

Fork It Farm Update #7 (Copy 02)

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PIGS 'N MUD...

Hi from Fork it Farm!

Can you believe Christmas is just around the corner?

It can be a crazy time of year! So stop every now and then, breathe and remember 'quality over quantity'. Keep it simple - spend quality time with loved ones, share a tasty meal together and spread the love this Christmas.

We hope you enjoy this edition of Pigs 'n Mud.

Is ham the king of Christmas?...

Christmas in Australia means... prawns, mangoes, cherries, booze and ham!

Ham is often the main event of the Christmas feast, and often, cooks will spend hours gazing into their ovens in anticipation for the buzz of that timer when they can finally carve the sweet and smoky meat.

If you're dedicated, you can buy fresh pork then brine and boil it yourself. But most of us will buy ham that is cured, cooked, smoked and ready to eat – all we have to do is add the finishing touches.

But there is still much to consider: a whole ham or half? Bone-in or boneless? Glazed or natural?

If ham is king at your Christmas... we're here to help!



The ham...

When selecting a ham look for smooth and an even dark colouring, indicating it has been naturally wood-smoked to perfection. The colour of the meat should be a nice even colour, without too much moisture.

The shank end sports that classic ham profile, so it's a good choice for a picture-perfect table. The meat tends to be fattier and it has one long bone, which makes carving easier.

While the shank looks pretty as a picture, the butt end (the top half of the ham) is leaner and offers a little extra meat. However, it does have a T-shaped bone inside that can be tricky to carve around.

Size and age matter, too. Older pigs make for tougher eating, and younger pigs have less flavour, making hams around the 10kg-12kg mark the sweet spot.

And finally, for the best possible results, opt for fresh Australian pork. Boneless hams can be made in Australia using imported frozen meat; make sure the ham you buy has been made with Australian meat (or better yet Tasmanian meat from a local small-scale farm). It supports the farmers, and, of course, it's better quality.

The take-home message? Find a good farmer or butcher and don't be afraid to ask questions: whether you can taste the ham, where it comes from, the breed of the animal it was cut from, how it was raised, and what kind of wood was used to smoke it.

To glaze or not to glaze...

Glazes are back in a big way, and tender, salty ham is perfect with a sweet glaze. Glazing adds sweetness, but remember you're basting it, not cooking it, so take care not to dry out the meat. Really, it's just about getting the surface golden and sticky, because by the time that happens, the inside will be warmed through and that's all you need.

There are so many glazes – cloves and mustard powder, wine and honey or a taste of the Caribbean with coconut and pineapple. But really anything sweet with ham is delicious.



Carving your ham...

Step 1 Place ham skin side up on a cutting board. Then run a small sharp knife under the rind around the end opposite to the hock and each side of the ham to about halfway up. Peel back the rind.

Step 2 Run the tip of your knife around the bone, on the underside of the ham and begin to slice on a slight angle down towards the bone.

Step 3 Run your knife lengthways along the bone to remove slices. Continue to slice towards the hock.

Step 4 Slice your way around the ham until you reach about a third of the way up then remove the bone by making a few short cuts at the joint.

Step 5 To keep your ham fresh, fold the rind back over the exposed meat, put it in a ham bag and store it in the fridge.

Storing your ham...

Unlike most of the presents under the tree, ham is the gift that keeps on giving. Refrigerated in a calico ham bag, it can last up to four weeks. Dampen the bag with watered down vinegar and store in the coolest part of the fridge. Every three days or so when it starts to dry out, rinse the bag and dunk it in a water and vinegar solution.

You can use ham in so many different ways to make sure there's no waste. Make an omelette with feta and ham for brunch, put it through stir-fried rice or make a beautiful stock with the bone and use it in a ham risotto. Or try an old favourite, with a twist - ham sandwich with cranberry chutney.

Enjoy some Xmas goodies from Fork it Farm...



**HAPPINESS IS
A FORKIN' TASTY HAM
THIS CHRISTMAS**

Order your Christmas Ham TODAY!

FORKITFARM.COM.AU



HOG SHARE Membership.

Our Hog Share Membership is the perfect gift, that just keeps giving (literally)! 3kg of Forkin' tasty pork delivered each month. [Order](#) today for yourself or a loved one!

