

■ Measurement conversions 1cm=0.39inch/ 100g=3.5oz/ 1kg=35oz/ 1tsp=0.1pt/ 1tbs=0.3pt/ 100°C=212F

★=Specially recommended cuts

Hamburgers

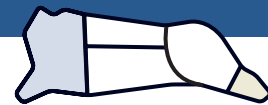


Recommended cuts

3 Neck 6 Shank

Ingredients

500g beef mince	1 red onion
1 large egg	Tomato ketchup
2-4tbs fresh bread 2tbs milk	4 lettuce leaves
Salt & pepper to taste	4 slices tomato
½ onion	4 hamburger buns
1tbs garlic powder	Butter
	Salad oil



Method

1. Roughly chop onion and thickly slice red onion and tomato into 1cm rings.
2. Soak bread crumbs in milk until soft.
3. Heat oil in frypan and sauté onion over medium heat and leave to cool.
4. Combine beef mince, sautéed onion from step 3, garlic powder, bread crumbs from step 2, egg, salt and pepper in a bowl.

5. Rub oil on hands and form generous sized hamburger patties. While shaping hamburger patties gently pat with hands to remove air.
6. Heat oil in frypan and cook on both sides over medium heat. Cook both sides of red onion slices.
7. Butter hamburger buns, add mustard if desired and place lettuce leaf and hamburger patty on the bottom half of the bun. Add tomato, red onion slice and tomato ketchup.
8. Cover with top half of the bun.

BBQ

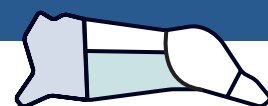


Recommended cuts

1 Chuck roll★ 10 2 Rib short rib★ 11 Short plate★

Ingredients

400g beef	150cc tomato ketchup
1 zucchini	1 medium onion
1 red onion	25cc brown sugar
4 mushrooms	A 2tsp apple vinegar
1/3 red pepper	1tbs salad oil
Lemon (or lime)	1tbs whisky
	1 clove garlic
	½tsp mustard



Method

1. Cut beef into 5cm cubes.
2. Cut zucchini into 1cm thick slices. Cut red onion into 1cm squares and remove excess dirt from mushrooms. Remove seeds and inner membrane from red pepper and cut to same size as the red onion. Finely chop onion and garlic for the grilling sauce.

3. Heat oil in pot and sauté garlic and onion over low heat. Sauté until onion is slightly opaque, then add remaining ingredients and simmer for approximately 10mins or until sauce reduces.
4. Place beef in grilling sauce and leave to cool in the fridge for 30mins.
5. Place beef and vegetables on steel skewers and grill while basting with grilling sauce.
6. Season with lemon (or lime).

Pot Roast

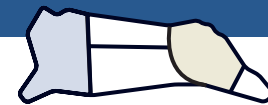


Recommended cuts

1 Chuck roll★ 14 D Rump

Ingredients

1kg block beef	1 clove garlic
4 potatoes	400cc chicken stock
80g baby carrots	1tbs salt
5 sticks celery	1tbs pepper
1 onion	3tbs salad oil



Method

1. Cut beef in half and rub with salt and pepper.
2. Cut potatoes, with skin on, into eights and celery into 2cm pieces. Remove skin from onion and cut to same size as the potato pieces. Finely chop garlic.
3. Heat oil in heavy pot over medium heat. Increase heat to high and sear beef on both sides. Once nicely browned add vegetables.

4. When vegetable are lightly cooked, add chicken stock, 200cc of water and bring to the boil over high heat. Remove scum, replace lid and simmer for 50mins over low heat.
5. Season with salt and pepper, remove beef and cut into 2cm pieces. Serve meat onto plates together with cooked vegetables. ※ Top with remaining gravy sauce as desired.

Chilli Con Carne

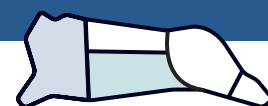


Recommended cuts

1 Chuck roll★ 10 2 Rib short rib★ 11 Short plate★

Ingredients

200g beef mince	2 cloves garlic
200g chorizo sausage	1 can (400g) red kidney beans
2tbs olive oil	1 large onion
1 large onion	2 cans (800g) tomatoes
?3 Bay leaves	50cc chilli
┌ 1 stick cinnamon	2tsp cumin
└ 2 jalapenos	Salt & pepper to taste
┌ 2 red and 2 yellow peppers	Grated cheese



Method

1. Roughly chop onion and cut jalapenos in half vertically and remove seeds. Finely chop garlic.
2. Wrap ingredients from A in gauze and tie off with cooking twine.
3. Heat olive oil in pot and add beef mince. When cooked through, add garlic and onion and cook until onion is lightly browned. Add chilli, cumin and red kidney beans.

4. Add remaining ingredients, except cheese, including the gauze pack, and simmer over low heat for 2 hours. Every so often remove scum from surface while simmering.
5. Serve onto plates and top with cheese. Enjoy with crackers or bread.