



BEEF

Masterpieces™

VOLUME 1

JOIN THE RED MEAT REVOLUTION

CONSIDER YOUR FAVOURITE MEAL – THE ONE THAT MAKES YOU SMILE JUST THINKING ABOUT IT. PERHAPS IT'S SOMETHING YOUR GRANDMOTHER USED TO MAKE, OR THAT YOU ATE ON YOUR TRAVELS THROUGH EUROPE. PERHAPS IT'S THE SPECIAL DISH THAT FRIENDS AND FAMILY ALWAYS APPLAUD AND CHEER, OR THE ONE THAT KEEPS YOUR CUSTOMERS COMING BACK, WEEK AFTER WEEK.

Now think about the ingredients you use to make that meal. Usually there are just a few simple ones. On their own they are undoubtedly very good, but together they create Masterpieces.

At Meat & Livestock Australia (MLA) we're proud to represent one of the finest ingredients available to any chef – beef. And we'd like to contribute to your Masterpieces by inspiring your recipe development using classic cuts of beef in innovative ways.

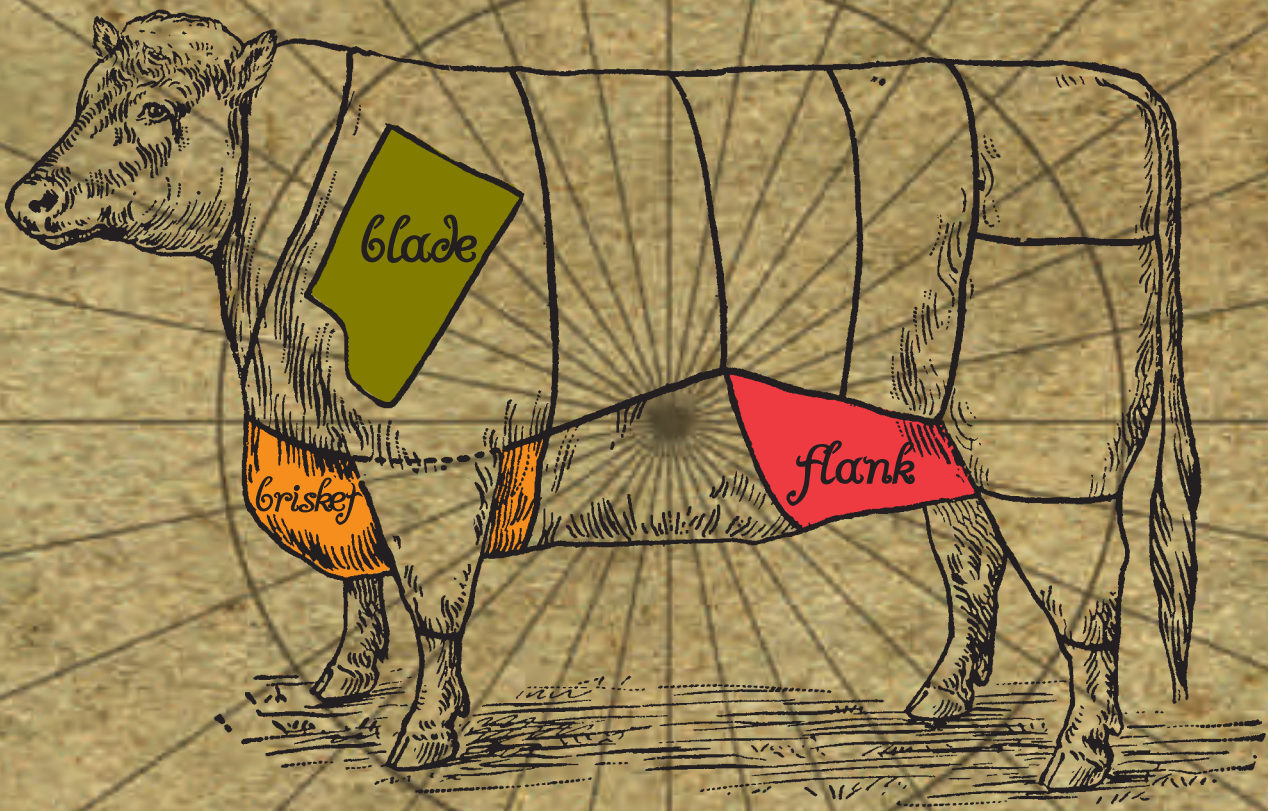
In this edition we've drawn on popular world cuisines to present selected cuts of beef in the most mouth-watering recipes. We've also included all the basic butchery knowledge you'll need.

Sourcing the best quality ingredients doesn't need to be limited to loin cuts as these classic cuts of beef perform just as well when treated appropriately and bring the added benefit of lower plate costs.

We hope these pages stimulate your creative juices and inspire your own masterpieces for your customers to enjoy.

Viva la Revolution!

Meat & Livestock Australia



FLANK STEAK



H.A.M.* 2210

BUTCHERY

DESCRIPTION:

A flank steak is a single muscle cut from the flank primal (thin flank), which is beneath the loin and in front of the back legs. The flank steak is further prepared by stripping away the membrane and connective tissue to leave a flat, coarse-grained muscle with fibres that run lengthwise. Each carcass only has two flank steaks.

PREPARATION OF CUT:

This cut is processed practically free of fat and connective tissue, so very little, if any, trimming is required.

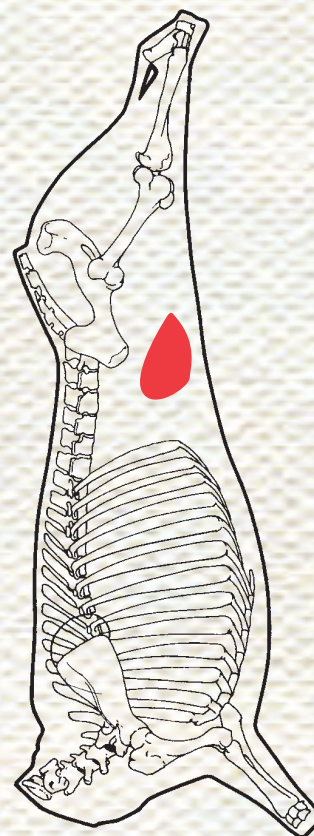
CUT SPECIFICATIONS:

- Order product to MSA 3, pre-aged for a minimum of 14 days
- Recommended cooking methods: stir-fry, slow cook
- Item weight range: 600–800g

FURTHER CONSIDERATIONS:

This cut does not grade under the MSA system as a grill; however, we have included a grilling recipe as this is the way it is commonly prepared in some countries. For best results as a grill specify the following quality requirements:

- Weight range of about 600–800g each
- Marbled flank steak
- Minimum of 14 days ageing



* H.A.M. is the Handbook of Australian Meat specification. This is the official AUS-MEAT language, giving a common description of meat cuts.



