt and then carefully roll it up. Secure the roll with kitchen string. Brown it in a frying pan and then continue cooking in the oven at 170°C (340°F) for about a quarter of an hour. The cooking time depends on the thickness of the roll. When the shoulder is cooked, remove from the oven, allow to cool and chill thoroughly in the refrigerator.

To serve, take a chilled dish drizzled with a little olive oil. Cut the meat into thin slices and arrange on the plate overlapping slightly. As a garnish, sprinkle with a few leaves of rocket and the parmesan shavings.

Season with a little pepper and coarse black salt and a few drops of good quality olive oil.



Cubed Beef Tenderloin

with Capers, Puffed Polenta
and Guacamole

Andrea Berton

Serves: 4

Ingredients:

- 600g beef tenderloin • 50g capers from Pantelleria, desalted
- 50g extra virgin olive oil • 115g polenta flour • 3g salt

Method:

Cut 12 x 30g cubes from the tenderloin, chop the capers, add some of the oil and pour over the tenderloin cubes, leave to marinate for about two hours, covered in cling film.

For the polenta, bring half a litre of water to the boil, with salt and a trickle of oil, pour in the flour and simmer for 30 minutes, then spread out the polenta between two sheets and flatten until it is one millimetre thick then cut into 3 x 3cm squares. Dry the polenta in an oven at 60°C for 5 hours then fry at 200°C to obtain a “puffed” effect.

For the guacamole, peel the avocado and remove the stone, blend with half the spring onion and the lime juice and season with salt and pepper.

Assemble the dishes by spreading the guacamole with a spoon, followed by three pieces of tenderloin marinated in the capers, then the puffed polenta and finish with powdered tomato made by blending dried tomato skins.



Lamb

with Tuna Sauce

Andrea Berton

Serves: 4

Ingredients:

- 1 kg shoulder of lamb • salt and pepper • 1 garlic clove
- 1 sprig of thyme • sage • 1 stick of celery • butter

Method:

De-bone the shoulder of lamb, tie it up with string, add salt and pepper and brown in a frying pan with butter and herbs. Cool. Place under vacuum and cook at 62°C for 5 hours. Cool and keep on one side.

Ingredients for the Tuna Sauce:

- 10g hot vinegar • 3 g fine salt • 80g egg yolk • 500ml peanut oil
- 10g lemon juice • 200g of tuna in oil • Light chicken stock

Method:

Pour the vinegar into a small saucepan with the salt and allow to cool, then pour it on to the yolks and start to beat it while adding a thin stream of oil. Add the lemon juice right at the end. Blend the tuna with some light chicken stock to form a paste and add it to the mayonnaise.

Ingredients for the Celery:

- 40g Serragghia capers from Pantelleria • 8 sticks of white celery

Method:

Desalt the capers by washing out the salt and then rinse in running water for about half an hour. Wash and de-string the celery, then cut lengthwise into thin slices and leave it in iced water for two hours to crisp up. When ready to serve, drain it, dry and season with oil and lemon.

To Serve:

Using a metal ring, make a circle of tuna sauce on the plate and place the dressed crispy celery on top, then top with the sliced lamb. Finally add the capers and a thin stream of extra virgin oil.



Oriental Slow Cooked Lamb with Aubergine

Flora Mikula

Serves: 6

Ingredients:

- 100g chickpeas, soaked in water overnight
- 1 red onion
- 1 carrot
- 3 sticks of celery
- 6 cloves of garlic
- 1 shoulder of lamb
- Olive oil
- bouquet garni
- 100ml white wine
- 2 soup spoons tomato concentrate
- Pinch of saffron strands
- 1 soup spoon coriander seeds
- 1 soup spoon cumin
- salt
- 6 aubergines
- 1 bunch of coriander
- 4 to 6 individual soufflé moulds
- Butter
- Herb salad (baby spinach, sorrel, parsley, coriander, chives etc.)

Method:

24 hours beforehand:

Put the chickpeas in cold water to soak. Set aside. Peel the vegetables (onions, carrots, celery) and cut them into small cubes. Brown the shoulder of lamb in a large casserole in hot olive oil. Add the vegetables. Cook until they begin to colour. Add the bouquet garni, white wine and tomato concentrate. Add water to just cover the shoulder, add the saffron, coriander seeds and cumin. Season with salt. Cover and simmer over low heat for two hours. Check from time to time. When the meat comes away from the bone, remove the shoulder from the cooking liquid. Set aside and leave to cool. Save the cooking liquid. Preheat the oven to 170°C. Cut the aubergines in half lengthwise, place them on a baking sheet brushed with olive oil. Bake for 30 minutes. Take them out when the aubergine flesh begins to soften.

