

**NEW ZEALAND
SHEEPBREEDERS' ASSOCIATION
SUFFOLK NZ
AUGUST 2023**

Greetings Suffolk Members,

Apologies for a delayed Newsletter... Nanny duties again have been the issue. It's amazing how much a 2 yr old, work off farm & now lambing can take up ALL of your spare time.

The weather sure has been a dominant factor again this year. What a disastrous season it has been for some, with many parts of the North Island being absolutely decimated by a couple of Cyclones & unrelenting rain. Unbelievable damage. Our thoughts sure have been with all the breeders that have been affected. Snow was an issue in the deep South with a big dumping early July, but hopefully by the time most of you start lambing the extra bad weather will be all over.

Values have fallen sharply for both lambs and ewes, with an oversupply of lambs at some saleyards due to feed disappearing fast. Hopefully their value will start gaining momentum soon as supply becomes really short & there is more demand from overseas markets for more quality sheepmeat.

Probably the highlight of the Suffolk calendar for this year was a 2-day self-drive Tour around South Canterbury/North Otago in May... We all had a great time catching up with one another & some revelry was included. Many thanks go to the organisers for a very enjoyable tour. Pics & summary from Simone later in the Newsletter.

2023 Suffolk Stud Ewe sales have gone reasonably well, with BidR being up with the play on all three. Hillside & Stockwell had complete ewe dispersals & Phoebe sold scanned in-lamb mixed age ewes. Ewes were dispersed to Studs & new breeders all over New Zealand, from Auckland to Invercargill & the \$\$ values were pretty good at all three sales.

If you haven't already started lambing, don't forget to get your supplies & medicals up to date & your eartags ordered early, so there are no problems with dispatch to you as in previous years.

Sheepbreeders has Tag Discounts - Shearwell, Allflex, Datamars (includes Zee Tags and Tru-Test)

****When ordering please state you are a member of NZSBA, and they will send the product to you, but will send your invoice to our office, and we will then invoice you. Greg Burgess*

I hope you have had an easy lambing, and the spring weather stays kind to you all.

I'll catch up with you all again at the Canty Show. Stay safe....

Debbie



BREED COMMITTEE NEWS:

2023 CHAIRMANS ANNUAL REPORT:



My annual report for 2022/23 is short and sweet.

Farming seems to be getting harder, in particular with negative outside influences having a long effect.

Ram sales will become harder with the land use changes we are seeing across the country. In my area alone

there have been 10 farms sold to forestry, with a net loss of 35,000 stock units and the associated loss of good farming community people that goes along with these changes. It is a blow to our smaller communities.

With this in mind, I urge our breeders to keep improving their stock at every turn and congratulate Collie Hills Stud (Eric Ross and Wade Newlands) on their sale-topping records ram sale price.

I sincerely thank the Suffolk NZ committee for their good work and continued support. In particular, I would mention Suffolk stalwart, Debbie Holmes, for her hard work compiling our Breed Newsletter. Her dedication to the job is to be admired.

I would also like to thank Greg, Anne and Lyndsay at NZ Sheepbreeders for their continued support over the year.

If anyone has anything they would like to discuss, please don't hesitate to contact me. Ph. 0272554452

Symon Howard, Chairman, SUFFOLKNZ

BREED COMMITTEE NEWS:

The Breed Committee met on the 19th May, 2023 during the SuffolkNZ Tour to South Canterbury/ North Otago.

CHAIRMAN & VICE-CHAIRMAN

Symon Howard was re-elected as Chairman for 1 more year.
Rob Tennent was re-elected as Vice - Chairman.

ELECTION OF SHEEPBREEDERS ASSN REPS:

Chris Hampton & James Gardiner were re-appointed the NZ Sheepbreeders Assn Council Breed representatives.

ELECTION OF CO-ORDINATORS:

NATIONAL PROMOTION:

Rob Tennent & Stu Morton were re-appointed as Promotion Co-ordinators

NATIONAL ADVERTISING CAMPAIGN:

Clubs will again be allocated \$30 per member & \$10 per member going to the National advertising programme.

Last year three paid advertisements were placed in the Farmers Weekly and we received one free advertisement. More money will be spent this year on promotion via printed media & Facebook Advertisements.

ACROSS FLOCK & CPT:

Chris Hampton was re-appointed Across Flock and CPT co-ordinator.

ACROSS FLOCK SUB-COMMITTEE:

James Gardiner, Ross McCall & Rob Tennent were re-appointed as Across Flock Sub- Committee.

