

The essential fresh meat Guide



kff
a Sysco company

Welcome to our **Fresh Meat** range from your local wholesaler

At kff we never compromise on quality and our **NEW** fresh meat offering is no different. We have teamed up with a family butchery business that will enable us to successfully offer you the very best butchered meat straight to your door.

Every meat order that goes through kff is cut bespoke just for us, which means we can offer you a daily order of quality meat that your business can be proud of.

Each order will be dealt with by a butchery professional, with the same level of service you have come to expect from kff, your local wholesaler.

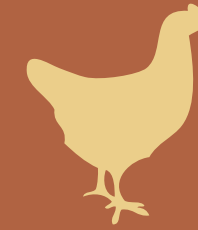


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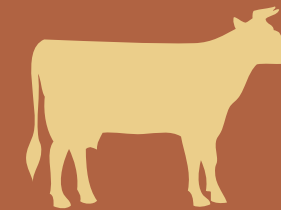
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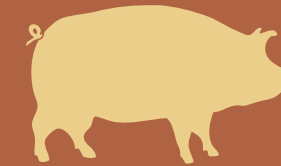
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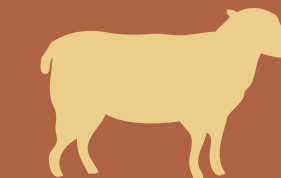
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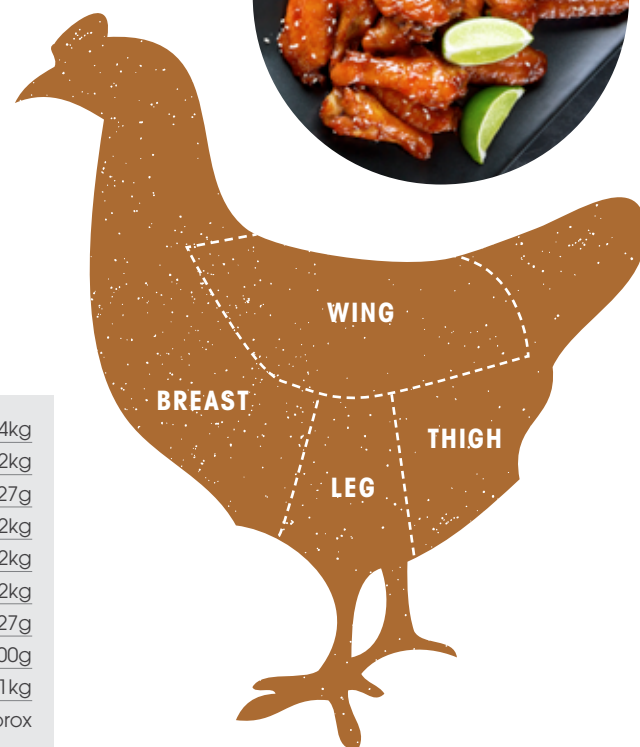
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Poultry

All the poultry we source is from higher welfare farms across the UK mainly within East Anglia.

Our standard barn reared birds live happy lives, and we regularly audit the welfare and hygiene standards. At kff we care passionately about the poultry you order, from its life on the farm right up to the moment it is delivered to your kitchen.



SM0010	Whole Chicken (Medium)	1.2-1.4kg
SM0067	Whole Chicken (Large)	1.8-2kg
SM0011	Chicken Supremes	10x200-227g
SM0012	Chicken Wings (3-Joint)	2kg
SM0013	Chicken Thigh Meat (Boneless)	2kg
SM0014	Whole Chicken Thighs	2kg
SM0015	Chicken Legs	10x200-227g
SM0016	Chicken Escalopes	10x180-200g
SM0017	Chicken Livers (Tub)	1kg
SM0018	Chicken Carcasses	5kg approx



The Ultimate Guide to Chicken Cuts



Whole Chicken

Cooking a whole chicken is a wonderful way to retain all the flavours of the bird.

Wing

The cheapest cut of the bird, chicken wings, are absolutely fantastic to eat with your hands! They come on the bone and when roasted, grilled or barbecued, their skin becomes crispy and delicious.