FRANCE

CHINA

GLOBAL FLAVOURS

The flank steak is an extremely versatile cut of meat. Relatively long and flat, it has a coarse grain running along its length which adds another dimension to its appeal and application. This coarse grain means the flank steak is perfect for marinating as the meat fibre is very porous, yet firm enough to ensure the meat won't collapse while marinating and during subsequent cooking.

These features have made it one of the stars of Mexican cuisine, where it is known as *arrachera* or *carne asada*. Here, the flank is marinated in flavours including lime juice, coriander and chilli, and then grilled and sliced across the grain for wrapping in tortillas, or slow cooked and 'pulled' (shredded) for burritos.

In France it is known as *bavette*, and is most commonly served in a classic bistro-style dish called *bavette a l'echalotte* (flank steak with shallots). In this method of grilling it is cooked quickly over a very high heat to no more than medium rare, rested, then sliced across the grain and served with the sauce spooned over the top.

Flank steak is also frequently used in Asia, and is one of the most popular cuts of beef for stir frying in Chinese cuisine.

In the U.S. the flank steak is used widely in Tex-Mex cooking, particularly as strips of marinated, grilled beef in fajitas. It also adds a fantastic texture to gourmet hamburger patties.

BEST COOK METHODS

GRILL:

Ensure the steak is at room temperature before cooking. Marinating overnight will also help tenderise the meat.

Season and cook over a grill or pan on high heat, and turn once only.

This cut is best cooked to **medium rare** – it does not perform if cooked beyond medium rare so it's important to make your customers aware of this.

If you intend serving the flank as a steak then carve it *across* the grain prior to plating to ensure the best eating experience.

Choosing a marbled piece of flank steak will also contribute to the juiciness and flavour of this cut.

SLOW COOK:

A marbled piece of flank will perform extremely well under slow-cooking conditions.

Bring flank steak to room temperature before cooking.

As this cut is quite fibrous, it's essential to retain moisture in the meat by using a low temperature during the slow-cooking process.

Marinating the flank steak overnight in an acidic liquid such as lemon or lime juice will help tenderise the meat.

After slow cooking, the flank steak can be shredded with a fork. The meat can then be used in many ways, including for sandwiches, salads and burritos.

STIR FRY:

Slice the flank steak across the grain into thin slices or strips for stir frying or quick grilling. The maximum thickness for stir-fry pieces is about 6mm.

MENU APPLICATION:

• Burritos • Fajitas • Steak (grilled and sliced) • Steak sandwiches (filled with sliced steak pieces) • Salad toppings (grilled) • Skewered steak/satays • Stir fries

VIETNAMESE STEAK SANDWICH

SERVES 4

1 piece of flank steak, approx. 600g

MARINADE FOR FLANK STEAK

1/3 cup fresh lime juice (about 4 limes)

2 tbsp soy sauce

2 spring onions, thinly sliced (about 1/3 cup)

2 tbsp fresh minced ginger

1/2 tsp red pepper flakes

1 large garlic clove

1 tsp sugar

1/4 tsp red pepper flakes

1 tbsp rice wine vinegar

Water

2 carrots, grated

2 spring onions, thinly sliced

1/2 cup fresh coriander leaves

1 cucumber, thinly sliced

4 Vietnamese rolls

Salt and pepper

METHOD FOR MARINATING FLANK STEAK

Combine all marinade ingredients in a plastic bag and place flank steak into bag. Seal the bag and place in the fridge to marinate for 30 minutes, turning occasionally.

TO PREPARE

In a small bowl, stir together garlic, sugar, red pepper flakes, rice vinegar and 1 tbsp water to make the vinegar mixture. In another bowl, toss together the carrot, spring onion, coriander and cucumber. Toss with half the vinegar mixture. Heat a grill or pan to high, remove the steak from the marinade and drain excess liquid. Season with salt and pepper and place on the grill. Cook, turning once, to medium rare. Rest steak then slice thinly. Split rolls and lightly toast. Layer with the carrot mixture and steak. Drizzle with the remaining vinegar mixture if desired.

TO SERVE

Serve Vietnamese steak sandwiches wrapped in paper as a bar snack or on a plate with fries. Slice small portions of the steak sandwich for finger food.



BAVETTE WITH SHALLOT COMPOTE, JUS AND FRIES

SERVES 4

2 flank steaks (bavette), approx. 450g each

SHALLOT COMPOTE

110ml vegetable oil

80g unsalted butter

700g medium shallots, peeled and thinly sliced

2 tbs fresh thyme, finely chopped

Salt and pepper

100ml white wine

2 tbs parsley leaves, washed and coarsely chopped

METHOD FOR SHALLOT COMPOTE

Heat a large frypan over medium heat. Add half of the vegetable oil and half of the butter. Add the shallots and the fresh thyme. Season with salt and pepper, reduce the heat and cook slowly until the shallots are caramelised. Add the white wine. Keep stirring and cook for another 3 minutes or until the wine is completely reduced. Place the shallot compote in a bowl and keep warm. Set aside the chopped parsley for later.

METHOD FOR BAVETTE

Heat a sauté pan over high heat and add the rest of the oil and butter. When the butter turns brown, add the steaks to the pan and sear for about 2 minutes on each side until brown. Use a large spoon to baste the meat during the cooking. Cook to no more than medium rare. Remove the meat from the pan and set to rest on a baking tray in a warm place.

TO SERVE

Slice the steak across the grain into slices and fan out onto a plate. Mix chopped parsley through the shallot compote. Spoon shallot compote and juices over the steak slices, and serve with fries.

RECIPE BY Philippe Mouchel,
PM24, VIC

CARNE ASADA WITH CHILLI SALSA

SERVES 4

1kg flank steak

Olive oil

Salt and freshly ground black pepper

MARINADE FOR FLANK STEAK

4 cloves garlic

1 jalapeno chilli, seeded and minced

1 tsp freshly ground cumin seeds (lightly toast seeds before grinding)

1 large handful fresh coriander, leaves and stems, finely chopped

Salt and freshly ground black pepper

2 limes, juiced

2 tbsp white vinegar

½ tsp sugar

½ cup olive oil

*TOMATO AND CHILLI SALSA

1 ripe large tomato

2 pickled jalapenos

1 small onion

1 clove garlic, peeled

8-10 sprigs of coriander, chopped

½ tsp salt

1 tsp freshly squeezed lime juice

Water

BURRITO

4 (30cm diameter) flour tortillas

160g grated cheddar cheese (40g per burrito)

240g steamed long grain rice (60g per burrito)

4 heaped tsp tomato and chilli salsa*

240g black beans (60g per burrito)

METHOD FOR FLANK STEAK PREPARATION

Lay the flank steak in a large glass bowl or baking dish.

