

HEAL FARM FINE FOOD

Traditional breeds. Real meat. Fabulous food, made with passion.

Delicious food delivered to your door, no need to queue in store or carry to the car!



**Lower Ham Prices
for Festive Season 30% off!**

HAPPY CHRISTMAS!

COOKED OAK SMOKED HAM [†]

500a	3kg	£ 80.10	£ 56.00
500b	6kg	£157.38	£110.00

CIDER COOKED OAK SMOKED HAM

502a	3kg	£ 80.67	£ 56.25
502b	6kg	£158.34	£110.50

COOKED UNSMOKED HAM

501a	3kg	£ 73.74	£ 51.00
501b	6kg	£144.48	£101.00

CIDER COOKED UNSMOKED HAM

503a	3kg	£ 74.19	£ 51.25
503b	6kg	£145.38	£101.50

HEAL FARM FINE FOOD

"Large enough to deliver, small enough to care"



FORERIB of BEEF

Truly magnificent Christmas Roast, wonderful deep flavour.

The King of beef cuts, this is as good as it gets!

For maximum effect go for a five bone full standing rib.

FREE recipe sheet for festive roast beef with a modern twist.

137b 3 kg ~~£ 58.95~~ £ 53.00 8 - 10 servings 2 ribs

137c 4.5 kg ~~£ 88.43~~ £ 79.50 12 - 15 servings 3 ribs

137d 7 kg ~~£117.00~~ £106.00 20 + servings 5 ribs



ROLLED & STUFFED BELLY PORK

Popular with our chef customers belly pork is featured on some of the best menus. Cooked until the meat is soft and tender this is pure comfort food. Choice of stuffings: our own traditional sage and onion or juicy prunes and apricots.

Each serves 6 people.

305d 1.5kg Belly with Sage & Onion ~~£14.70~~ £13.50

305e 1.5kg Belly with Prune & Apricot ~~£14.70~~ £13.50



TURKEY TWO WAYS

We just love this way of preparing turkey. The legs come as mini joints filled with our herb and chestnut stuffings, the breast is trimmed as a turkey crown, on the bone. This presentation is so easy to cook and carve, the flavours are fabulous. Arrives with you ready to go into the oven.

Serves 10 to 12

939 Made from a 5kg turkey ~~£76.00~~ £65.00

We are passionate about the production of good food.

Welcome to our Christmas supplement. To make Christmas even more enjoyable we have managed to reduce many of our prices... same brilliant quality at tasty prices. Do take a look at the Turkey Two Ways, we are very excited about this new way of enjoying the Christmas bird. The idea behind Belly of Pork Two ways has come from our chef customers, slow cooked it is meltingly tender and tastes amazing.

We want you to enjoy our food and to feel that you have the benefit of our knowledge and experience, we are more than happy to spend time advising how best to prepare and cook products. We are pleased to give advice and guidance as a personalised service.

Having won many awards, our quality is indisputable, our customer care unique.

"Try us, you won't be disappointed"

Anne Petch

HEAL FARM FINE FOOD

King's Nympton,
Umberleigh

Devon EX37 9TB

Tel 01769 574341



TURKEYS GEESE & Stuffings



SEASONAL POULTRY

Our Bronze Freerange Turkeys are simply the best! Richly flavoured and moist with plenty of white meat. Order a Turkey Kit for all the trimmings and no bother.

Grass Reared Geese are wonderful. We can supply extra goose breasts if feeding more people. Save the fat and use for cooking the most amazing roast potatoes ever.

Bronze Freerange Turkeys with giblets

916	BRONZE TURKEY	4 - 5kg	servings 9 - 11	£ 69.92	£ 65.37
917a	BRONZE TURKEY	5.01 - 6kg	servings 11 - 13	£ 73.08	£ 68.33
917b	BRONZE TURKEY	6.01 - 7kg	servings 13 - 15	£ 85.79	£ 80.21
918	BRONZE TURKEY	7.01 - 8kg	servings 15 - 17	£ 89.82	£ 83.98

Most popular sizes in green. **If you need a bigger turkey, please ask**

NEW White Turkeys. If your budget will not quite stretch to the Rolls Royce turkeys above, these are a good alternative. Fresh dry plucked birds reared to high welfare standards.

