























Slow-cooked quality mutton makes it easy, & ensures a wonderful flavour



Mmm....! mutton,

slow 'n' easy does it



When buying quality mutton, ask about:

**Age:** mutton is usually defined as being 2 years or older;

**<u>Breed</u>**: The Victorians considered the best mutton breeds were the <u>upland</u>, <u>downland and western isles</u>;

<u>Chilling/hanging</u>: traditional maturing on the bone should be <u>at least 10 days</u>;

<u>Diet</u>: The best flavour, and higher Omega 3 levels are found with <u>grass-fed</u> animals.





Recommended

Our Mutton this week

**Age**: 2 years or older;

**Breed**: upland, downland, island;

Chilling/hanging: 10 days+;

**Diet**: grass-fed