Combine marinade ingredients and pour over steak. Make sure each piece is well coated, cover and refrigerate for 1-4 hours.

Preheat cast iron pan or grill to a high heat. Brush grates with a little oil. Remove flank steak from marinade, drain excess liquid and season both sides well with salt and pepper. Cook steak to medium rare, turning only once. Rest steak once cooked.

METHOD FOR TOMATO AND CHILLI SALSA

Core the tomato, remove seeds and pulp. Finely chop the remaining tomato and add to bowl. Finely chop the chillies (remove seeds for a milder salsa). Add finely chopped onion, garlic and coriander to the tomatoes. Stir in the salt, lime juice and one tbsp of water. Sit for about 30 minutes before serving.

RECIPE BY Steven Marks, Guzman Y Gomez, NSW





METHOD FOR BURRITO

Thinly slice cooked flank steak across the grain. Warm the tortilla on a hot, flat grill for 15 seconds each side. Lay a tortilla on a flat surface, place a line of cheese at the top, then rice, top the rice with some tomato and chilli salsa, followed by a line of black beans. Make sure to leave a 3cm gap on each side of the tortilla. Finish with a line of flank steak across the top. Fold the top lip to cover the filling. Fold in the left side of the tortilla. Roll the burrito towards you once then fold in the right side of the tortilla and finish rolling the burrito.

TO SERVE

Serve burrito with sides of guacamole and extra tomato and chilli salsa.

BAVETTE BOURGUIGNON WITH ROOT VEGETABLES

SERVES 4

2 flank steaks (bavette), approx. 450g each

Salt and pepper

2 **tbsp** of vegetable oil or olive oil

Extra butter for serving

BOURGUIGNON SAUCE

2 **tbsp** vegetable oil

1 brown onion, peeled and finely chopped

1 medium carrot, peeled and chopped

2 cloves of garlic, peeled and minced

500g 100% beef mince

750ml red wine

2 **tbsp** tomato paste

1 **sprig** of fresh thyme

150g mushrooms, washed and trimmed

100g pancetta, cut into small lardons

ROOT VEGETABLES AND GARNISH

2 **tbsp** olive oil

1 medium carrot, peeled and cut into 5mm rounds

150g celeriac, peeled and cut into small wedges

150g turnips, peeled and cut into small wedges

Salt and pepper

¼ **lt** chicken stock

1 **sprig** of fresh thyme

50g butter

METHOD FOR BOURGUIGNON SAUCE

Add vegetable oil to a large pot and heat. Add onion, carrot and garlic and sauté for ten minutes, stirring occasionally. Add the beef mince and keep cooking on high heat until the meat turns brown. Add the red wine, tomato paste and the sprig of thyme and bring to a simmer. Cook for 30 minutes. Strain the sauce through a fine sieve in a clean pot, press well on the meat, and add the mushrooms to the sauce. Heat a fry pan with one tablespoon of oil and sauté the pancetta, drain on paper towel and add to the sauce. Cover the pan with a lid. Keep warm.

METHOD FOR ROOT VEGETABLES

Heat a pan with olive oil, add all the vegetables, season with salt and pepper and cook for 5 minutes, stirring occasionally. Add chicken stock and thyme. Lower the heat and braise the vegetables until they are tender. The chicken stock should have reduced by then. Add half of the butter to glaze the vegetables. Check the seasoning and keep warm.

METHOD FOR FLANK STEAKS

Season the flank steaks with salt and pepper. Heat a sauté pan over high heat, add the rest of the oil and butter. When the butter turns brown, add the steaks to the pan and sear for about 2 minutes on each side until brown. Use a large spoon to baste the meat during cooking. Note: Flank steak is best served medium rare.

TO SERVE

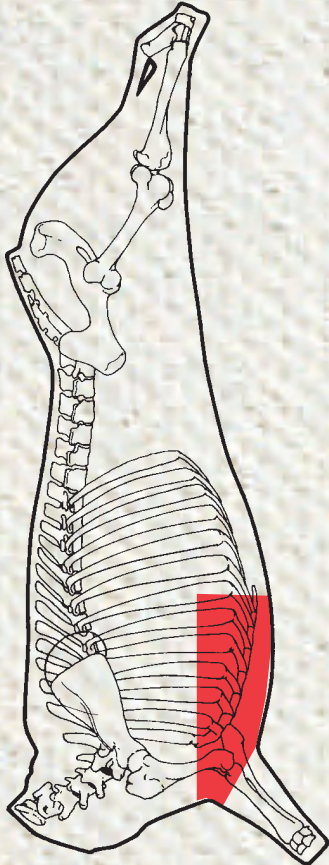
Remove the meat from the pan and set to rest on a baking tray in a warm place. Reheat the sauce and swirl with some extra butter. Slice the flank steaks across the grain and arrange a fan of slices on each plate. Arrange the root vegetables on a large plate with the meat on the side. Spoon the sauce around the meat and vegetables and serve immediately.

RECIPE BY Philippe Mouchel, PM24, VIC



BRISKET

POINT END DECKLE OFF



H.A.M. 2353

BUTCHERY

DESCRIPTION:

Prepare the point end brisket deckle off by removing the navel end portion from a brisket (H.A.M. 2323). There are two briskets per carcass.

PREPARATION OF CUT:

This cut performs best with some fat left on, so don't trim the product completely. For best results, remove the thin red muscle known as 'red bark' if it is present on the external surface.

CUT SPECIFICATIONS:

- Order product to MSA 3, pre-aged for a minimum of five days
- Recommended cooking methods: thin slice*, slow cook
- Average weight: about 3–5kg each

FURTHER CONSIDERATIONS:

- For best results, leave a thin layer of fat on the top of the muscle to keep it moist and juicy during cooking.
- Look for brisket that has some marbling and a deep red meat colour



* Thin slice refers to a piece of meat cut no more than 2mm thick. For best results, chill the product and cut on a slicing wheel.



GLOBAL FLAVOURS

Brisket is a fantastic, full flavour cut that lends itself to many international cuisines styles from Japanese to United States barbecue.

