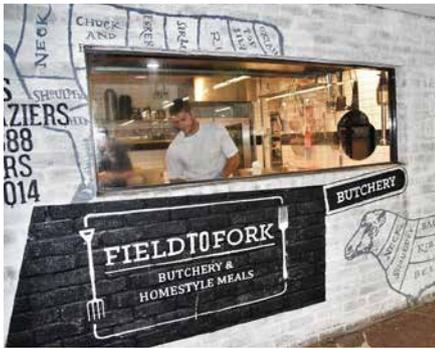


# From the farm to the city

For butcheries Field to Fork and 1888 Certified, supply chain transparency and a commitment to ethical practices are a winning combination

WORDS: JASMINE CRITTENDEN



## Field to Fork: a hands-on approach

"When I moved to Australia from South Africa 30 years ago, I bought meat from the supermarket, but when I tried grass-fed for the first time, it had so much more flavour," says Field to Fork managing director Paula Horwitz. "It tasted like the meat I'd eaten growing up."

In 2014, she transformed this experience into Field to Fork, an independent butcher in Sydney. Today, there are two bustling shops—at Bondi Beach and Vaucluse.

The majority of produce is grass-fed and all of it comes from free-range livestock, raised sustainably without hormones or chemicals, and processed ethically. "The small, independent farms that supply us are

in New South Wales and Victoria. We move between them, depending on prices and the weather," says Horwitz. "Down the track, our vision is to work with just one farmer—a single source."

One of Field to Fork's regular suppliers is Woodward, a fifth-generation, family-owned and operated farm in Swan Hill, Victoria, which also runs its own abattoir. Eggs come from Holbrook Paddock, Wagga Wagga, where Isa Brown hens roam at their leisure, protected from predators by Maremma sheepdogs.

"We do all our butchering the traditional way—by hand, on site. When we bring in an animal, there's just one person cutting it. We make sure that waste is minimal."

To that end, Field to Fork sells not only the freshest steaks, sausages and chops, but also hot and cold, home-style cooked dishes.

## Field to Fork's spaghetti bolognese

**Serves 4**

**Time: 1.5hrs**

### Ingredients:

- 1½ tbsp olive oil
- 3 rashers of bacon, chopped (optional)
- 2 large onions, chopped
- 2 large golden shallots, chopped
- 1 stick of celery, chopped
- 2 large carrots, chopped
- 3 garlic cloves, crushed
- 1kg best-quality lean minced beef
- 25g dried oregano
- 6 fresh basil leaves
- 1 bay leaf
- 25g dried or fresh rosemary
- 1½ large glasses of cabernet sauvignon
- 2 x 400g cans chopped tomatoes
- 125g tomato paste
- 250ml chicken stock
- Salt and pepper
- ½kg good-quality dried spaghetti or ribbon pasta
- 100g grated parmesan cheese
- 50g fresh Grano Padano
- ½ handful fresh Italian parsley, finely chopped

### Method:

- 1.** Heat oil in a large, heavy-based saucepan. Add bacon and fry on medium heat until golden.
- 2.** Add onions, shallots, celery, carrots and garlic. Fry until soft.
- 3.** Add minced beef. Fry until browned.
- 4.** Add oregano, basil, bay leaf and rosemary.
- 5.** Pour in wine and simmer on medium for 5 minutes.
- 6.** Reduce the temperature and stir in tomatoes, tomato paste and chicken stock.

- 7.** Simmer over a gentle heat for 1–1.5 hours until it's rich and thickened, stirring occasionally. If it's too thick or has reduced too much, add a ladle of chicken stock or water. Ensure the pot has liquid covering the ingredients at all times.
- 8.** Season with salt and black pepper.

### To serve:

- 1.** Cook the spaghetti in salted, boiling water. When al dente, place into a large serving dish.



