

your guide to Riverford meat

Riverford
organic farms

it's all organic

hello

My family has farmed at Riverford since the 1950s. We've been championing good food and good farming ever since.

While my brother Guy got obsessed with organic veg, I opened a farm shop and began producing quality sausages, bacon and charcuterie. Things have grown from there; we have our own skilled butchers at Riverford and deliver organic meat to homes across the country, often alongside the vegboxes. Rotations using animals to restore fertility are important in most organic systems, so meat (and dairy) is part of Riverford in more ways than one: it helps the vegetables grow.

I hope you enjoy your Riverford meat. It's all organic, meticulously sourced, properly hung and carefully butchered for the very best flavour. Hang onto this booklet - it gives tips on how to store, use and cook it, including a guide to the different cuts from each animal.

If you have any questions, give us a call at the farm on 01803 762059. We'll be very happy to help.

Ben Watson

we're proud to have won awards for our commitment to ethical sourcing



Riverford farmer Geoffrey Maddever

meat to be proud of

family farms, not factory farms

All our animals come from small scale approved organic producers and experience some of the highest welfare standards around. The RSPCA and Compassion in World Farming have given us awards for our ethical sourcing.

better meat means better flavour

We only use animals reared the traditional way: in free range groups that roam and graze on British farms. They reach maturity naturally, which we think makes the meat particularly flavoursome. It's carefully hung and matured for flavour and tenderness, then prepared by our own skilled team of butchers, who take pride in their traditional cutting techniques.

it's all organic

when your meat arrives

unpacking

We deliver your meat in insulated packaging that keeps it cool on your doorstep. Unpack and store the meat as soon as you get home.

storing

If you're not going to eat something in the next day or two, freeze it. Eat within three months, defrosting in the fridge for 24 hours. Very occasionally we may send you frozen meat. If it is still frozen when it arrives, put it in the freezer straight away if you don't want to eat it. If it has defrosted, keep it in the fridge and eat in the next couple of days.

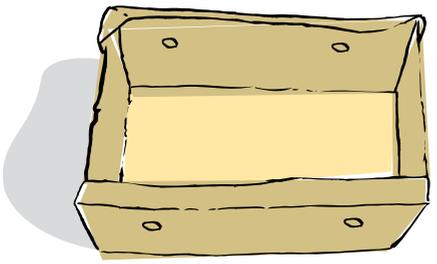
Note: We use controlled atmosphere packaging to keep our meat at its best. When you open it, it might be discoloured or have a slight smell. Don't worry - this is fine and it will go back to normal after being exposed to air.

cooking

The best bit! Look out for recipe tips in your box and on the website. If you need more ideas, give us a call and we'll suggest something suitably tasty.

packaging

To keep your delivery cool, we use sheep's wool insulation, ice packs and a cardboard box. We can reuse all these, keeping our carbon footprint and costs down. Please leave your box, ice packs and insulation out for us to collect and reuse.



we can reuse your box and inner packaging 10 times - please leave it out for us



make it work for you

We're flexible. There are lots of ways you can shop with us to make sure you get the meat you want, when you want it.

you can

- Choose a box with set contents, or make up your own box from scratch if you prefer. It's up to you.
- There's no need to have the same thing - you can swap between boxes and change to making up your own box whenever you like.
- Change your order up to 2 days before your delivery.

seasonal highlights

As well as meat that's available all year round, the farming calendar brings different meat to inspire your cooking. Watch out for seasonal wild venison, traditional goose and classic turkeys for Christmas. As with everything we grow and sell, it's all organic and we know exactly where it comes from.

“Your Quick & Easy Meatbox is exactly what I've been waiting for. It's great value, without overloading my freezer.”

**Maike Ahlgrimm,
Riverford customer**

what suits you?

exactly what you want

build your own box from scratch (minimum order £25)

Over 80 different cuts and joints to choose from: beef, pork, lamb, chicken, sausages, bacon, burgers and more.

full choice

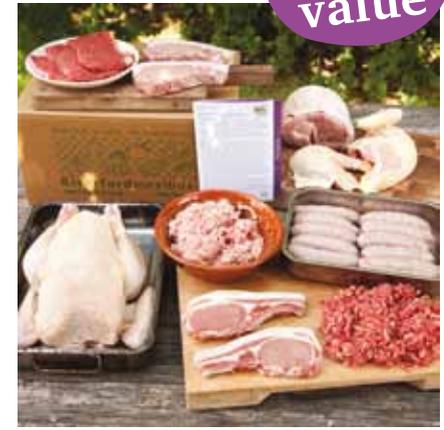


a surprise or two

choose a box with set contents, saving around 5%

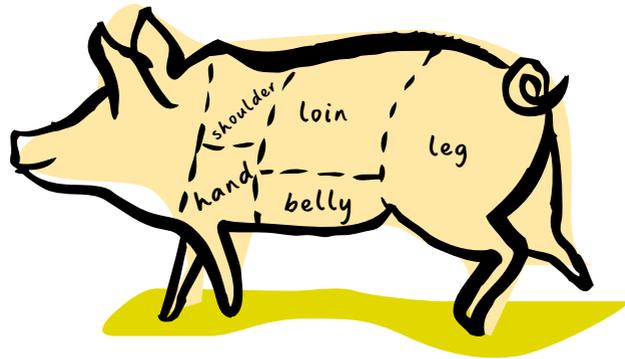
- small meatbox
- large meatbox
- quick & easy meatbox
- winter warmer box
- venison meatbox
- BBQ meatbox

best value



we make our own mince, burgers and sausages from prime trims, not off-cuts





pork cuts

shoulder

One of the tastiest cuts. It makes beautiful spare rib roasts and steaks. You can cook the roast quickly, slowly or very slowly for pulled pork.

