

This dish is Winter in a pot. Hearty and warming, packed with beef and bacon and topped with cheesy dumplings, the family will be asking for seconds.

CLASSIC BEEF STEW WITH DUMPLINGS

INGREDIENTS



Classic beef stew

- 2 tbsp oil
- 1 kg chuck steak, trimmed, cubed
- 1/4 cup seasoned flour
- 6 rashers rindless bacon, chopped
- 6 pickling onions, halved
- 2 cloves garlic, crushed
- 1 cup beef stock
- 1 cup red wine
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 large swede, chopped
- 4 sprigs thyme
- 2 bay leaves

Dumplings

- 1 cup self-raising flour
- 50 g butter, diced
- 1 egg, lightly beaten
- 1/4 cup milk
- 2 tbsp finely chopped parsley
- 2 tsp horseradish cream
- 2 tbsp finely grated parmesan

METHOD



1. Preheat oven to moderate, 180°C. Heat half the oil in a flameproof casserole dish on high.
2. Dust beef in flour, shaking off excess. Brown beef, in 2 batches, 2-3 minutes each batch. Transfer to a plate.
3. Heat remaining oil in same pan on medium. Saute bacon, onion and garlic 4-5 minutes, until bacon is golden.
4. Return beef to pan with stock, wine, carrots, celery, swede and herbs. Bring to the boil on high. Bake, covered, 1 hour.
5. Meanwhile, to make dumplings, sift flour into a bowl; season. Rub in butter using fingertips until mixture resembles fine breadcrumbs. Make a well in centre. Stir in combined egg, milk, parsley and horseradish cream. Drop tablespoons of mixture, about 2cm apart, on top of stew. Sprinkle with parmesan.
6. Bake, uncovered, 20-25 minutes, until dumplings are golden and cooked through.

Geluksbron

ANGUS STOET

Jan de Wet

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Wenspan JK 130021 • DNA Lab. No. 17-01007

Look at this bull's exceptional breeding values; one of the few bulls in SA with values over 100 for almost all traits.

The breeding values as released in the official Genetic Evaluation on 1 November 2016

Wenspan JK 130021

	GEB DIR	SPEEN DIR	GEB MAT	SP MAT	12M	VOUW GEW	GDT	VOV	SKROTUM	RAAMPUNT	LGT	MARBERG
Wenspan JK 130021	109	106	105	108	108	118	101	100	119	99	108	109
Rasgemiddeld	100	100	100	100	100	100	100	100	100	100	100	100

"If you can read, you can cook."

COTTAGE PIE WITH SWEET POTATO TOPPING

INGREDIENTS



- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 1 medium carrot, peeled, finely chopped
- 2 celery stalks, trimmed, finely chopped
- 500g beef mince
- 2 teaspoons worcestershire sauce
- 2 tablespoons tomato paste
- 400g can crushed tomatoes
- 1 teaspoon dried mixed herbs
- 2/3 cup frozen peas
- 600g orange sweet potato, peeled, chopped
- 1/4 cup milk
- 20g butter
- 1/3 cup grated cheddar cheese



METHOD



1. Heat oil in large saucepan over medium heat. Add onion, carrot and celery. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned.
2. Add Worcestershire sauce, tomato paste, tomato and herbs. Bring to the boil. Reduce heat to low. Simmer for 20 to 25 minutes or until thickened. Stir in peas. Preheat oven to 180°C/160°C fan-forced.
3. Meanwhile, cook sweet potato in a saucepan of boiling water for 8 minutes or until just tender. Drain. Return to pan. Add milk and butter. Mash until smooth. Spoon beef mixture into a 5cm-deep, 6 cup-capacity ovenproof dish. Top with sweet potato mixture. Sprinkle with cheese. Bake for 30 to 35 minutes or until golden. Serve.

