



**COCHON555**

**5 CHEFS, 5 PIGS**

**5 WINEMAKERS**

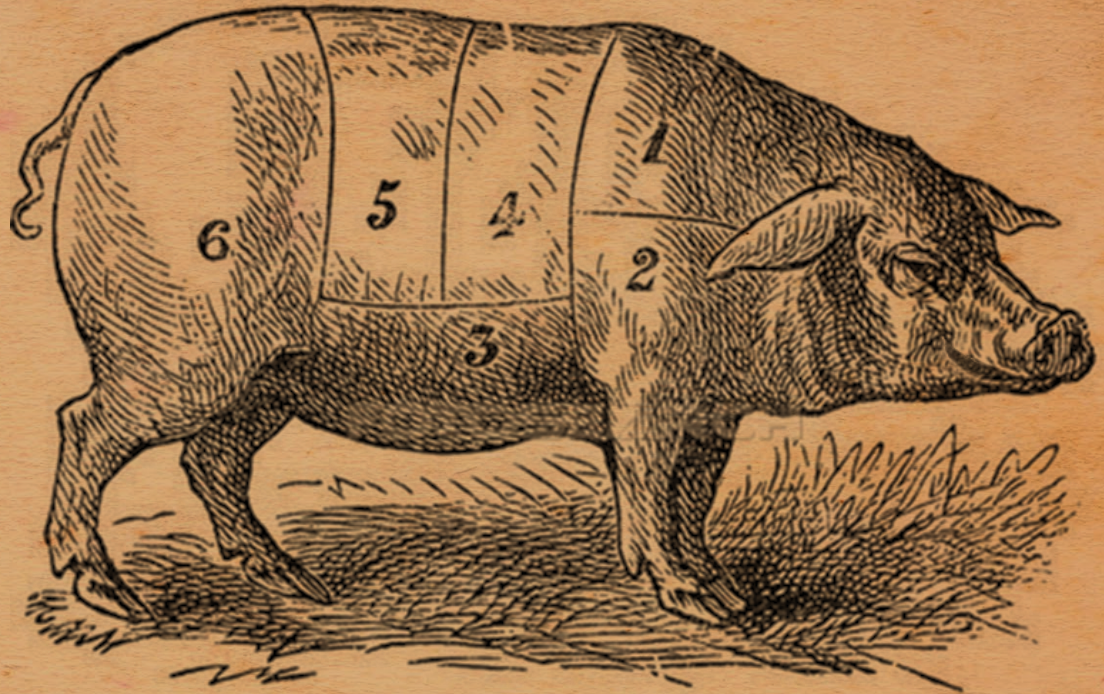
**2010 US TOUR**

COCHON 555 is a friendly competition featuring 5 chefs, 5 pigs and 5 winemakers. The event serves as a link to preserving heritage breed pigs by promoting breed diversity in communities nationwide. The coast-to-coast tour connects ranchers raising heritage breeds with top chefs known for whole animal utilization. Together, we are bringing the heritage pork experience to the dinner table. For more tour dates or more information on the event please visit us online at [www.cochon555.com](http://www.cochon555.com).



[COCHON555.com](http://COCHON555.com)

*A Comprehensive & Delicious*  
**Field Guide to Heritage Breed Pigs**



## What are Heritage Breed Pigs?

Heritage breed pigs come from bloodlines going back hundreds of years when livestock was raised on multi-use, open-pasture farms. Because of their lifestyle and inherent genes, different breeds became known for a variety of characteristics, including the rich and hearty taste of their meat, distinct marbling, bacon flavors and creamy fat.

Today, these breeds still carry excellent qualities, but many are not suited for commercial farming practices. As a result, they are in danger of being lost forever. As fewer heritage breed pigs are grown, their gene pool decreases, and some breeds are now becoming critically rare. In today's commercial market, heritage breeds cannot compete with commodity pigs.

## Eating Them to Preserve Them

The future of heritage breed pigs is reliant upon farmers who can afford to raise them. However, you can help. By buying heritage breed pork, you can help preserve them. Simply by creating a demand for their meat, these wonderful animals may be saved for future generations. Today, many butchers, markets and restaurants are beginning to carry heritage breed pigs.

This guide is designed to serve as a reference, and to help you start a dialog with your local meat carriers. Cochon 555 wants to help you learn about different heritage breeds, so you can ask for them the next time you visit your local grocer, butcher, farmers market and favorite restaurants.

## Using the Whole Animal

Other reasons to support heritage breeds are the economical and taste advantages of whole animal utilization. Events like Cochon 555 honor the entire animal, and its history by utilizing each pig in its entirety from snout to tail. The art of butchery is a highly skilled practice, and when an animal is utilized in its entirety, nothing goes to waste.

## FAQ

### What Should I Drink with my Pork?

We believe Pinot Noir to be the most versatile of grapes, especially from family owned wineries. We also love any handmade wines from boutique producers on the west coast (like California, Oregon and Washington). We also enjoy hand-crafted brews and spirits with our swine. The model they all share is easy to remember: all things produced with passion always taste better together.

