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FRESH  
MEATS



# FRESH MEATS

Suckling Piglet

Ibérico Pork  
Bellota  
Secreto

Ibérico Pork  
Bellota  
Abanico

Ibérico Pork  
Bellota  
PRESA

Ibérico Pork  
Bellota  
Tenderloin

Duroc Pork  
Ribs

Duroc Pork  
Belly



Mature Beef  
Rack Loin

Ibérico Pork  
Bellota  
Pluma

Wild Boar  
Boneless  
Shoulder

Pyrenean Agnei  
Ibérico  
Boneless Leg

Pyrenean Agnei  
Ibérico  
Cutlets

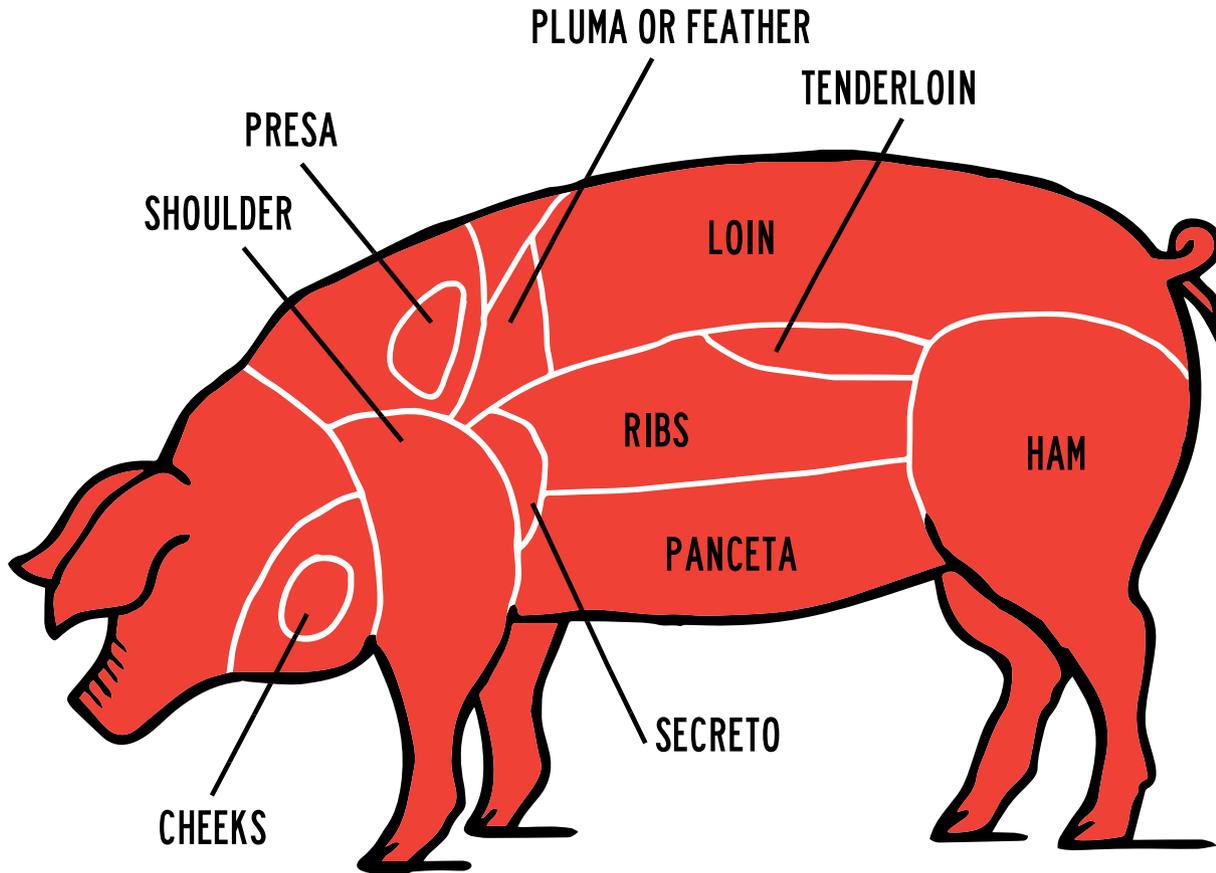
Rubia Gallega  
Chuletón

Pyrenean Ternasco  
Shoulder

Ibérico Pork  
Bellota  
Cheeks

Mature Beef  
Onglet





This drawing shows  
the different cuts of Iberico Pork.

# IBÉRICO PORK

## ACORN FED (BELLOTA)

Ibérico pork is unique to the Iberian Peninsula.

