

# Chapmans Butchers

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## PRODUCT LIST

### BEEF

All of our beef is naturally reared, grass fed Aberdeen Angus from Scotland's finest farms, brought down to us weekly then matured for a minimum of three weeks. It is, we feel, the finest beef in the world

#### Roasting Joints

**Brisket** Very economical, tasty joint *if* cooked correctly. Easiest way is to roast @ 180 deg. C for 30 min then take out, wrap in tin foil then roast @ 130 deg. C for a further 4 hours.

**Topside** Lean, popular joint. Is inclined to dry out so either roast slightly rare, pot roast or as above for brisket.

**Silverside** Similar to topside with slightly coarser grain, particularly suitable for pot roasting.

**Rib** The classic Roast. Very cook tolerant so equally good rare, medium or well done

**Sirloin** For the special occasion nothing beats sirloin, similar qualities to rib but a little leaner. Also available on the bone

#### Steak

**Minute** Simply flash – fry in a hot pan for 2 or 3 minutes each side. Very economical also useful if there is no time for a roast but the family want their beef & Yorkshire

**Rump** Perhaps the best flavoured steak, more texture so must be well hung – ask the butcher.

**Rib Eye** Wonderfully tender, good flavour. Carries a little fat but normally not too much. Best pan-fried.

**Sirloin** Always popular, a great combination of texture and flavour makes it ideal for any style of cooking – griddle plate is our favourite

**Fillet** Needs no introduction, the tenderest luxury steak.

**T – Bone** The combined fillet & sirloin for the hungry person

### Casserole

**Shin** Our favourite, has the most flavour and is very tender - but only if cooked very slowly. (30 minutes @ 180 deg C. then a further 4 hours @ 130deg C.) A simple stew of shin, root vegetables and pearl barley is hard to beat.

**Chuck** Delia Smith's favourite so who are we to argue? Our standard casserole beef, typically with a little marbling which can only help the flavour. Needs less cooking than shin (2-3 hours @ 160 deg. C)

**Blade** The leanest casserole. Sometimes peddled as 'mock fillet' to trap the unwary. Cook the same as chuck.

**Feather Blade** Almost the same as blade except for the 'feather' of gristle running through the centre, don't be put off this gristle turns to jelly during cooking which helps the gravy along nicely.

**Skirt** The classic cut for pies and pasties. Diced up cutting across the distinct grain, it breaks down to make a perfect pie filling.

### Miscellaneous beef

**Mince** Minced Scotch chuck steak nothing more nothing less.

**Suet** Real beef suet for authentic dumplings, Christmas puddings etc.

**Oxtail** Old fashioned but back in vogue now. The classic recipe is to cook it over two days. First day treat it like shin (above) only leaving out the root vegetables then allow to cool overnight. The following day skim any surface fat then add your veg. then re-cook for 1 1/2 hours. Shin can be added to bulk out the stew if feeding lots of people.

## **PORK**

In today's supermarket led world finding good quality British free range pork is one of the traditional butcher's harder tasks. We are lucky enough to have two suppliers, one in Suffolk the other in Aberdeenshire who both produce the real thing.

When buying pork don't be tempted by excess leanness. The pig naturally carries a layer of fat, very lean pork is more likely a sign of malnourishment than quality and is likely to produce the hard, dry pork which is so prevalent nowadays. Also crackling is simply impossible with lean pork.

### **Roasting**

**Leg on the bone** Large, family joint. Lean, slightly dryer texture than the other pork joints.

**Leg boneless** As above only boneless.

**Sparerib** Great value joint. Typically carries a bit more fat so is consequently moister. It does benefit from slightly slower cooking 160 deg.C for 30 minutes per pound (app. 70 min. per Kg) plus 30 min as a rough guide.

**Loin** A great roasting joint, ideal for dinner parties as it carves so neatly also is the easiest to produce good crackling.

**Loin – boned & rolled** As above only with the bone removed. Roast the joint sitting on those bones to help the gravy along and to protect the exposed underside of the joint.

