

BBC TV Saturday Kitchen

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Presenter

Matt Tebutt: Time now for our food film, and in celebration of Great British Beef Week we sent farmer Jez Rose to Essex to find out the benefits of rearing 100% grass fed cows

Jez Rose: As an organic farmer I've always been fascinated by good quality produce and seeing as it's Great British Beef Week I've travelled here to north Essex to meet a farmer who is going above and beyond to discover the quality and nutritional value of her produce.

In the field:

So, Anna it's Great British Beef Week organised by Ladies in Beef. Who are these Ladies in Beef?



Anna: Ladies in Beef is a fantastic organisation of female farmers who champion great British beef, to get the word out there about how it can be part of a healthy balanced diet

Jez: What are we looking at here, because they don't look like the sort of cows you see a lot, all over the country. So who are they?

Anna: My husband and I introduced the native Sussex breed of cattle and they are beautiful, docile animals and they thrive on pasture alone

Jez: They only eat grass. They are not fed any supplement, you don't feed them any pellets

Anna: Our herd is certified 100% pasture-fed with the Pasture for Life Association

Jez: You have done a DNA analysis of your meat. What were the results?

Anna: They have an elevated nutritional value, fantastic - with iron and protein and it was the omega 3s and omega 6s that were the real standout difference. These are essential fatty acids that we can't make in our own body, we have to get it from our diet, so the cows absorb it naturally from the ground and then pass it on to us

In the kitchen:

Jez: So, Anna I know from experience that there are loads of different cuts of meat you can get. Talk us through what you've got

Anna: Over here we've got the shin, which is one of my favourite cuts and we cut it on the bone so you get the marrow bone, so it falls out as it's cooking and makes the gravy extra wonderful - it is a natural stock cube there.

This is for slow cooking – pies, stews, chillies – it's fantastic.

Jez: And what's this one here

Anna: This is the sirloin – which is a muscle which doesn't do much work, so it is beautifully tender.

Jez: Now this looks, well epic – it is a huge amount of meat. What are we seeing here?

Anna: This is a rump as it is as a whole muscle and then we have separated it

Jez: This is the rump steak that we would know, so that's all of those bits together cut as a steak and then what have you done with this? Looks delicious

Anna: Pan-fried with a little bit of salt and pepper

Jez: That's amazing. That's really, really good. That's the loveliest meat I have ever, ever, ever, ever had. That's the benefit of your beautiful meats right – that if they are pasture-fed they taste so great.

Matt it's back to you in the studio and naturally I will send some back to you, if I don't make my way through it now. Absolutely delicious.



Matt: Thanks very much. This is delicious.

Frances Atkins: Yes, it has lovely grassy and herby overtones. You can really taste that.

Paul Ainsworth: It is very light.

Matt: You can come across American grain-fed which is soft and quite buttery

Frances: But not the flavour of this

Matt: This is delicious.

Jo Suggs: It is lovely. Not too chewy.

Frances: It is just right. Lovely.