

# Grade **EH** Beef Recipe of the Season: **Fall**

## Hearty Fall Pot Roast Dinner



*This hearty meal is essentially dinner-in-a-pot, using an interesting mix of fall vegetables. Although it has a whole head of garlic, its flavour mellows during cooking.*

### INGREDIENTS

- 1 tsp . . . . . 5 mL . . . . . EACH salt and pepper
- 3 to 4 lb . . . . . 1.5 to 2 kg . . . Boneless Beef Pot Roast  
(e.g. Cross Rib, Blade or Top Blade)
- 3 tbsp . . . . . 45 mL . . . . . vegetable oil
- 1 . . . . . 1 . . . . . red onion, cut into wedges
- 4 . . . . . 4 . . . . . carrots, cut into 1-inch (2.5 cm) chunks
- 1 lb . . . . . 500 g . . . . . mini red potatoes, scrubbed and cut in half
- 1 lb . . . . . 500 g . . . . . Brussels sprouts, trimmed
- 1 . . . . . 1 . . . . . head garlic, separated into cloves and peeled
- 2 tbsp . . . . . 30 mL . . . . . all-purpose flour
- 2-1/2 cups . . . 625 mL . . . . . packed beef stock
- 2 tbsp . . . . . 30 mL . . . . . Worcestershire sauce
- 1 tbsp . . . . . 15 mL . . . . . brown sugar
- 2 . . . . . 2 . . . . . bay leaves
- 2 tbsp . . . . . 30 mL . . . . . minced fresh parsley

### DIRECTIONS

1. Combine thyme, rosemary and 1/2 tsp (2 mL) each salt and pepper. Pat beef dry; rub seasoning mixture all over roast to coat. In large deep Dutch oven, heat 2 tbsp (30 mL) of the oil over medium-high heat; brown beef all over, turning with tongs, for about 10 minutes. Remove and set aside. Reduce heat to medium. Add remaining oil to pan if necessary; cook onion, carrots, potatoes, Brussels sprouts, garlic cloves and remaining salt and pepper, stirring, for about 4 minutes or until just golden. Sprinkle with flour, cook, stirring, for 1 minute.

2. Add beef stock, Worcestershire sauce, brown sugar and bay leaves; bring to boil, stirring and scraping up brown bits from bottom of pan. Return meat and any juices to pan. Cover and simmer over medium-low heat or in 325°F (160°C) oven, turning beef occasionally, for about 3 hours or until fork-tender. Transfer roast to cutting board; tent with foil and let stand for 15 minutes before carving thinly across the grain.

3. Meanwhile, remove vegetables to platter. Discard bay leaves. Skim fat from sauce and stir in parsley. Serve with roast and vegetables.

*Tip: You can use chunks of leeks instead of Brussels sprouts if desired*

*Part of the Favourite Comfort Foods Recipe Collection*

**COOKING TIME:** 3 hours

**Number of Servings:** 12 to 16

### Nutrition Information Per Serving

Calories . . . . . 248

Fat . . . . . 14 g

Protein . . . . . 18 g

Carbohydrates . . . 13 g

*A good source of Iron (15% RDI) and an excellent source of Zinc (42% RDI)*



Please display your "I Love Canadian Beef" bumper sticker (included with this issue) proudly. Additional stickers can be obtained by contacting the OCA office.

## THE ONTARIO STEAKHOLDER

Since 1963, the Ontario Cattlemen's Association has been the unified voice of the province's 21,000 beef cattle producers. OCA advocates on behalf of its members in the areas of government lobbying, policy planning, industry development programs, promoting beef and developing domestic and export markets.



### Ontario Cattlemen's Association

130 Malcolm Road

Guelph, ON N1K 1B1

Toll Free: 1-866-370-BEEF Local: (519) 824-0334

Fax: (519) 824-9101

Email: [lianne@cattle.guelph.on.ca](mailto:lianne@cattle.guelph.on.ca)

For more information on the Ontario beef industry, contact:

Lianne Appleby, OCA Communications Manager

Editor: Ontario Beef magazine and The Ontario Steakholder



# THE ONTARIO STEAKHOLDER

Fall 2005 Volume 1 Issue 2



---

CONNECTING ONTARIO'S BEEF FARMERS TO THE ELECTED MEMBERS WHO REPRESENT THEM.