This type of pork features a meat with a characteristic dark red colour and high levels of fat marbling, setting it apart from any other pork meat, in terms of flavour, texture and succulence.

Ibérico pork has a much higher percentage of monounsaturated acids, so its fat is much healthier than in other animals. Some experts describe this meat as “An olive tree with legs”.

These properties are much more accentuated if the animals are free range and eat acorns, as is the case with the meat we offer you. Furthermore all our cuts come from “Bellota” grade animals - 75% pure ibérico, and only one grandmother is not ibérico pure breed.

These animals eat grass and acorns between September and beginning of March, hence they only can be slaughtered in January, February and the beginning of March. This is why these cuts are only available frozen, which allows the meat to be served pink.

Our ibérico bellota comes from the southern region of Los Pedroches, Córdoba, Andalucía, which is considered the densest and best preserved oak meadow

(Dehesa) in the world. In this environment the pigs live in complete freedom naturally feeding on grass and different types of oak acorns, which have high natural sugar content that gives the meat its characteristic taste.

**ALL OUR IBÉRICO  
ACORN FED MEAT  
COMES FROZEN IN PACKS  
BETWEEN 900 AND 1.2KG.**

**NOTE:** If you are interested in meat from CEBO grade animals with a lower percentage of Ibérico pure breed and that have been raised indoors and fed with grain instead of acorns, we can source it at lower prices. Minimum orders will apply. Please contact our sales team.



# EXCEPTIONAL FLAVOUR FROM HAPPY PIGS

## CHEEKS

FIB10070

Tasty morsels from the pig's head that require long, slow cooking. Incredibly flavoursome and meltingly tender.

## ABANICO (BAVETTE)

FIB10010

Very tender meat from the ribs with fat marbling, ideal for plancha, BBQ or pan frying.

## SECRETO

FIB10080

A true delicacy. Fantastically tender and highly prized shoulder cut, dark and delicious meat with a long grain & dense creamy white fat marbling. For plancha, BBQ or pan frying.

## TENDERLOIN

FIB10030

The most tender of cuts with exceptional texture and flavour, cuts like incredible fillet steak and is best roasted, fried or grilled to medium rare.

## PLUMA (FEATHER)

FIB10060

A feather shaped cut from the loin that stands out for its tenderness, juiciness and flavour. Ideal for grilling or cooking over a griddle.

## PRESA

FIB10090

This fantastic cut from the loin next to the neck has substantial fat marbling resulting in succulent and juicy meat. Ideal grilled, BBQ, roasted - both in fillets or the whole piece.

# DUROC PORK



The quality of the Duroc pork breed is excellent: it is very lean with a high degree of marbling, and this is why our Duroc range cuts are so juicy and tender. Our supplier in the Slow Food city of Rubielos de Mora (Teruel) consistently produces high quality meat with fantastic flavour.

The complete process is made in house: from the breeding and free range rearing of piglets fed exclusively with cereals in this mountainous area in Teruel, to their humane slaughter in the small family owned abattoir.

## PORK BELLY 2KG

DUROC1002

Excellent flavour and tenderness, perfect for slow cooking, both braised and oven roasted. Can also be smoked, grilled, sautéed, or deep fried. 2 kg

## PARTIALLY DEBONED SHOULDER 4-5KG

DUROC1015

Tender, juicy and robust flavour. Best for slow cooking. 4-5 kg

## BONELESS SHOULDER 4-5KG

DUROC1003

Tender, juicy. Slow cooking, also great for pincho moruno or skewers. 1 unit per pack.

## PORK BABY RIBS 3-4KG

DUROC1010

Meaty, great for roasting or BBQ. 4 units per pack.

## PORK RIBS 2.5-3KG

DUROC1001

Very meaty, perfect for roasting or BBQ. 2 units per pack.

## PORK LOIN 1-1.5KG

DUROC1004

A flavourful cut ideal for grilling, roasting or stuffing. .

## PORK TENDERLOIN 750G

DUROC1005

The most tender cut, juicy with rich flavour and a high degree of natural fat marbling. Ideal for roasting, grilling or plancha. 2 units per pack.

# SUCKLING PIGLET

Roasted suckling piglet (“cochinillo asado”)

is a delicacy seen in the best “asadores”, especially in Segovia and Salamanca, in the old Castille.

As Cándido (from “Mesón Cándido”) says, the key thing when cooking suckling pig is to have a fantastic piglet to start with. Ours are around 4.5 kg, so proper suckling piglets, and come from a family owned butcher with over 120 years tradition in the heart of Salamanca. One suckling piglet of this size feeds 6/10 people.

