



HIGHLAND BEEF

THE CANADIAN HIGHLAND CATTLE SOCIETY



HISTORY

The Highland breed has a long ancestry, developed and adapted in the Highlands of Scotland where weather conditions can be harsh and food sparse. Nevertheless these animals have thrived over the centuries and have continued to produce healthy, lively calves and fine beef. Natural selection has created a hardy, slower-maturing animal that does not require extensive human intervention.

HIGHLAND BEEF

A number of studies have shown that Highland beef is lower in fat and cholesterol and higher in protein and iron than other beef. It easily meets the criteria set out by the Canadian Heart and Stroke Foundation which requires raw cuts to have less than 10% fat. Unlike many modern, commercial breeds, that require concentrated feeds to enable their rapid growth, Highlands haven't lost the ability to thrive on grass alone. The resulting beef is well-marbled and richly flavoured, commanding a premium price over other breeds.



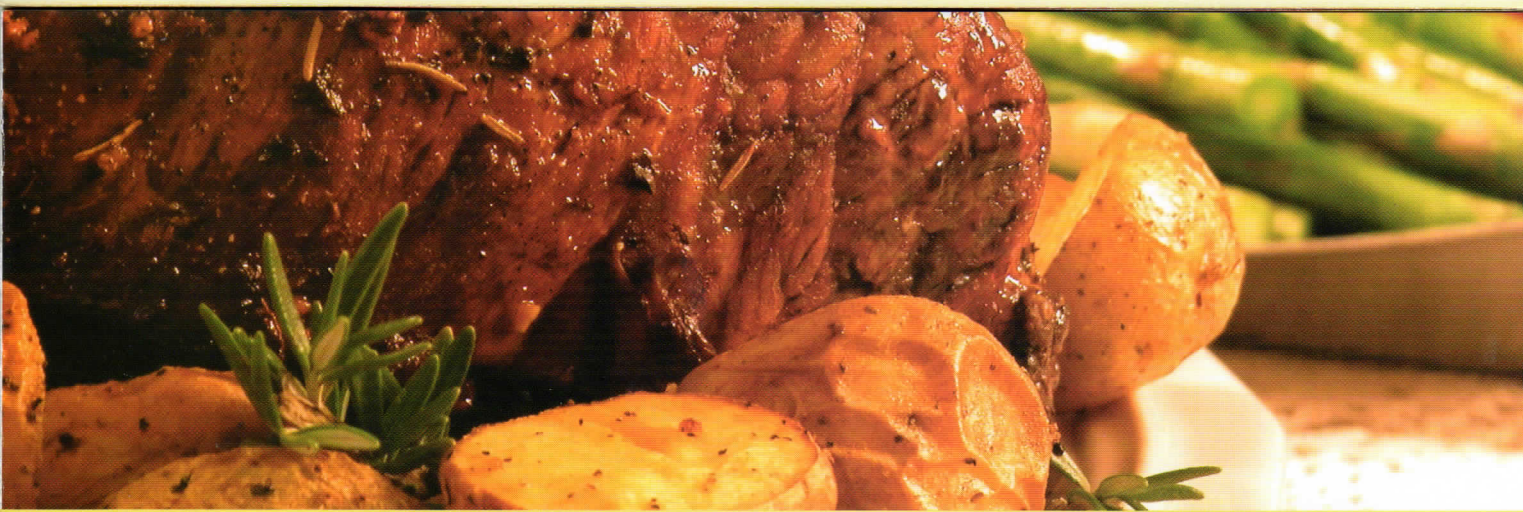
NATURALLY RAISED

Highland cattle breeders value the unique qualities of their breed, thus believing that their animals should be raised as naturally as possible. Highlands are fed on grass, hay, silage and on occasion small amounts of grain, along with the right balance of vitamins and minerals. Highland steers are allowed to mature slowly in a stress-free environment without hormones, anti-biotics and expensive feed additives. Compared to readily-available supermarket beef, which typically comes from feedlots, grass-fed beef is leaner, contains higher levels of vitamins A and E, and has a greater proportion

of Omega-3 fatty acids – the good fats, which are so lacking in modern diets. Many conscientious consumers appreciate that the animals have been raised as nature intended, in a healthy and humane environment. Also, Highland cattle are usually reared on smaller farms and this is an ideal situation for the consumer interested in supporting local producers.

ENVIRONMENT

Highland cattle are efficient foragers and will browse happily on vegetation other breeds would spurn. They can improve unproductive land by grazing on rough fodder, enabling less competitive grasses to flourish. In winter, their needs are simple – good quality hay or silage and fresh water. They have a thick skin and long shaggy coats to protect them even in blizzard conditions and temperatures as low as 40° below zero. A stand of trees or simple wind break adequately shelters these hardy beasts.