BREED COMMITTEE:

Some breeds are evaluating the number of breed committee members they now require owing to the declining flocks in some regions. A discussion ensued at our meeting, and it was agreed that the breed has two districts, North Island & South Island with a minimum of two representatives in each Island and with a maximum of 8 representatives overall.

Symon Howard	0272554452	
Ross McCall	0272409611	032076701
Chris Hampton	0272025679	036143330
James Gardiner	02102692965	033148561
Stu Morton	0274453110	063285772
Rob Tennent	0279321034	068554943
Debbie Holmes	0274988069	092358776

NEXT BREED COMMITTEE MEETING is yet to be arranged. If you have any issues that you would like the Committee to discuss, please don't hesitate to call your Committee Member above.

SUFFOLK AMBASSADOR OF THE YEAR

Suffolk members are asked to please contact your local breed representative if you wish to nominate anyone for this very prestigious award.

CPT & ACROSS FLOCK UPDATE:

Suffolk NZ was unable to have a ram in this year's CPT Trial. This is the first year for many years we have not had at least one ram in the trial. I will be really pushing our case to gain a space in next year's trial for at least one Suffolk ram as this is the best way to link Suffolk NZ with the whole sheep industry, making our figures more relevant.

On a more positive note, we have just received the latest Suffolk NZ Across Flock report which makes for very interesting reading. Suffolk NZ Across Flock group is above average for weaning weight, liveweight 8(200-day weight) and meat. This is something we as Suffolk breeders already knew and we now have the data to back this up.

Suffolk NZ has a number of 2022 born rams which have NZTW (Terminal Sire Worth) over 2000, which is very impressive.

Again, this year there are five Suffolk rams in the Duncraigen Eating Quality and IMF Trial. We eagerly await the results of this trial.

If you already record your Suffolks on SIL, I urge you to consider joining the Suffolk NZ Across Flock. We currently have 20 breeders.

If you don't already record your Suffolks on SIL and are interested, please contact me or one of our Breed Committee members. It requires no more recording than what most of you are already doing and it is a backup if, heaven forbid, something happens, and you lose your records. (It's a very good back up).

The more Suffolks we have recorded on SIL the better our indexes will become, and the accuracy will improve.

Across Flock members check out the traffic light page and see how linked you are and if you need to improve your linkages. If so, start making plans to do so before next mating. *Chris Hampton, SuffolkNZ CPT & Across Flock manager.*

WELCOME TO NEW FLOCKS:

The first 4 flocks are part of the Youth Initiative Scheme.

*Flk. 1050, 'Five Oaks', Michaela Keach, Balclutha

*Flk. 1051, 'Greenfields', Frankie McKay, Masterton

*Flk. 1052, 'Ramshead', Bernie Lang, Darfield

*Flk. 1054, 'Ardmore', Georgia Middleton, Methven

Flk. 1053, 'Fyffevew', JW Richardson, Kaikoura

BREED LEVY / PROMOTIONAL LEVY

These are to remain the same

Breed levy – \$25 per flock & 30 cents per ewe

Promotional levy – 0-50 ewes \$30 + gst

51-100 ewes \$60 + gst

100 ewes + \$80 + gst

RAM SALE DATABASE

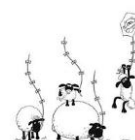
This has been very successful & is to continue.

Ram sales – it was agreed by the Committee that there was a very good clearance of Suffolk's overall this year.

Clubs are to update their agent lists with NZSBA office.

NEWSLETTERS

These are to continue to keep you all informed of anything happening in the Suffolk world....



OBITUARY:



BRUCE RAPLEY.

**Goldstream Stud,
Suffolk Flock 399, Otorohanga
Life Member SUFFOLKNZ**

Bruce Rapley and his wife Thelma founded their Goldstream Suffolk Stud in 1978 near Otorohanga, Waikato, where they were also farming their Goldstream Ayrshire Stud. The 2 studs complimented each other with the Suffolks running on the rougher parts of the farm & the Ayrshire cows on the flats. Goldstream's foundation ewes were purchased from S. McKelvie 'Pukemarama' (Flk.117) in 1978.

Ewes were hard to come by in the 1970's and Bruce built the flock up to 22 ewes by 1983 from several well-known studs. In 1983-84, he purchased a further 57 from Andrew Dobson 'Te Whananake' (Flk.215), and 85 from Brian Richardson 'Richos' (Flk.489) and continued purchasing several ewes from many very well-known breeders right up to this year.