## SUCKLING PIGLET 4-5 KG.

FIB10191

A true delicacy - Deliciously flavoured, succulent and incredibly tender to the point of melt in the mouth, with delicate, crisp crackling. Guaranteed to wow roasted, grilled, sautéed or to make an amazing porchetta.

**NOTE:** We supply these ranges frozen to ensure transport does not affect its quality. We held limited stock so if you are considering to have it in your menu, please contact our sales team two weeks in advance, just in case.

# WILD BOAR

Wild Boar meat is much leaner than pork and has an intense nutty, rich flavour that is unique. Ours is genuinely hunted wild boar (*Sus scrofa*) from free roaming populations in remote areas in the North of Extremadura, South of Castilla-Leon (specially the Gredos mountains).

Spanish hunting season lasts from October to March. They are authentic wild boar, not feral Australian wild pork or mixed farmed animals.

The wild boar population in Spain is very healthy, and is even becoming a problem in some areas. In our opinion this is another great example of sustainability and tradition going hand to hand. They are hunted around El Gordo, which is where the meat cutting plant is. These areas are very scarcely populated, and land is poor, so the most frequent use of land is cereals, but fields usually are left one year every three or five to "rest", so wild animals have plenty of food. In fact these areas support a huge amount of large herbivores, which in turn support wild wolves (Spain has the largest population of wild wolves in Europe).

Our guys send refrigerated vans to the hunting parties, collect the carcasses, which have been partially gutted and checked on site by a vet. Then the carcasses go through further thorough inspection by a team of official vets on the premises.

So this is not only totally sustainable meat (nobody does anything special to feed these animals!), but it is also free of preservatives, and helps to add value and create jobs in some of the most isolated and rural areas in Europe. And as lean meat it is healthy as well. We recommend to marinade it for 48 hours with your wine or choice of spirit and herbs before cooking.



## INTENSE, NUTTY & RICH FLAVOUR

### SHOULDER BONE IN 3-5KG

GAME10140

Lean game meat with a sweet, nutty and intense flavour.  
Amazing for roasting and slow cooking.

### LEG BONE IN OVER 5 KG

GAME10120

Same as above, but in a larger size.

### BONELESS AND SHANK OFF SHOULDER 2-5KG

GAME10160

Lean game meat with a sweet, nutty and intense flavour.  
Great for roasting, charcuterie, pasta sauces,  
stews and goulash

# MATURE BEEF OVER 8 YEARS OLD

Renowned for superb fat marbling and flavour of great depth, complexity and length, this elderly beef from Northern Spain which is served in the best Basque asadores and cider houses, has made a huge impact in top British restaurants, and has become a must have item on menus.

We bring two different categories of such beef, all of them of at least 8 years old:

## ASSORTED HERITAGE SPANISH BREEDS

Avileña, Asturiana de la Montaña, Asturiana de los Valles, Pirenaica, Sayaguesa, Tudanca...

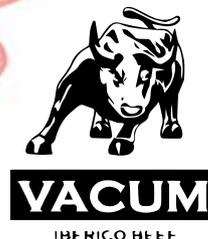
## RUBIA GALLEGA

Breed famous for the marbling of its meat.

We work with Vacum, who selects animals through Northern Spain. Some of the animals come from their own finca in León. Many of these animals spend Spring and Summer free roaming and exercising.

On a weekly basis they select the best animals, bearing in mind age, races, diet and sustainable husbandry, which leads to high marbling, and deep flavour. Our Rubia Gallega and Spanish Heritage Breeds are reared free range in the North West provinces of León, Lugo and Asturias. Our meats come from livestock over 8 years' old. The meat is almost maroon in colour and has bright yellow fat.

# A MUST HAVE ITEM ON MEAT MENUS



## ONGLET/HANGER STEAK 2KG (HERITAGE MATURE SPANISH BREEDS)

FM10100

Lean with amazing flavour and texture. Best marinated and grilled or pan seared and served rare or medium rare and sliced against the grain before serving, to maximise tenderness.

## BAVETTE 2KG (HERITAGE MATURE SPANISH BREEDS)

FM10120

Flap Steak. Really tasty steak. Best grilled or pan-seared and served rare or medium rare and sliced against the grain before serving, to maximise tenderness.

## RUMP 5KG (HERITAGE MATURE SPANISH BREEDS)

FM10160

Whole joint.

## CÔTE DE BOEUF 4KG (HERITAGE MATURE SPANISH BREEDS)

FM10170

From the rib end of the back, juicy and full flavoured. 4kg.

## RIB EYE 4KG (HERITAGE MATURE SPANISH BREEDS)

FM10180

Our favourite steak.

