

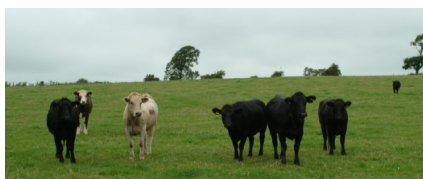
# REAL FARM MEAT & HOME-MADE MEALS

Kirkwood Farm, Lockerbie, Scotland, DG11 1DH

Tel/Fax: 01576 510200

www.Kirkwood-Lockerbie.co.uk

www.RealFarmHolidays.co.uk



Kirkwood is an unspoilt, natural, extensive farm in South Scotland. We specialise in holidays and we produce beef & lamb that really **tastes** good!

Reared on Kirkwood's lush fields, our lambs & cattle are about the purest. We farm in the most natural of ways - minimal use of drugs, fertilisers or chemicals. Our animals have a good life with natural food, which ensures the highest quality.

We keep both lambs and cattle till they are older to give more flavour, and all animals are killed humanely at the local abattoir and then cut by a local butcher. Most importantly the carcasses are hung for the optimum length of time.

**Mostly we sell our meat in PACKS. Weights are approximate (because sizes of joints and animals differ). Sometimes we make up packs slightly differently. Our prices are unashamedly higher than the cheapest meat in supermarkets but our packs are very good value for the top quality meat we produce.**

Using our Real Farm beef, we now produce 4 **Ready Made meals** - lasagna, cottage pie and stews. These are delicious, homemade by Kirsteen, and can be in your cottage on arrival.



## Lamb (or hogget)

Our packs of lamb are exactly half a lamb each. Two halves therefore makes a whole lamb and so is better value for money as we

do not charge twice the price.

### Half a Lamb (approx. 8-9 kg) - £60.00

Consists of:

Leg....approx 3kgs (retails around £11/kg) with bone in, and ours is halved to make two roasts.

Chops.... usually 14 - approx 1.5kg (£12/kg)

Shoulder...approx 1¾ kgs (£9/kg) with bone out.

The remainder (2kg or more) is the flank (for soups or spare ribs), a kidney, some liver, and bones (good for stock or treats for dogs!).

### Whole lamb (approx. 17-20kg) - £110.00

## Beef

99% of our beef is frozen as it needs to hang for over 3 weeks and killing a beast *on demand* is impractical. We sell 2 different packs £100 or £150.

### Beef Dinner Party Pack - £150.00

**This pack has best quality cuts and less quantity**

A typical pack will have: indicative price

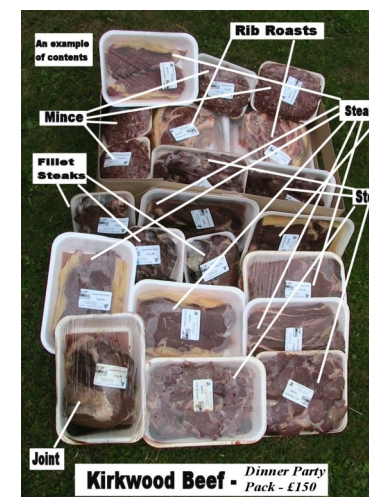
- 0.75 kg Fillet steaks (£28/kg)
- 2.5 kg Sirloin (steaks or joint) (£18/kg)
- 3 kg best joints such as Ribs (£12/kg)
- 1.5 kg Rump steaks (£12/kg)
- 2 kg Stewing meat (£7/kg)
- 2 kg Mince (lean) (£6/kg)

### Beef Family Pack - £100.00

**This pack has more quantity of the lesser cuts**

- 1.5 kg Rump steaks (£12/kg)
- 3 kg Silverside/Topside joints (£8/kg)
- 1 kg Slow roast joints (£7/kg)
- 3 kg Stewing meat (£7/kg)
- 5.5 kg Mince (lean) (£6/kg)

## Beef Dinner Party Pack (£150):



## Frozen meat v Fresh meat:

Hugh Fearnley-Whittingstall in his brilliant book **"The River Cottage Meat book"** says:

*"Good quality extensively reared meat that has been well hung and skilfully butchered will emerge from a freezer with great credit - far, far better eating than poor-quality fresh meat."* *"At home we eat a lot of beef and hogget that has been frozen, all of which has been properly hung and we are confident that it makes for far better eating."*

*"So if you can source a ready supply of top-quality meat but its location makes regular purchases difficult then you should certainly consider buying in bulk for the freezer."*

**Everyone who cooks meat should have this book!**



## Home Made Meals

We are embarking on a new venture by offering our guests coming to Kirkwood a choice of meals using our own meat. Initially we will have a small simple menu to choose from but if it proves a success we will be more extensive.

The dishes are all cooked by Kirsteen Steel and Sheri Blackett using the Aga in the kitchen at Kirkwood. Kirsteen has undertaken a Cooksafe Food Safety Management course. Only meat from Kirkwood will be used. They will be presented in microwaveable dishes in either 4 or 2 portions and will have been frozen, so once defrosted cannot be refrozen.

