



# WINTER COOKING

Warm up this Winter with succulent roasts, curries & casseroles.  
Make sure you fire up the slow cooker for one-pot maximum flavour meals.

## Jerome's top cuts for Winter:

Lamb Shoulder	Oxtail	Chicken Livers	Diced Venison
Lamb Neck	Ham Hock	Chicken Maryland	Farmed Rabbit
Lamb Shanks	Pork Fillet	Jumbo Quail	Veal Osso Buco
Beef Brisket	Pork Sausages	Duck Confit	Stocks



## WINTER VEGETABLES

Broad Beans	Onions
Beetroot	Parsley
Broccoli	Parsnips
Brussel Sprouts	Potatoes
Cabbage	Snow Peas
Carrots	Rhubarb
Cauliflower	Silverbeet
Celery	Spinach
Leeks	Spring Onion
Lettuce	Turnips
Mushrooms	



## WINTER FRUITS

Apples	Limes
Bananas	Mandarins
Grapefruit	Oranges (Navel)
Kiwifruit	Pears
Lemons	



**GAMEKEEPERS**  
MEAT & GAME SPECIALISTS

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