# TXULETÓN

The traditional cut to appreciate this meat is Txuletón, as this cut is called in the Basque Country, a thick rib-in loin steak.

**We offer:**

## THE WHOLE LOIN WITH BONE

in two halves of approximate 7 kg each for you to butcher or

## 1 KG TXULETÓN

already cut, in packs of two steaks.

## YOU CAN CHOOSE BETWEEN SELECTED HERITAGE SPANISH BREEDS OR RUBIA GALLEGA.

Marbling and especially the flavour and colour of the fat are the highlight of these meats. Even though they are tender, tenderness is not the quality they are more sought after for, but the intensity of its flavour.

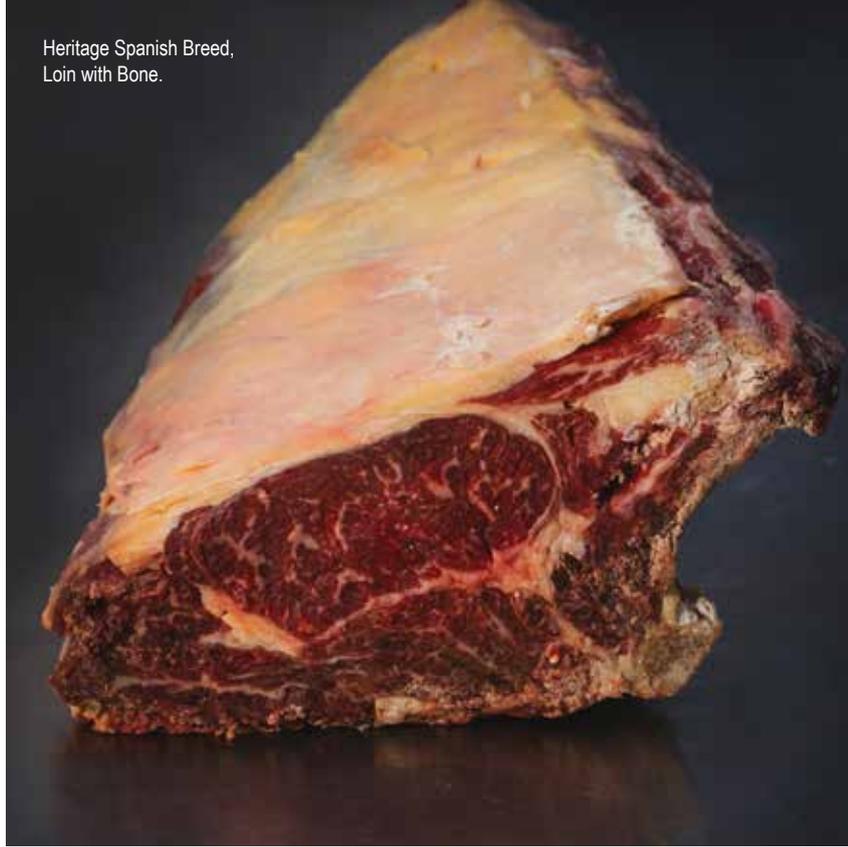
All prime cuts have been dry aged for two weeks. Please ask our sales team if you would like longer dry aging.

For the first orders we need to know requirements at the beginning of previous week. Then we will manage your stock until further notice.

**FOLLOW  
THE CRAZE  
FOR OLD COW**



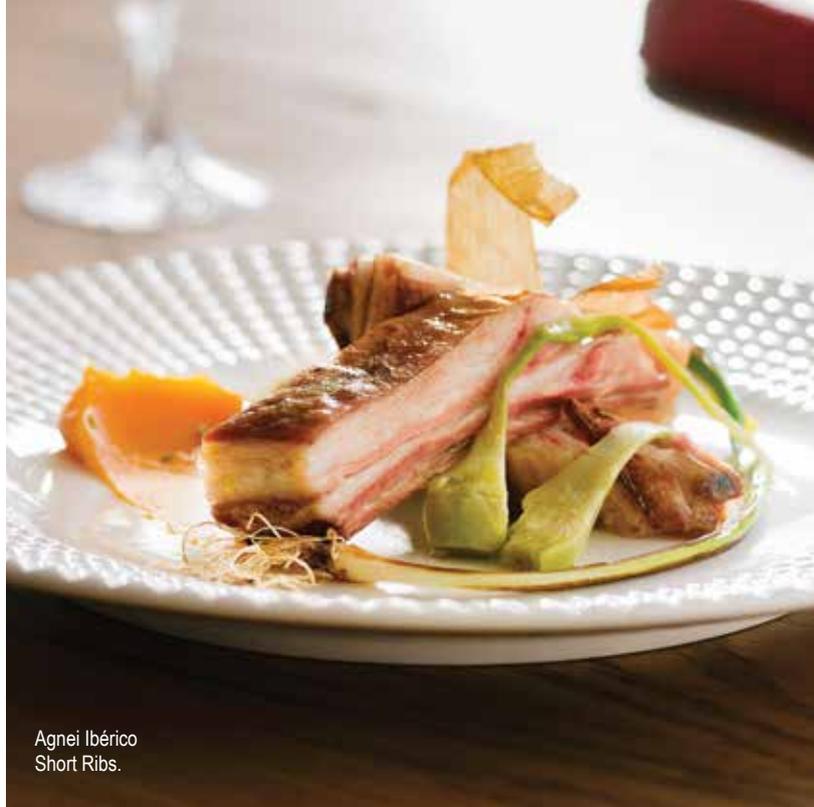
Heritage Spanish Breed,  
Loin with Bone.



