**American Cuisine**

Popular American home-cooked cuisine. Juicy flavor and tenderness of a BBQ or stew that only Wagyu can provide.

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**Hamburgers**

**Recommended cuts**

- Neck
- Shank

**Ingredients**

- 500g beef mince
- 1 large egg
- 2-3bs fresh bread &bs milk
- Salt & pepper to taste
- ½ onion
- 1lbs garlic powder
- 1 red onion
- Tomato ketchup
- 4 lettuce leaves
- 4 slices tomato
- 4 hamburger buns
- Butter
- Salad oil

**Method**

1. Roughly chop onion and thinly 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 handle and form generous sized hamburgers patties. While shaping hamburger patties gently pat with handle 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 slices and tomato ketchup.
8. Cover with top half of the bun.

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**Pot Roast**

**Recommended cuts**

- Chuck roll
- D Rump

**Ingredients**

- 1kg block beef
- 4 potatoes
- 80g baby carrots
- 5 sticks celery
- 1 onion
- 1 clove garlic
- 150cc chicken stock
- 1lbs salt
- 1lbs pepper
- 3lbs salted oil

**Method**

1. Cut beef in half and rib 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 vegetables are lightly cooked, add chicken stock, 200cc of water and bring to the boil over high heat. Remove scum, replace lid and simmer for 5mins over low heat.
5. Season with salt and pepper, remove beef and cut into 2cm pieces. Serve meat on plates together with cooked vegetables. Sip top with remaining gravy sauce as desired.

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**BBQ**

**Recommended cuts**

- Chuck roll
- 2 Rib short rib
- Short plate

**Ingredients**

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

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**Chilli Con Carne**

**Recommended cuts**

- Chuck roll
- 2 Rib short rib
- Short plate

**Ingredients**

- 200g beef mince
- 200g chorizo sausage
- 2tbs olive oil
- 1 large onion
- 12c salt cinnamon
- 2 jalapeños
- 2 red and 2 yellow peppers
- 2 cloves garlic
- 1 can (400g) red kidney beans
- 2 cans (800g) tomatoes
- 50cc chilli
- 2tsp cumin
- Salt & pepper to taste
- Grated cheese

**Method**

1. Roughly chop onion and cut jalapeños in half vertically and remove seeds. Finely chop garlic.
2. Wrap ingredients from A in sauce 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 chillis, 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.