---

The Ontario Cattlemen's Association (OCA) is a grassroots organization that provides leadership to all sectors of the industry. Now more than ever, it is important to maintain constant contact with our elected Members, both provincially and federally, to ensure that the concerns of our industry are heard, and that effective solutions can be explored and adopted. OCA hopes that you will come to recognize *The Ontario Steakholder* as your source of reliable information from the Ontario beef industry.

## INDUSTRY INSIDER by OCA Executive Director, Dave Stewart



Dave Stewart

The beef business is excellent for this province. Just as the auto/auto parts business is the economic engine for urban Ontario, the beef business performs the same function in rural Ontario. The reason that the beef business is so important is that it takes place in and generates income in every county of this great province. Cow\calf and backgrounding operations occupy land which is not suitable for higher value cash crops, and feedlots are located in areas where they are complementary to cash crop operations.

On top of that, beef farming also supports employment in packing plants and further processors, which are located primarily in urban centres where labour is available. The Ontario Cattlemen's Association (OCA) has commissioned what is essentially an economic impact study to measure in quantitative terms just how important the beef business is to Ontario. The study is being undertaken jointly by the University of Guelph School of Agriculture and Business, and Laurier University Department of Economics and we will share the results of the study when it is complete.

## McGuinty Government Commits to the Ethanol Industry in Ontario

The production of ethanol using corn generates co-products by necessity. These are distillers grains (corn gluten) and carbon dioxide. Obviously, the higher the selling price for these products, the more profitable the ethanol plants become. There is a problem with distillers grains in that if they are not dried, which is an energy intensive process, the shelf life is short. Also if they are wet, transportation costs are higher, since essentially one is paying to ship water. These two factors lead to the conclusion that the most economic use is to feed wet product to cattle located close to the ethanol plants. Further, these feedstuffs are high in phosphorus, which limits the amount that can be fed to an animal to about 3.5 pounds per day. Therefore the only way to increase demand for wet distillers grains (WDG) and thus improve the outlook for profitability of the ethanol plants, is to increase the number of animals on feed, and these animals should be located as close as possible to the ethanol plants. Ontario's cattle feeding industry is concentrated in the corn belt of this province, which is in excellent proximity to existing and proposed ethanol plants.

*Continued on page 2.*

# INDUSTRY INSIDER



## Cargill Purchases Better Beef

Recently, Cargill Meat Solutions completed the acquisition of Better Beef in Guelph. OCA supported this takeover despite some people viewing it as further concentration in the marketplace. OCA views the potential for growth through Cargill's financial and marketing strength as a terrific opportunity for our farmers in Ontario. If Cargill were to expand, they would also need to secure a supply of local cattle. However, if we don't provide these in Ontario, Cargill could look to Michigan, Ohio, Pennsylvania, and Indiana as sources where cattle could economically be transported to the plant. OCA believes that Ontario should take steps to capture the economic activity for our province, in the same aggressive way in which we pursue auto plant investments.

## Financial Condition of Ontario Beef Farmers

OCA undertook a study of equity loss in our industry during the time that the border was closed to live cattle during the worst of the BSE crisis. This study confirmed significant losses which we had forecast using our market reporting data during the past two years. This situation has left operating lines for our farmers so tight that the financial capacity to rebuild or expand is not there. At the same time, there is a wonderful opportunity to generate fantastic economic growth in rural Ontario through expansion of the beef industry, capturing the opportunities presented by the events outlined above.