Its relative low cost and versatility make it a very popular ingredient in global cooking, and one that's often undervalued in the domestic market.

Beef brisket is a star of U.S. barbecue, especially in the southern states where rubs and marinades add regional flavours before the brisket is 'smoked' over wood or charcoal. The brisket is sometimes basted during cooking; however, most of the flavour and juiciness comes from leaving the fat cap on to slowly melt through the meat.

For this style of cooking the flavour is influenced by the type of woodchips added to the heat source, such as mesquite, hard wood, oak, pecan or hickory. The chefs' special combination of woodchips is often the secret to their signature barbecue brisket recipes – they really take their barbecues seriously!

The four main regional US barbecue styles are Kansas City, Memphis, North Carolina and Texas. Any one of them might inspire you.

The brisket is a staple in other international cuisines as well. In areas of Southern China, it's cooked with spices over a low heat until tender and commonly served with noodles in soup or curry. It's also used to prepare *Suea Rong Hai* ('weeping tiger'); a popular dish originating in North Eastern Thailand that's made from grilled marinated brisket served with a dark herb sauce.

In Japan, it's served thinly sliced for *yakiniku* (barbecue) and *shabu shabu* (hot pot). A classic Japanese dish cooked hot pot style is *Sukiyaki*. It's also used in stir fries, crumbed and fried (*katsu*) and in larger cubed pieces, (slow cooked).

In Mexico the brisket is commonly cooked *barbacoa-style*. The name suggests barbecue and although it was the inspiration for the development of the U.S. or *Texas-style* barbecue, it actually refers to slow-cooked meat that is traditionally prepared by wrapping marinated beef in leaves and cooking in a pit in the ground or wrapped and cooked over indirect heat. The result is melt-in-the-mouth tender beef that's normally served as a filling for burritos or shredded on a plate, with beans and rice on the side.

BEST COOK METHODS

SLOW COOK:

A marbled piece of point end brisket will perform extremely well if slow-cooked – and for a point of difference you could try grain-fed or Wagyu beef.

Marinating the brisket overnight in an acidic liquid such as lemon or lime juice will tenderise the meat. The acidic base will also help deliver any spices in the marinade through to the fat deep in the meat.

Bring the brisket to room temperature before cooking. Leave some fat cover on the muscle to retain moisture and add flavour during cooking. For this reason, place the brisket fat side up so the fat melts through the meat during cooking. As this cut is quite fibrous, it's essential to cook at low temperature and add some liquid to the pan to retain moisture.

To achieve a sticky flame-grilled barbecue flavour, slow cook the brisket in a rub or marinade over a low heat for several hours. Rest and allow to cool completely before reheating on a grill, basting with your favourite barbecue sauce.

Like most red meat cuts, brisket should be rested before serving. It can be cut into squares to serve – this is common when consistent presentation is required.

THIN SLICE:

Separate the brisket point end plate (H.A.M. 2327) and brisket point end pectoral (H.A.M. 2328) muscles, clean excess fat off and thinly slice each muscle against the grain to almost paper-thin thickness for use in steam boats and yakiniku (barbecue).

MENU APPLICATIONS:

- Southern barbecue-inspired with all the side trimmings: beans, fries and coleslaw
- Pulled beef 'in a roll'
- Corned roast brisket and vegetables
- Corned brisket 'n' mustard bagel
- Pot roast
- Steakhouse pot roast sandwich
- Smoked beef brisket salad
- Sukiyaki beef
- Beef barbacoa – Mexican-style for burritos
- Suea Rong Hai – Thai-style brisket
- Panko*-crusted brisket bar snacks
- Pulled beef brisket jerky

* Panko are a light, flaky style of breadcrumb traditionally used in Japanese cuisine.

BEEF SUKIYAKI

SERVES 4

400g thinly sliced point end brisket deckle off

1 onion, thinly sliced

200g Udon noodles

4 Shiitake mushrooms

½ bunch spring onions

2½ cups Dashi stock

SAUCE INGREDIENTS

½ cup + 2 tbsp soy sauce

2 tbsp each of Sake rice wine and Kara miso (spicy miso paste)

2½ tbsp sugar

METHOD FOR PREPARING BEEF

Trim all fat from the point end brisket. Cut paper thin. To do this, temper the brisket (i.e. semi freeze) and slice on a cutting wheel 2mm thick.

METHOD FOR PREPARING VEGETABLES AND NOODLES

Thinly slice onion. Set aside. Pre-boil the Udon noodles, drain, and cut them into easy-to-eat lengths. Cut the stalks off the bottom of the Shiitake mushrooms. Cut the spring onions into 4-5cm lengths.

TO SERVE

Add Dashi stock and the beef to a saucepan, boil and skim impurities from the surface. Reduce heat. Add onions, udon noodles and Shiitake mushrooms to the saucepan, add the sauce ingredients and simmer for 7-8 minutes. Finish by adding spring onions, and briefly simmer just enough to heat them through.



MEMPHIS STYLE BARBEQUED BRISKET

SERVES 12

1 point end brisket deckle off, approx 3kg, trimmed with some fat left on top

RUB

- 1 cup brown sugar
- 1 tbsp ground cumin
- 2 tbsp ground coriander seed
- 2 tbsp garlic salt
- 2 tbsp onion powder
- ¼ cup smoked paprika
- 1 tbsp dried chilli
- 2 tbsp dried chopped thyme
- 2 tbsp ground black pepper
- 1 cup Worcestershire sauce

PREPARING DRY RUB

Mix all rub ingredients together except for the Worcestershire sauce. Score the brisket on both sides. Cover both sides of the meat with the rub mix. Rub seasonings well into the scored sections of meat. Cover and refrigerate overnight. Take the meat out of the fridge, season meat again with extra rub seasoning and the Worcestershire sauce. Place in a roasting pan, cover with foil and bake at 110°C in an oven until the beef is very tender and juicy (approximately 8 hours). Let beef rest for 30 minutes.

TO SERVE

Use a fork to shred the meat. Serve on a bun with coleslaw and BBQ sauce, or on a plate with coleslaw and baked beans and Memphis BBQ sauce.

RECIPES BY Caleb Hawkings, Fullservice BBQ, Tennessee, USA

MEMPHIS STYLE BBQ SAUCE

YIELDS 2 CUPS (SERVING SIZE 2 TBSP)

RUB

- 1 cup tomato sauce
- ¾ cup white vinegar
- 2 tbsp brown sugar
- 1 tbsp onion powder
- 2 tbsp Worcestershire sauce
- 2 tbsp mustard
- ½ tsp freshly ground black pepper
- ¼ tsp salt
- ⅛ tsp ground red pepper

TO PREPARE

Combine all ingredients in a medium saucepan, and bring to a simmer. Cook for 5 minutes; serve warm. This sauce can be prepared, stored and reheated when needed.



