

## **Recipes**

Red Poll cattle originate from East Anglia, and are a traditional English breed. They excel at converting grass into Red Poll, and the rich Cheshire pastures suit them admirably. The meat is high in Omega-3 Fatty Acids, but has a low fat content, because the cattle graze free range for most of the year in open pastures, whilst their winter feed consists of silage, hay and straw.

Because the meat is so lean, it does not take kindly to being cooked fiercely. It has a distinctive, almost “gamey” smell when cooking. The fat has a yellow tinge, unlike the pure white of supermarket beef. Both of these attributes are caused by the diet on which the cattle are kept, and the fact that the meat is hung for up to 4 weeks, which also gives it exceptional tenderness and taste. It is comparable to cooking venison.

### **Steaks**

- Grill or pan-fry until just past medium rare. Then remove to a warm oven to rest for 15 – 30 minutes depending on thickness.

### **Roasts**

- Be careful to avoid drying out because of leanness. To cook quickly, heat at 230 deg. C. for 10 – 15 minutes, and then leave on a lower heat. To cook slowly, brown all over and roast at 100 deg. C. at 45 minutes per lb. Then leave in a covered dish in the oven for 45 minutes with a little water / wine / beer and baste frequently.

### **Braising/Stewing**

- Brown the meat in an oven at 160 deg. C. and transfer to casserole. Cover tightly and cook for one and a half hours. OR cover meat with ale, cover dish and braise slowly at 160 deg. C. for 2 to 3 hours.

### **Marinades**

- Marinate meat in a sealed container for 24 hours. Then seal in a frying pan before cooking in a hot oven at 230 deg. C for half an hour.

*Vanessa Rowlands*