In 1984 the Stud transferred to the new owners, BR & T Rapley and Family Trust.

Stud rams from the top echelon of Studs, both from the North & South Island, and Australia have also been purchased to cover these ewes.

Bruce was Chairman of the Suffolk Breed Society & Breed Committee member for several years and in 2012 he was made a Life Member of SuffolkNZ.

He was very forward-thinking regarding performance recording. His thoughts were that all Suffolk Breeders should be on the same recording program and encouraged every Suffolk breeder to be on SIL. His rams have been on the top of the indexes of SIL for many years and have been used by many other Studs to upgrade the SIL indexes of their flocks.

In the early 1990's some Suffolk rams with USA genetics were imported into New Zealand. At least one of them was later found to carry one copy of the Spider Syndrome gene. Bruce was instrumental at setting the pathway to eradication of this gene in NZ flocks. As soon as there was a reliable gene marker test found in the world, Bruce tested the whole Goldstream flock, making Goldstream the first FTN flock in NZ. This testing was done in the USA. Bruce then liaised with Massey University and eventually testing was able to be done in NZ.

A compulsory ruling was made by the Breed Committee that all Stud breeding rams be tested. In 2002, 834 blood samples were tested & 103 were carriers. Numbers then gradually dropped down to zero in 2014.

In 2015, After much discussion with Professor Hugh Blair, Deputy Head of the Institute of Veterinary, Animal & Biomedical Science at Massey, the SuffolkNZ Committee decided to make testing no longer compulsory & would be at the buyers cost if they wanted it done. We owe a great debt to Bruce for his dedication to help in eradicating this genetic disorder in NZ.

Over the years, Goldstream has exported Rams, Ewes, Embryos & Semen to the UK, Ireland, Brazil, China, Japan, Mexico & Australia. Son Craig related to me that Goldstream had sold a ½ share in a ram for \$13,000 at Feilding Sale. Unbelievable for a ½ share!

BRUCE RAPLEY continued.

Both Bruce & Thelma were an integral part of the Northern NI Club until it was untenable for us to have meetings, with members being so distantly spread.

I shall miss the knowledge that he would impart, every time that we met.

Our Deepest Sympathy goes to Thelma, Craig, Warwick & their respective families.

Debbie Holmes, Northern NI Club

BRUCE RAPLEY.

At our Committee meeting on the 19th May, the Committee stood for a minutes silence as a show of respect for Bruce Rapley, who had passed away recently.

Bruce was a highly regarded member of Suffolk NZ serving as a committee member from 1995-2006 and Chairman from 2001-2003.

Bruce had a keen eye for stock and the performance of both Goldstream Suffolks and Poll Dorset's on the national stage are testament to this.

An example of the calibre of these genetics was Goldstream 275/04. An exceptional sheep, he was purchased by Paki-Iti, Tyanee, Valdor and Pahiwi at the 2005 Feilding ram fair.

He performed very well in these flocks and excelled in the CPT (Central Progeny Test.)

Bruce along with his wife Thelma always enjoyed getting out and about visiting fellow breeders both on the Suffolk tours and in between. Bruce enjoyed the challenge of finding the right genetics for his flock and you always knew at a ram fair that when Bruce had his poker face on, he'd found a sheep he wanted!

Bruce achieved success as a breeder through the performance of Goldstream genetics in stud and commercial flocks. His keen interest and leadership in SIL recording, progeny trials and our own across flock data has been hugely beneficial for the Suffolk breed.

On behalf of the Suffolk NZ committee, I would like to express our condolences to Thelma and family and wish them all the best at this difficult time.

Rob Tennent, SuffolkNZ Breed Committee

RIP BRUCE RAPLEY

Bruce, once Spider Syndrome appeared in New Zealand made every effort personally to find out all about this recessive gene.

He travelled to Massey numerous times and spoke to geneticists at length. He also liaised with Australia and helped establish a testing facility in Australia for Spider Syndrome, before a facility was available in New Zealand.

He was instrumental in aiding the Suffolk breed through this issue which could have been catastrophic for the Suffolk brand.

He was often termed the 'Grandfather of the Suffolk breed'. Even when he retired from the Breed Committee he was always aware of breed developments and would never hesitate in contacting members of the Breed Committee and myself.

Bruce certainly made a difference.

Greg Burgess, NZSBA General Manager

OBITUARY:



JOHN DuFAUR.

