

CLARA  
NICHOLL  
CATERING

# Clara's Farm Kitchen

Support Local  
Northumberland

Featuring:  
**Moralee Herefords**

#februdairy

#farmingfebruary

#clarasfarmkitchen



# Meet your chef *Clara Nicholl*

*I am so excited to be able to share my passion for local food with you!*

I'm Clara! A part-time chef, full-time mother to Sam & Elsie, wife to William and our Northumberland rural farm is home to 5 dogs, 6 horses and 4 friendly chickens. Life is pretty fast-paced and at times chaotic.

I'm hugely passionate about food, health, and people believing they can cook too! Enjoying food and enjoying eating isn't about graduating with honors from cooking school - It shouldn't be a performance art! The answer is to cook in a way that doesn't involve a huge amount of effort or time!

A huge part of the way I cook is using local produce! How lucky are we to have such incredible farmers, butchers, fruit and vegetable suppliers and incredibly talented chefs to produce amazing UK products for us?! Now more than ever, we need to support these wonderful people as much as we can. This short e-book delves into the wonderful work carried out by 5 local companies and gives you recipes to create with their wonderful produce!

Dont forget to share your creations with me on social media - you can tag me @claranichollcatering or use my hashtag #cookingwithclara

*Clara x*





# Moralee Herefords

A herd of 40 pedigree cows, established in 2011 by Tom & Di Harrison.



They have a particular passion (and talent!) for showcasing their cattle at agricultural shows around the country and to date have had some great successes. In 2019 they were National Hereford Show Herd of the Year, their stock bull SMH Kingsize 87K was Sire of the Year and our homebred bull Moralee 1 Rebel Kicks KS R12 was joint Polled Bull of the Year and Reserve Bull of the Year.



"We sell prime Hereford Beef from cattle born and reared on the farm direct to customers via our "Beef Box" Scheme. The Hereford has a unique ability to produce top-quality beef naturally from grass resulting in the most amazing taste. Collect from the farm, our 15 or 10-kilo boxes containing roasting joints, various steaks, mince, stewing steak and braising steak. All vacuum packed, labelled and ready for your freezer. We have boxes ready for collection once a month. Once you have tried it you will always want Hereford on your plate!"





# *10 minutes with*

## *Tom & Di Harrison*

### *Moralee Herefords*



[moraleeherefords.co.uk](http://moraleeherefords.co.uk)

[@moraleeherefords](https://www.instagram.com/moraleeherefords)

What inspired you in 2011 to start up Moralee Herefords?

We were working full time when Tom's parents sold all their cattle on the farm, which prompted us to start out on our own. We were after a breed that was easily managed and that would fit into our busy lifestyle. We went to visit some friends and fell in love with the super laid-back docile Herefords. We fast learned that these cattle had an ability to convert grass into protein and that they created such high marbling in their meat, called intramuscular fat. It was like eating the old-fashioned meat from back in the day, when you ate a roast at your grandmother's table, before mixing breeds came into fashion. 100% Pure Hereford Meat. We started with a handful and now have 105 cattle.

Grass-fed animals are key to meat production – how do you maintain your pasture? Do you have to protect the different grasses – ie: clover.

Grass-fed certainly has its benefits and we are lucky enough to have scrubland. Most, if not all, of the spring calving herd winter outside in the woods and scrubland, which saves the pasture. We have also been introducing various clovers back into the pasture, one variety being red clover and also have kept busy doing pasture regeneration over the years. It's important to keep the right amount of cattle on the right amount of acres. But I honestly believe that the nature of the Hereford is so laid back, is one of the huge benefits of why their meat is such good quality. A relaxed lifestyle and slowly matured cattle = delicious beef.





# 10 minutes with

## Tom & Di Harrison

### Moralee Herefords



www.moraleeherefords.co.uk



@moraleeherefords

Which has been the most influential bull for? Do you have a favourite cow?