PANKO CRUMBED BEEF WITH LIME MAYONNAISE

BRAISE INGREDIENTS

1 point end brisket deckle off, approx. 3kg, trimmed but with some fat left on top
Salt and pepper
2 cinnamon sticks
1 star anise
2 lt beef stock
2 bay leaves
1 carrot, chopped
2 stalks of celery, chopped
2 onions, chopped
1 orange, zest only

CRUMB

5 eggs
200ml milk
500g flour
1kg Panko breadcrumbs
Oil for frying

LIME MAYONNAISE

300g whole egg mayonnaise
2 limes, zested and juiced
Pinch of salt

METHOD FOR BRAISING BRISKET

Place all ingredients into a braising tray (with the brisket fat side up) and cover with greaseproof paper and foil. Place into a hot 160°C oven and cook for approximately 5 hours until tender. Remove from the oven. Remove the brisket from the liquid and place in a clean tray. Place a heavy weight on top and leave in the fridge overnight. Remove from the fridge and remove the weight. Trim off the fat and cut the brisket into strips about 2cm wide.

METHOD FOR CRUMB

Beat the eggs and milk together. Place the beef strips into the flour and shake off the excess. Place beef strips into the egg and milk mixture. Place the brisket into the Panko breadcrumbs and leave to set before frying. Deep fry until crunchy, and serve with lime mayonnaise.

METHOD FOR MAYONNAISE

Mix the mayonnaise and the lime zest together. Add salt to taste.

TO SERVE

Place crumbed brisket in a bowl or plate with the dipping sauce of lime mayonnaise. Serve with extra lime wedges and salt. Perfect as a bar snack, shared plate or kids' meal.





BEEF BARBACOA

SERVES 4-6

- 1kg** point end brisket deckle off
- 2 cans** diced tomatoes with juice
- 1 cup** chicken broth
- ¼ cup** red wine
- 2 tbsp** lime juice
- 1½ tsp** dried ground cumin
- 1 tsp** dried oregano
- 1** jalapeno, sliced and deseeded
- 3 tbsp** ground coriander
- 1** large onion, thickly sliced
- ½ tsp** salt
- ½ tsp** pepper
- 2 tbsp** olive oil

METHOD FOR MARINATING BRISKET

Combine all ingredients with the brisket in a zip-lock bag. Allow to marinate overnight, turning the bag over at least once. Remove the brisket from the marinade. Heat 2 tablespoons of olive oil in a large heavy skillet over medium high heat. Brown the brisket well on all sides but leave raw in the middle. Place the browned meat in a slow cooker with combined marinated ingredients from the bag. Cook for 8 hours on low or 6 hours on high. Meat should be fork tender.

TO SERVE

Shred the meat using a fork. Serve with black beans and rice, or tortillas with accompaniments of tomato salsa, fresh coriander, fresh chilli, sour cream and lime wedges.

RECIPE BY Steven Marks, Guzman Y Gomez, NSW



OYSTER

BLADE

H.A.M. 2303

BUTCHERY

DESCRIPTION:

Oyster blade is prepared from a blade (H.A.M. 2300) by removing the bolar blade (H.A.M. 2302) along the seam. There are two oyster blades per carcass.

PREPARATION OF CUT:

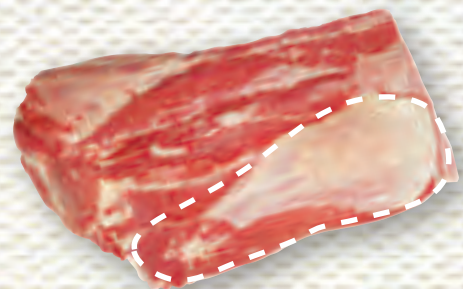
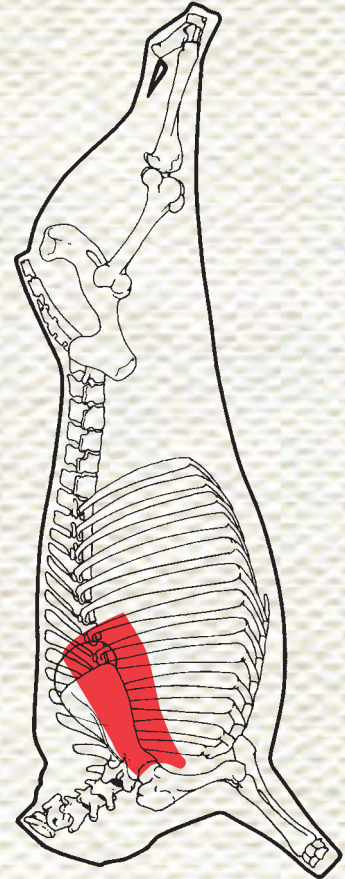
Ensure the silver skin is removed (denuded) from the outside of the oyster blade. To produce *flat iron steaks*, see opposite page.

CUT SPECIFICATIONS:

- Order product to MSA 3, pre-aged for a minimum of five days
- Recommended cooking methods: grill, roast, stir fry and thin slice
- Average weight: 1.2–1.8kg for whole oyster blade
- Weight of available meat after trimming: 0.6–0.9kg

FURTHER CONSIDERATIONS:

- For grilling, order a primal weight range from 0.8 to 1.2kg
- Ask your wholesaler about prepared oyster blade products (such as *flat iron steaks* and *banded oyster blades*).



HOW TO CUT A FLAT IRON STEAK FROM AN OYSTER BLADE



1: A flat iron steak is produced from a whole oyster blade by removing all the connective tissue and silver skin (that is, denuding it).



2: Turn the oyster blade over, fat side facing down. Gently slide the knife in between the silver skin and the meat, moving it away from your body and then doubling back to remove the remaining skin.



3: Discard the fat and silver skin.



4: Turn cut over.



5: Following the natural muscle seam, slowly separate the fat from the silver skin. Discard fat.



6: Gently slide the knife between the silver skin and meat.



7: Moving the knife away from your body, slice through all the way to the end of the oyster blade.



8: Double back to remove the remaining skin. Discard skin.



9: Looking down the long side of the oyster blade, find the wedge of sinew at the thicker end and insert the knife between the meat and silver skin. Slice along the silver skin to butterfly, being careful not to slice all the way through.