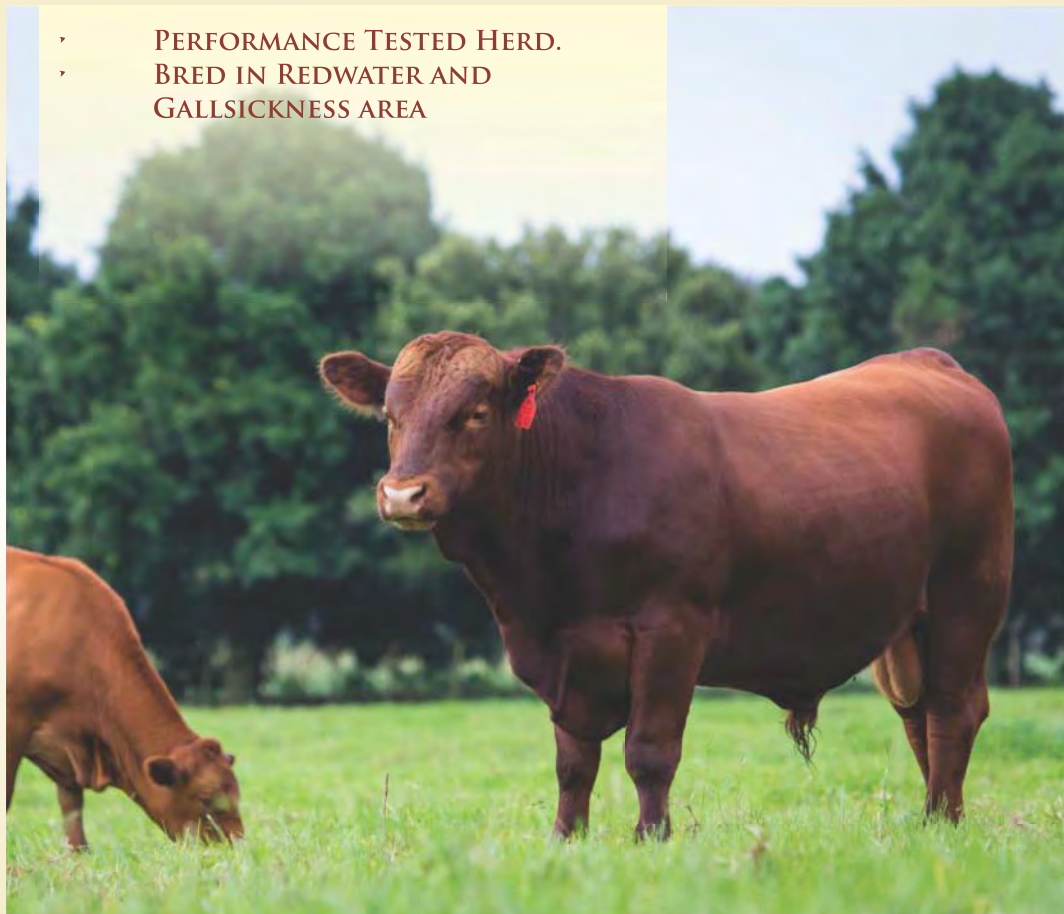
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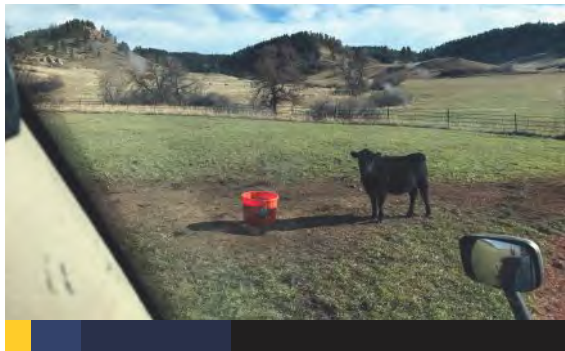
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Long-distance transportation is a facet of the beef industry, and it can be a stressful event for cattle.

Karen SchwartzkopfGenswein, researcher at the Lethbridge Research and Development Centre for Agriculture and Agri-Food Canada, shared highlights of eight years of research on long-distance transportation to attendees of the fifth International Symposium on Beef Cattle Welfare in Manhattan, Kan., June 8-10. There are many potential stressors in transportation — handling, novel environments, auction, commingling, restrictions of feed and water, environmental condition on the trailer, loading density, energy used to maintain balance during the trip, transport duration and potential for injury.

In each study, cattle were assessed non-invasively on both behavior and physiology, she noted.

"For every 1° Celsius (33.8° Fahrenheit) rise in ambient temperature, shrink increased 0.04%,"



SchwartzkopfGenswein noted. Shrink reached 8% of body weight when cattle were on the truck up to 30 hours, and she recommends keeping time on the truck less than 30 hours. She added that delays, caused by border stops, unloading, driver rest, mechanical issues, traffic and weather averaged about 1 hour to 3 hours each, but maximums went up to 15 hours on top of normal transport time.

LONG-DISTANCE TRANSPORTATION

She said that's where experienced and forward-thinking drivers can help alleviate stress to avoid delays. There is a relationship between driver experience and shrink, she said, sharing the following data.

Driver experience, years	Avg. cattle shrink, %
0-2	5.09
3-5	5.11
6-10	4.79
>10	4.86

Drivers with more than three years' experience delivered cattle with considerably fewer welfare issues, such as lameness, non-ambulatory cattle or dead cattle. Calves and cull cows were the most vulnerable to become compromised. Again, she recommended maximum truck time being less than 30 hours because more compromised cattle were observed when ride times exceeded 28 hours.

Ventilation is another concern.

Comparing total humidity index on trailers with a punch hole pattern with 10% porosity and a duffy pattern with 12% porosity, it was found that the duffy pattern had a higher humidity index. The importance is how the air flows through the trailer, regardless of the size of the holes, she noted.

Ride quality differs through the trailer compartments. Vertical motion was similar in all compartments, while lateral motion was felt greatest in the back. Horizontal motion is greatest in the nose, back and the top of the back (called the doghouse in Canada and the jailhouse in the United States), she said.