*Glenbrook Stud,
Suffolk Flock 882, Waiuku*

John worked off farm as an Engineer inspecting roads and bridges in the Manukau City Ward during the week and spent most of the weekends attending his sheep.

He was extremely passionate about his sheep.

He established Glenbrook Suffolk Stud in 1998, with ewes from Woodbine & Val D'or studs & using embryo transplants with Advancer 12231/89.

Further ewes were purchased from Courtenay, Ngatarawa, Mornish and Torresdale bloodlines.

Glenbrook Poll Dorset stud was established in 1999, and in 2007 a Dorset Horn stud was also added.

Brian & I first met John when we started our Suffolk Stud in 2003. We struck up a friendship with John & his late wife Jacque along with Colin & Margaret Irwin, who were all stalwarts of the Northern NI Suffolk Club and of which John was Chairman for a short term.

We all participated in all the Northern NI Club feature days and in shows – from Whangarei to Waikato. We enjoyed the friendly rivalry that came with them and always had a bet on who could pip who off the 1st place perch.

Stud breeding was a major part of all our lives, and we participated in many Suffolk Tours together.

John's sheep exploits were quite an amusing event sometimes. He had purchased some ewe lambs from the late Selwyn Boon's 'Lochaire' Stud, and their first outing was to a show at Clevedon. Dorset horn lambs have VERY sharp little horns. He rolled up in his truck and tried to unload them for the first time. You could hear "ooohh, oooww, ouch ya bastard" to our amusement & everyone else that was exhibiting... consequently he was wearing knee length cricket pads at the next show.

He also leased a grazing block at a fancy farm near Clevedon that was a Wedding event centre. He got the call from the owner that one of his sheep had drowned in the pond and he needed to remove it immediately. So over he went to retrieve it, & it was in the middle of the pond. He stripped down to his undies and swam out to get it. He turned around to drag it back when the wedding party arrived at the same time. All John could do was smile & wave.... thank goodness TikTok & Instagram weren't around then, or he would have been starring on social media.

Unfortunately, his wife Jacque passed away after a short illness & John was like a lost sheep without her.

His dream was to always retire to the beach, so he could put his feet up, fish all day & enjoy beach life.

So, we weren't surprised when he started to disperse his sheep flocks & sold up his little block in Waiuku & moved to Pauanui on the Coromandel Peninsular and was still travelling to Auckland each day to work.

Unfortunately, his health deteriorated, and he passed away after a short illness on 19th May 2023 at Thames Hospital.

Debbie Holmes, Northern NI Club

STRUCTURAL SOUNDNESS / CONFORMATION

I have repeated this article from a 2015 Newsletter for our new youth breeders... Courtesy: Perendale New Zealand

FRONT LEGS

Legs should be straight when viewed from the front. Knock-kneed sheep may have turned-out front feet, while bowlegged animals roll their feet as they walk. In both cases this leads to sheep whose feet will not wear correctly, which in turn equates to lameness. Viewed from the side, forearm and canon bone should be in a straight line. Excessively heavy bones and short canons should be avoided, as unnaturally short legs will handicap hill sheep.

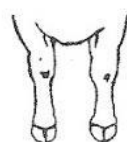
HIND LEGS

Well-defined and correctly angled joints are critical to a sheep's wellbeing and mobility. This is especially important to a ram during mating when joints are under extra stress.

PASTERNS AND FEET

Angles of different pastern joints:

The way the hooves grow can indicate structural problems further up the legs. Long or too-short claws may indicate too much or not enough pastern angle, causing the claws of the hoof to grow or wear excessively. In both cases the mobility and performance of the animal is compromised.



Normal



Knock kneed



Bow legged



Correct



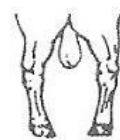
Straight



Sickle hocked



Correct



Bow legged



Cow hocked

Rear View



Correct



Too much angle



Too straight

SUFFOLK NZ on tour

by Simone Budge, Taronga Stud - Lawrence, Otago

Simone ➤



After three false starts with various attempts at domestic tours since Covid hit our shores, members of the SUFFOLK NZ breed group were like hens let out of the hen house when they gathered in Oamaru to tour south Canterbury/north Otago studs and sights in mid-May.

We began with a noisy morning tea catch-up in Pleasant Point before heading to **Stern Angus in Totara Valley** and enjoying a great session with stud principal James Fraser and his long-standing manager Doug talking about their operation, ideas and views on the future of Angus in NZ and viewing their excellent animals in the paddocks.