With a small spoon, carefully remove the aubergine flesh so as to keep the skin intact. Chop up the flesh with a knife. In a bowl, mix it with the chopped fresh coriander, lightly crushed cumin and salt. Set aside. Shred the meat by hand. Strain the broth through a fine sieve. Bring it to a boil with the chickpeas, cook for about 40 minutes. Set aside with about $\frac{1}{4}$ of the cooking liquid. Add the shredded meat to the remaining broth and simmer until it has completely reduced. Add the aubergine flesh and mix together. Butter the soufflé moulds.

Preheat the oven to 150°C. Line the moulds with the aubergine skin with the outer face against the sides of the mould. Fill the moulds with the lamb and aubergine mixture. Fold the aubergine skin over to cover the filling. Cover the moulds with aluminium foil and bake for 15 minutes. Turn out on warmed plates, surround with the chick peas and spoon over some of the reduced cooking liquid. Accompany with the herb salad tossed in vinaigrette.



Roast *Beef* Short Ribs

with *Tofu and Black Radish*

David Zuddas

Serves: 4

Ingredients:

- 600g short ribs on the bone, trimmed and cut into squares • 160g tofu
- Soy sauce • salt • 16 slices of black radish steamed • toasted sesame seed oil
- Wasabi (fresh or from a tube) • 40g long (white) turnip or daikon

Marinade: mix all of the following together

- 50g ketchup • 25g grenadine • 25g mustard • 40g soy sauce • 25g honey

Method:

Simmer the ribs in a casserole with some vegetables for two hours.

Coat the meat with the marinade before reheating.

Repeat this operation until the ribs are very shiny.

Vigorously whisk the tofu with a dash of soy sauce and the toasted sesame oil, season with salt, heat gently in a water bath.

Brush the slices of black radish with the toasted sesame oil and keep warm.

Blend the long turnip to obtain a pulp, add a touch of wasabi (freshly grated or from a tube).

Serve in heated soup dishes, place a spoonful of the tofu in a ring, put the ribs on top, remove the ring and decorate with the slices of black radish.

Place a little of the turnip and wasabi on the edge of the dish.



Holker Hall Salt Marsh Lamb

Crushed Peas,
Woodland Mushrooms, English Onion
and Sweetbread Fritter

Lisa Allen

Serves: 4

Main ingredients:

2 x 400g 6-bone rack of salt marsh lamb (chined and French trimmed) • 40g butter (for vac pac bag) (cream of Cumbria) • 2g marjoram – (Growing Well) • 20g butter (to baste the meat) • 2tsp English mustard

Ingredients for the Lamb:

• 2 x 400g 6-bone rack of salt marsh lamb (chined and French trimmed) • 40g butter (for vac pac bag) (cream of Cumbria) • 2g marjoram – (Growing Well) • 20g butter (to baste the meat) • 2tsp English mustard

Method:

On each rack of lamb cut away a small amount of fat leaving a thin layer. Cutting each rack in half, you are left with four three-bone racks of lamb. Remove the outside bones from each rack to leave one bone in the centre of each piece of lamb.

Tie butchers string around the eye of the meat on each side of the bone. (Not too tight). Place two lamb racks into one vac pac bag with 20g butter & 1g of marjoram. Seal tight. Cook in a water bath for 24 minutes at 64°C leave to rest for 10 minutes.

Remove from the bag and reserve the juice. Season the racks with salt and in a hot medium sized frying pan, seal the rack, add the remaining 20g butter and baste the racks for 2-3 minutes. Remove from the pan, spread a small amount of mustard on the back of the lamb then roll rack in the marjoram crust and keep warm.

Ingredients for the Sweetbreads:

• 4 x 20g Holker Hall Salt Marsh Lamb sweetbread
• 200ml cold water • 2g salt • 20g piece of onion
• 1 clove • 1 bay leaf

Method:

Soak the sweetbreads in water for 24 hours to draw out any blood. Drain the sweetbreads then place them in to a small pan and cover with 250ml of water, add the salt. Stud the bay leaf into the piece of onion with the clove, then place into the pan. Bring to the boil. Once boiled remove from the stove and leave to cool. Remove the sweetbread from the pan and peel away the outer skin, reserve.

To caramelize the Sweetbreads:

• 5g icing sugar • 1g salt

Method:

In a hot medium sized frying pan, add the sweetbreads and dust with the salt and icing sugar and leave to caramelize for 2-3 minutes and reserve.

Ingredients for Batter:

• 40g potato starch • 40g self raising flour (watermill)
• 40g corn flour • 150ml willow water • 1g sauce

Method:

Mix all the ingredients together and reserve.

