



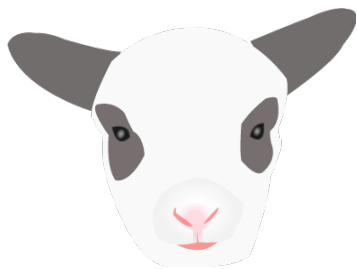
Red Meat Facts



Nutrition

The **Food Standards Agency** advises that meat is an important part of a balanced diet.

Red meat is far **lower** in fat now than it was 20 years ago. On average lean beef contains just 5% fat and lean lamb 8%.



Red meat contains zinc. **Zinc** helps wounds heal and muscles recover.

Tips

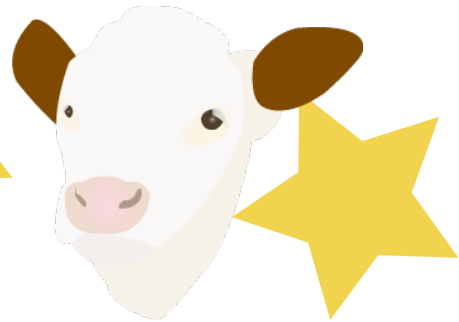
When choosing a joint of meat to roast allow **110g (4oz) approx. raw meat per person if the joint is boneless or **225g (8oz)** approx. if on the bone.**

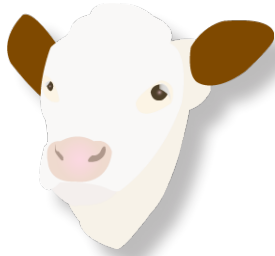
Meat that has been hung for a long time tends to be **darker** in colour and will be more tender.

Lean red meat is a rich source of vitamin B12. Vitamin B12 is **vital** for red blood cells, growth and energy production.

Allow meat to stand for about 10 minutes before carving. This will make carving easier.

To cook the perfect steak (beef sirloin, rump or rib-eye)...preheat the grill or barbecue and cook for: **two minutes** each side (rare), **four minutes** (medium), or **six minutes** (well done).





Red Meat Facts



The domestication of livestock first took place between **12,000 - 5000BC**

History

The word 'scouser' comes from 'lobscouse', a one pot dish consisting of stewing steak or **mutton** with potatoes and vegetables. The dish, of Baltic origin, was introduced to England through the port of Liverpool.



In the 15th Century, when the royal bodyguard was formed under Henry VII, they became known as **Beefeaters**, mainly for the prodigious quantities of meat rations soldiers were allowed.

Humans began eating meat 2.5 million years ago - researchers believe eating **meat** was a catalyst for evolution and for the development of the brain.

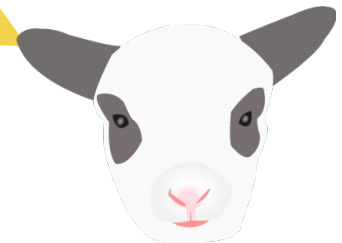
Facts and Figures



96 % of households in the UK eat red meat.



2.3 billion beef dinners are eaten each year in the UK.



EBLEX is a division of the Agriculture and Horticulture Development Board

