

# Suffolk: *Meat you Love to Eat*

On the 26<sup>th</sup> March 2008 (in Western Australia), the cooking show *The Cook and the Chef* on ABC1 featured recipes using prime Suffolk lamb. This exposure was initiated through Richard Gunner's project and vision of providing Suffolk meat in its own right to discerning customers through his family chain of butcher outlets.

Kay Cole, co-principal of the *Sasimwa Stud* in Bruce Rock WA, sent some pics that really emphasise the quality and value of our Suffolk prime lamb product.

Kay says *The lamb was a pure breed Suffolk ewe lamb approximately 3 months old, 49.5kgs, straight out of the paddock the day before these cuts were taken.*



This loin measures 100 mm across with acceptable fat to enhance its cooking and flavour. Potentially ideal as chops or in its "whole" form, as a neat roast.



*How's this for an eye muscle on an approximately 90 day old lamb?*

It measures 50mm in depth and has the *marbling* -inter-inter-muscular fat (IMF) required for flavoursome eating.

*Marbling* here is:

- a) well distributed and
- b) hard to pick up due to the pink colour of the meat (harder to see white on pink than white on red)

Both of these are good things from a retail perspective as the "lean meat is good" has led consumers to buy meat on looks that they then don't like to eat!! Also well-dispersed IMF means the "juiciness" goes through the whole chop and the additional flavour from the fat in the meat is also well dispersed.

The main point is you need to look hard to see it!



Madison (left) and Kadee (Glenn and Kay's "grandies") are young ladies that know what they like and reckon that Suffolk lamb is meat good enough to eat any time - anyhow!!!

