

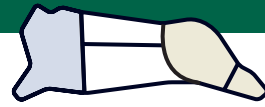
■ Measurement conversions 1cm = 0.39inch / 100g = 3.5oz / 1kg = 35oz / 1tsp = 0.1pt / 1tbs = 0.3pt / 100°C = 212F

★=Specially Recommended Cuts

Ragout of Beef



Recommended cuts



5 Brisket 10 D Rump 6 6 Shank

Ingredients

500g-1kg block beef	200cc canned tomatoes
½ onion	4 tomatoes
½ carrot	Salt & pepper to taste
½ stick celery	Lard
2tbs olive oil	Flour
500cc red wine	

Method

1. Finely chop onion, carrot and celery.
2. Sauté onion, carrot and celery until soft.
3. Season beef with salt and pepper and coat with flour.
4. Place lard in frypan and cook beef over high heat until both sides are lightly browned.
5. Transfer beef to large pot and add vegetables from step 2. Add red wine and leave over high heat to burn off alcohol.

6. Peel and seed tomatoes and mash while adding to the pot together with the canned tomatoes. Add with water until ingredients are just covered.
7. Lightly season with salt and pepper and simmer gently for approximately 1 hour.
8. Season with salt and pepper to taste.

Beef Red Wine Stew



Recommended cuts



5 Brisket 10 2 Rib short rib★ 6 6 Shank

Ingredients

400g block beef	Flour
1/2 onion	400cc red wine
1/3 carrot	1 can tomatoes
1 small stick celery	2tbs olive oil
1 clove garlic	Salt & pepper to taste
A 1 bay leaf	Lard
2 sprigs Italian parsley	
1 sprig sage and rosemary	

Method

1. Cut beef into generous bite size pieces. Finely chop onion, carrot and celery and remove skin from garlic and cut into halves.
2. Heat olive oil in frypan and sauté onion, carrot and celery until soft.
3. Season beef with salt and pepper and coat with flour. Place lard in separate frypan and cook beef over high heat until browned on both sides.
4. Transfer beef to oven-proof pot and add sautéed vegetables from step

2. Add red wine and cook over high heat to burn off alcohol. Add ingredients from A and the can of tomatoes, bring to the boil and reduce to low heat.
5. Lightly season with salt and pepper and replace lid. Transfer pot to oven preheated to 200°C and bake for approximately 90mins.
6. Remove soup and reduce until slightly thickened. Serve meat on plates and top with thickened sauce.

Beef Tagliata



Recommended cuts



10 2 Rib short rib★ 11 Short plate★ 13 Top-round

Ingredients

1 (200g) block beef	100cc olive oil
3-4 sprigs endives	1tsp balsamic vinegar
3 mushrooms	1 sprig rosemary
20g parmesan cheese	1 clove garlic
Salt & pepper to taste	

Method

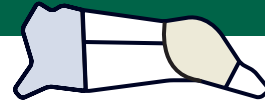
1. Combine finely chopped rosemary and garlic in a bowl. Dress with olive oil, salt, pepper and balsamic vinegar and mix well.
2. Cut endives into bite size pieces, slice mushrooms and use a peeler or grater to slice parmesan cheese.

3. Season both sides of beef strongly with salt and pepper, heat olive oil in fry pan and lightly sear beef over high heat on both sides.
4. Remove beef from frypan and slice thinly.
5. Serve endives onto plates and top with sliced beef, parmesan cheese and mushrooms. Drizzle with dressing prepared in step 1.

Milan-style Cutlets



Recommended cuts



1 Chuck roll★ 2 Shoulder clod 13 Top-round

Ingredients

4, 80g beef steaks	Flour
100g fine bread crumbs	Salt and pepper to taste
50g parmesan cheese	200cc Olive oil
5g garlic	Lemon
1/2 tsp Italian parsley	
2 eggs	

Method

1. Combine bread crumbs, finely chopped garlic, Italian parsley and grated parmesan cheese in a shallow tray/bowl.
2. Wrap beef in plastic and gently stretch out with a meat mallet, removing excess sinew and season with salt & pepper.
3. Combine egg with 1tbs of water.
4. Place flour, egg and combined bread crumbs from step 1 into separate trays/bowls. Coat individual beef steaks in flour, egg and bread crumbs (in that order).

5. Use back of knife to create a lattice pattern on steaks.
6. Heat olive oil in frypan and when bubbling, add steaks and cook over medium heat on both sides until golden brown.
7. Remove oil and serve onto plates with lemon slices.
 - ※Serve with salad if desired.