ISSUE 14 | SUMMER 2021 STORIES FROM THE FARM WHAT'S BRONZE MEDAL COO WINNERS
Outback Lamb wins Bronze at the Sydney Royal Easter Sho in Lo's Kitchen this summer For the Love of Lamb
A go-to guide
for condiments

CONTENTS 4 BRONZE FOR OUTBACK LAMB 6 MEET LO CORCORAN 9 MARINATED BUTTERFLIED LEG OF LAMB 12 AUSSIE-MADE CONDIMENTS 14 EDITORIAL: FIONA AVEYARD 18 ON THE FARM

Welcome!



erryChristmas everyone and welcome to our first ever Off The Hook Christmas issue. I won't mention the year that has been, mainly because of the challenges it has thrown up for everyone. I have no doubt we all feel a bit the same, so all I will say is, "well done" for getting through to December—and leave it at that.

Here at Outback Lamb, we love good quality, fresh. honest style cooking and Lo Corcoran epitomises all of that and more. Inside you will find a glorious lamb recipe of Lo's - perfect for Christmas day or for a summer barbeque. Check out her profile on Instagram (@los_kitchen) for a glimpse into her kitchen and family life in Boorowa, NSW, or pop over to her blog, loskitchen.com.au to see an incredible array of recipes that will have you sorted for breakfast, lunch, dinner and snacks for 2022. What talent.

The photography and layout of this magazine is the work of the very talented Alexandra from The Social Herd (@socialherdmarketing) and I

hope they inspire you all as much as they did me, to plan a little something special this Chrissy for loved ones.

Read on to see what's been happening on the farm the past few months. One highlight was my participation in a short online media course, via The Livestock Collective. My homework was to write a 700-word Opinion Editorial which I have included in this newsletter–I guess that makes me a published writer now?!

In other news, harvest is well underway. I was also lucky enough to be selected as a mentor in the Drought Resilience Leaders Program which I am beyond excited to be involved in. All the unavoidable delays around our sausage roll launch have been ironed out and we are all systems go to get things happening in January – finally.

Stay safe everyone and have a brilliant Xmas and a wonderful New Year.

FIONA AVEYARD



BRONZE FOR OUTBACK LAMB AT THE SYDNEY ROYAL EASTER



was incredibly proud to achieve a bronze medal in our first year in the Professional Bakery Sausage Rolls & Pies category in the Royal Agricultural Society Fine Food Awards. The competition is strong, and the prizes are hotly contested.

The level of organisation required to get our sausage rolls to the judging was probably on par with the moon landing, and a big shoutout to the folks who made it happen. Outback Lamb was also entered into the branded lamb category but due to buckets of rain falling (official meteorological term), we weren't able to get sheep to the yards, let alone processed. We will have to aim for a clean sweep in 2022!

In honouring the traditions of local agricultural shows and produce markets around Australia, the Sydney Royal Fine Food Show celebrates heritage, quality, provenance and innovation.

The judging process is overseen by experienced and respected Judges in the industry.

Medals are determined by the Judges using the following point scale:

- · Gold medal for Exhibits gaining 90.0 points and over.
- Silver medal for Exhibits gaining
 82.0 points but less than 90.0 points.
- Bronze medal for Exhibits gaining 74.0 points but less than 82.0 points.



In the Kitchen with Lo Corcoran

Popular food blogger and home cook, Lo Corcoran of Lo's Kitchen shares with us what she'll be cooking (and eating) this Christmas Day.

heard a couple of weeks ago that a friend is getting their family Christmas catered for. Apparently there are always too many complaints from those slaving away over a hot stove, sick of spending the whole time in the kitchen and missing out on the fun.

I respectfully and wholeheartedly disagree. At any given opportunity, I throw the kids at Meemar and busy myself in the kitchen. There'll be no outsourcing for the Thomas family Christmas, that's for sure.

We don't go for fussy or over complicated food at Christmas. A shiny glazed ham, a butterflied leg (or two) of lamb, more fresh prawns than you can poke a stick at and a couple of nice salads is all you need. Oh and how could I forget Mim's Christmas pudding that Mum lights in brandy and hides Nanny's thruppences in. Dad's iconic fruit salad is loaded up onto the plate and Christmas wouldn't be Christmas without a pay thrown in for good measure.

The drinks are all really well iced and the afternoon moves on merrily.

Something tells me we'll be kept pretty busy wrangling the nine kids under seven (10 come February) at the Thomas family Chrissie at the coast this year.

It'll be handy having this simple and delicious lamb recipe up our sleeve to help feed the masses. Marinated in pantry essential ingredients and served with harissa yoghurt and mint sauce, it's sure to be a crowd pleaser.

Easy to prepare and quick to cook, whacked in the oven or grilled on the barbie; a marinated, butterflied leg of lamb is not only flavoursome and versatile, but an affordable cut of meat.

I'm looking forward to all of this immensely.



