

'Lamb's ok baa me' says butcher

By Kim Pham

JUST like millions of his fellow Australians, Queanbeyan butcher Peter Lindbeck will be putting some lamb on the barbie this Australia Day.

The meat has become the flavour of day when it comes to celebrating our great nation, Mr Lindbeck said.

"It's really become entrenched that lamb is what you eat on this day," he said.

"It's just like with Christmas, everyone wants turkey and now with Australia Day, everyone wants lamb."

When it comes to flavouring the meat, Mr Lindbeck said you can't go wrong with rosemary and garlic.

"Those two things really enhance the flavour whether it lamb chops or roast," he said.

"And add a little bit of salt. I know it's bad for you but it just tastes so good."

Barbecuing is the obvious and preferred method of cooking, but don't overcook it warns the butcher.

"You don't have to turn it into a cremation. Cook it like you would a steak," Mr Lindbeck said.

"It should have a nice pink blush in the middle. Just cook it medium rare, it allows the meat to retain its



Jamie Cole of Lindbeck's Butchery is expecting to sell three times the usual amount of lamb this week as locals prepare for Australia Day.

Photo: Kim Pham.

moisture and flavour. Don't incinerate it which is what often happens when people barbecue."

Mr Lindbeck estimates he sells three times the usual amount of lamb around this time of year at his Cooma Street shop front.

"You've got to allow for

that demand or you'll definitely run out. We've got a huge range of lamb steak, rack, sausages and roast," he said.

"Anything you can put on the barbecue is what people want. Butterflied lamb legs are really popular as are lamb cutlets, because you

can put it straight on the barbecue."

Mr Lindbeck said there's been a lamb resurgence in the past few years owing to some clever marketing by Meat and Livestock Australia.

The organisation's ads featuring Sam Kekovich

have become something of an annual tradition, with this year's theme "Generation lamb".

"I've noticed in the last five years that Australia Day has become a big thing. People feel it's patriotic to try and incorporate some lamb into their

celebrations," Mr Lindbeck said.

"It wasn't such a big thing in the past to have lamb on Australia Day. The Sam Kekovich ads promoting lamb has really settled in people's minds that's the thing to eat on Australia Day."

Give back this Australia Day

BE A true blue Aussie this Australia Day and roll up your sleeves to help save the lives of fellow Australians.

The Australian Red Cross Blood Service is concerned that as Aussies take a break with their mates, fewer donations will lead to a drop in blood supplies.

Blood Service spokesperson Sally Gavin said the need for blood never takes a break.

She urged residents of Queanbeyan to celebrate Australia Day by donating blood before, during or immediately

after the long weekend.

"Australia Day is a time for us to celebrate what's great about being Australian, and there is no better way to be a true blue Aussie than to save a life, or three!" Sally Gavin said.

"Queanbeyan Donor Mobile needs 70 people to donate before the long weekend to ensure cancer patients, road trauma victims, burns victims and unborn babies get the blood products they need.

"Blood donation only takes an hour out of your day, leaving plenty of time for a traditional

Aussie Day barbie with your mates."

Sally Gavin said at least one in every three Australians was likely to need blood in their lifetime.

"One day it might be your mate, your neighbour or your family member who needs blood," she said.

To make an appointment to give blood call 13 14 95 or visit donateblood.com.au

■ Visit The Queanbeyan Donor Mobile at Riverside Plaza Car Park today (Friday) from 8:50am - 12:50pm.



The Red Cross is urging residents of Queanbeyan to celebrate Australia Day by donating blood.



AUSTRALIA DAY PROGRAM SUNDAY 26 JANUARY

Program Commencing at 5.00pm

- Introduction by MC, Mr Brian Leonard
- Official Flag Raising - Queanbeyan Girl Guides and Queanbeyan Pipes & Drums
- National Anthem presented by Sing Australia Choir
- Welcome Address and Introduction of Ambassador Professor Thomas Faunce by Cr. Tim Overall, Mayor
- Address by Australia Day Ambassador
- Presentation to the Ambassador
- Choral Item - Sing Australia Choir
- Citizenship Ceremony conducted by the Mayor
- City of Queanbeyan Australia Day Awards

- Cutting of the Australia Day Cake by Mayor, Ambassador and Citizen of the Year
- Addresses by other Official Guests
- Drawing of Raffle - \$1000.00 Gift Voucher from Queanbeyan City Travel (winner must be present to claim the prize)
- Choral Item - Sing Australia Choir

6.00pm Entertainment Hit and Glide

- BBQ, Soft Drinks and Ice Creams
- Free Tea, Coffee, Cordial and Fresh Fruit
- Free Merry-go-Round and Jumping Castle
- Free Face Painting and Removable Tattoos

9.00pm Fireworks Spectacular