Escalope

An escalope is a piece of boneless chicken fillet that has been thinned out using a mallet or rolling pin or beaten with the handle of a knife, or merely butterflied. The mallet breaks down the fibres in the meat, making it more tender. But the thinner meat cooks faster with more moisture loss.

Carcass

Perfect for making chicken stock which can lift any chicken dish to another level.

Thigh

Possibly the tastiest part of the chicken, thighs are little parcels of tender, juicy meat from the top of the bird's leg. A very popular cut when spoken in the same breath as chicken burgers.

Leg

This cut purveys a darker meat, fattier but more flavoursome than a piece of chicken breast. We oyster cut our legs to ensure it's mostly meat.

Breast

Arguably the most popular part of a chicken. It's the leanest cut of the bird and, without the skin, becomes leaner still. Chicken breast can be pan-fried, stuffed, baked, roasted or barbecued. Smaller pieces can be added to stews, pies and more!



Supreme

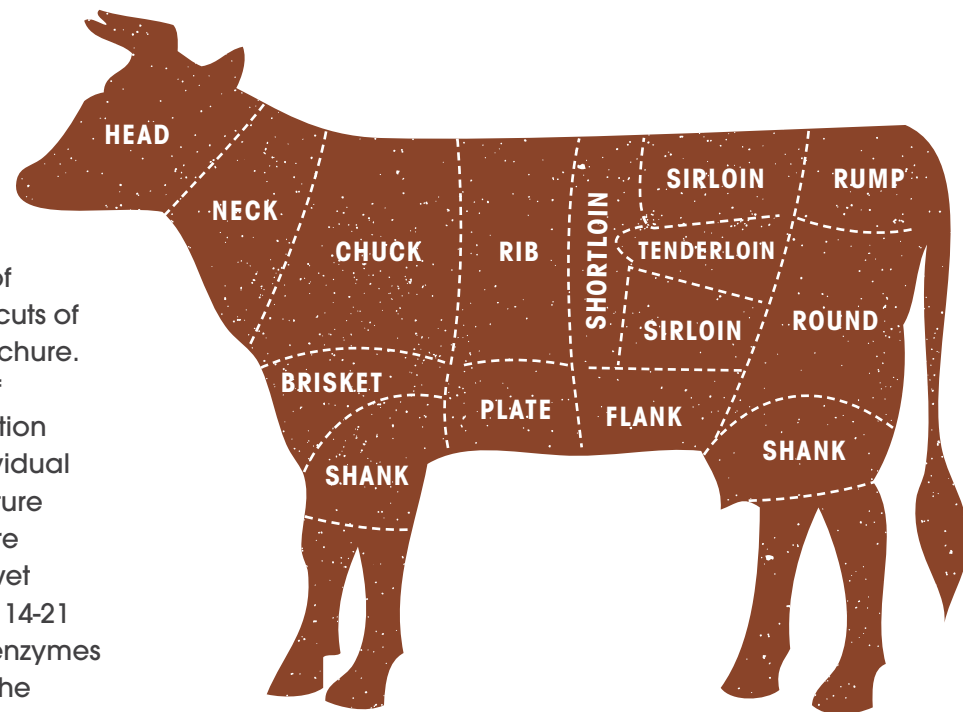
In catering, the term "chicken supreme" is used to describe a chicken breast with the inner fillet attached, the skin on and the wing bone left on.

If you need any further guidance on the right cut for you and your business drop us a note, we're more than happy to help!



Beef

We use the traditional method of seam butchery to produce the cuts of beef that you see within this brochure. Seam butchery is the process of carefully taking apart each section of the carcass, to produce individual muscles, which create even texture and flavour, giving the chef more control in the kitchen. We then wet age the prime cuts for between 14-21 days, which allows the natural enzymes to break down the collagen in the muscle's fibres, resulting in a beautifully tender piece of steak.



