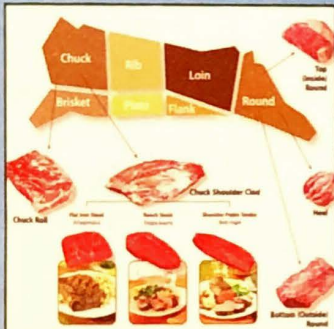


# organic matters



All-Ireland Pollinator Plan  
(juvenile edition) - See Page 11



How new beef cuts are good  
news for organics - See Page 34



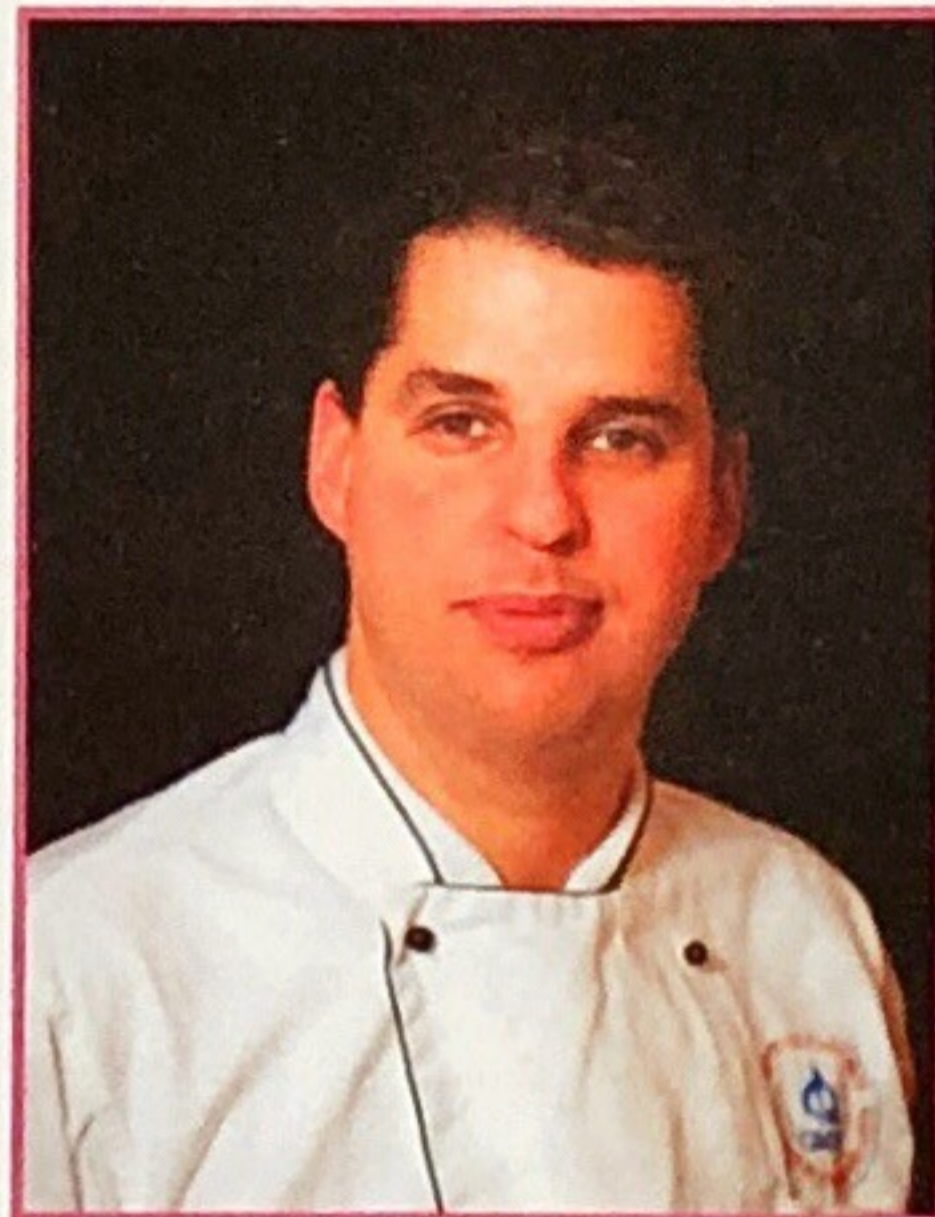
Airfield Food Garden converts  
to organic - See Page 41





# How organic beef from the emergence and innovative

According to the 'Associated Craft Butchers of Ireland' many years ago meat sold in local butchers around Ireland was limited to steaks, chops, roasts and mince. Then a growth in foreign travel through low cost airlines allowed the Irish public to experience a great selection of new meat dishes, some of which they would like to recreate at home.



BY ULRICH HOECHE Assistant Lecturer in Culinary Arts at GMIT in Galway

In addition, the recent increase of people from many other countries working and living in Ireland has seen a rising demand for a wider variety of beef cuts. The names of many meat cuts vary greatly from country to country and so do the cooking methods applied.

In tandem to the above, there are more and more chefs looking for organic products as well as using beef cuts that

during the Celtic Tiger years had been nearly forgotten, such as Beef Cheek, Short Ribs and Father Blade. The way in which these tougher cuts are cooked is also changing, with chefs applying a cooking method traditionally associated with food manufacturing called Sous Vide. This cooking method is finding its way more and more into restaurant kitchens. It allows chefs to cook very precisely at very low temperatures over long periods of time,

while minimizing weight loss and shrinkage. The method would be worth exploring for those organic farmers that are processing their own beef and looking to create value added products.

However the fact that could be most relevant in the future to the organic beef sector is the recent trend to increase the use of underutilised beef muscle through the innovative use of new beef cuts. This



# farmers can benefit of new beef cuts cooking methods...

recent trend is coming from the US and will more than likely find its way into Ireland.

The use of these new and emerging cuts has seen big improvements to the carcass value. The cuts are mainly derived from the harder working areas of the animal especially the beef round and the chuck.

The American Beef Innovations Group states that "A stringent, scientific process

to analyse individual muscles in the chuck and round identified those with marketable value beyond their traditional use"

The Round (known in Ireland as Topside, Silverside, Thick Flank and Leg) broken down into its individual muscles can deliver cuts such as, San Antonio Steak, Round Petite Tender, Braison Cut and Western Tip Steak; while the chuck can provide cuts such as Delmonico Steak, Ranch Steak, Shoulder Petite Tender, Flat Iron Steak, Sierra Cut and Denver Cut, to name just a

few. For more detailed information please see diagram below. An increasing demand for organic meat and some of the above named cuts as well as the increasing use of innovative cooking methods, is good news for organic beef farmers and should over time lead to a better return on their product.

Websites worth a visit:  
<http://www.craftbutchers.ie>  
<http://www.beefinnovationsgroup.com>

