

The latest fashion trends for Winter/Spring 2020 have arrived in store at Muttons, and feature vibrant colours of Terracotta, Lime green, Mustard and Hot Pink to mix and match with your Navy and Black, to reinvigorate your wardrobe.

We specialise in fashion forward designs, including **See Saw, Foil, Marco Polo**, and for the younger shopper we now stock **eb&ive**. We have a great range of winter footwear including **Planet Shoes** as well as **Akubra** hats.



Len Mutton & Co has all the natural fibres you love — **Possum, Merino, Cottons** and **Linens**.

Accessories are a great addition to your Winter wardrobe, so call in and see our latest arrivals of handbags, scarves, gloves and more. New stock arriving each week.



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FEELING HUNGRY

WINTER RECIPES WITH LYN CRAM



Poulet Chasseur (Hunter style chicken)

The word 'chasseur' means hunter and generally refers to game dishes cooked with mushrooms, because often the hunters would come back from hunting in the forests with mushrooms.

For four people:

- ¾ - 1 kg of chicken thighs chopped into chunks
- 60g butter
- 2 eshalottes (or 1 onion) finely diced
- 125g button mushrooms sliced
- 1 tablespoon plain flour
- 2 tablespoons brandy
- 2 tablespoons tomato puree
- 125ml white wine
- 220ml chicken stock
- 2 tablespoons chopped fresh tarragon or 2 teaspoons of dried tarragon
- Chopped fresh parsley for garnish

Heat the oil on a pan and add half the butter. When it stops foaming, add the chicken and brown on all sides. Take out of the pan and keep (pour off any excess fat).

Melt the remaining butter in the pan and add the eshalottes (or onion) and cook gently until soft, but not brown. Now add the mushrooms and cook until browned.

Add the flour and cook, stirring constantly for 1 min. Stir in the white wine, brandy, stock and tomato puree, bring to the boil, and reduce to a simmer. Now add the tarragon and season with salt and pepper.

Return the chicken to the pan, cover and simmer for 30 mins. Sprinkle with parsley and serve with mashed potato and steamed green vegetables such as green beans or broccolini on the side.

This dish pairs very well with Corang Estate Chardonnay or Tempranillo.

Recipe provided by Jill Bynon, Corang Estate

FEELING SEEDY



BELLA'S AWN

The problem with having grass

Katie Lyons, Veterinary Nurse

After decent rain in late summer, many grass varieties grew quickly and developed seeds to prepare their survival for the next season. Whilst it was a fantastic relief to see grass growing in our yards and paddocks, the resulting seeds are causing numerous problems with our pets.

Although we use the term grass seed, it is actually the awn around the seed that causes the problem. The awn has a spikey head, which is the part that penetrates the soil to become buried in the ground. The tail end consists of an arrow shape with bristles that face backwards, which work to prevent the seed from working out of the soil. The other amazing function of the awn is that it swells when moist, which helps to keep the seed in the soil, as well as help with germination.

So just imagine how this all works when an awn enters an animal's body, penetrating the skin, tracking through, not being able to move backwards, and also swelling.

The awn is then a foreign body, causing infection and inflammation. On the rare occasion, awns will continue their journey under the skin and back out, but in most cases, they end up in areas that they cannot move through and cause such large infections and tissue trauma, that they require surgery to retrieve them.

The most common place for awns to enter the body include between the paws, in the facial region, through the mouth, in the ears and under the legs/chest region and groin. The numbers of awns will often vary from one, through to, in the worst case we have seen, over 500 located all over the dog's body. We have also found awns that have tracked into the oral or chest cavity, causing serious infection, as well as death.

This year there has been an increase in animals suffering from awns in their eyes, which can cause ulcers, loss of sight, discomfort and infection.

There are several things you can do to reduce the chance of your pet picking up an awn. Daily checking of the areas likely to pick up awns is the easiest, as most awns can be removed at home as they have only just started to enter the skin. Avoiding areas of grass that have seed heads, keeping grass low so that the height of the grass is not near the animals ears or face, regular grooming and removal of matts from the coat. If you find an area that you suspect has an awn, a quick visit to the vet to prevent it migrating further can also save further expense, pain and illness for your pet.

Tombarra by the River ...

... is a multi-purpose centre consisting of 12 self-contained studio units and a three bedroom cottage catering for up to 50 people in a comfortable, relaxing and peaceful 28 acre bushland and riverside location.

There is also a function centre with a commercial kitchen to cater for those big events. In addition there is a full size tennis court and opportunities to fish, gold pan or lilo down the river.

Suited to singles, families, same interest groups and events, Tombarra is conveniently located only 10 minutes drive from Braidwood NSW.

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