What is Marbling

Marbling refers to the streaks of fat that are dispersed within the muscle of the meat. Fat equals flavour, so a well-marbled steak is a good sign that deliciousness is on the way. Prime beef has the most marbling, and is very tender.

SM0043	Beef Mince	2kg
SM0068	Half Beef Striploin	2.5-3.5kg
SM0044	Beef Striploin	5-7kg
SM0045	Beef Burgers (Fresh)	12x180g
SM0046	Beef Rib Eye	2.2-2.5kg
SM0047	Beef Fillet (Whole)	2.2-2.8kg
SM0048	Beef Rump	4-6kg
SM0049	Short Rib Beef	3-4kg
SM0050	Diced Beef Chunk	2kg
SM0051	Beef Topside Rolled	2-3kg
SM0052	Beef Brisket Rolled	4-6kg

The Ultimate Guide to Beef Cuts

Striploin

Striploin used to cut sirloin steaks comes from the short loin of the cow (the portion of the back behind the ribcage). This moderately expensive cut is prized for its excellent marbling and bold beef flavour, used for pan searing and grilling.

Rib-eye

Rib-eye is fast becoming one of the most popular steaks around thanks to its incredibly rich, beefy flavour. It is cut from just above the ribs, an area which does little work and makes rib-eye exceptionally tender.



Rump

Another classic steak cut, rump is at the opposite end of the spectrum to fillet. What it lacks for in tenderness, it more than makes up for in flavour. Cut from the backside of the cow, it's a muscle that's used quite a bit during the animal's life, which means it's tougher than other 'prime' steaks. However, it is still tender enough to be fried quickly and served rare (if desired). Rump steaks are also a good choice when making kebabs or skewers, as it takes on marinades very well and can hold its own against stronger flavours. It can also be sliced very thinly and used in stir-fries or Asian dishes, which require very fast and hot cooking.

Fillet

Still regarded as the king of all steaks, fillet is a prime cut that tends to be associated with grand celebratory dishes, due in part to its high price. It comes from the lower middle of the cow's back and does the least work of all the beef cuts, making it incredibly lean and tender.

Short Rib

Since short ribs come from the area between the chuck and rib, they combine characteristics of both cuts. Short ribs get the rich marbling of rib steaks with the deep beefy flavour of chuck roast.

Chuck

Quite often sold as braising steak, chuck comes from around the shoulders and is sold pre-diced to be used in certain dishes. Because it has a good fat and tissue content which needs to be broken down, chuck steak is usually used in stews, casseroles or pies, which are cooked low and slow.

Brisket

Beef brisket comes from the chest area between the shoulders of the cow, which means it's a working part of the animal and moves around quite a bit during its lifetime. It also has a large amount of fat which is marbled throughout and adds bags of flavour to the meat. Traditionally, brisket is slow-roasted in the oven until the meat is falling apart.