**Streaky Joint** Very out of fashion but superb if very slowly roasted so all the fat melts away. As a guide roast for app. 3 hours @ 130 deg C. then turn the oven up to 200 deg C. for a further 30 minutes to make the crackling.

**Cajun roll** A firm favourite here, the eye of sparerib marinated in olive oil, garlic and herbs. Roast as usual - or slower, wrapped in tin foil.

## Grilling / Frying

**Chops** Needs no introduction, a little moister than loin chops below

**Loin chops** As above only a bit meatier as it includes the fillet or tenderloin.

**Steaks** Very useful for cooking in a sauce, slicing for stir-fry's etc, etc

**Fillet** Good for almost anything, can be opened out then egg and bread crumbed to make schnitzel, wrapped in streaky bacon and roasted, kebabed or a hundred and one other things.

**Streaky slice** Best slowly grilled to reduce the fat and then enjoy this underrated meat.

## Misc.

**Diced** Makes a lighter casserole than beef also lovely if combined 50/50 with beef for an authentic goulash

**Hocks** Simmer for two hours then finish by roasting for 30 or 40 minutes @ 180deg C. for the most economical and underrated pork dish. Unavoidable if you visit Bavaria!

## **LAMB**

Sourcing the very best lamb is both a seasonal and regional culinary problem – which is where your butchers knowledge comes into play. Typically the earliest or spring lambs will come from the south of England sometime around Easter then as soon as they become available (sometime during May) we move to Yorkshire then on to the Scottish highlands finishing up with late lamb from the Hebrides.

### **Roasting**

**Leg whole** The classic summer Sunday roast, simply roast for 1 hour 45 minutes @ 180 deg C, leave for 20 minutes to rest then serve. Also great pot roasted. Feeds 6.

**Leg fillet** As above, a smaller neater joint for up to four people.

**Leg knuckle** As above but still *looking* like a leg of lamb

**Shoulder whole** Very underrated joint, it is a little tricky to carve but if slightly *over* cooked the meat more or less falls off the bone anyway.  
Try roasting @ 180 deg C. for 2 1/2 hours. Feeds 6.

**Shoulder blade** As above only feeds 4.

**Shoulder knuckle** Smaller still, ideal for a couple.

**Shoulder boneless** The modern solution to carving the shoulder, as is usual with meat it doesn't quite have the flavour that it would on the bone but still very good, quite economical and can be cut to any size for up to six.

**Chumps** Wonderful individual roasting joints, simply seal in a hot pan until nicely brown then finish in the oven for 15 minutes @ 180 deg. C.

**Racks** The dinner party favourite. Can be cut any size up to seven chops. Often convenient to have as individual portions of 2 or 3 chops per person.  
Cook the same as chumps.

**Loin** Boned & normally stuffed with either our black pudding or a lamb and herb forcemeat is again a lovely dinner party treat.  
Seal in a hot pan then roast @ 190 deg C. for 35 minutes.

**Crown Roast** For the special occasion. Can be made to feed from four to twelve people. Does need a little care during cooking to ensure forcemeat centre is

thoroughly cooked without ruining the rack outside, so wrap the whole of the outside including the tips of the bones in tinfoil and roast @ 170 deg C. for 25 minutes per lb plus 25 minutes.

### Grilling / Frying

**Loin chops** The classic lamb chop, probably best simply grilled.

**Cutlets** A little smaller than loin, generally just a little sweeter also.

**Chump chops** Largest of the chops

**Giggot Steak** A slice through the leg, useful for the larger appetite

**Neck fillet** Makes a lovely mini roast early in the season especially if slightly *over* cooked, after mid summer is best used for casseroles or curries.

**Loin fillet** The TV chefs favourite except they always forget to tell their audience how expensive it is! However it is a great treat, probably the most popular cooking method is to sear it in a hot pan then finish for ten minutes in the oven @200 deg C and serve with a sauce of your choice.

### Miscellaneous

**Shanks** A great favourite. Can be cooked anyway as long as it's slow. Perhaps the easiest is to pot roast it along with stock, red wine and root vegetables. Give it half an hour @ 190 deg C. then turn the oven down to 130 deg for a further 2 1/2 hours keeping the lid on all the time.