10: Once the meat is butterflied along the silver skin, complete the cut by slicing all the way through to separate the two pieces.



11: Place denuded side of meat to one side.



12: Taking the other piece of the oyster blade, lightly slide the knife between the silver skin and the meat. Gently push the knife away from your body to separate the meat from the sinew.



13: Double back slowly to completely remove sinew, and discard.



14: Square up ends.



15: Slice 2-3 steaks from each half of the oyster blade, depending on your desired portion size.



16: Ready-to-use portioned flat iron steaks.



GLOBAL FLAVOURS

The oyster blade is one of the most tender, flavoursome and versatile cuts of beef. It performs brilliantly when roasted, grilled, stir fried or braised.

The oyster blade comes from the carcass forequarter and sits on the shoulder blade or scapula. It is covered by a silver skin and has a thick seam of connective tissue running through the middle. This tissue makes oyster blade ideal for slow cooking because it renders down to produce a gelatinous, rich sauce to the braise.

The oyster blade can also be denuded and trimmed of connective tissue and cut into *flat iron steaks*. These steaks are often seen in restaurants and steakhouses in America and are extremely popular in fine dining restaurants because they are lean, tender and smaller in portion size than many other steak cuts.

Many restaurants serve oyster blade because it performs just as well as loin cuts but costs less. In Japan and Korea, where it is highly regarded for flavour and tenderness, oyster blade features on restaurant menus in *yakiniku* (barbecue), stir fry and hot pot cooking.

Its flavour and tenderness also make the oyster blade ideal for a gourmet roast. A popular roasting method is to clean out the sinew in the middle before stuffing and trussing. Slow roasting the oyster blade on low heat for a few hours also gives a fantastic result.

BEST COOK METHODS

GRILL:

Cut into *flat iron steaks* and cook over a char grill or pan fry. If the oyster blade has some marbling, the steak will be even juicier and more flavoursome. In many contemporary restaurants this cut is served sliced over a salad for lunch or in a gourmet steak sandwich that is lean and sinew free.

ROAST:

For roasting, remove the silver skin and slow roast whole. Alternatively, the cut can be butterflied and trimmed of connective tissue before stuffing and trussing to form a uniform shape.

SLOW COOK:

Denude the oyster blade by removing the silver skin and connective tissue and cut it into cubes at least 20mm in size for braising. Alternatively, to suit entrée portion sizes, cut it into larger chunks (about 60mm cubes) and slow braise over a low heat.

STIR FRY:

Trim the oyster blade into thin stir-fry strips (6mm wide by 75mm long) with little or no connective tissue.

THIN SLICE:

To use for poaching in steam boats and broths, chill the oyster blade in the freezer to stabilise the fibres, then slice it very thinly (2mm thick) on a slicing wheel. Make sure you remove the internal sinew.

MENU APPLICATIONS:

- Flat iron steak • Classic roast beef • Mediterranean stuffed roast beef • Curries, tagines, goulash • *Korean bulgogi* ('fire meat') • Beef stir fry • Roast beef sandwiches or wraps
- Thai beef salad • Steak sandwich with caramelised onions and barbecue sauce • Marinated beef skewers • Mince for gourmet hamburger patties • Hot pot • Beef and Guinness pie
- Beef bourguignon

FLAT IRON STEAK SANDWICH

Flat iron steaks, approx. 200 grams each, seasoned
Preferred fillings
Bread of choice

METHOD

Cook steaks over a grill for a couple of minutes each side, until medium rare. Set aside to rest for at least 2-3 minutes. Toast bread and top with preferred fillings.

TO SERVE

Serve steak sandwich with hand cut fries and homemade relish.

For something different, put a global spin on your steak sandwich and go European, serving it on rye bread, with mustard, Swiss cheese, pickles and rocket.





SURF AND TURF TARTLETS

SERVES 24

1kg trimmed oyster blade

100g butter

2 shallots, finely diced

2 cloves garlic

1 quill of cinnamon

1 bay leaf

1 sprig of thyme

1 lt beef stock

24 short crust tartlet shells

2 dozen Kumato oysters

100ml beef jus

Tomato relish

METHOD FOR BRAISED BEEF

Trim oyster blade; take off all fat and silver skin. Dice into 25mm cubes. Melt 50g butter in a saucepan and sweat off the shallots and garlic. Brown beef in a pan then add aromatics and stock. Cover and simmer for 1 ½ hrs on the stovetop. Remove the lid and reduce until the liquid has evaporated. Add in the remaining 50g of butter. Mix until well incorporated.

METHOD FOR TARTLETS

Place a spoonful of beef mixture into the tart shell followed by an oyster. Top each oyster with a teaspoon of beef jus and then with a spoonful of tomato relish. Put tarts in the oven for 10 minutes at 200°C or until the relish starts to caramelize. This can also be done for 20-25 minutes in a 90°C oven.

TO SERVE

Serve as canapés or on shared platters.



RECIPE BY Sarah McFarlane, formerly of The Treasury, SA

FLAT IRON STEAK WITH ONION RINGS AND RUSSIAN SLAW

SERVES 4

4 flat iron steaks, approx. 300g each

RUSSIAN SLAW

¼ head white cabbage

¼ head red cabbage

Parsley

Cumin seeds, toasted, lightly ground in mortar and pestle

Mayonnaise

ONION RINGS

450g flour

500ml milk

2 eggs

Onions

Salt and pepper

Oil for frying

TO PREPARE STEAKS

Cook steaks over a grill until medium rare, and allow to rest.

METHOD FOR RUSSIAN SLAW

Using a mandolin, slice cabbage finely into a bowl. Add parsley and cumin. Add enough mayonnaise to allow the cabbage to release its water. Stir to combine.

METHOD FOR ONION RINGS

Sift flour into a bowl, then add milk and eggs. Whisk to combine. Cut onion into rings, dip in the batter and deep fry until crisp.

TO SERVE

Serve steak with a side of Russian slaw and top with onion rings.



FIG AND HERB STUFFED BEEF ROAST

1 oyster blade, approx. 1-1.5kg,
butterflied and sinew removed
Red onion, chopped
Garlic cloves
Couscous to serve

STUFFING

2 shallots, finely diced
6 dried figs, finely diced
½ cup chopped parsley
½ cup chopped mint
Olive oil
Salt and pepper

TO PREPARE ROAST

In a bowl combine shallots, figs, herbs, and a splash of olive oil and season with salt and pepper. Rub the mixture over the entire inside of the butterflied oyster blade. Roll and truss. Brown all sides of the oyster blade in a roasting pan. Add chopped red onion and garlic cloves and cook in a medium oven for 40 minutes to 1 hour. Remove roast from oven and rest.