- 2.** Add ¾ of bolognese to spaghetti and mix through.
- 3.** Add half the parmesan cheese and mix through.
- 4.** Top with remaining bolognese and shave Grano Padano over the top before adding Italian parsley.
- 5.** Finish with a twist of black pepper and serve with remaining parmesan cheese.

## 1888 Certified's lamb shanks braised in cinnamon, cloves and orange, with Moroccan-style couscous

"If there's too much of something or a particular cut doesn't sell, we turn it into bolognese, lasagne, meatballs or chicken curry. There's also a hot section selling pork loin with crackling, sausage rolls and meat pies," says Horwitz.

Field to Fork's ethics are implicit in its name. However, in terms of building a following, the most important point of contact is directly with the customer.

"In the areas we're in, customers are very much onto ethics and worried about how the animals are treated. They ask a lot of questions about the produce. There's also an emphasis on personal service. If a customer asks for a steak to be cut to a certain size, the butcher will do it."

### 1888 Certified: back to basics

Schoolmates Tim White and Charlie Crichton have two things in common. Both grew up in fourth-generation farming families and both are passionate about ethical meat production. While discussing such matters over a barbecue in 2014, they decided to set up their own butchery: 1888 Certified, in Double Bay, Sydney.

"We supply as much beef and lamb as we can from our farms in Walgett, Taralga and Young," says White. "We and the other five farmers we work with undergo a quality assurance program."

This program, rigorously enforced through surprise audits, insists that all animals are free-range, hormone-free, antibiotic-free, grass-fed and not exposed to high-stress handling.

White adds, "There's no grain finishing at any stage because it has a negative impact on the quality of the meat with regards to flavour and health."

The environment is treated with equal care. Sustainable farming practices protect the land, while a no-waste policy ensures every part of every animal goes to good use: secondary cuts become pies, bones are delivered to tallow makers and leftovers supply pet food businesses.

**Serves: 4**  
**Time: 3hrs**

#### Ingredients:

- 4 large hindquarter lamb shanks
- Salt and pepper
- 2 carrots, roughly chopped
- 2 celery sticks, roughly chopped
- 1 leek, roughly chopped
- 2 onions, roughly chopped
- 6 garlic cloves, crushed
- 1 cup red wine
- Veal stock (to cover)
- 2 cinnamon sticks
- Zest of 2 oranges
- 1 tbsp cloves
- 2 rosemary stalks
- 1 cup couscous
- 50g currants
- 1 cup orange juice

- 10ml virgin olive oil
- Mint, roughly chopped

#### Method:

1. Preheat oven to 140°C.
2. Place the lamb shanks in a bowl and season with salt and pepper.
3. In a heavy casserole pot, seal the shanks on high heat, turning regularly to ensure even colour. Move sealed shanks out of the pot.
4. Once all shanks are sealed, add carrots, celery, leek, onion and garlic to the pot and cook until lightly browned.
5. Return shanks to the pot and add red wine and veal stock to cover the shanks.
6. Reduce heat and

simmer for 10 minutes, regularly skimming any fat off the top.

7. Add cinnamon, half the orange zest, cloves and rosemary.

8. Cover the pot and place in the oven for 2hrs, checking occasionally. Lamb shanks are ready to serve when almost falling off the bone.

#### To serve:

1. Combine couscous and currants in a bowl.
2. In a saucepan, bring orange juice, remaining zest and oil to the boil. Add to the couscous and cover until soft or cool.
3. Before serving, plump couscous with a fork and scatter with mint.

1888 Certified sells its premium cuts in-store, as well as to restaurants and pubs.

Two elements are key in attracting customers: transparency and education. Both are embodied in 1888's stunning shopfront, which won the 2016 World Interior News Award for Best Retail Interior Under 200 Square Metres.

"Anyone can look through the windows and see our production line—and see that everything is being done as it should be done," says White.

He also invites customers to visit his farm. "We try to connect city buyers with country suppliers ... to move people away from the mindset that meat comes from aisle three in the supermarket, pre-cut, in black packaging. It's about getting back to basics." 



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