Most welfare issues are exacerbated when transport exceeds 30 hours, and longer journeys at higher temperatures increase shrink and poor welfare outcomes. In terms of stocking rates or density, she noted that cull cows and calves have an increased chance of being underloaded in the doghouse and nose compartments, thereby increasing injury. ■

"Even the best transporters and conditions cannot compensate for poor loading decisions," she concluded.

Acknowledgement: Angus Beef Bulletin



One of those steak recipes which makes you think you have never tasted any other steak that came even close to the ones made with this recipe. If you are having steak, don't skimp on flavor to save a few calories. The butter makes this steak melt in your mouth wonderful.

This recipe yields about 8 servings.

SIRLOIN STEAK WITH GARLIC BUTTER

INGREDIENTS



- 1/2 cup butter
- 2 teaspoons garlic powder
- 4 cloves garlic, minced
- 1,8kg to 2kg beef top sirloin steaks
- salt and pepper to taste



METHOD



1. Preheat an outdoor grill for high heat.
2. In a small saucepan, melt butter over medium-low heat with garlic powder and minced garlic. Set aside.
3. Sprinkle both sides of each steak with salt and pepper.
4. Grill steaks 4 to 5 minutes per side, or to desired doneness. When done, transfer to warmed plates. Brush tops liberally with garlic butter, and allow to rest for 2 to 3 minutes before serving.

Tip: Aluminum foil helps keep food moist, ensures it cooks evenly, keeps leftovers fresh, and makes clean-up easy.

Veiling: 4 Oktober 2017



*Boer saam met Kroon Angus
van Geslag tot Geslag!*



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083 255 1638



Johannes Botha
083 272 6338



Dr Johan Kahts
082 453 9817

ANGUS 100 Years

Mince is a staple in many South African homes. So show the kids how to make this easy recipe once and they can prepare it for the family next time!

Prep: 15 mins Cook: 1 hour Serves 4

Excellent source of iron

GLAZED MEATBALL BAKE

INGREDIENTS



- 500g Quality Mark beef mince
- 400g piece pumpkin, peeled
- 2 medium-sized starchy potatoes, peeled
- 2 parsnips, peeled
- 2 carrots, peeled
- ¼ cup tomato sauce
- 1 egg, lightly beaten
- ½ teaspoon dried mixed herbs or 1 tablespoon chopped fresh herbs
- 2 tablespoons flour
- Your favourite greens to serve

GLAZE

- ¼ cup tomato sauce
- 1 tablespoon soy or Worcestershire sauce

METHOD



1. Preheat the oven to 200°C. Cut the vegetables into bite-sized chunks and toss in a good dash of oil. Place the vegetables in a large ovenproof dish and bake for 30 minutes. While the vegetables are baking, prepare the meatballs.
2. Mix together the mince, tomato sauce, egg and mixed herbs. Season with salt and pepper if wished. Use wet hands to mould the mixture into 8 large meatballs and dust each with a little flour.
3. Heat a dash of oil in a non-stick frying pan. Brown the meatballs quickly on all sides and sit them on top of the vegetables. Stir the glaze ingredients together and brush evenly over the meatballs.
4. Return to the oven and cook for another 20-30 minutes until the meatballs are cooked through and the vegetables are golden.

Serve with your favourite greens and have a jug of gravy or accompany with a jar of your favourite chutney.



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veilings

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16 Augustus 2017

MALHERBE & ROBERTS VEILING:

Hertzogville,
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27 September 2017



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Serves 4; Cooks In 2H 50M;
Difficulty: Not too tricky
Good for a wintry or rainy evening

MASH-TOPPED GUINNESS IRISH STEW



INGREDIENTS



- 2 onions
- 2 cloves of garlic
- 2 carrots
- 3 stalks of celery
- 2 fresh bay leaves
- ½ a bunch of fresh thyme
- olive oil
- 500 g stewing beef (2.5cm dice)
- 3 tablespoons flour
- 600 ml dry stout beer (Guinness is good for this dish)
- 2 teaspoons brown sugar
- 450 g potatoes
- 75 ml milk
- 1 tablespoon butter

METHOD



1. Peel and roughly chop the onions, garlic and carrots, then trim and roughly chop the celery. Tie the bay and thyme sprigs together with string.
2. Heat 2 tablespoons of oil in a large casserole pan over a medium heat and add the vegetables and herbs.
3. Cook, covered, for 10 minutes, or until the veg is softening, stirring occasionally. Transfer to a plate.
4. Toss the beef in the flour and season, then add to the pan and cook until browned all over (you may need to do this in batches).
5. Deglaze the pan with the Guinness. Add the veg and herbs, then top up with water if needed, to just cover the meat and veg.
6. Stir in the brown sugar. Bring to the boil, then cover and simmer for about 2 hours, or until the meat is tender.
7. Cook the potatoes in a large pan of boiling salted water, then drain.
8. Mash with the milk, butter and a pinch of sea salt and black pepper.
9. Preheat the oven to 200°C / 400°F / gas 6.
10. Put the meat in an ovenproof dish, top with the mash and drizzle with oil. Bake for 20 minutes, or until golden and crisping up.



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