loin

The best cut for quick cooking, whether it be roasting, steaks or chops.

leg

Where gammon and ham come from, but it also makes good roasts, diced meat and steaks. Leg roast is particularly good braised in milk, lemon and nutmeg, the Italian way.

rib

Pork ribs are from the belly. Fashionable belly pork makes great slow roasts, particularly with Chinese spices. Or you can fry, braise or BBQ it in slices. For finger-licking ribs, cook slowly with BBQ sauce in foil and finish over a high heat.

hand

Hand of pork is a traditional, lean, slow roast and particularly good for pulled pork. We also use it for our famous sausages.

we handmade our sausages the traditional way - you can see the meat in them



chicken cuts

quarters

Breast or leg quarters, on the bone, are good for braised dishes and casseroles. Cut the leg into two and the breast into two or three. The leg pieces will take a little longer to cook. Or you can roast as if it were a whole chicken, but for slightly less time.

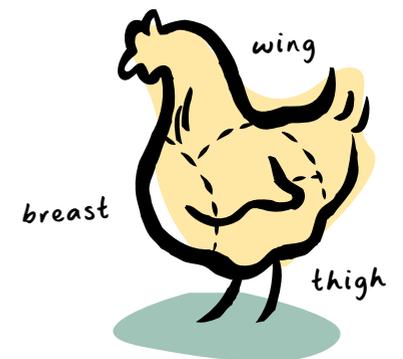
breast fillets

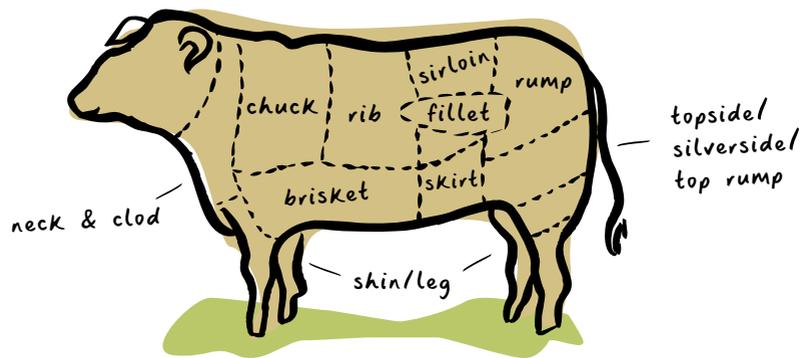
Easy, versatile and quick. Roast, stir fry, stuff with garlic butter for chicken kiev, or dice and use for quick Thai and Indian curries.

thighs & drumsticks

Ideal for coq-au-vin or cut off the bone for pies. They are also good on the BBQ and for jerk chicken. We recommend pre-cooking in the oven and then finishing on the BBQ.

moveable shelters help the birds feel safe, encouraging them to roam further





we only work with small scale farmers who offer the highest levels of care for their animals

beef cuts

neck & clod

We offer this as stewing beef.

chuck steak

A group of muscles at the top of the shoulder. It has good marbling so is ideal diced or for burgers and braising.

rib

If you like your roast on the bone, try chined rib. Boned, trimmed ribeye is a classic grilling steak.

fillet

The ultimate steak. Grill, fry or use for steak tartare.

sirloin

A top quality grilling steak or a special occasion joint for roasting carefully prepared by our butchery.

rump

Well hung rump is much underrated as a grilling steak.

topside/silverside/top rump

Topside and silverside make good roasting joints. Top rump is best thinly cut and flash fried.

skirt

Superb for braising. We also trim it for steak and mince. Good in pasties.

brisket

Well trimmed, slowly cooked brisket makes the most tender pot roast. It's also good for salt beef and pastrami.

shin/leg

Cook slowly until it melts in the mouth. Just right for the slow cooker.

lamb cuts

leg

The classic Sunday roast. A whole leg takes about 1¼ hours at 190°C. Leg steaks are good for frying, grilling or on the BBQ. We also cut it for diced lamb.

rib

Also known as 'best end' or 'rack'. The ultimate quick roast - takes 30 mins in a hot oven. Slice between the ribs for perfect pink cutlets.

loin

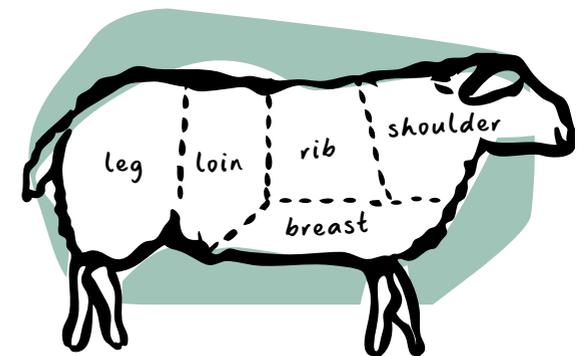
The equivalent of beef sirloin. It needs quick, but careful, cooking. Griddle, grill, fry or BBQ.

shoulder

Slightly fattier than leg and harder to carve, but for flavour it is hard to beat. Roast at 160°C for 2 hours. We also cut shoulder into chops.

breast

We trim the breast up and use it for mince and burgers.



read Ben's meat blog →

Ross Gardner's flock of geese at Spurtham Farm



need more help or recipes?

visit www.riverford.co.uk
call us on 01803 762059