Marinated Butterflied Leg of Lamb

This marinade recipe draws on inspiration from Mum's Devilled chops recipe (or more commonly known as 'Mum's chops in brown sauce').

FOR THE MARINADE

Piece of lamb leg,

1.2 kg bone removed and butterflied

2 tbs Tomato sauce

2 tbs Worchestershire

2 tbs Olive oil

1tbs Vinegar

1tbs Brown sugar

1 tsp Mustard powder

2 Cloves of garlic, crushed

A good sprinkling of paprika

Agoodsprinkling of dried chilli flakes

Agood sprinkling of dried thyme

Fresh rosemary sprigs

Salt and pepper

Simply add all marinade ingredients into a tupperware container big enough to hold the lamb and stir to combine. Add the piece of meat, turning it in the marinade to coat all over. Pop the lid on and place in the fridge ideally overnight (or for at least 30 minutes) to marinate.

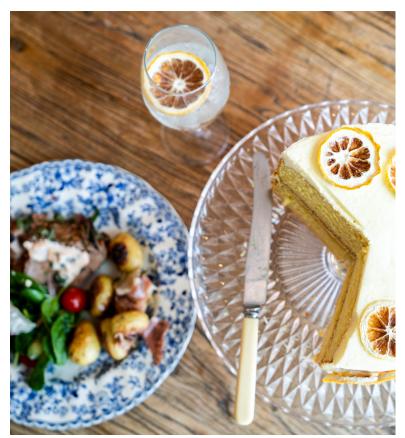
When you're ready to cook the meat, take it out of the fridge and bring it up to room temperature, which should take about 30 minutes.

Roast in a moderate oven (180C) for about 40 minutes* or until cooked to your liking, letting the meat rest before carving. Or grill on the barbie, basting in the leftover marinade as you go.

For more of Lo's recipes, visit <u>loskitchen.com.au</u> or follow her on Instagram <u>@los_kitchen.</u>

^{*}A butterflied leg of lamb should take about 15 minutes per 500 grams in the oven.



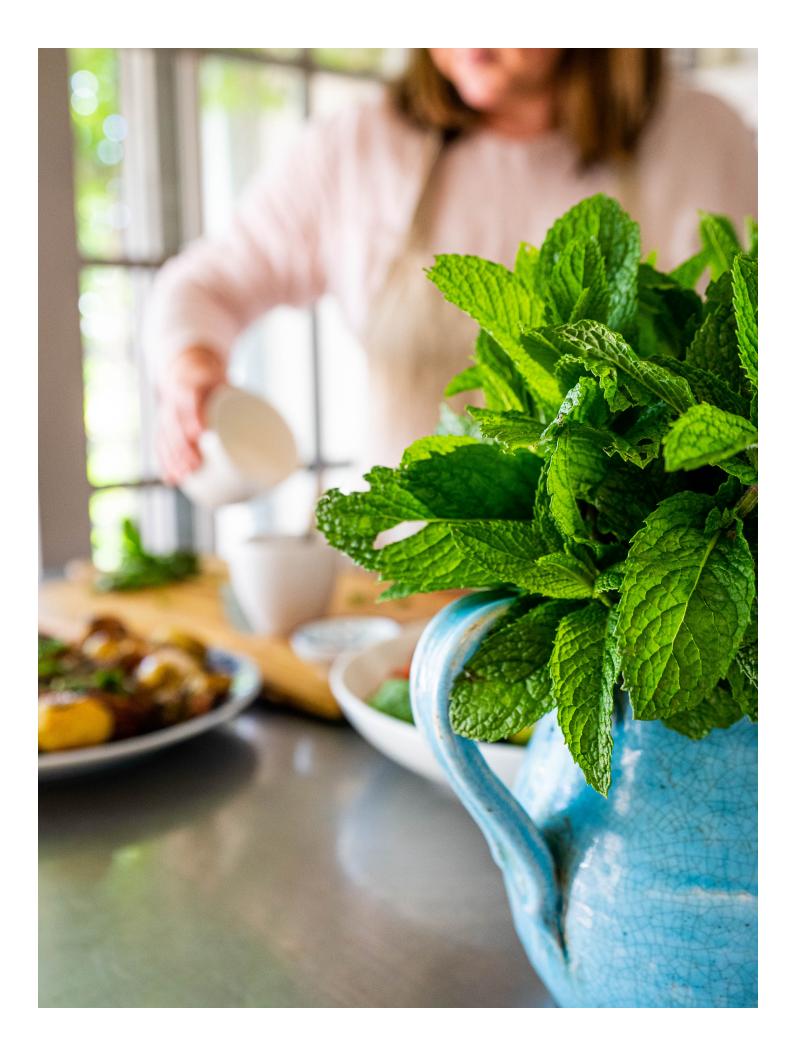
















hen success is measured by profits and the focus is entirely upon producing more to feed a growing world population - as well as help balance a nation's trade account, where in the equation does climate change, drought resilience and quality of life sit?