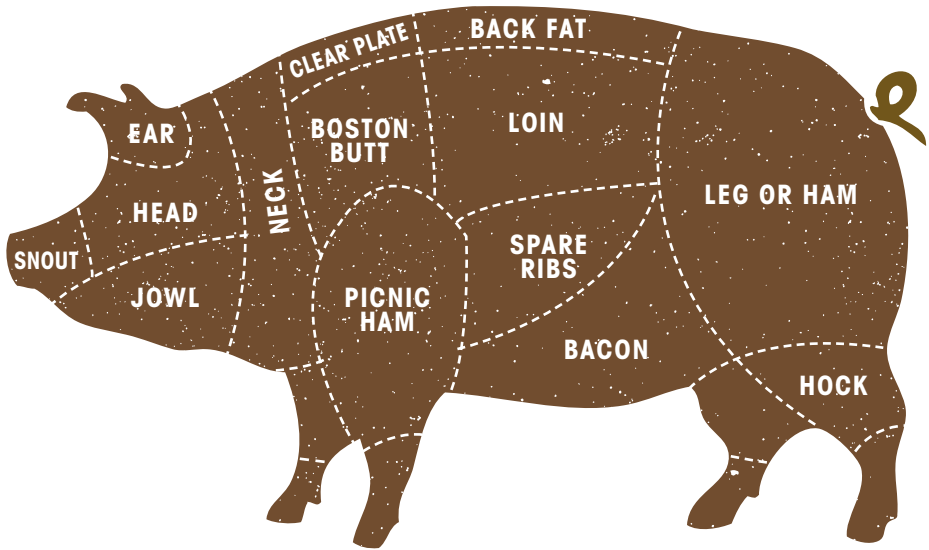
Topside

Topside is quite similar to silverside and comes from the inner thigh of the cow. It is sold as a roasting joint and almost always has a layer of fat secured to it which will baste the meat while cooking. Because of the low fat content in the meat itself, topside can be roasted and served rare whilst remaining nice and tender. Known as an 'easy to carve' roast, topside is incredibly simple to cook and serve. It also doesn't require low and slow cooking, so is perfect for a Sunday Roast option.

If you need any further guidance on the right cut for you and your business drop us a note, we're more than happy to help!

Pork

All the pork we supply our customers derives from East Anglia and Yorkshire. It is 100% outdoor bred and is reared by farmers who have a passion for happy pigs and the welfare of their lives at every stage.



SM0019	Pork Mince	2kg
SM0020	Pork Loin (Boned & Rolled)	3-4kg
SM0021	Pork Shoulder Diced	2kg
SM0022	Pork Chop	10x227-255g
SM0023	Pork Escalope	10x180-200g
SM0024	Pork Belly Whole	4-6kg
SM0025	Pork Belly (Boned & Rolled)	4-6kg
SM0026	Pork Baby Back Rib	500-600g
SM0027	Pork Fillet	400-600g
SM0028	Pork Spare Ribs	800-900g
SM0029	Pork Butt (Bone In)	3-4kg
SM0030	Leg of Pork (Boned & Rolled)	3-4kg



The Ultimate Guide to Pork Cuts

Pork Loin

Cuts from the pork loin are the leanest and most tender pork cuts. Boneless will produce a loin steak the equivalent of a sirloin steak. Boned and rolled is a popular roasting joint too.

Pork Shoulder

Pork shoulder is a triangular cut from the area just above the front leg of the pig. The shoulder is flavourful especially around the ribeye area but there is less fat marbling in the surrounding areas and the meat will be tough unless cooked correctly.

Pork Belly

A fatty, but incredibly tender cut of meat, the belly is delicious when slow-roasted. It's also used to make streaky bacon.

Pork Escalope

Lean and flavoursome, they're ideal to dip in breadcrumbs for schnitzel, or simply to quick fry.

Pork Leg

Although any cut of pork can be cured, technically speaking only the back leg is entitled to be called a ham. Legs when used fresh, are usually cut bone-in for roasting, or leg steaks can be cut from the bone.

Pork Chop

Cut from the sirloin of pork with the rib bone still intact, our chops have a generous layer of fat and the rind is left on to baste whilst cooking. Bone-in, the chops are rich and full of flavour.



SM0020 Pork Loin (Boned & Rolled)

Pork Butt

From the upper shoulder, this great value cut has US origins. Full of deep flavour, it roasts a treat and works perfectly 'pulled' and smoked. We leave the blade bone in for flavour.

Pork Fillet

Pork fillet, is a long, thin muscle that's located on the inside of the pig's rib cage. It's often stuffed and roasted whole, but it can also be cut into medallions. It is one of the more tender cuts of pork available, making it very popular.

Back Rib

Cut from the loin, their tasty meat lies between the ribs and is released after a low, slow cook. They're as good smoked as they are roasted, we just recommend you're sure to have several napkins onside!

