

Highland Beef Study Confirms Original Findings

Courtesy of the Highland Cattle Society

A new paper produced by Charles Bruce at the University of Glasgow confirms the beneficial properties of pure pedigree Highland beef, previously studied in 1997 by Dr Ivy Barclay amongst others.

Samples of sirloin were taken from all over Scotland and from Yorkshire for the study, funded by the Highland Cattle Society from the Queen's Jubilee Trust, a charitable fund set up for educational purposes. A rapid slice shear force test determined the tenderness of the samples and chemical analysis included mea-

surements of moisture (juiciness), iron, protein and cholesterol content.

Pure Highland beef was shown to be almost 23% more tender than commercial beef, scoring, at 83.27, well below the 100 which benchmarks meat as "very tender". Compared with commercial meat, pure Highland meat contains almost 7% more protein and almost 17% more iron, averaging over 4% less cholesterol. Intramuscular fat, low in saturated fat and seen as marbling through the meat, gives Highland beef its tenderness, succulence and distinctive taste.

An interesting finding was the lack of expected correlation between fat content and cholesterol levels. Comparison of diets and the effect of more intensive rearing might explain this result.

Charles is to be congratulated on this fascinating and informative work, which forms a foundation for possible future investigation. The full report may be obtained from the society office.

Highland Cattle Society
www.highlandcattlesociety.com