**Diced** Very flavourful, great for curries.

**Mince** For a 'proper' shepherds pie, Mousaka etc.

**Neck** The old fashioned ingredient for Irish stew. Best slowly casseroled one day, left to cool overnight, the solidified fat removed then cooked again on the second day.

**Middle neck** Very similar to neck only leaner and less fatty so it can be cooked and eaten on the same day.

## **POULTRY**

There is very little excuse for the for the amount of imported poultry we consume in Britain. Surely humanely produced free range British chickens are worth a few pence more than any imported meat of dubious origin injected with who knows what and preserved with whatever to give the longest shelf life?

We sell English free range poultry.

**Free range chicken – Cotswold White:** From Caldecot's family farm in Wythall, Worcestershire, a modern breed of free-range chicken, good flavour, good value.

**Free range chickens – Label Anglais:** produced by the Frederick's in Royden, Essex. These are old fashioned, slow growing chickens. They have a firmer texture and a little more flavour than the modern free-range but are not so meaty. They are both good in their own way.

**Breasts** Whole breasts on the bone will always roast better than supremes because the skin and bones will prevent the meat drying out.

**Supremes** Very handy for any recipe which incorporates a sauce or marinade to keep the meat moist.

**Diced** Diced breast meat, good for almost anything.

**Leg** Very underrated and very economical. Try simply roasting for an hour @180 deg. C

**Thighs** The very best choice for coq au vin, currys etc. Very economical.

**Drumsticks** Very popular with our younger customers

**Poussin** Very small tender, small whole chickens. Allow one per person

**Spatchcock** A poussin split down the backbone and opened out. Grill for ten minutes each side

**Boned & stuffed chicken (half)** Half a chicken boned and stuffed with seasoned minced pork. Wrap in foil and roast for an hour @ 180 deg. C. Serves 2 or 3.

**Turkey** Traditional free range turkeys, available to order either white or bronze from 10 to 30 lb.

**Turkey breast** Very popular, easy to carve. Is available any size up to 10lb. Also available stuffed with the following stuffing's: Sage & Onion, Apricot, Apple & Ginger, Chestnut or Cranberry & Orange

## **SAUSAGES**

All our sausages are made here in Baldock at our purpose built production unit. Free range pork, Angus beef and seasonal lamb are exclusively used.

There is no such thing as a ‘*Good cheap sausage*’ as with most things you get out what you put in. We ‘put in’ the best ingredients so you can happily consume our sausages as part of your balanced healthy diet and not worry if for example, the children will only eat sausages.

To enjoy sausages at their best try *slowly* frying them in a little olive oil.

**Traditional pork & sage** Our most popular sausage, made using the same recipe for the last sixty years. Perfect for bangers & mash, toad in the hole etc.

**Traditional chipolata** Same as above only thinner so are popular with children, also ideal for breakfast.

**Cocktail sausage** As above only shorter, also available wrapped in streaky bacon.

**Spicy pork** Our traditional pork & sage with extra pepper. Very good in casseroles.

**Pork & Honey** A nice mild sausage with just a hint of sweetness from the honey, very popular for barbeques, also with children.

**Pork & stilton** A good savoury sausage, quite mild but given interest by the stilton. Good for people who like a traditional style sausage but without the sage.

**Pork, black pudding & apple** Our popular black pudding combined with pork, oatmeal and apple creates a distinctive and certainly different sausage.

**Pork & Leek** Always a good combination, coarsely chopped fresh leeks and free range pork.

**Toulouse** The classic French sausage made with pure pork, black pepper and garlic, essential for cassoulet, great if slowly fried to bring out the sweetness of the garlic. GF.

**Pork & Fennel** Another continental style pure meat sausage, this time from Italy. The fennel add it’s distinctive liquorish flavour to the pork and is used in many Italian bean based recipes. GF.

**Merguez** From North Africa this time. Lamb with paprika and a good dose of chilli. Very popular on the barbeque but also peps up chicken or pork casseroles. GF.