916w	WHITE TURKEY	4 - 5kg	servings 9 - 11	£ 39.85
917w	WHITE TURKEY	5.01 - 6kg	servings 11 - 13	£ 48.70

Grass Reared Geese with giblets

903a	GOOSE	4 - 4.99kg	servings 4 - 5	£ 67.99	£ 63.90
903b	GOOSE	5 - 5.99kg	servings 5 - 6	£ 82.77	£ 77.80
903c	GOOSE	6 - 6.5kg	servings 6 - 7	£ 93.85	£ 88.22
901	GOOSE BREAST	350g+	One breast serves 2	£ 12.75	£ 10.00

1006	CHESTNUT FORCEMEAT STUFFING 500g	Saus'meat, chestnut, onion & egg	£ 7.76
1016	PARSLEY, LEMON & THYME STUFFING 250g	Herbs, lemon, suet, brown bread	£ 4.27
1210	PERSIAN FRUIT STUFFING 680g	Fruit, walnuts, onions, butter & cinnamon	£ 8.68
1044	SAGE & ONION STUFFING 500g	The classic stuffing for goose, duck & pork	£ 7.86
1004	CRANBERRY & ORANGE RELISH	🍷 370g For poultry, game and pork	£ 8.76
1057	TURKEY GRAVY 250ml	We make this with turkey stock & roast vegetables	£ 4.37
1052	BREAD SAUCE 250ml	Creamy & delicious. with onion, butter & cloves	£ 4.59
365	PORK SAUSAGEMEAT	🍷 500g Great for stuffing or sausage rolls	£ 4.50
351	PORK CHIPOLATAS	🍷 500g Without which no roast turkey is complete!	£ 5.34

TURKEY KIT

1017 £21.00 without turkey
500g Chestnut Forcemeat
500g Chipolatas
250g Streaky Bacon.
250g Lemon Thyme Stuffing
1017a Save 30% !! only £14.75
When bought with a Heal Farm turkey.
One kit is plenty for up to 6kg birds,
for bigger birds we advise two kits.

MULTI BIRD ROASTS



SMALL THREE BIRD ROAST

Chicken with pheasant and turkey breast with fresh herb and lemon stuffing and pork sausage meat.

Bursting with flavour, and so easy!

957 feeds 6 1.75 kg **£ 42.40**



FOUR BIRD ROAST

Turkey with pheasant, guinea fowl and chicken breasts layered with apple and pear stuffing made with buttery sweet shallots, chestnuts and pork forcemeat. Kids love it.

975 feeds 12 3 kg **£ 87.00**



Enjoy a medieval Christmas feast. Delicious and different, easy to cook and carve and there's no waste. Made with the best quality birds and our own handmade stuffings. All of our Multibird Roasts will fit into a standard domestic oven and are labelled with cooking directions. Simple! Order now for Christmas delivery (or for delivery anytime before Christmas).
Best Seller - Small Five Bird Roast.

DUCK with ITALIAN STUFFING **Gluten Free**

The perfect dish for the season. Aylesbury duckling with extra breast fillets and an Italian recipe stuffing made with chestnuts, porcini mushrooms, parsnip cooked in butter, fresh ginger and garlic finished with sweet apricots and a few chopped walnuts.

976 feeds 8 2 kg **£ 67.50**



FIVE BIRD ROASTS So easy - so impressive!

Turkey with breasts of chicken, Guinea Fowl, pheasant and boned quail with Cranberry and Orange Relish. Layered with chestnut forcemeat and fresh herb and lemon stuffing. Amazing party feast.