### How Should I Cook Heritage Pork?

Low and slow is the best. With flavor-packed pork, time is the main ingredient. If you don't have time for the diverse cuts most chefs prepare, throw the chop on the grill with a little salt and pepper, and finish in the oven. Keep it simple and don't overcook it.

### Why are Heritage Breed Pigs More Expensive?

The additional care and time involved in raising heritage breed pigs makes them more expensive to raise than other pork. Raised naturally, with a purpose and passion, these pigs mature as Mother Nature intended. They take longer to gain weight because of their indigenous diets, and the fact that they are raised on open pastures.

# Field Guide to Heritage Breed Pigs



## { Gloucestershire Old Spot }

Originating from England, the Gloucestershire Old Spot is a critically rare breed. Nicknamed “orchard pig”, the Old Spot is white with black spots, has floppy ears and a medium-sized body. Known for its higher fat ratio, the breed remains remarkably hardy with flavorful meat, excellent for aging abilities and a gentle temperament, making it popular with farmers. The meat has a distinctive layer of back fat, which adds to the succulent flavor overall.



## { Mangalitsa “Woolly Pig” }

Originating from Hungary in the early 1800's, the Mangalitsa is a very rare breed, and is said to be the Wagyu of pork. The breed is characterized by its course, wooly coat and ability to withstand extreme conditions. Mangalitsa pork is known for its high-quality, lard-type fat, and its high percentage of marbling, which doubles that of average pork. The Mangalitsa yields juicy and flavorful meat.



## { Tamworth }

While it remains challenged, it is possible that the Tamworth originated from Ireland before being bred extensively in England. Smaller in comparison, the Tamworth has a reddish coat, muscular top, rounded back, upright ears and a long snout. Its disposition is very rugged, thrifty and active. Known for its ample belly “aka the best bacon hog”, the Tamworth displays a firm trim jowl and underline with muscular hams.



## { Red Wattle }

Originating from New Caledonia, a French Island in the South Pacific, the Red Wattle gets its name from its red color and the fleshy skin that hangs under its jowls. This extremely rare breed adapts to climates well and is an excellent forager. It is prized for its tender meat and splendid hams. Red Wattle pork is lean and juicy with a rich beef-like taste and texture.



## { Berkshire }

Originating from Britain, Berkshire is the most popular of the heritage breeds. Known as “Kurobuta” in Japan, this pig is black with white legs, and has become a favorite with chefs because of its intramuscular marbling. The breed yields a brighter pork than most, and features a thick, delicious fat cap. The meat is sweet and creamy with hints of nuttiness, which is typical of the finishing process in several areas.



## { Mulefoot }

Originating from the U.S., the Mulefoot is a black hog named for its solid hoof, which resembles a mule. Critically rare, this breed recently won several blind taste tests against eight different heritage breeds. The Mulefoot's disposition is docile, and weight gain is between 400-600 pounds before age two. Known for its premium hams, the superior tasting meat is red with freckled marbling.



## { Guinea Hog }

Originating from the U.S. more than 200 years ago, the critically rare Guinea Hog came from a unique West African breed stock. Today, the Guinea Hog is developed with Appalachian English pigs. Characteristics of the breed include a bluish-black coat, upright ears and curly tail. They are known for their gentle nature and excellent foraging abilities. They are considered an exceptional animal, yielding outstanding hams, bacon and lard.



## { Ossabaw Island Hog }

Originating from Spain, and of Iberian decent, this feral breed lives off the coast of Georgia on Ossabaw Island. They are small range pigs, meaning they are isolated foragers. They have a heavy coat and long snout. Extremely rare, this breed has a high percentage of healthy monounsaturated fat and makes great charcuterie. The quality of their fat and marbling has increased their popularity within the chef community.



## { Large Black }

Originating from Chinese breeds brought to England, the Large Black is a critically rare breed known for its taste, pasture foraging skills and overall hardiness. Large Blacks have short black hair, wide shoulders and a long body. When harvested, even at 200 pounds, the micro-marbling, short muscle fibers and excellent bellies produce exceptional bacon and moist meat with old world flavor.



## { Hereford }

Originating from the U.S. during the 1920's, the Hereford is a rare, but well-known breed. Resembling Hereford cows, these hogs have a distinguished reddish-brown coat and white face. The Hereford is known for its calm disposition and ability to thrive on pastures. It is a slower-growing breed, yielding rich colored, marbled meat.

## Mixing Heritage Breeds

Sometimes it is necessary to cross breeds because adequate gene pools are not available in a rancher's area. Other times, it is a philosophy of a family farmer to blend two of his favorite animals that display favorable traits. The goals are to create a generation where the best qualities of the original breeds emerge while strengthening the overall genetic base of the animals involved. The following are examples of a few popular mixes:

### { Duroc + Berkshire + Red Wattle }

Durocs are known for its sweet meat, marbling, amazing shoulders and spareribs. The Berkshire is known for its rich, creamy fat, and the Red Wattle enhances the overall texture and flavor of this hog.

