

Dear Food Club members,

As usual, we have selected products from across the food categories, giving you three products from the Meat, Fish & Game category; two fantastic cheeses; two products from the British Deli, and three products from the Pantry. Once again, I include a recipe on which your thoughts are appreciated.

### Meat, Fish & Game

#### **New Season Pheasant from Yorkshire Game approx 600-800g**

*JUST IN!!! New season pheasant from the moors of Yorkshire. Sourced from Yorkshire Game, suppliers to Mark Hix & Giorgio Locatelli, and winners of the Taste of Britain Gold Award 2007.*

#### **Organic Beef Stewing Steak from Welsh Farm Organics approx 500g**

Perfect as the nights grow longer, this organic stewing steak adds great flavour and texture to any stew.

#### **Black Pudding from Ramseys of Carluke**

This delicious smooth and velvety-textured black pudding has won a Gold Taste Award and several other awards including an International Silver Medal. Ramseys of Carluke are one of Rick Stein's Food heroes.

### The Deli

#### **Simply Smoked Salmon 100g by Inverawe Smokehouses**

*Inverawe Smokehouses ensure their salmon are sea reared from small independent farms where fish husbandry and low density stocking is paramount. The smoking process takes place in traditional slow curing brick kilns over real oak log fires with no additives or preservatives and definitely no shortcuts. Inverawe Smokehouses holds a Royal Warrant for supplying the Queen.*

#### **Cumbria Air-dried Ham from Richard Woodall 80g**

*Richard Woodall was the first and for a long time the only company to produce a prosciutto style ham on a commercial scale in this country. Twelve months of patience are rewarded with a product that proves there is no substitute for time developing a unique mellow flavour. Awarded the Royal Warrant to supply Traditional Cumberland Sausage Cumberland Hams and Bacon to the Queen.*

### Dairy & Cheese

#### **Paxton & Whitfield's Yord Crumbly**

*Supple in texture this pasteurised cow's milk cheese has a very delicate lactic flavour and lemony undertones. Yord Crumbly is made exclusively in Yorkshire for Paxton and Whitfield and is based on a pre-war Wensleydale recipe. 'Yord' -a word used in Lancashire dialect to mean farmyard- is well suited to this traditional farmhouse cheese which is handmade in small quantities from a single farm and coated in wax to keep this small cheese in perfect condition. Paxton & Whitfield was established in the 18th century earning their first Royal Warrant in 1850 for supplying cheese to Queen Victoria. Paxton's today hold Royal Warrants for supplying the Queen and The Prince of Wales.*

#### **St. Giles**

*Named after the local village church, St. Giles is an innovative soft cows' milk cheese from the award-winning High Weald Dairy in Sussex. Similar in look and nature to a Port Salut, it has an orange coloured rind from carrot juice, a semi-soft texture and creamy taste. Winner of a Bronze Award at the 2008 British Cheese Awards.*

### The Pantry

#### **Tracklements Strong Horseradish & Cream**

*Perfect with beef this horseradish is made with strong fresh English horseradish root and tempered with crème fraiche. Winner of Gold at the Great Taste Awards 2008. Gluten Free.*



### Gilly's Lime and Coriander Dressing 240g

*A beautifully sharp, fresh-tasting dressing from Christian Gilmour. Also superb as a marinade for chicken or fish (or prawns)*

### Cocoa Loco 73% Dark Chocolate Drinking Flakes

*NEW!!! A new supplier to britishfinefoods.com, Cocoa Loco's 73% Dark Chocolate Drinking Flakes are made from pure organic chocolate, and make a wonderfully luxurious dark cocoa.*

### RECIPE

#### Beef Bourguignon

##### *Ingredients*

500g Beef Stewing Steak  
2tbsp of plain flour  
2 tbsp olive oil  
2 clove garlic  
1-2 glasses of dry red wine  
1 1/2 cup water  
1/2 small bay leaf  
1 1/4 tsp salt  
2 sprigs parsley  
3 slices streaky bacon, diced  
2 medium onions (or a handful of shallots)  
3 tbsp tomato puree  
1/2 tsp dried thyme leaves  
1/4 tsp ground pepper  
2 tbsp butter or margarine  
18 small mushroom caps

##### Method

*1. Preheat oven to 200 degrees. Roll beef in flour & brown in hot oil. Add garlic; cook 1 minute. Add wine and enough water to just cover the meat. Stir in bay leaf, salt and parsley. Cover and bake for about hours.*

*2. Separately, fry bacon. Add onions; cook until light brown. Stir bacon and onions into beef cube mixture. Put back in oven until beef is tender, about 40 minutes.*

*3. Stir in tomato puree, thyme and pepper. Cover and bake for a further 10 minutes.*

*Melt butter in a pan & add mushrooms. Cook until tender & add to casserole for final 10 minutes.*

*4. Serve with mashed potato & a decent drop of full-bodied red....*

*Enjoy!*