Large Five Bird Roast - feeds 30+ 7.5 kg **944 £172.50**

Med. Five Bird Roast - feeds 20+ 5.5 kg **951 £134.80**

Small Five Bird Roast - feeds 15+ 4 kg **952 £ 101.96**

FREE DELIVERY

for all Multi Birds...

(before 6.00pm service)

TUDUCKEN *NEW for 2011*

Meet the Tuducken, the newest of our Multibird Roast flock. A flavoursome turkey with duck and chicken breasts nestled in our homemade sage and onion stuffing.

Beautifully moist and so easy to cook and carve, it looks good right down to the last slice. Save the delicious cooking juices for soups and sauces.

Fantastic Christmas centre piece, good hot or cold.

948 feeds 10 - 12 3.25 kg **£70.00**

The TUDUCKEN has landed!



GAME BIRD ROAST (not illustrated)

Guinea Fowl with pheasant and pigeon squab breasts and a subtle, juniper forcemeat with coarse pork & chicken pâté with brandy in the centre. The roast is wrapped in thinly sliced collar bacon, which cooks to a crisp that resembles Prosciutto.

946 feeds 6 1.5 kg **£48.50**



LARGE THREE BIRD ROAST

Chicken with pheasant breasts and boned quail with Cranberry and Orange Relish, layered with a delicious stuffing of apple, onion, butter and fresh mint in a plain forcemeat base.

945 feeds 10 2.4 kg **£67.50**

As seen in [BBC Good Food Magazine](#).



GOOSE with THREE DUCKS

Goose with Barbary, Aylesbury and Mallard breasts layered with spiced orange slices and a stuffing of apples, onion, apricots and prunes lightly seasoned with fresh sage. The astringent/sweet flavour of the spiced oranges and fruit stuffing balances the richness of the meat beautifully.

943 feeds 15 4 kg **£137.50**

BUTTER MUSLIN to wrap multi birds before cooking to prevent splitting.

Large Muslin for multi birds up to 4 kgs	1427	£ 4.98
Small Muslin for multi birds over 4 kgs	1428	£ 3.13

MEAT THERMOMETER Calibrated dial on a spike, highly recommended. Take the guess work out of all roasting times.

1437	£ 6.92
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CHRISTMAS HAMPERS



LARGE HAMPER for 8+

Freerange Bronze Turkey 6.6 to 7.5 kgs
Heal Farm Cooked Ham 3.75 - 4.5kg 🍷
Heal Farm Devon Beef Sirloin joint off the bone 2kg
Traditional Heal Farm Back Bacon 1kg 🍷
Heal Farm Pork Chipolata Sausages -1kg 🍷
Heal Farm Chicken Liver Pate 220g 🍷
Heal Farm Chestnut Force meat 500g
Heal Farm Parsley, Lemon & Thyme Stuffing 250g
Smoked Salmon, sliced side 1.25 kg from Wing of St Mawes
Heal Farm Tarte au Citron 1kg
Heal Farm Handraised Game Pie 900g 🍷
Baby Dorset Blue Vinny Cheese 500g

Baby Trelawney Cheese, semi hard and creamy 300g
Miss Muffet, young Camembert type cheese 300g
Heal Farm Cranberry & Orange Relish 370g 🍷
Heal Farm Spiced Oranges 370g 🍷
Traditional Christmas Pudding 800g
Heal Farm Brandy Butter 280g
Devonshire Clotted Cream 2 x 200g tubs
Carlo Melchior's Chocolate Truffles 250g

Cooking and storage recommendations.
All packed in a stout willow hamper.
Price includes courier delivery on 22nd December.

1301 Large hamper £550.00

Please order Hampers by 12/12/11 www.healfarm.co.uk

HEAL FARM FINE FOOD HAMPERS

Christmas in a basket! Fabulous fresh food easy to prepare and enjoy. Everything you need to put the sparkle into Christmas.