◀ Suffolk tour members enjoying a break in the heavy drizzle at Stern Angus, Totara Valley.

Heavy drizzle and rain were a feature of the visit but didn't impede members asking probing questions and receiving excellent answers from the Stern team; one in particular, Stu Morton from Kimbolton, was keen to get answers to ALL his questions.



◀ Stud Principal James Stewart patiently answering yet another of Stu Morton's questions while Norm & Marg Carr, Dave & Sarah Wylie, Charles Miller-Brown & Stern's manager Donald Hay are shown in background.

***** UPDATE.... Stern Angus bull sale was held on 22nd June. 106 bulls offered.
Lot 4. Stern 21521 (PV) made \$98,000; Lot 37. Stern 21602 (PV) made \$85,000. D.H**

Next to withstand the onslaught of our enthusiastic crew was our own Chris and Annabelle Hampton of **Waterton Stud at Cave**. They displayed their diverse range of studs: Charolais, Suffolks, South Suffolks and new breed, Kerry Hills which was deemed to be the next big thing to interest those who like sheep types such as Valais Blacknose.



◀ Guy Abbott and Ross McCall are outstanding in their field.... At Waterton Stud



Elizabeth Hampton's new breed interest, aside from Suffolks, is the Kerry Hills sheep.

Photo by Ian McCall.



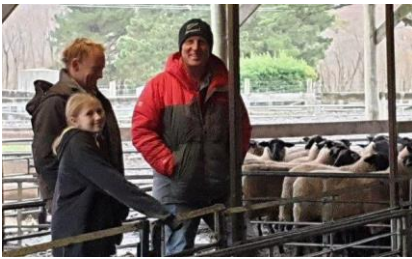
◀ Brian Holmes, Jan Gardiner, Sarah Wylie & Doug Brown perform the time-honoured sheep Breeders 'fence-lean & look' at Waterton Suffolk stud

Suffolk NZ's very own 'Mr Pedigree', Charles Miller-Brown and his trusty side-kick Jimmy Gardiner pretending they can understand SIL figures presented for our information by Waterton Stud ➤



◀ Ross & Tracey McCall deep in discussion at Waterton Stud





The Hamptons also kindly hosted a display of Suffolk sheep from our two new breeders, Tyler and Megan, who were present to meet and talk with those on tour. The breed is delighted to have these two enthusiastic young people on board and is creating a special youth class for them, and others, to complete at the Canterbury Show in November.

◀ Young Suffolk breeder Megan Alexander, her father and Ross McCall at Collie Hills Stud.

Lunch was an education at **Cannington School**. We were amazed at the facilities at this very small, local school who feed their students lunch daily and, on this day, fed us too!

Chris Hampton and Malcolm Irvine loving their school lunch, while in the background Dave Wylie struggles to remember what a school lunch is, it's been so long since he had one. ➤



Craigmore Pheasants had us reeling at the statistics quoted by Head Gamekeeper John Brownlie, who kindly donated his time to give us all a detailed and fascinating insight into his daily, monthly and annual calendar of how to raise, keep and make money from these amazing birds.

The sheer numbers of pheasants raised, released, shot and those which escape to ride again another day by this excellent game park was staggering.



Head Gamekeeper John Brownlie addresses the tour with Doug Brown shown at right ➤

◀ Farming Pheasants for the game market is a labour of love but a fascinating one. A cock and a hen shown up close by Gamekeeper Oli Worth / Ciaran Cullen



By this time members were looking a tad fatigued, but a stop in at **Whitestone Cheese Company in Oamaru** for a wine and cheese pairing session soon perked everybody up. We tasted five magical cheeses and three wines to go along with them. After such a delicious session, we decided that that was just the right kind of afternoon tea and should replace the traditional kind.



Day two of the tour took us to Kurow and **Collie Hills Suffolk Stud** where we were hosted by Eric Ross and his son-in-law Wade Newlands for the stock side of the visit and Sue Ross and daughter Sally Newlands for lunch and fellowship.

◀ Wade Newlands and Eric Ross speak to their stock at Collie Hills Stud visit on day two of the tour, whilst Malcolm Irvine and Charles Miller-Brown listen intently.

Suffolk tour members Stu Morton, Malcolm Irvine, Guy Abbott & Wade Newlands inspect rams at Collie Hills Stud, Kurow ➤



That afternoon the group stopped at the Riverstone complex outside Oamaru and toured **Dot's Castle**.