Ingredients for Onion Fritter:

• 2tsp sunflower oil • 2g salt • 200g finely sliced onions
• 2g turmeric

Method:

Put the sunflower oil, salt and onions into a heavy based pan. Cling film the pan. Place on to the stove and cook until the onions are soft with no colour. Remove from the stove, add the turmeric and check seasoning. Reserve in the fridge until cold. Mould 10g of onion around each caramelised sweetbread dip the onion and sweetbread into the batter. Place in to the fryer; carefully shaking the basket, this is to get a light fluffy coating of batter. Fry at 180°C for 2-3 minutes until golden, keep warm and reserve.

Ingredients for the Woodland Mushrooms:

• 100g oyster Cumbrian woodland mushrooms • 1g salt
• 12g butter (cream of Cumbria)

Method:

Clean and wash the mushrooms three times. Place into a hot pan, add the butter. Cook until the mushrooms are tender, season and reserve.

Ingredients for the Marjoram Crumb:

• 100g/bread • 3gmarjoram • 1g chervil • 1g salt

Method:

Remove the crusts from the bread, cut into pieces 2cm x 2cm and leave to dry. Blitz in a thermomix the bread, marjoram, chervil and salt to a fine green breadcrumb, reserve for the rack of lamb.

Ingredients for Crushed Peas:

• Butter, (but how much) • 50g diced onion
• Salt and pepper • 120ml low Sizargh cream
• 8g shredded sorrel • 150g organic peas, fresh podded (How Barrow)

Method:

In a medium sized pan melt the butter, add the diced onion, cook for 3-4 mins with no colour, season with salt. Add the cream and 6g of shredded sorrel, cook for a further 2 mins. Fold the peas through and crush slightly, check seasoning. Add the remaining sorrel reserve to serve.

Ingredients for the sauce:

- Remaining juices from the mushrooms
- Remaining juices from the lamb
- 100ml sweetbread juice • 10g butter • 25ml cream

Method:

Place into a medium sized pan the juices from the mushrooms, meat and sweetbreads and bring to the boil. Reduce by $\frac{1}{4}$, which usually takes about 2- 3 minutes. Place through a Tammy cloth, place back into a pan and check the seasoning then blitz with 10g of butter and cream.

To Assemble:

Place 2 spoonfuls of crushed peas onto the plate, scatter over the top of the mushrooms. To the left hand side of the plate, place the fritter. Cut a 1mm slither off each end of the lamb to expose the pink, place on top of the peas, finish with sauce and baby wood sorrel.



Slow Cooked Beef Cheek

Anthony Demetre

Serves: 4

Ingredients:

- 2 whole beef cheeks – sinew removed
- 1 large onion chopped
- 1 large carrot chopped
- 1 celery stick chopped
- 4 cloves garlic finely chopped
- 4 tbsp red wine vinegar
- 375ml port
- 375ml full bodied red wine
- 1 bouquet garni
- 2 litres chicken stock
- Salt and freshly ground black pepper

Method:

Heat a heavy based casserole with a film of oil and a knob of fresh butter. Add the chopped vegetables and caramelize slowly until golden in colour. This will take about 40 minutes. De glaze the pan with the vinegar and reduce by $\frac{2}{3}$ then add the port and wine and bring to the boil. Leave to go completely cool and when cold marinate your beef cheeks for 24 hours in the fridge.

Lift out the cheeks, place into sous vide bags, sous vide with 2 tbsp of the marinade for 8 hours at 85°C. Check to see if soft by gently squeezing the cheek in the bag with your forefinger and thumb. If soft, rapidly cool in iced water and keep refrigerated.

Whilst the beef is cooking in the water bath bring your marinade back to the boil and reduce by $\frac{2}{3}$. Add the chicken stock, bouquet garni and garlic, bring to the boil, skim and simmer until the desired consistency is reached. Pass the sauce through a fine chinois, correct the seasoning and finish with a knob of butter.

The beef cheek can be reheated in this sauce or in the bag and added to the sauce at the last minute.

This dish is garnished with sweet potato purée, roast shallots and seasonal greens.



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Further Information

For more information on any of the topics covered in this guide please, visit the websites listed below which cover specific areas and sectors of the entire beef and lamb industry.

www.eblextrade.co.uk

For all trade marketing advice, additional information on specifications and products, Quality Standard Mark scheme, recipe development and trade publications.

www.simplybeefandlamb.co.uk

Consumer marketing, recipes and nutritional information.

www.eblex.org.uk

Producer information, better returns for farmers, processing, abattoirs, supply and research.

www.ahdb.org.uk

Information relating to the entire farming industry and up to date news and views.

www.meatandhealth.com

For detailed information and advice relating to red meat and health.

Alternatively call the Quality Standard Mark Scheme Hotline on 0845 491 8787

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