Hampers make amazing and memorable gifts.

*If you would like any of the Hamper items that are not in our regular catalogue, please just call us for details.



MEDIUM HAMPER for 4+

Freerange Bronze Turkey 5.1 to 6.5kg
 Heal Farm Cooked Unsmoked Mini Ham 1kg
 Heal Farm Devon Beef Sirloin joint off the bone 1.5kg
 Traditional Heal Farm Back Bacon 500g 🍷
 Heal Farm Pork Chipolata Sausages 500g 🍷
 Heal Farm Chicken Liver Pate 220g 🍷
 Heal Farm Chestnut Forcemeat 500g
 Smoked Salmon, 500g sliced from Wing of St Mawes
 Heal Farm Handraised Game Pies 2 x 450g 🍷
 Heal Farm Treacle Tart 700g

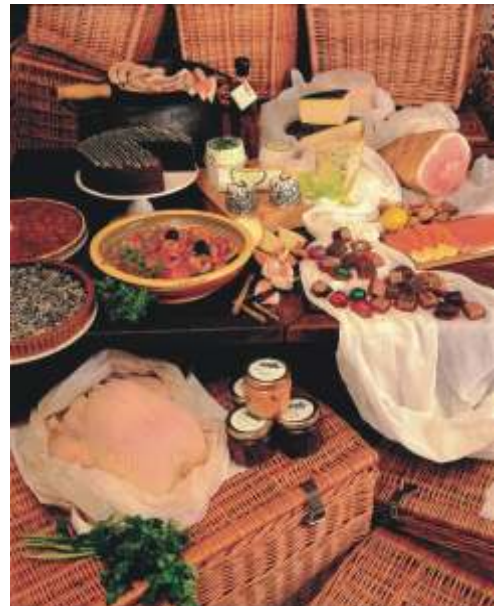
Baby Dorset Blue Vinny Cheese 500g
 Baby Trelawney Cheese, semi hard & creamy 300g
 Traditional Christmas Pudding 350g
 Heal Farm Brandy Butter 90g
 Devonshire Clotted Cream 200g
 Carlo Melchior's Chocolate Truffles 250g
 Cooking and storage recommendations.
 All packed in a stout willow hamper.
 Price includes courier delivery on 22nd December.
 1302 Medium Hamper £295.00



SMALL HAMPER for 2+

Freerange Bronze Turkey 4kg to 5kgs.
 OR Guinea Fowl 1.14kgs.
 Heal Farm Devon Beef Sirloin joint off the bone 1kg
 Heal Farm Sliced Ham 100g
 Traditional Heal Farm Back Bacon 250g 🍷
 Heal Farm Chipolata Sausages 500g 🍷
 Heal Farm Handraised Game Pie 450g 🍷
 Heal Farm Chicken Liver Pate 220g 🍷
 Heal Farm Lemon Drizzle Cake 450g
 Baby Trelawney Cheese, semi hard 300g
 Traditional Christmas Pudding 340g
 Heal Farm Brandy Butter 90g
 Devonshire Clotted Cream 200g
 Cooking and storage recommendations.
 All packed in a stout willow hamper.
 Price includes courier delivery on 22nd December.

1303	Turkey Hamper	£195.00
1304	Guinea Fowl Hamper	£135.00



TRUE LOVE 12 BIRD ROAST



The True Love Roast weighs 25 kilos, will feed around 125 people and takes 10 hours to cook. The outside is a turkey with the breast meat of 37 birds layered with eight different stuffings.

It comes in it's own large wicker hamper in a roasting tin: 21" x 16" x 4" wrapped in muslin with a meat thermometer.

9006 True Love Roast, hamper, roasting tray and delivery. £ 665.00



The True Love Roast has a bird for each of the Twelve days of Christmas.

www.healfarm.co.uk More offers on our website Order line 01769 574341

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