This was quite the memorable visit. From the detail about the build and its features imparted by excellent tour guide, Ann, to the sheer volume of rooms, tapestries, paintings, objet d'art and so many other features, the entire group walked about gob-smacked at the attention to detail, personalisation and features of the castle, its grounds, and its contents.



To be honest, when I was planning the tour, I wasn't sure all the men would be interested, but they were amongst the most enthusiastic about the visit and it sure was a big talking point that evening at our breeders' dinner and farewell back in Oamaru that night.



Members enjoying their farewell meal of the tour in Oamaru

Our breed has recently sadly farewelled an integral member, Mr. Bruce Rapley, and a minute's silence was held for him at the dinner that evening.

All 26 of those on tour had a fantastic time together and enjoyed the true social benefits of belonging to a sheep breeder's group: fun, fellowship, advice, support and laughter.

It was said on several occasions over the two days how lucky we are that we have a group who, alongside being competitive amongst ourselves as breeders, also truly enjoy each other's company and look forward to social times spent together, whether at an A&P Show or on tour. We try to get together after major events and encourage all Suffolk breeders across NZ to join us whenever you see the call go out in our newsletter. Please feel very welcome to join in, come along and be a part of what is a fun group who are keen to make the most of our times together.

Thanks to all who joined us in Oamaru and helped make it such a fun time.

Simone Budge



SUFFOLK NZ BREEDERS TOUR TO AUSTRALIA May 2024

Expressions of interest are sought for a week-long tour of the Adelaide and the Limestone Coast area of South Australia, proposed for Suffolk NZ breeders in early –mid May 2024.

Please send all expressions of interest to Chairman,
Symon Howard symsim@xtra.co.nz
or Ph. 0272554452.



Click the link below to
purchase show tickets
early & get them at a
discounted price. They
are available now....



<https://theshow.flicket.co.nz/>



2023/2024 RAM & EWE FAIRS

CANTERBURY

**FRIDAY,
NOVEMBER 25TH, 2023**

GORE

**TUESDAY,
JANUARY 16TH, 2024**



NEW ZEALAND
SHEEPBREEDERS
ASSOCIATION™



NZSBA NEWS:

It is with regret that I inform you that our long-serving Office Administrator, Anne Stewart, is retiring after 34 years.

A BIG THANK YOU TO ANNE for her many hours of work on the Association's behalf.

Greg Burgess

And so say all of us!
All the very best Anne...

For any information required from NZSBA, Greg Burgess & his team are always ready to help at greg@nzsheep.co.nz
Phone 03) 3589412.

NZSBA website www.nzsheep.co.nz

**WISHING YOU
ALL A HAPPY
LAMBING...**



Slow Cooker Pulled Mongolian Lamb

Taste.co.au

15m prep
6h 20m cook
6 servings



Sue Ross, Collie Hills Stud, served this for lunch with several types of Bread Rolls on our recent Suffolk Tour, absolutely delicious!!

INGREDIENTS

1 tbsp vegetable oil
1 brown onion, chopped
2 garlic cloves, crushed
2 tsp finely grated fresh Ginger
 $\frac{1}{2}$ tsp Chinese five spice
80ml (1/3 cup) hoisin sauce
60ml (1/4 cup) soy sauce
60ml (1/4 cup) Shaoxing wine
2kg lamb shoulder (on the bone)
2 tsp sesame oil

METHOD

1. Heat vegetable oil in a frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until soft. Add the garlic and ginger. Cook, stirring, for 1 minute. Stir through the five spice, hoisin, soy and wine.
2. Place the lamb into the slow cooker. Add onion mixture. Cover and cook on Low, turning lamb halfway through, for 8 hours or until tender.
3. Carefully transfer the lamb to a chopping board. Trim fat, then pull the meat off the bone. Shred with a fork or leave in chunks if you like. Use a ladle to skim the fat from the surface of the sauce in the slow cooker.
4. Return the meat to the slow cooker. Stir through the sesame oil. Top with shallot. Divide among serving bowls.

TO SERVE

Serve with steamed rice & Broccolini OR serve with crusty bread.



If you have any other topics that you wish to discuss, News, Updates or anything interesting pertaining to the Suffolk Breed in general, please send to me at:

studholmesuffolks@xtra.co.nz

or :

*Debbie Holmes ☺,
459B. Karioitahi Road, RD3, Waiuku, 2683*

