

**GRASS FED BEEF**

**THE NATURE OF THE BEAST- best enjoyed**

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| **CUTS of MEAT** | **COOKING METHOD & MEAL IDEAS** |
| **WHOLE CUTS/ROASTS** | **BRAISED/SLOW COOKED** |
| Brisket | Very slow cook, with liquid- range of recipes available |
| Silverside |
| Blade Roast |
| **ROASTS** | **STOVE TOP & /OR TO OVEN**  |
| Silverside | Cook with water in roasting tray/ or Boil in water with Garamasala/ Bay leaves/ star anise- if you like it- or onions/ Celery |
| Rolled Rib Roast | Seal meat in hot over or hot plate- then cook at 150 C for 1hr for every kg cooked through. Allow to rest under foil 5-10min before serving |
| **PRIME CUTS** | **VERY HOT PLATE** |
| Eye Fillet, Rib Fillet, Rump & Sirloin | Seal meat on both sides - keep juices in steak. Do not prod or poke…leave to cook to your liking only turning when juices appear. Allow to rest for 5min before serving under foil***Note for the Sirloin*** ***& Rump***-Cut the sinew edge off the with a sharp knife after cooking, before serving.  |
| **PRE CUT** | **SLOW COOKER/ OVEN** |
| Diced Beef | Slow cook- Curries, Beef Bourgeon, casseroles |
| Beef Ribs | Recipe included when purchased- very slow but yummy. |
| **PRE CUT**  | **QUICK MEALS** |
| Mince | Beef burgers, bolognaise, rissoles, lasagne, taco’s |
| BBQ Steak/ Schnitzel | Slice to make Beef Stroganoff, or stir fryCrumb to make Beef Schnitzel/ Parmigiana- top with tomato paste/cheese. |
| Sausages | 100% beef- 30g potato flour to 1kg of mince, salt/ pepper/ sage & thyme. Cook in fry pan… textured sausage it is different to snags from the shops.  |

**TIP- The cry vac meat-** you can defrost our packs and leave in fridge for up to 1 week- when opening cry-vac meat it may have a smell- this is the ongoing aging process of the meat- leave to air for 20 minutes before cooking to eliminate the smell.