As commodity producers, farmers are constantly striving to produce more for less. The quest for scale is focused on getting more acres, running more livestock, achieving greater efficiencies, increasing yields and improving productivity. We are after all, "Australian Farmers" - the ultimate in resilient, innovative hard workers who can outsmart our heavily subsidised European and American counterparts with the wit of McGyver with just a Leatherman and some 100-mile-an-hour tape.

In a world of changing climate where we know to expect more extreme weather events occurring more frequently, the question looms large as to how do we adapt? What is agriculture in Australia going to look like in a decade?

The National Farmers' Federation has laid down a bold vision for the industry: to exceed \$100 billion in farm gate output by 2030. This increase won't just happen via increases in productivity, it will need innovation and then investment, geared towards extracting maximum value from commodities before we ship them offshore.



The idea of capturing value further along the food chain appeals on many levels. Where does a commodity producer, who is potentially a little ignorant of what happens beyond their own farm gate - know where to begin? The consumer is often accused of not knowing where their food comes from. For many farmers, this is a two-way street. We are often oblivious to the intricacies of manufacturing, distribution, marketing and the many steps that occur prior to the food we produce hitting the supermarket shelves.

There are a few factors in play that potentially will define the ag industry of tomorrow. We are currently seeing the emergence of 'superfarms'. Funded in part by consortiums, corporations and international investment, these are big operations that inject a flash flood of cash into communities. The impact of which only manages to buoy land prices far beyond the value of what can actually be produced off that land. These corporate farms are in the business of making money for their investors. Takers, not makers, focused on profits that can only truly be realised when the land is on-sold. They are not in the business of environmental stewardship for subsequent generations. They are the McDonalds of food producers, high in calories and seriously lacking in nutrition.

Environmental stewardship is not achievable in pure commodity production where focus the more for producing less. The environment can only be prioritised when the consumer becomes part of the solution. When people recognise and are prepared to pay the real value of what it costs to produce food. In order to do that we have to step away from a commodity mindset and capture greater

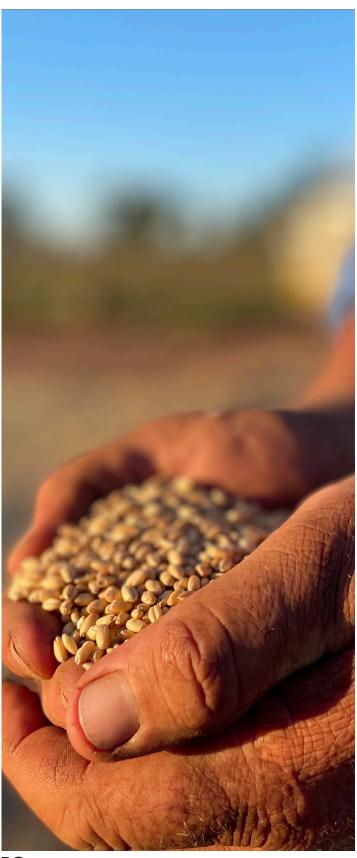
value from whatever it is that is being produced. Until this happens, we will continue to see the rise of the corporate farm and the decline of the family farm.

In imaging the future of agriculture, important issues like economic sustainability, environmental stewardship, climatechange, provenance, traceability around management, animal welfare issues and succession are all on the table. There is also the desire of the modern consumer to have a greater connection to the source of their food.

Australia's strength lies in our ability to produce nutritious food in our healthy soils. It lies in the expertise of generational farmers with knowledge and a vested interest in people and the planet. The key to success will be creating more with less by capturing value further along the supply chain.

Farmers are at the front line of critical issues like food security and climate change. It's important they remain at the table and are involved in making decisions that will shape the the industry. There is a lot of change in play and this makes for a pretty thrilling ride. The solution lies in prioritising the environment, understanding the real costs of food production then developing manufacturing and industry that will capture greater value along our food chain. Do this, and in a very short amount of time. Australia can become a superfood, superpower.

On the Farm



wo months ago, when planning this Christmas issue of Off The Hook, I pencilled in "harvest" as a likely story feature. I envisaged gorgeous photos of golden wheat, machinery working into the night and a tired but happy workforce, thrilled to see their years' work culminating in a successful harvest. The reality has been quite different.

A sense of impending doom increased



throughout November as the weather stayed unseasonably cool, causing the harvest to ripen at a nail bitingly slow pace. The weather forecast proved to be all too accurate, and the rain came down in buckets just days before the combine harvesters could hit the paddocks.

With a La Niña weather event in full tilt and floodwaters across large parts of NSW not expected to recede any time soon, we are instead chasing blowfly in sheep and being vigilant for increased animal disease risks. It does sound all rather doom and gloom, but there is also plenty of upside – the summer fire danger has abated, there is plenty

of grass in the paddock and newly established improved pastures have had a start we can only dream of. The rams are getting all dressed up for a six week long summer date with their girlfriends which I'm pretty sure they are thrilled about.

The season would be almost perfect if I could only do something about these giant mosquitos!

