



Pastured Poultry

"THINK OUTSIDE THE BARN."

we're LOCAL

Carefully raised by: **GRADE EH farms**

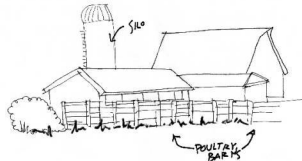


Pasture Raised

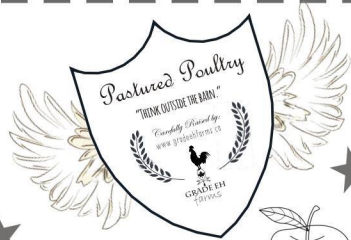


Never in a barn, they are always out in the field living in chicken tractors, soaking in the sun, dust bathing in the pasture, noshing on bugs & timothy hay, developing texture & flavour, and enjoying a normal life as part of a small family farm's heritage & rare breed preservation effort.

Free Range



Free Range Chickens are in barns with occasional or seasonal access to the outdoors either through a "pop hole," with no full-body access or with full-body access of at least 2 sqft. per bird.



We use integrated pest management systems with a focus on all natural and organic practices.



WHAT THEY EAT?

FINISHING:

They are grown on non-GMO feed. 100% free of antibiotics or drugs.

They are finished with in season produce. Whether it's fresh pumpkin, fresh corn, fresh apple, wild blackberries and more.

The unique way we finish our birds with fruits and vegetables that are abundant for each season of the year gives the meat even more flavor.



FARM TO TABLE

-More filling, ethical, small batch artisan chicken

-Pastured chicken has a lot more flavour & texture

- For an average size family or gathering, typically one whole chicken lasts for Sunday dinner, supper the next day & chicken noodle soup dinner on Tuesday.



SUGGESTED COOKING METHODS & RECIPES for Pastured Heritage & Heritage-Type Chicken

Thank you for purchasing our pasture raised bird. Thank you for doing your part in helping us preserve for the future. Pastured poultry is an intergral part of our rare breed and heritage chicken preservation efforts.

In cooking our pastured birds, there's something you should know: **throw all that you think you know about cooking chicken out the window.** We're talking about cooking chickens that lived like chickens; rather than a shorter life in a barn, you're about to prepare a bird that has been running around in a field and has the legs of a sprinter. Dark meat is where a lot of the flavour is. That's where a good chicken recipe transforms into a great one."¹

"For more information and recipes well suited to all the traditional meats that can be produced from the historic breeds of chickens, **look to old cookbooks from before the 1950s. Here are some favorites:**

Fowl and Game Cookery, by James Beard, 1944.

Better Homes and Gardens Cook Book, 1941.

The Modern Family Cookbook, by Meta Given, 1942

Let's Cook It Right, by Adelle Davis, 1947, 1962, 1970."²



Recipe for Roasting a Pastured Heritage Chicken Using an Oven

Rub butter, salt and pepper on the bird. Insert half an onion and one stick of celery in the cavity. Put the chicken in a baking tray with no cover. Roasting the chicken must be low and slow. Set at 400 deg F and when the chicken is in, lower the temperature to 325 deg F then roast it for 2 to 4 hours depending on the size. To check, tilt a bit and when the liquid runs clear then it may be ready. When using a meat thermometer, try not to break the skin so the juices are retained until ready to carve and serve.

For other heritage chicken recipes like the Beer Chicken or the Whiskey Chicken, please see the back of this page.

¹Grade Eh Farms, *Cooking Pastured Heritage Chicken* - by Guest Blogger D.S. from Vancouver.

²Gina Bisco, *Rediscovering Traditional Meats from Historic Chicken Breeds*.



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MORE FARM TO TABLE RECIPES

for Pastured Heritage & Heritage-Type Chicken

Priscilla's Beer Chicken Recipe (This is a family recipe. Bon appétit!)

Ingredients:

1 Whole Chicken (cut into parts/pieces)	1 Tbsp. Butter
2 to 3 Whole Tomatoes- Chopped	Potatoes
1 Whole Onion- Chopped	
4 Tbsp. Soy Sauce	Half a Can of
1 Cup Water	Your Favourite Beer

Mix the cut up chicken with tomatoes, onions, water, half a can of your favourite beer, 4 tbsp soy sauce or more depending on your preference. Let it boil then simmer for 30 to 45 minutes. Add butter and potatoes (and maybe some button mushrooms if you want) and cook some more until the potatoes are ready. Delicious with a hint of your favourite beer.

The Ong Family's Whiskey Chicken Recipe

We almost didn't get the secret ingredient for this. Thank you Mrs. Ong for sharing the secret- Whiskey!

Ingredients:

Chicken thighs (skinned and deboned cut in bite size pieces, may be substituted for any other kind of meat like chicken breasts)

- 1 tsp light soy sauce
- 1 tsp salt
- 1/2 tsp accent (optional)
- 1 tsp red vinegar
- 1 tsp sugar
- 1-1/2 tsp sesame oil
- 1 tsp corn starch (for a thicker sauce)
- 1 tbsl ginger, cut in real fine strips
- 1 tsp Whiskey

Place chicken in a big bowl. Add all spice except ginger to the chicken. The Whiskey is to be added to the chicken before steaming. Mix well. sprinkle ginger on top. Steam on high heat for 30 - 45 minutes or until chicken is done. Mix well so that ginger is mixed into the broth and serve. potatoes are ready. Delicious with a hint of your favourite beer.

Tip:

The recipe was not too clear on how to steam it so what we usually do is use a stainless steel bowl for the chicken mixture and then put the bowl in a deep pot of boiling water so it's like floating inside the pot. We then cover the pot while it steams the whisky chicken mixture. Hope that helps.

Recipe for Roasting a Pastured Heritage Chicken in a Dutch Oven

To cook in the oven using a Dutch oven, set the temperature at 350 deg F with a little bit of water to prevent the bird from drying out. Cook a 4 lb bird for around 2 hours or play it by ear with the cooking time, there is no definite math to it. If you plan to cook on stove top, we suggest you put more water than if you plan to cook it in the oven.

Dutch oven tip & recipe variation from our regular customer R.L.:

Use a relatively low temperature, eg 300 deg F, and it would take somewhere in the neighbourhood of 2 hours. For best results, brown it first on top of the stove, and then toss in a bunch of shallots and whatever else you want.

He added: "I should add, browning the chicken on the stove you'll naturally need tongs to hold the bird. I actually hold it with my bare hands sometimes, but your other customers are probably smarter than that."

Another Dutch oven tip from Moder Farmer website:

A Dutch oven is an excellent tool for roasting a heritage-breed chicken. The large, heavy, lidded pot is designed to retain moisture over long periods of oven cooking. Place the chicken, breast-side down to keep it moist, in the Dutch oven with quartered onions, garlic cloves, a cup of water and some butter. Roast it for 30 minutes per pound at 325 degrees F.