TO SERVE

Carve roast and serve with couscous.



BOLAR

BLADE



H.A.M. 2302

BUTCHERY

DESCRIPTION:

The bolar blade is prepared from the blade, otherwise known as the *clod* (H.A.M. 2300). It is made up of several muscles which have layers of fat and connective tissue within them. Each carcass has two bolar blades.

PREPARATION OF CUT:

If roasting this cut, leave some fat cover to maximise juiciness and flavour. Ensure all red bark is removed.

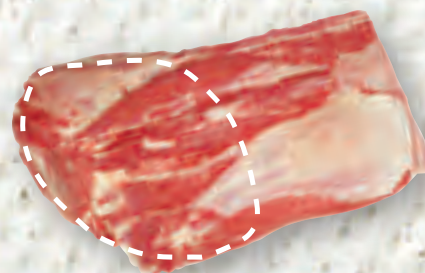
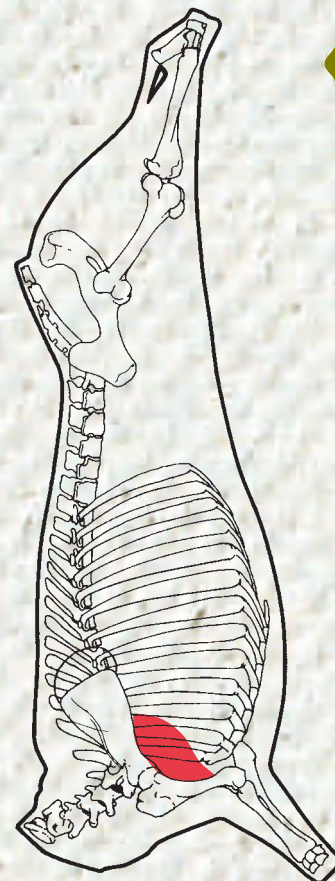
If thin slicing this product for pan frying separate the muscles and remove all connective tissue. To produce paper-thin slices, partially freeze and slice thinly on a slicing wheel.

CUT SPECIFICATIONS:

- Order product to MSA 3, pre-aged for a minimum of five days
- Recommended cooking methods: pan fry/grill, roast, stir fry, thin slice, slow cook
- Average item weight: about 2.2kg

FURTHER CONSIDERATIONS:

- Ask your wholesaler if they sell pre-prepared, trussed bolar blades for roasting
- For thin-sliced steak sandwiches, choose a cut with some marbling for added juiciness and flavour





GLOBAL FLAVOURS

Bolar blade, sometimes called a *butchers' roast*, is a big muscle layered with fat and gelatine which makes it perfect for roasting and braising. Sliced thinly and quickly grilled, it also makes a very tender and tasty steak.

This flavoursome cut is used in one of Korea's best-known dishes, *bulgogi*, which translates as 'fire meat'. The name *bulgogi* refers to the cooking method where marinated meat is grilled over hot coals or an open fire. In restaurants and many homes in Korea, it's cooked on a portable gas grill in the middle of the table. You eat it by placing a small amount of steamed rice in a lettuce leaf, topping it with a slice of bulgogi and a small amount of kimchi (pickled fermented vegetable), and then rolling into a bite-sized parcel. Kimchi is available in Asian stores.

Bolar blade is often used for *pho bo*, Vietnam's famed beef noodle soup, which features thin strips of poached beef.

This cut is a great choice for classic pot-roasted dishes such as the French *beef bourguignon*, *Hungarian goulash*, and the rich sweet and sour flavours of the Belgian dish *carbonade flamande*.

Roast bolar blade leftovers make perfect additions to salads, fillings for sandwiches and wraps, and toppings for pizza.

BEST COOK METHODS

GRILL:

Slice thinly (6mm) for steak sandwiches or crumb for beef schnitzels. Chop and marinate before grilling for bulgogi. Alternatively, slice bolar blade into 30mm cubes and use on skewers over the grill.

ROAST:

Keep some fat cover on top of the bolar blade and roast whole. Or, cut in half and tie the pieces to keep a uniform shape for roasting.

SLOW COOK:

Bolar blade can be pot-roasted whole. For more creative options or to suit entrée portion sizes, denude and cut into 60mm cubes and slow braise over a low heat.

Ensure the meat is not trimmed lean. If the connective tissue is retained, it will break down during cooking, adding flavour and texture to the cooking sauce.

STIR FRY:

Trim the bolar blade into thin stir-fry strips (6mm wide by 75mm long) with little or no connective tissue.

THIN SLICE:

For poaching in steam boats and broths, first chill the bolar blade and then slice very thinly (2mm) on a slicing wheel.

MENU APPLICATION:

- Pot roast • Carvery roast • Curries, tagines, goulash
- Bulgogi • Beef stir fry • Roast beef sandwiches
- Toppings for salad or pasta • Parmesan-crust beef schnitzel • Steak sandwich (thinly sliced) with caramelised onions and barbecue sauce • Greek marinated beef skewers with haloumi and red onion

STILTON CRUSTED BEEF ROAST WITH GREEN BEANS AND MINT

SERVES 6-8

1 bolar blade, approx. 1.5kg

STILTON CRUST

75g butter, softened

100g Stilton blue cheese

50g breadcrumbs

200g green beans

Day-old bread for croutons

Butter

Oil

1 clove garlic

1 tsp red wine vinegar

Fresh mint leaves

PREPARE ROAST

Preheat oven to 190°C. In a hot pan, brown all sides of the bolar blade. Set aside in the fridge to cool. In a bowl, combine the softened butter with the blue cheese and breadcrumbs to form a paste. When the blade has cooled, smother it with the paste. Place in the oven and cook for approximately 40 minutes to an hour, depending on its size. Rest meat.

PREPARE VEGETABLES

Blanch the beans and refresh. Pan fry the torn bread with butter, oil and garlic to create croutons. Return beans to the pan, add a splash of vinegar and heat until the beans are warm again. In the final seconds, toss through the mint.

TO SERVE

Slice roast and serve accompanied by the beans.