\$324 for a 6 month membership!!

All natural treats 4PETS.

Using the odds and ends (offal and skin) from our ethically raised pigs, these preservative and additive free treats are all natural. The 4PETS Pack includes 200g dried treats and a pigs ear. [Email us to order.](#)

\$15



All natural unscented LARD SOAP.

Simple, cleansing, long-lasting, hard bar of all natural farmstead soap with a rich and creamy lather, and a light fresh scent. [Email us to order.](#)

\$3 each or 4 for \$10

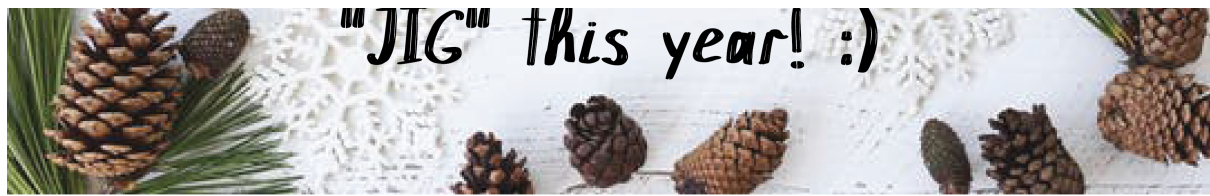


THIS CHRISTMAS...

*Buy local, Buy handmade, Buy from people you know,
and Buy from small businesses!*

*Remember, the BIG stores don't do a little
"JIG" when they make a sale.*

Make someone



Christmas Deliveries...

All Christmas orders will be available for collection at December markets and our on farm event or with our regular monthly deliveries.

See you all then and wishing you all a Merry Christmas and a happy and safe New Year!



Enjoy some complimentary porky delights, meet the pigs, and stock up on *forkin' tasty* goodies for Christmas! You can even bring a picnic and sit back, relax and enjoy the sights and sounds at Fork it Farm.

When: Saturday 8 Dec 2018 between 11am and 3pm

Guided tours: 11am and 2pm

Where: Fork it Farm, Adams Rd Lebrina (opposite #248)

Come and enjoy a day on the farm with friends and family.

RSVP on Facebook [#forkitfarm](#)

This little piggy is going to market...

Bream Creek Farmers Market

First Sunday of the month

9am til 1pm

138 Marion Bay Road, Copping

Lilydale Village Markets

Second Sunday of the month

10am til 2pm

Lilydale Memorial Hall, 1949 Main Road, Lilydale

NEW Summer Edition... Bream Creek Farmers Market

Third Sunday of the month

9am til 1pm

138 Marion Bay Road, Copping

Hog share deliveries...

If you haven't yet got you order in, hurry, we're making December deliveries soon!

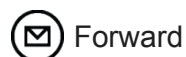
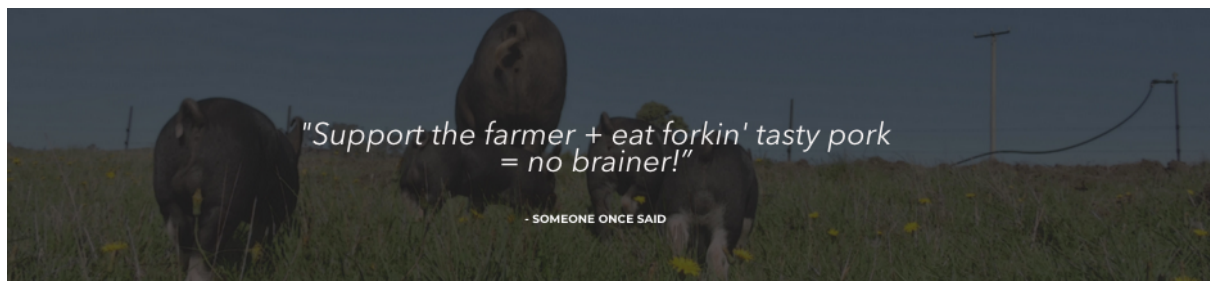
Hobart and Oatlands Sunday 2 December

Scottsdale and St Helens 7 December

Launceston and Lilydale 7 -9 December

Devonport Thursday 13 December

Missed a past issue of PIGS 'N MUD? Find them [here](#).



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FORKITFARM@GMAIL.COM

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