A meal can be ready and waiting for you when you arrive on Sunday evening - already defrosted and just needs to be put in the microwave. Alternatively, it could be frozen and placed in the freezer in the cottage and eaten later in the week - whichever you choose. All you need worry about is the accompanying vegetables.

**Lasagne** - a well known Italian dish, cooked slowly with the meat absorbing all the tomatoey bolognese flavours and topped with a creamy white sauce.

**Cottage Pie** - Filling and warming, the mince and vegetables full of flavour and with a covering of soft mashed potato.

**St Anne's Beef** - cooks perfectly in the Aga, is a delicious casserole with mushrooms and in a rich sauce using redcurrant and Worcester sauces - a Steel favourite.

**Carbonnade of Beef** - a popular casserole with onions and carrots and the vital ingredient - beer! But it is not in the least "beery" making a truly mouthwatering stew.

## WHAT MAKES MEAT "TASTE"?

The *taste* of meat is really important, yet it has been lost by supermarkets. Why does some meat taste good while some is bland?

Of all the reasons, the key factor is **hanging**. The carcass must be hung properly. Beef must be hung for at least 3 weeks and lamb for at least a week. The next most important factor is the **age** of the animal. Too many are killed too young for supermarkets - this helps profit but ruins the taste. Cattle should be around 24-30 months old, while lamb should be 7 months to a year or more - this is often known as hogget. Age gives the meat flavour - for an even stronger flavour try mutton, but of course its tougher. With hogget you get tenderness and flavour!

The next most influential factor is **food** - what the animal has been eating! Grass is the best and most natural food. **Fat** content can be good not bad. Consumers used to shun fat on meat, mainly for health reasons but fat is worth its value as it provides much of the flavour. So let it flavour the meat while it cooks, then throw the fat away, don't eat it.

Other factors are more minor:- **stress** should be minimised and there's **country of origin** and **breed**. Obviously both the **cut** of meat and **cooking** make a big difference!

All our animals are killed locally - Lockerbie - with minimal stress and are **100% Scotch** ! Cattle are **Aberdeen Angus** crossed.

## Customer Feedback:

Roger Windsor - International Vet  
*"the best beef I, and my guests, have ever tasted"*

Fiona Armstrong - TV Broadcaster  
*"Absolutely delicious"*

Hugh Fearnley-Whittingstall - TV chef  
*"I'm a firm believer in Hogget and Kirkwood's was top notch"*

and an anonymous holidaymaker....  
*"I'm coming back to holiday at Kirkwood, for several reasons but one is to buy more lamb!"*

## KIRKWOOD COTTAGES

Try a real "farm life experience" holiday, in comfortable cottages set in beautiful and peaceful surroundings, with green fields, fantastic woods, including 100 acres of mature oaks, and the stunning river Annan.

Its ideal for relaxing and walking in peace & quiet. Fish for salmon, sea trout and browns on the river or a small loch. Try other rural activities such as shooting or quad biking, or helping on the farm. There's wildlife to see everywhere. We have a large games room with table tennis, darts & full-sized snooker table; a small children's play area; and a laundry. There are lots more activities available locally such as golfing and cycling.

Our cottages are self-catering, 2 star & 3 star.  
(A 5 star farmhouse will be complete in 2009)

We are 5 miles from both Lockerbie and Annan (for most shops), while the local village of Dalton has a pub and restaurant.

**www.Kirkwood-Lockerbie.co.uk**  
call **01576 510200**  
**www.RealFarmHolidays.co.uk**

## ORDER FORM

MEAT PACKS		
Beef	Quantity	Total Price
Family Pack £100		
Dinner Pack £150		
<b>Beef Total</b>		
Lamb	Quantity	Total Price
Half a lamb £60		
Whole lamb £110		
<b>Lamb Total</b>		

HOME MADE MEALS			
Presented in microwaveable (not oven) dishes	Quantity: 2 Persons £7 each	Quantity: 4 Persons £12 each	Total Price
Lasagne frozen/defrosted			
Cottage Pie frozen/defrosted			
St Anne's Beef frozen/defrosted			
Carbonnade of Beef frozen/defrosted			
<b>Meals Total</b>			

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I enclose a cheque for £..... made payable to Kirkwood Farms

*Or*

Please use my deposit

Collection

You can collect from Kirkwood House or it can be delivered to your cottage, for example, before you arrive. Remember to indicate if you'd like your meals frozen or defrosted overleaf.

I would like this order at .....

on dd / mm / yy at the time of .....

Other information (Please give us any other relevant information)

.....  
.....

Name: .....

Address: .....

.....  
.....

Postcode: .....

Tel / Fax No: .....

Email: .....

**Please do not hesitate to telephone if you have any queries: 01576 510200**

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