COOKING WITH HIGHLAND BEEF

Due to the natural leanness of Highland beef it benefits from careful cooking.

Roasts: To ensure tenderness, slow roast lean cuts such as rump, round and sirloin tip at 275°F, extending the cooking time to 40 mins/lb (90 mins/kg) for medium done. Keep in mind that the lean cuts are best cooked to the rare, medium-rare or medium stage only. Cooking until well done results in loss of juices, which means the meat is drier, smaller, tougher and less flavoursome. A meat thermometer will measure 140°F for rare, 160°F for medium.

Tender cuts like prime-rib roasts and whole tenderloin contain marbled fat and are best roasted at the usual 325°F. Less tender cuts such as brisket and shoulder roasts should be cooked slowly, with moisture, in order to tenderize their greater amount of connective tissue.

Steaks: Keep your steaks frozen until ready to use, allowing enough time to thaw, covered, in the refrigerator. Please avoid microwave defrosting. To experience their unique flavour, we advise simple grilling with salt and pepper

over high heat to seal juices, however less tender cuts may be marinated. As with roasts, we recommend cooking steaks toward the rare side, as over cooking makes the beef less tender.

Ground Beef: Unlike roasts and steaks where we strive for that desirable pink finish, hamburger must always be well cooked throughout to an internal temperature of 160°F in order to destroy any harmful bacteria.

Please look at our selection of recipes using this wonderful meat.

RECIPES

BBQ Brisket on a Bun Serves 8 - 10

5 to 6 pounds brisket
Salt/pepper freshly ground
3 tablespoons extra virgin olive oil
2 - 3 med onions - cut into large dice
2 - 3 large carrots - cut into large chunks
1 ten and one half ounce can beef broth
1 1/2 cups good BBQ sauce plus more for sandwiches
1/2 cup bourbon
8 - 10 crusty rolls

1. Preheat oven to 350°F. Using a sharp knife, lightly score the brisket in a cross hatch pattern. Season with salt and pepper and set aside. In a large heavy-bottomed Dutch oven, heat olive oil over med. high heat. When oil is hot but not smoking add brisket and brown well all over. Set aside.

2. Add onions, carrots and the broth. Return the brisket to the pot and add 1 cup BBQ sauce and the bourbon. Cover, and transfer to the oven. Cook until the brisket is very tender - 3 to 3 1/2 hours. Transfer brisket to a platter and set aside. Drain liquid and veggies and reduce later for sauce adding seasoning and spices if desired.

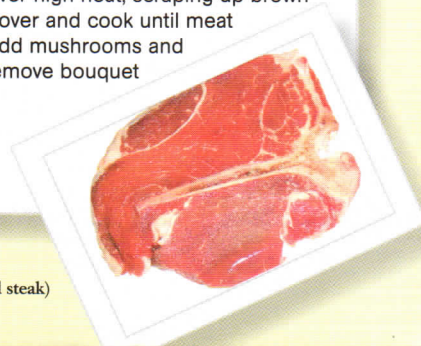
3. Preheat BBQ. Brush the brisket on one side with 1/4 cup of BBQ sauce. Place sauce side down on grill. Cook until lightly charred - about 5 mins. Brush second side with remaining BBQ sauce. Turn and cook until lightly charred - 5 mins. Remove from grill and slice against the grain.

Beef Stew Burgundy Style

3 lbs beef chuck, cut into large pieces
1 large yellow onion, finely chopped
2 carrots, peeled and chopped
2 cloves garlic
bouquet garni
1 bottle (750ml) good red wine
6 oz. lean salt pork - diced
salt and freshly ground black pepper
1/3 cup flour
1 lb small white mushrooms

1. Put beef, onions, carrots, garlic and bouquet garni in a large bowl and add wine. Mix all the ingredients well together, then cover and refrigerate for 24 hours.

2. Remove beef from marinade, reserving marinade, and dry well on paper towels. Fry salt pork over medium heat until crisp. Season beef with salt and pepper to taste. Add to pot and brown on all sides. Sprinkle on flour and cook stirring constantly for 3 mins. Add marinade and 2 cups water and bring to a boil over high heat, scraping up brown bits. Reduce heat to low, cover and cook until meat is tender, about 3 hours. Add mushrooms and cook for 30 mins more. Remove bouquet garni before serving.



(untrimmed porterhouse Highland steak)



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