Finally, my farm is located about two to three miles from the flight-path of the tornado which went through north of Fergus this August. Thankfully there was no loss of life. Every day I drive by farms that lost barns, and trees that blew down. While I watch the clean up operations change over to rebuilding, I can not help but compare this to our business. While it appears that the centre of the BSE storm has passed over our industry, we are engaged in cleaning up and rebuilding. This is not an activity that we expect to undergo alone. We expect to undertake our rebuilding efforts in conjunction with full support of our Government.

## Scene and Herd...



Ontario Premier, The Honourable Dalton McGuinty (left), with OCA President, Ian McKillop, discuss the Ontario beef industry and export opportunities on the Ontario Trade and Investment Mission to China, Nov. 4th to 15th. McKillop was part of a group of more than 125 bankers, farmers, legislators, business representatives and educators on the 11-day, four-city tour of China.



OCA President, Ian McKillop and The Honourable Joe Cordiano (York South – Weston), Minister of Economic Development and Trade discuss Chinese export opportunities on the Ontario Trade and Investment Mission to China.



OCA Vice-President, Gord Hardy; Ontario Minister of Agriculture, Food and Rural Affairs, The Honourable Leona Dombrowsky, Huron-Bruce MPP and Parliamentary Secretary to the Minister, Carol Mitchell, and OCA Executive Director, Dave Stewart at an event in Mitchell's riding.

# HERD IT BEFORE?

## Definitions of some more common cattle-farming terms

---

**Backgrounding:** After weaning, calves are over-wintered on hay-based diets until their weight increases to about 900 pounds. This process is known as backgrounding. During this phase, beef producers take care to provide feeding and bedding areas that are sheltered from the elements and keep the animals comfortable and protected.

**Breeding stock:** Sexually mature male and female livestock that are retained to produce offspring.

**Bull:** An uncastrated male bovine.

**Calf crop:** The number or percentage of calves produced in a herd within a given year relative to the number of cows and heifers exposed to breeding.

**Cow\Calf Farm:** Beef production begins with cow\calf operations which raise calves for the industry. Cows are selected for their mothering ability, beef quality traits and other desirable traits. Mating takes place in early summer with peak calving taking place the following spring after the end of harsh weather. On most farms, the entire



cow\calf process takes place exclusively outside on open pasture where the cattle graze and calves nurse until they reach a weight of approximately 500 to 600 pounds. At this stage, calves are weaned from their mothers and over-winter outdoors on a forage-based diet. Sometimes this occurs on the cow\calf farm, or it may take place at another specialized farm known as a backgrounding operation.

**Cross-breeding:** The mating of animals of different breeds, such as breeding a Hereford cow with an Angus bull.

**Cull:** To select inferior animals from the herd for potential sale.

**Fed (or fat) cattle:** Cattle that have been finished, usually in the feedlot, and are ready for processing.

**Feeder cattle:** Cattle past the calf stage that have weight increased, making them salable as feedlot replacements.

**Feedlot:** The only intensive part of conventional beef production takes place at the feedlot where cattle are brought to a finished weight. Beef production on a feedlot begins with a diet made up of forages and progressively moves to about 90 per cent grain. The main reason grain is fed to cattle is to produce tender, marbled beef.

Cattle will typically spend 60 to 120 days on a feedlot before they are sold to processors. This may be under a roof or outdoors.

**Heifer:** A young female bovine.

**Polled:** Naturally hornless cattle; having no horns.

**Steer:** A male bovine castrated early in life, usually as a calf.

**Stockers (or stocker cattle):** Heifers and/or steers that are being grown on pasture or other forage for later sale as feedlot replacements.

**Total Mixed Ration (TMR):** A diet where all the feed ingredients are blended together to ensure every bit is nutritionally balanced.

**Trace-back programs:** Developed by the cattle industry in conjunction with the Canadian Food Inspection Agency (CFIA) the Canadian Cattle Identification Program began January 1, 2001. As of that date, beef and dairy cattle were individually identified with an approved ear tag with a number unique to that animal that it will carry through to slaughter and carcass inspection. The tag will allow the CFIA to trace back animals that have moved beyond their 'herd of origin' to ensure that reportable diseases and major food safety defects are contained and eliminated.