Rubia Gallega,  
Txuletón.



Ibérico Pork Presa.



Agnei Ibérico  
Short Ribs.



Ibérico Pork Tenderloin.



Ibérico pigs, Los Pedroches  
Dehesa.

# PYRENEAN LAMB

## “TERNASCO” AND “AGNEI IBÉRICO” TYPES

We are proud of working with the “Pastor” cooperative group, the largest sheep breeders/shepherds cooperative in Europe, with over 1000 members and 500,000 lambs, which helps to keep this millennia tradition alive and profitable in over 400 villages of the Aragon region. We work with two distinctive types of lambs: *Ternasco de Aragón* and *Agnei Ibérico*.

### TERNASCO DE ARAGÓN

These incredible lambs are around three months of age (8 to 12.5 kg carcasses) from traditional Aragón breeds (Ojinegra de Teruel, Roya Bilbilitana and Rasa Aragonesa), and are fed with milk and natural cereals - especially corn and high oleic sunflower seeds (which grow abundantly in this region).

The roasted shoulder (“paletilla”) is one of the highlights of Spanish gastronomy, and is probably the best lamb meat in Spain and distinctive of the Aragón region. Ternasco de Aragón has pink flesh and soft succulent texture and will make a difference in any kitchen, and each cut shows an IGP stamp to certify their regional origin. As there are more light hours in Spain than in the rest of Europe, these sheep can give birth three times in two years, and therefore these meats are available during the year, not only in Spring. They are usually central to many Spanish Christmas tables.

### AGNEI IBÉRICO

Rasa Aragonesa lambs, of 6 months of age are superior quality lambs from a breed that has been native to the Spanish region of Aragón for over a thousand years. They are fed with milk, grass and natural cereals, with a high percentage of oleic oil rich sunflower seeds, at the foot of the Pyrenees, reared in a relaxing, stress-free environment that enhances their innate qualities. 51% of their fat is oleic acid, making it one of the healthiest (and tastiest!) meats available.

**THE BEST  
LAMB  
IN THE WORLD  
(IN OUR OPINION)**



### BONELESS NECK FILLET 1KG PYRENEAN AGNEI IBÉRICO LAMB

FM10060

It comes from the deboned neck. It has a large amount of infiltrated fat and it is very rich in gelatine, which makes it ideal for all types of dishes. Barbecue, grilled, roasted, braised. 2 pieces per pack.

### SHORT RIBS (CHURRASCO) 300G PYRENEAN AGNEI IBÉRICO LAMB

FM10030

It comes from the ribs. Roasted, grilled, pan-fried, or slow-cook in the grill. Each piece weight 300g.

### SEMI DEBONED SHOULDER 1KG PYRENEAN AGNEI IBÉRICO LAMB

FM10045

The ideal cut for roasting, which will show case the special melting fat of these young lambs.

### SHOULDER 950-1.15KG (PALETILLA DE TERNASCO DE ARAGON IGP) PYRENEAN TERNASCO LAMB

FM10000

Pink flesh and soft succulent texture. Roasted. A must try, and the highlight of Aragon gastronomy. For two people to share.

### BONELESS LEG 1.1KG PYRENEAN AGNEI IBÉRICO LAMB

FM10040

It has a large amount of infiltrated fat which makes it unique since retains its juiciness and tenderness in any type of cooking. It has a very balanced taste which makes it ideal for stuffing, stews, roasted, braised or pan frying.

### CUTLETS WITHOUT BONE 300G PYRENEAN AGNEI IBERICO LAMB

FM10050

From the lower end of the rack. Simply stunning.

Asturiana de los Valles cow  
in Somiedo, Asturias.