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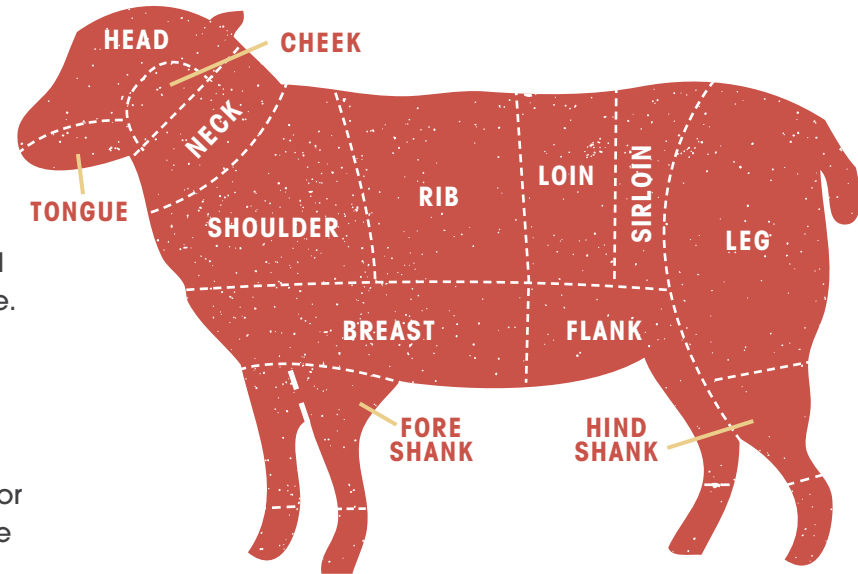


Lamb

It's a known fact that lambs are best reared on meadows rich in grass and clover, yielding dark, close-textured meat, so we only use farms who share our passion for non-intensive farming and have total control of their animal's welfare.

The majority of our lamb comes from West Devon and across the Shropshire hills into Wales.

Our trusted suppliers hang all carcasses for around seven days to further enhance the taste. This is the length of time we believe is needed to impart the most satisfying flavour and texture.



SM0053	Lamb Mince	2kg
SM0054	Leg of Lamb	2.5-3kg
SM0055	Leg of Lamb (Boned & Rolled)	2-2.5kg
SM0056	Lamb Shoulder	2.5-3kg
SM0057	Lamb Shoulder (Boned & Rolled)	2-2.5kg
SM0058	Best End of Lamb (2 x Racks)	2x700-800g
SM0059	Lamb Rumps	10x227-255g
SM0060	Lamb Breast	1-1.5kg
SM0061	Lamb Breast (Boneless)	1-1.5kg
SM0062	Diced Lamb Shoulder	2kg
SM0063	Lamb Burgers (Fresh)	12x180g
SM0064	Lamb Loin Chops	10x112-140g
SM0065	Lamb Kidneys	1kg

What is Boned and Rolled

The butcher will remove the internal bones along with any excess fat and gristle. They will then roll up the joint and tie it using traditional methods, so it becomes an easy-to-carve joint.

The Ultimate Guide to Lamb Cuts



SM0055 Leg of Lamb (Boned & Rolled)

Breast

Fatty, but full of unique flavour that is released during necessary slow cooking. If you have the patience, the rewards will be plentiful.

Diced Shoulder

Similar to diced leg, but with extra fat to stop the meat from drying out. Perfect for tagines, stews and casseroles.

Loin Chops

Loin chops are slightly leaner than rib chops and lack the rib bone. The eye of a loin chop is a bit larger than a rib chop and usually includes a medallion of tenderloin (like a tiny T-bone steak). Loin chops are excellent grilled, broiled and sautéed, and are also best enjoyed cooked rare to medium-rare.

Leg

Nothing sets up a classic family Sunday roast quite like a succulent roast leg of lamb. The leg meat is not only full of rich, bold flavour, it's also very lean. Roast your room-temperature lamb leg with chopped rosemary, lemon zest and olive oil to make a meal worth remembering.

Shoulder

The lamb shoulder can offer flavours that almost no other can. When slow cooked, this cut is utter perfection, and although carving is tricky, it's well worth the rewards.

Rump

Boneless rump of lamb, full of flavour and tenderness with an added bite.