MASSAMAN BEEF CURRY

SERVES UP TO 10 PEOPLE

2.5kg bolar blade, cut into cubes for braising

SPICE MIX

10 cloves

2 cinnamon sticks

15 cardamom pods

1 tsp cumin seeds

2 tbsp vegetable oil

1 lemongrass stick

5cm long piece galangal

4 tbsp of massaman curry paste

2 lt coconut cream

1 lt water

500g potato, peeled and cut into 2cm pieces

100g whole shelled peanuts

4 tbsp fish sauce

2 tbsp grated palm sugar

1 tbsp tamarind paste

METHOD FOR CURRY

Dry fry the clove, cinnamon, cardamom and cumin separately in a pan until fragrant. Grind them together in a pestle and mortar or spice grinder. Put aside. Cut the top off the lemongrass and discard, then bash the tender bottom section with the back of a cleaver. Cut the galangal into ½ cm wide pieces. Put aside. Place a large wok or pot over medium heat. Add the oil then fry the massaman curry paste for 1 minute. Increase the heat and add the beef, stir and seal the meat on all sides. Add the spices, bashed lemongrass and cut galangal and stir-fry together. Add the coconut cream with 1 litre of water and bring to the boil, reduce the heat and simmer gently for 1½ hours. Meanwhile place the cut potato into a pot of cold water and bring to the boil. Boil rapidly for 2 minutes then strain and refresh. When the beef is tender, add the potato and peanuts to the curry and continue to cook until the potatoes are done. Remove lemongrass. Season the curry with the fish sauce, palm sugar and tamarind paste.

TO SERVE

Serve curry with jasmine rice.

Garnish with extra peanuts and coriander.



RECIPE BY Mark Jensen, Red Lantern, NSW

BEEF BULGOGI

SERVES 4-6

1.3kg bolar blade, thinly sliced (2mm x 2mm)

MARINADE FOR MEAT

2 **tbsp** brown sugar
2 **tbsp** dark soy sauce
2 **tsp** sesame oil
2 **tsp** crushed garlic
1 **tbsp** rice wine
Salt
Pinch of black pepper

ACCOMPANIMENTS

Lettuce
Steamed rice
Lightly toasted sesame seeds
Spring onions

METHOD FOR MARINATING MEAT

Trim any excess fat off the beef. Distribute the sugar evenly on the beef by sprinkling it over each piece. Allow the beef to sit for 10 minutes. In a separate bowl, mix together the soy sauce, sesame oil, garlic, rice wine, salt and pepper. Put aside. Add the soy sauce mixture to the beef and mix. Allow the beef to marinate for 10 minutes. Because the beef is so thin, it doesn't require long marinating time.

METHOD FOR COOKING BEEF

Heat a cast iron skillet/pan and cook the beef, turning once only until just browned. Be careful not to overcook. Remove the beef while it is still a little pink and rest in a warm place before slicing into smaller pieces.

TO SERVE

Serve Bulgogi in lettuce cups with steamed rice, and sprinkle with toasted sesame seeds and finely chopped spring onion. Wrap into a parcel and eat. This dish can be served as a canapé, or as a shared dish for the middle of the table with the condiments in bowls and customers putting their own parcel together.

RECIPE BY Jinsoon Kim, Mother of 2, Grandmother of 4, Seoul, South Korea



BEER BRAISED POT ROAST WITH MUSHROOMS

SERVES 4-6

1 bolar blade, approx. 1.5-2kg

INGREDIENTS FOR BRAISE

4 slices bacon, diced

1 cup chopped onion

Olive oil or vegetable oil

200g mushrooms, sliced

2 tbsp flour

Salt and black pepper

1 cup beer

1 cup beef stock

2 tbsp flour

4 tbsp cold water

METHOD FOR BRAISE

In large saucepan over medium heat, cook the diced bacon until cooked but not crisp. Remove bacon and set aside. Add the onion to the pan and cook, stirring, until just tender. If the pan is too dry, add a little olive oil or vegetable oil. Stir in the mushrooms and continue cooking until mushrooms are tender. Remove the onion and mushrooms and set aside. Combine the flour with salt and black pepper and coat the beef blade roast thoroughly on all sides. Add enough oil to the pan to coat the bottom. Sear the beef on all sides to achieve a brown colour.

Return the bacon, onion, and mushrooms to the pan and add the beer and beef stock. Cover with a lid, reduce heat to low and cook for 3 to 4 hours or until the roast is very tender.

TO FINISH

Remove the roast and mushrooms to a bowl and set aside. Skim fat off the top or strain the broth into a jug to remove even more of the fat. Bring the broth to a simmer. In a small bowl or cup, combine the 2 tablespoons of flour with 4 tablespoons of water, stirring or whisking until smooth. Stir this mixture into the simmering broth and continue cooking, stirring, until thickened. Return the beef and mushroom mixture to the gravy and heat through.

TO SERVE

Carve beef, pour gravy over it and serve with roast vegetables.





RECIPE BY Gemma Blow, Kingsleys Steak & Crabhouse, NSW

MEAT

APPRECIATION

WHAT IS MEAT STANDARDS AUSTRALIA?

Meat Standards Australia (MSA®) is an eating quality grading program.

All MSA graded beef is labelled with a guaranteed eating quality grade and recommended cooking method.

All beef underpinned by the MSA guarantee has met strict criteria to ensure it meets consumer expectations for tenderness, juiciness and flavour.

Over 80,000 consumers have participated in taste panels of over 560,000 cuts of beef to determine the MSA eating quality grade.

On-farm (or feedlot) management of cattle contributes to the eating quality of beef.

The key areas that contribute to eating quality are:

- Breed
- Nutrition and growth
- Glycogen (live animal energy levels)
- Handling
- Transport

MSA-licensed processors must ensure that all systems comply with MSA program requirements as these factors also affect the eating quality of beef. These key factors are:

- Pre-slaughter handling
- Processing treatments
- Carcase attributes
- Product labelling

At a **grading level**, the following factors are measured in the abattoir and used to calculate the final MSA grading for a cut of beef:

- Ultimate pH
- Maturity (or ossification)
- Meat colour
- MSA marbling
- Fat distribution
- Hump height (to verify breed)

Some additional information is required to calculate MSA grades.

See www.mla.com.au/msa for more detailed information.

To ensure the beef you are buying is certified, check for the MSA label on the carton. The label must include:

1. Cooking method
2. MSA grade: 3, 4 or 5
3. Ageing requirements in days: for example, MSA 3 Roast @ 5 days

All vacuum-packed beef must be identified with an MSA insert or approved MSA brand insert. Approved heat-printed bags may be used as an alternative to inserts.



For more information on MSA, or to enquire about an MSA licence, contact PO Box 2363, Fortitude Valley BC, Queensland 4006

Tel: 1800 111 672 Fax: 1800 999 672 Email: msaenquiries@mla.com.au www.mla.com.au/msa

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