**Venison & rioja** A great pungent, flavourful sausage made from our local Fallow deer. Normally only available during the stalking season, i.e. September to March

**Lamb & mint** A classic, always popular combination. Especially good on the barbeque

**Lamb & cranberry** Savoury lamb combined with sweet/sour cranberries.

**Wild boar & pistachio** Real wild boar combined with the 'crunch' of pistachio creates a classic sausage

**Boerewors** Fast becoming our speciality. Boerewors (Afrikaans for farmers sausage) is made from a combination of beef, pork, coriander and vinegar and is quite the perfect barbeque sausage. We import the spices direct from Cape Town to ensure we capture the authentic flavour. As well as being sold direct from our Baldock shop, send these sausages by overnight courier all over Britain.

**Peri peri Boerewors** Similar to the traditional Boerewors but with the addition of peri peri chillies. Quite hot.

**Beef Boerewors** Exactly the same as our traditional Boerewors but without the pork. This creates a slightly dryer sausage and is ideal for people who either cannot or are not allowed to eat pork.

**Cheesewors** Again beef, pork, coriander and vinegar but this time with the addition of cheese and herbs.

**Bratwurst** A wonderful, underrated pure pork sausage. It looks slightly strange because we scald the sausage before offering it for sale, this turns the sausage white. Which as well as acting as a natural preservative means that the sausage only needs to be fried off to colour the outside and heat the middle and it's ready to eat. GF.

**Nuremberg sausage** Another classic German recipe, this sausage is made chipolata size from pure pork, marjoram and fresh eggs. GF

**Farmers Sausage** Very distinctive, ready to eat smoked sausage made from pork shoulder which is cured, smoked then slowly cooked. Great for pasta dishes. GF

GF. Indicates that the sausage is gluten free.

## **BACON & GAMMON**

We are one of the few remaining traditional bacon curers. Our curing methods are very old and very slow but produces a solid, full flavoured bacon with no added water.

As there is no water to leach out, our traditional bacon cooks a little different to it's modern factory made equivalent, so try pan frying the back and streaky in a little olive oil as grilling will tend to dry it out.

The gammons should either be simmered for 25 minutes per lb plus 25 minutes or roasted wrapped in a double tent of tin foil for 20 minutes per lb plus 20 minutes @ 180 deg C.

**Smoked back** Made from free-range Suffolk pork which is simply dry-cured on beds of salt & sugar for 14 days, dried off then oak smoked for a day or two.

**Unsmoked back** Exactly the same as above only the smoking process is left out. For those who like a milder bacon it's ideal.

**Smoked streaky** Normally cut a little thinner than back, the flavour from crispy streaky is unbeatable.

**Bacon pieces** Great for adding flavour to chicken casseroles, soups, pasta etc.

**Gammon –whole smoked** Lovely to have at Christmas also ideal and great value for weddings, christenings, family gatherings etc. Each gammon will feed 30 people and will last for up to a week on the fridge once cooked

**Gammon – whole unsmoked** Just as above only a little milder.

**Smoked collar** Very underrated because it's a little fatter than gammon, but is economical and full flavoured.

**Gammon steaks** Made from the 'chump' (pork rump steak) so is very lean & tender. Best lightly pan fried.

## **BLACK PUDDING**

**Black pudding** Our home made black pudding has a great following with people travelling from all over to stock up. It is made very simply with blood, lots of pearl barley, oatmeal, very little fat and of course our secret blend of spices.

## **HAGGIS**

**Haggis** Made here in Baldock – yes really – with fresh lambs liver, heart, lights, pearl barley, oatmeal and stock.

Easiest to cook wrapped in tinfoil in the oven for 50 minutes per lb @ 180 degC.

## **OFFAL**

**Lambs liver** Dry, slightly crumbly texture with mild flavour. Best fried.

**Pigs liver** Firm texture, fuller flavour. Good for casseroles or stroganoff . Also ideal for pate, liver sausage, terrines etc.

**Calves liver** Fast becoming our most popular liver, has a mild delicate flavour popular even with children if cut into very thin strips and stir fried!

