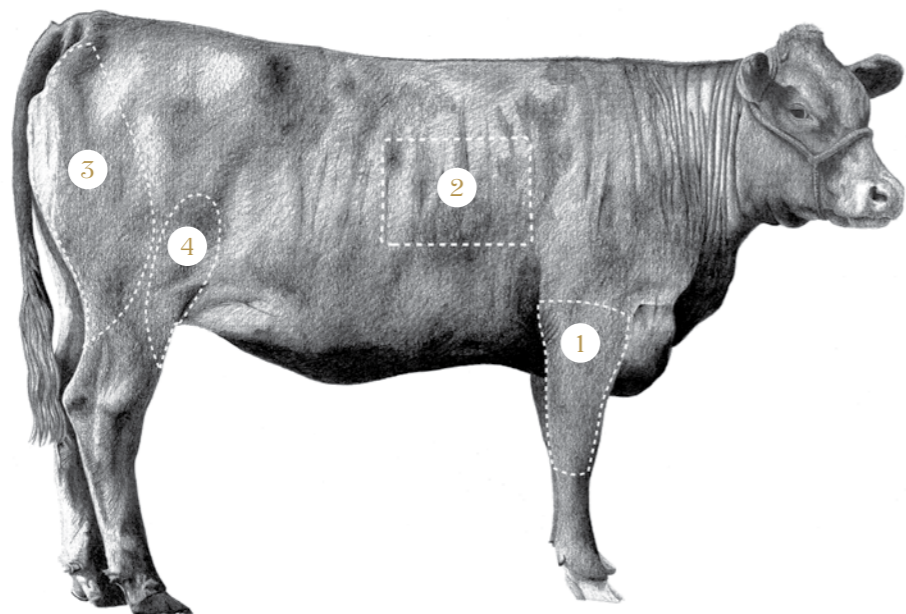


BEEF
*Masterpieces*TM
Volume 3



Beef Cuts

VOLUME
3



01. Shin

(Item No. 1682 – 1683)

02. Short Ribs

(Item No. 1694)

03. Topside

(Item No. 2000)

04. Knuckle

(Item No. 2070)

*The Item No. is the distinct reference number given to every cut on the carcass defining specification details. This number is assigned by AUS-MEAT. AUS-MEAT develop, maintain and review accreditation standards in consultation with the Australian meat and livestock industry.

The simplest things in life can be the most extraordinary if you look carefully enough. The Dutch Golden Age made mastery of the everyday, elevating the seemingly simple to new heights. From the humble act of preparing breakfast, to full on feasts, ingredients in their most raw and basic form became heroes on the canvas and here they do the same for us, using some of the stalwarts of beef to create menu masterpieces.

We're bringing out the big guns in issue #3 of Beef Masterpieces. From Topside to Short Ribs, Knuckles and Shins, these hefty cuts prove that bigger really is better when it comes to creative bang for your buck. The full picture may paint these cuts as large and in charge, but when you break it down, there really is limitless potential in each unique piece. Short Ribs become sticky-glazed, braised'n'barbequed goodness, Shins take on all the flavours of aromatic Chinese masterstock and Knuckle sandwiches become something you actually want in your face. And Topside? The surprise in red meat mastery.

Around the world, these cuts are championed for their unique abilities. Shins soak up flavour, Short Ribs are unctuous and forgiving, Topside is miles from being just another roast, and Knuckles find their way into stocks and soups for their fantastic flavour.

Issue #3 of Beef Masterpieces is your passport to inspiration. We invite you on a journey to discover a whole new world of possibilities when it comes to these cuts and what they can do, not only creatively, but for your food costs, to boot.

We hope you'll take away something new and different from this fantastic voyage of meaty goodness. So strap in, ensure your seat backs are upright and tray tables are stowed away, these cuts are about to take off!

Viva la Masterpieces revolution!
Meat and Livestock Australia

^{BEEF}
Masterpieces™

01. Shin

ITEM NO.
1682, 1683

Description

Beef Shin, also known as the Beef Shank, is taken from the lower leg (hindquarter or forequarter). The Shin is a working muscle with a high degree of connective tissue, which breaks down through slow cooking.

Preparing The Cut

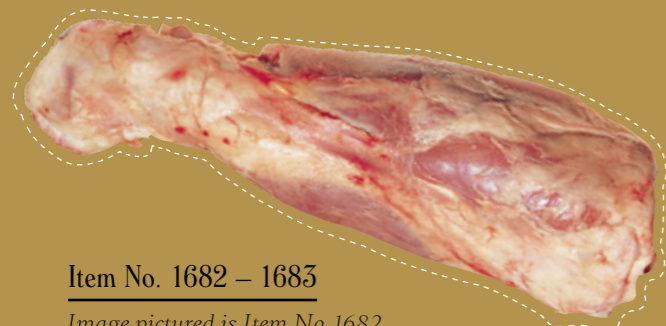
The Shin/Shank is prepared from a Forequarter or Hindquarter leg. The fore leg is removed by a cut following the Brisket removal line from the Forequarter, through the M. triceps and M. Biceps brachii and distal end to the humerus and includes the radius/ulna and associated muscles. The Hindquarter leg is removed by cutting through the stifle joint and removing the tibia tarsal bones, including the surrounding flexor/extensor muscle groups.

• Cut Specifications •

- ▷ Specify a preference for Forequarter or Hindquarter Shin/Shank.
- ▷ Removal of the Forequarter elbow (olecranon) and carpus joint at the meat level.
- ▷ Removal of the Hindquarter tarsus and stifle joints at the meat level.

• Further Considerations •

- ▷ Cutting the Shin/Shank across the bone into disks produces Osso Bucco and boned out meat from the Shin/Shank is known as Gravy Beef.