SM0058 Best End of Lamb (2 x Racks)

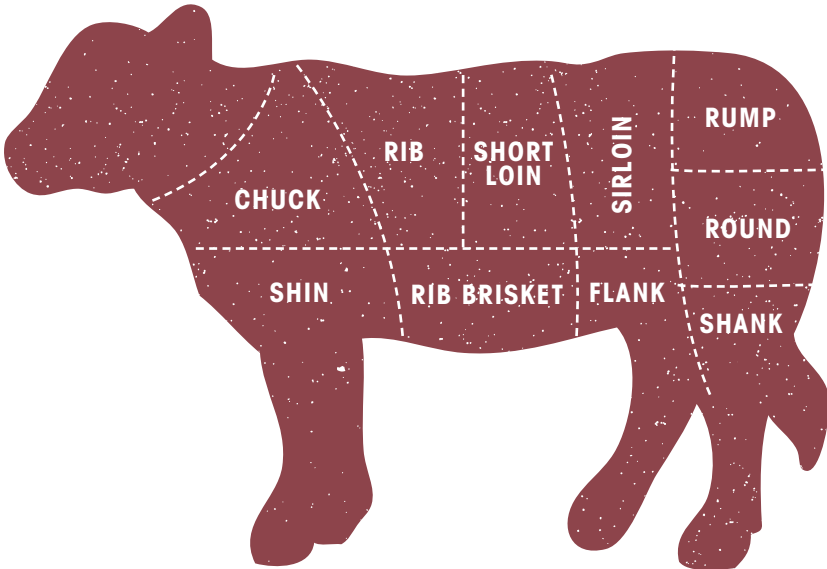
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Veal

Our veal is born and raised across the sea in Belgium and the Netherlands.

The calves are raised in group housing with plenty of farmer interaction and their stalls are spacious, light, and airy.

Providing a generous amount of roughage makes an important contribution to improving animal welfare, which is why our calves are fed calf milk supplemented with roughage.



SM0031	Veal Bones	10kg approx
SM0032	Calves Feet (Split)	5kg approx
SM0033	Veal Mince	2kg
SM0034	Veal Escalopes	10x180-200g
SM0035	Veal Chops	10x255-280g
SM0036	Veal Cutlets	10x255-280g
SM0037	Calves (Veal) Liver	2-3kg
SM0038	Veal Kidney	350-500g
SM0039	Veal Breast	8-10kg approx
SM0040	Veal Breast (Boneless)	8-10kg approx
SM0041	Veal Burgers (Fresh)	12x180g
SM0042	Veal Fillet (Whole)	900g-1.1kg

The Ultimate Guide to Veal Cuts

Bones

Veal bones are one of the most sought-after bones for broth and demi-glace, because they are so rich in collagen. These bones are cut down into small pieces and are perfect for making bone broths or adding to chicken stock or cholent to round out the flavour.

Feet (Split)

The feet are used in a variety of ways but the two most popular would have to be for a set jelly or for adding body to stocks and sauces.

Kidney

Like calves liver, they carry some enormous health benefits, this time in the form of B12 & omega 3. It's quite a versatile cut to and can be used in pâtés, on its own and diced for steak & kidney puddings and pies.

Chops & Cutlets

Veal chops and cutlets are bone-in, meaty, and thick—they're great for roasting, or grilling.



SM0036 Veal Cutlets

Liver

Calves liver, extremely popular throughout the 19th and 20th century, is a fan favourite when rolled in flour and served with bacon and onion, not to mention the nutritional benefits including 27g of protein per 100g serving!

Breast

Veal breast is a seemingly inexpensive cut of meat from the chest and belly of a young calf which tends to be tough and fatty. Special cooking processes, such as braising or stewing, can render the breast more tender and flavourful. Cooks also frequently stuff this cut of meat or cook it as a confit.

Fillet

Veal fillets are known for being tender, and some chefs feel that the taste is stronger. Veal is extremely versatile, while the fillets are used in a number of regional dishes, and cooks generally use extra care to ensure that the meat is not overcooked.



SM0041 Veal Burgers (Fresh)

If you need any further guidance on the right cut for you and your business drop us a note, we're more than happy to help!



a Sysco company

kff

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