**Lambs kidneys** For devilled kidneys or a traditional fry-up

**Pigs kidneys** Quite strong, for the kidney enthusiast only.

**Ox kidney** Essential for steak and kidney pie or pudding.

**Lamb hearts** Very out of fashion but still makes a wonderful casserole if cooked nice and slowly.

## **BARBEQUE AND MARINATED MEATS**

### **KEBABS**

**Lamb** Cubed shoulder of lamb marinated in mint & herbs with peppers.

**Thai Chicken** Tender chicken breast marinated in lemon and lemon grass, combined with apricots & peppers

**Beef** Lean beef in a spicy black pepper & chill marinade with peppers

**Kofta** Spicy lamb meatball on a stick

**Garlic Turkey** Turkey breast marinated in Yoghurt & garlic with peppers.

### **MARINATED STEAKS**

**Rib Eye** Tender Angus rib eye steak, marinated in our blend of olive oil, Worcestershire sauce, black pepper, chilli & garlic.

**Peppered pork Steaks** Succulent sparerib steaks in black pepper sauce

**Lamb Gigot** Slices through the leg of lamb, normally marinated in either garlic and herbs or mint.

**Beef minute steaks** In a mild chilli & black pepper marinade. As the name implies, simply fry or barbeque for a minute or two each side. Also very useful if you have no time for a roast – just fry these and serve with Yorkshire pudding, vegetables and gravy.

### **MARINATED POULTRY**

**Lemon & coriander chicken** Our most popular marinated product of all time. Easiest way to cook is to simply place in a pyrex dish, lid on and put in the oven for 45 minutes @ 180 deg. C.

**Lemon & Black pepper chicken** Breast fillets coated in a dry mixture of breadcrumbs, lemon & black pepper. Needs to be kept moist during cooking so wrap in tinfoil and roast for 45 minutes @180 deg C.

**Sweet & Sour chicken** Chicken fillets this time in a mild fruity sweet pepper marinade. Treat the same as lemon & coriander.

**Spatchcock chicken** A whole poussin split down the backbone, opened out and marinated in garlic, herbs and olive oil. Ideal for the barbeque or grilling taking around ten minutes per side.

**Turkey Escallops** Slices cut through the breast then coated in our seasoned crumb. Simply fry in butter or olive oil for 6 to 8 minutes each side.

### BURGERS

Burgers have such a bad press, in truth though a good honest burger is no better or worse for you than any other meat. The trick is to find a butcher who makes takes a pride in his products.

Our beef and steak burgers are made of Scotch chuck steak, the pork & apple from free range shoulder of pork.

**Steak** Made very simply from beef and seasoning, nothing else. Quite a 'solid' burger perhaps best fried gently. Very good served with gravy.

**Beef** As above only with a little bread added which lightens and softens the burger. A favourite for barbeques and with children.

**Pork & Apple** A lighter style of burger. Always popular.

**Lamb & Mint** As always, a classic combination.

**Venison** A good rustic burger made with our local wild venison, seasoning, bread and rioja.

### CHOPS

**Pork in mustard & dill** A nice mild mustard sauce which not only adds flavour but helps to keep the chops moist during cooking. Try wrapping in tin foil and roasting for an hour @ 170 deg. C.

**Sweet & sour pork chops** As above only marinated in mixed sweet pepper and spice.

**Minty lamb chops** Lamb cutlets marinated in mint and herbs.

### STIR – FRYS

**Spicy Beef** Tender Angus steak strips marinated in chilli and black pepper. Quite hot.

**Sweet & Sour Pork** Mild to medium strength, popular with all the family.

**Venison, plum & Worcester sauce** A lovely combination, tender mild venison with the sweetness of plum all tempered by the Worcestershire sauce tang.

**Thai chicken** Chicken breast, lemon grass, sweet pepper & onions. Quite mild, also very good to serve cold with a salad.

**Herby Turkey** Tender turkey breast marinated in herbs and garlic.

## **GAME – SEASONAL**

Apart from the grouse all the game listed comes directly from local estates. The venison is something of a speciality of ours, wild Fallow deer coming from three estates within ten miles of our Baldock shop.

