



BULK PACKS

We are offering you this meat at a bulk purchase discount - it is not cheap meat - it's brilliant!! The same excellent quality that we have been producing for four years now. Meat designed by cooks! All cuts are packaged & labeled by cut. Steaks are in packs of two & about 20 - 25mm thick. The mince is in 500 gram bags, & the sausages are in packs of approx 500 grams. Vacuum packaging is an option at an extra \$1.00 per bag, otherwise we pack into freezer bags.

These packs are a guide to what is available & we can mix & match some cuts to suit your needs. Orders are paid for by cash or electronic funds transfer on delivery.

Please ring to have a chat about your needs, I'm sure we can sort out something to suit you & delivery will not be charged if we have a few orders into you area on the same day. Getting together with neighbours or workmates can be a good way to ensure there is not a delivery charge. This is then a happy win-win situation for you & for us.

We're looking forward to your call or email, please also check out our website.

*... on behalf of the farmer & butcher & cook at
Hook & Spoon*

Cheers!

NB: these prices are subject to change.

DELIVERY

Bulk meat & meal packs are delivered around North East Victoria, to households & offices in Melbourne.

SHOP-FRONT

16B Carrier Street, Benalla
9.00 - 6.00 Monday to Friday

FARMERS MARKETS

Albury Gateway
Tatong
Mansfield
Collingwood Childrens Farm

16B CARRIER STREET

BENALLA VIC 3672

PH: 03 5762 2044

SANDY@HOOKANDSPOON.COM.AU

WWW.HOOKANDSPOON.COM.AU

...PADDOCK TO PLATE MEAT TO MEALS...



.. a paddock to plate business - we farm free-range, without chemicals & have a 122 year old butcher shop where the meat is hung on the bone for a minimum of 21 days (beef) & 12 days (mutton) - for brilliant meat.

We cook "slow food" such as pies with buttery shortcrust pastry & slow cooked fillings - with our own meat stock & make pasta for lasagne - old fashioned, tasty & nutritious.

paddock to plate...

meat to meals...



BEEF

AN EIGHTH @ \$256.00 APPROX.

An eighth is half of half a side (!) & fits easily into a domestic fridge freezer (about 35 litres). Includes: Eye fillet, Scotch fillet, rump, porter house /sirloin, Round, Topside roast, Silverside (corned or as schnitzels), rolled roast, blade, oyster blade, Osso Bucco, premium mince & lean, gluten & preservative free sausages. This pack weighs approx. 16kg & is \$16 per kilo so around \$256.00. When you put in your order we will chat about some of your options.

GOURMET PACK @ \$100 APPROX.

This pack is approx. 4kg at \$25/kg and includes: Scotch fillet steaks, Sirloin/ Porterhouse steaks, Rump steaks, Oyster Blade and Topside Roast.

SLOW FOOD PACK @ \$110

Approx. 6kg in weight & at \$17 per kg includes a selection of: Osso Bucco, Rolled Roast, Diced beef, Round steaks, Rump steaks, Blade and Oyster blade.

TASTER PACK @ \$30

Might suit an individual or couple: contains premium steak for two (rump or porterhouse), one pack of 500 gram our premium mince, a pack of classic beef sausages & a pack of boutique beef or mutton sausages.

BEEF MINCE

Our beef mince is particularly tasty & great to cook with. The aging process ensures it does not contain excess water so when you make, for example, a Bolognese it'll be super tasty & not watery. It's preservative, colour & additive free. Mince can be too lean, as a small amount of fat contains a lot of flavor as well as enabling the mince to cook beautifully. So ours contains enough fat for health & flavour.

• 2kg packs for \$24 • 500g packs for \$6.50 • 1kg packs for \$13.00

MUTTON

"Mutton is to lamb as beef is to veal & has an intensity that lamb lacks." "A succulence unsurpassed by any." Just a couple of quotes from meat experts like Hugh Fearnley Whittingstall & Jamie Oliver who are keen on the mutton renaissance happening in food circles now in Europe and Australia. Our mutton is merino & aged on the bone for about 12 days which makes it tender and succulent. It runs mostly on native grasses so tastes 'herby'. We supply some wonderful recipes, and can marinate some cuts for you.

TENDER AGED-ON-THE-BONE SIDE OF MUTTON

Approx 6kg \$90.00

- Easy carve leg
- Backstrap
- Scotch Fillet
- Sausages with sage and Garlic (gluten & preservative free)
- Topside mini roast
- Easy carve shoulder roast
- Rump whole or in steaks

PIES

Hand made buttery short crust pastry with slow cooked fillings using our own fresh stock. Large serves 4 (hmm unless there is a teenage boy at the table!)

Large \$15.00 & individual \$5.00

The pie fillings can also be bought in a vac pac bag, to reheat as a 'casserole' - price for that in brackets. The fillings are gluten free, the pastry is not.

Chicken Chardonnay ~ (\$28/1 kg)

La Ionica chicken thigh, onion, tomato, tarragon & white wine .

Beef Burgundy ~ (\$22/1 kg)

Chunky beef, slow cooked with onion, carrot, beef stock, red wine, bay leaf, thyme.

Beef, Stout and Mushroom ~ (\$24/1 kg)

Chunky, rich, velvety! Made with Cascade Stout & organic mushrooms.

Beef, Fig and Lemon ~ (\$24/ kg)

Chunky, the sweetness of fig is balanced lusciously with lemon zest

Moroccan Mutton ~ (\$24/kg)

Chunky succulent mutton, carrot, apricot & ginger with a little green capsicum - pretty! & very tasty

Five Peppers Mutton ~ (\$22/kg)

Minced mutton, onion, black pepper, white pepper, schezuan pepper, Tasmanian Mountain Pepper Berry, Vietnamese 'pepper' mint.

SAUSAGES

*All gluten free & preservative free.
10% discount for packs of 2kg or more.*

- Mutton Sage & Garlic \$18/kilo
- Sweet Chili, Chives & Cheese \$18/kilo
- Black Olive & Beef \$18/kilo
- Classic Beef (child friendly) \$10/kilo
- Pork & Fennel \$20.00/kg
(Berkshire pork, toasted crushed fennel seeds, finely grated Parmesan, parsley, crushed fresh Australian Garlic, S&P - brilliant! Not included in any packs.)

BERKSHIRE PORK

Fantastic pork from happy pigs. Very different from commercial pork.

SIDE OR 1/4 OF BERKSHIRE PORK

Depending on the size of the carcass, this can be from 15kg to 25kg @ \$12.00 per kilo - including roast leg, medallions, belly strips & sweet forequarter roasts on the bone.