### { Duroc + Hampshire + European Wild }

The English breed, Hampshire is known for its amazing carcass, hardy vigor and superior fat to meat ratio in the belly and loin. The Duroc is well known for high moisture content and rich meat flavors, when combined with the European Wild, the overall durability and flavor of the hog increases.

### { Poland China + Chester White + Duroc + Berkshire + Tamworth }

A combination of five breeds is typically called the Farmer's Cross, and can consist of Poland China, Chester White, Duroc, Berkshire and Tamworth. Poland China, a breed known for its extremely large loin and Chester White, revered for the cutability are combined with Duroc, Berkshire and Tamworth to create a unique tasting animal.

## OTHER NOTABLE BREEDS

Duroc	Iberian
Hampshire	European Wild
Large White	Lacombe
Chester White	Saddleback
Poland China	Yorkshire



Photo: Clark Summit Farm, CA

## Places Heritage Breed Pigs May Be Found

**Butcher Shops** – Many butcher shops have, or are beginning to carry heritage breed pigs. Ask your local butcher if he or she carries them and if not, request it. Pioneers like Joshua Applestone of Fleisher's Grass-fed Meats and The Meat Hook's Tom Mylan of New York are advocates of locally sourced heritage breeds.

**Farms** – There are many heritage breed pig farms throughout the country that sell directly to consumers. Many farms may be found online at [www.localharvest.org](http://www.localharvest.org).

**Restaurants** – Heritage breed pigs are found in many restaurants. Look for a description on the menu, and ask if the pork is from a heritage breed.

**CSAs and Farmers Markets** – Community Supported Agriculture (CSAs) enables people to come together to buy food in bulk directly from farmers and growers. Meat CSAs and farmers markets are becoming a great resource for finding heritage breed pigs.

**Online** – You also can purchase heritage breed pigs through trusted online sources such as, EcoFriendly Foods, Inc. ([www.ecofriendly.com](http://www.ecofriendly.com)), Heritage Foods USA ([www.heritagefoodsusa.com](http://www.heritagefoodsusa.com)) and Preferred Meats ([www.preferredmeats.com](http://www.preferredmeats.com)).

## FAQ

### How do I Know it is Heritage Pork?

There is no question that you should be able to taste the difference. To make sure, you can always take it to a laboratory for DNA test. However, for everyday consumers, the best way of buying 100 percent heritage pork is to buy from a grocer or farmer with honest reputation.

### How does Heritage Pork Taste?

They have more robust flavor. Upon first bite, your mouth should come alive as the juicy meat and crystallized fat hits your tongue. Bacon pigs, like the Tamworth are bred to have a high ratio of meat, which is balanced with fat for good moisture. The meat from leaner type pigs, like the Red Wattle, have meat that has a distinct rich flavor and is juicy and succulent.

## BACON BITS

*The Duroc breed first gained national recognition at the 1893 Chicago World's Fair.*

*Good mothering ability is a highly favorable trait, and means happier, calmer pigs.*

*It is believed that slave ships brought the Guinea Hog to America from the Guinea coast of Africa.*

*Around 1990, the Gloucestershire Old Spot almost became extinct in the U.S., and needed to be imported from England.*

*According to the American Mulefoot Hog Association, Mulefoot hogs have been bred in America for more than 600 years.*

## Learn More

American Guinea Hog Association [www.guineahogs.org](http://www.guineahogs.org)

American Livestock Breeds Conservancy [www.albc-usa.org](http://www.albc-usa.org)

American Mulefoot Association [www.mulefootpigs.tripod.com](http://www.mulefootpigs.tripod.com)

Local Harvest [www.localharvest.org](http://www.localharvest.org)

Oklahoma State Dept of Animal Science [www.ansi.okstate.edu](http://www.ansi.okstate.edu)

Red Wattle Hog Association [www.redwattleproject.com](http://www.redwattleproject.com)



## How do they Taste Different from Other Pigs?

How does a homegrown tomato taste compared to one that is store bought? Many people believe it's just plain better. Heritage breed pigs have high fat marbling throughout the meat, which equates to richer, deeper flavor. Heat plus fat equals caramelization. Additionally, they are fed natural, indigenous diets throughout their lives, which adds to their robust flavor.

## Are Heritage Breed Pigs Healthier for my Family?

Most heritage breed pigs are raised on family farms without the use of antibiotics or steroids. In the kitchen, adequate marbling throughout the meat lessens the need for oils, butters, shortenings and unnatural fats, which means you and your family are eating healthier.

**American Mulefoot  
hogs now count**

***Heritage breed pigs graze in open pastures,  
which help keep our eco-system healthy.***

***Large Black hogs are named "large" because they can reach  
weights upwards of 700 pounds or more.***



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## Ten Heritage Breed Pigs You Should Know