### **VENISON**

**Casserole** Diced shoulder. Either marinade in a specific venison recipe or simply use in place of beef – venison bourginon, venison & kidney pie etc.

**Haunch** The back leg on the bone, can be cut any size up to approx. 10lb. Feeding 15 plus. Ideal for a banquet!

**Boneless Haunch** As above but a little more user friendly. Can be divided into neat joints for up to a dozen people. As venison is so lean (and low in fat & cholesterol) it does need some protection from drying out during cooking so either pot roast or wrap in tin foil.

**Steak** Slices of haunch, good for frying or barbequeing.

**Fillet** A simply wonderful dinner party treat. Could not be easier to cook, just cut into medallions, season and fry for two minutes per side. Keep the fillets warm while adding port, redcurrant jelly and a little corn flour to the pan juices. Reduce this for a few minutes and the sauce is made. Try serving with potato dauphinois.

**Saddle** The prime roasting joint. Very useful when a small bone-in joint is required. Roast covered in tin foil for 15 minutes per lb. plus 15 minutes.

### **GAME BIRDS**

**Pheasant**

**Partridge**

**Mallard**

**Wood Pigeon**

**Grouse**

## **Delicatessen Counter**

All the products listed below are made by hand here at our Baldock shop.

### **OUR HANDMADE PIES**

**Steak & Kidney**

**Steak & Guinness**

**Steak & mushroom**

**Chicken, ham & leek**

**Curried chicken**

**Lamb & mint**

**Pheasant & cranberry**

**Cornish pasty**

**Quiche Lorraine**

### **MEATCOOKED MEATS**

**Ham**

**Ham on the bone**

**Smoked loin**

**Collar**

**Smoked Streaky**

**Roast Beef**

**Roast Pork**

**Roast Turkey**

**Turkey Crown**

**Smoked Turkey**

**Smoked chicken**

**Haslet**

**Ox tongue**

**Our Salami**

HOMEMADE PATE

Our pates are made very simply using our old recipes. Simply meat, stock, seasoning & eggs, combined together then slowly cooked.

**Country Pork**

**Coarse pepper**

**Garlic**

**Chicken liver & port**

**Duck & pistachio**

**Venison & port**

A SELECTION OF SOME EIGHTY VARIETIES OF FARMHOUSE / REGIONAL CHEESES ALWAYS AVAILABLE FROM THE CHEESE COUNTER

SOUTH AFRICAN SPECIALITIES – link to SA page

We are one of the largest manufacturers of Biltong and Droewors in the UK Using techniques and recipes we learned in southern Africa our dried meats are made to authentic recipes, even the spices are shipped from Cape Town to us twice a year ensuring the flavour is totally correct.

Biltong really is the ideal snack food or aperitif, used in place of, or alongside the usual crisps or peanuts makes a healthy protein rich change.

It also great for children's 'tuck' keeping ravenous youngsters away from their normal favourite sweets.

**Traditional Biltong** The most popular variety. Made with long strips of silverside, marinated in our special blend of coriander, black pepper and vinegar then slowly air – dried. It is usually sliced very thinly across the grain and can be bought 'wet' (soft) or dry (hard)

**Peri - Peri Biltong** Made the same as traditional biltong except the meat is marinated in quite strong chilli's before being dried. Produces a spicy yet slightly sweet biltong and is very popular.

**Garlic Biltong** Similar to the traditional except garlic is used instead of pepper.

**Game Biltong** During the stalking season we make all our game biltong from fallow deer – our local game. It produces the most lovely lean biltong with it's own distinct mild flavour.

**Kudu biltong** A kudu is a common large antelope found over most of southern Africa, it is managed in much the same way that we control our own deer i.e. by selective culling. This takes place during our summer so during this period we have the fresh meat shipped over and make it into Biltong.

**Droewors** Droewors (Dried sausage) is made very similarly to biltong except we mince the meat and make it into a sausage before air drying it. These are particularly popular with children and people who want to eat on the go.

**Peri – Peri Droewors** As above only spicy chilli flavour

**Cabanossi** Is a delicately smoked version of droewors.