The bull that has influenced the herd the most has to be SMH Kingsize, who is the current sire of the year in the UK and Ireland. He is a bull from Denmark but was standing in stud in the UK when we got him. He has put tremendous strength and power over our cattle, but most importantly for the Beef Box Scheme. His estimated breeding values are exceptionally high for his IMF (Intramuscular Fat) and that was one of the reasons why we chose him. His sons and daughters are doing really well now and we are very pleased with the marbling that's come through. He has produced many top prizewinners and high sale prices with his progeny. The bull we also love and rave about is called Rebel Kicks (we get to choose their names which is always fun). He is a King Size son and is the current joint Polled (no horns) Bull of the Year. There are about eight Kylies whom I love, but one of King Size's daughters Kylie did the show circuit in 2019 and at The National Hereford Polled Show she was top Junior and overall Junior Hereford Champion. Then at Hereford Christmas Calf Show that year, she was Supreme Champion too.

What is your favourite beef recipe?

Tom: One of our sirloin steaks, chips, homemade onion rings and a touch of French mustard.

Di: My homemade lasagne made from scratch as the Hereford mince is to die for – it is so versatile but my lasagne wins.



# 10 minutes with Tom & Di Harrison Moralee Herefords



moraleeherefords.co.uk



@moraleeherefords

If you could put a statement in the local press to educate people about beef and shopping locally what would it be?

It would have to be the importance of knowing where your meat comes from, what it has been eating and that it's had a wonderful life. Lockdown if it has taught us anything it is that people have been given more time to study what they are eating and research where they can actually get proper food that has been sustainably reared with traceability that tastes way better than anything you'll buy from a supermarket. Because it is Hereford it is 100% pure - no crossbreed.

Facebook has been amazing for us. Some people that are in their 20 / 30's rarely going into a butcher as they don't know what to ask for, a supermarket is more convenient for them but our Beef Boxes are far tastier, it is cheaper cooking from scratch and you get a variety of different cuts to cook. For clients to send a message is key then no one has to make a phone call, the beef box is ordered online and then collected from us in person from the farm, we reckon we boosted the sale of slow cookers too, couldn't be an easier way to cook.

which local restaurant gave you your best meal ever?

Tom: The Ramside, Durham run by John Adamson. They use Hereford Beef and produced the finest steak I have ever had.

Di: The Shiregate Café - Hereford Steak Night - something that hasn't run again due to Covid which is sad but it was really good and I cant wait to go to another one.





# MORALEE SLOW COOKED IRISH STOUT BRAISED STEAK

*Featuring beef from Moralee Herefords  
Stocksfield, Northumberland*

## *The Ingredients*

- 2 tbsp Olive Oil
- 2.5 lb / 1.25 kg Beef Stewing Steak
- 3/4 tsp each Salt and Black Pepper
- 3 Garlic cloves - *minced*
- 2 Onions, *chopped*
- 180g bacon
- 3 tbsp Plain Flour or Corn Flour
- 440ml Guinness Beer
- 4 tbsp Tomato Paste
- 750 ml Chicken Stock/Broth
- 3 Carrots - *chopped*
- 2 Large Celery Stalks - *chopped*
- 2 Bay Leaves
- 3 Sprigs thyme - or 1 tsp of dried

## *The Method*

- Cut the beef into 5cm/2" chunks. Pat dry then sprinkle with salt and pepper.
- Heat oil in a heavy-based pot over high heat. Add beef in batches and brown well all over. Remove onto a plate. Repeat with remaining beef.
- Lower heat to medium. If the pot is looking dry, add oil. Cook garlic and onion for 3 minutes until softening, then add bacon.
- Cook until bacon is browned, then stir through carrot and celery. Add flour, and stir for 1 minute to cook off the flour.
- Add Guinness, chicken broth/stock and tomato paste. Mix well (to ensure flour dissolves well), add bay leaves and thyme.
- Return beef into the pot (including any juices). Liquid level should just cover - see video or photos.
- Cover, lower heat so it is bubbling gently. Cook for 2 hours - the beef should be pretty tender by now. Remove lid then simmer for a further 30 - 45 minutes or until the beef falls apart at a touch, the sauce has reduced and thickened slightly.
- Skim off fat on surface, if desired. Adjust salt and pepper to taste. Remove bay leaves and thyme.
- Serve with creamy mashed potatoes!