Item No. 1682 – 1683

Image pictured is Item No. 1682

• Global Flavours •

Nothing beats a perfectly slow cooked Shin for ultimate comfort food points. Well suited to stewing, slow cooking and braising, the more time you take with Beef Shin, the better the result. Every country in the world prides itself on its own version of a rich, comforting stew and nearly every single one suits Shin down to the ground. In Italy, the Shin is sliced into cross sections with the bone left in as Osso Bucco. Dusted with flour and browned in butter; garlic, carrots, onions, celery and bay leaves are then added to the pot, along with tomatoes, which cook down to a rich sauce, garnished with gremolata. The marrow adds to the body and texture of the dish, which is best served with a sprinkling of freshly chopped flat leaf parsley and warm crusty bread to soak up the juices.

The Irish know a thing or two about stews, and nobody can look past a traditional Irish stew for hearty nourishment, to be sure (to be sure). Carrots and turnips are classic features, alongside marjoram, thyme and parsley, and of course, potatoes.

The Shin's open muscle fibre means that it lends itself well to marinating, taking on flavours like a sponge. The French habit of marinating cuts in red wine and garlic before slowly braising in yet more wine and a mire poix of vegetables works especially well with Shin, which will also aid in thickening the sauce as the interconnective tissue breaks down during the cooking process.

In Spain, there are many stewed dishes that incorporate Shin, but Estofado de Ternera a la Catalana, or Catalan-Style beef stew utilises a less common main meal ingredient... chocolate! The richness of this ingredient gives the dish depth of flavour, and works in harmony with aromatics of thyme, orange peel and cinnamon.

Known in China as the Golden Coin Muscle, Shin is braised in Chinese masterstock, imparting flavours and aromas of soy, cinnamon, ginger, star anise and Shaoxing cooking wine into the meat. Braised Shins are then often cooled in the stock before being retrieved, sliced and served cold with pickles as a snack, or with steamed rice and a little more of that fragrant masterstock drizzled over the top for good measure.

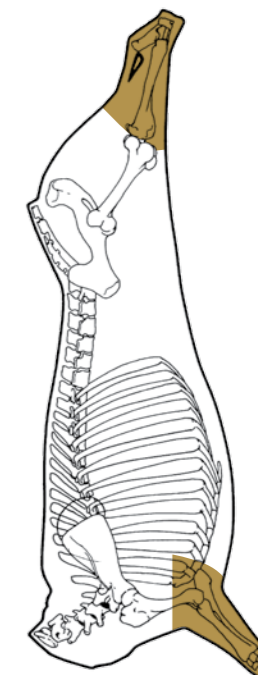
Seen in the US and Australia alike, it is an impressive share plate dish when served as a whole, bone-in beef Shin, slow cooked and smothered in BBQ sauce with a side of fries - comfort food perfectly designed for sharing. Braise a boned-out whole Shin in a stock using any flavour profile you like. After cooking, allow the Shin to cool in the stock and slice. Serve cold as part of an entrée or starter, or gently heat in stock and serve with a fresh salad to contrast with the richly flavoured beef.

Alternatively, braise slowly in a flavourful stock or sauce and once falling apart, remove and shred. Reduce the sauce or stock and return the shredded Shin. Serve on a crusty bread roll or soft taco with a fresh, vinegery salad or pickles.

• Best Cook Methods •

Slow Cook/Braise

Beef Shin is best left to long and slow devices. Being a hard working muscle on the carcass, it requires gentle moist heat to break down the interconnective tissue that helps render this cut one of the most tasty and tender when cooked properly. The gelatine in the muscle also helps to thicken the sauce.



MENU APPLICATIONS

- ▷ Chinese masterstock braised Shin, sliced and served cold with pickles as a starter
- ▷ Braised in Italian herb-scented stock, cooled and thinly sliced on panini with provolone and mustard greens
- ▷ Traditional Irish stew with colcannon
- ▷ Beef Shin in red wine stew served with freshly baked baguette and herbed butter
- ▷ Beer braised Shin stew with fries
- ▷ Beef Shin curry with steamed basmati rice, yoghurt and lime pickle
- ▷ Spicy beef Shin soft shell tacos with shredded lettuce & cheese
- ▷ Deboned Shin, stuffed with figs and served with citrus couscous

Slow Cooked Shin with Date Molasses

Recipe by SHARON SALLOUM
ALMOND BAR (NSW)



• Ingredients •

- 4 thick pieces (2-3cm) of beef Shin, bone in
- 1/4 cup date molasses
- 2 large ripe tomatoes, roughly chopped
- 1 1/4 tbsp b'harat or mixed spices
- 1 cup beef stock
- 1 cup dry red wine
- 2 tsp salt flakes
- 1/2 tsp freshly ground black pepper

• Method •

01. Preheat an oven on 190°C. In a mixing bowl, combine the molasses, tomatoes, spices, stock, wine, salt and pepper and mix well with a fork.
02. Place the 4 pieces of Shin in a deep baking tray, lined with baking paper.
03. Pour the molasses mixture evenly on top of the Shin. Cover the tray tightly with foil. Cook the Shin pieces for approximately 1 hour before removing the foil to turn the pieces over. Recover with foil after turning each time. Repeat this step after another hour of cooking the beef. Cook the beef for the third and final hour before removing the tray from the oven.
04. Remove the Shin from the liquid. Serve with a small amount of the braising liquor ladled over the top and a demitasse spoon in the marrow. Serve with roasted or steamed vegetables or barbecued corn cobs.

Margaret River Wagyu Shin with Fig and Almond, Citrus Couscous



• Stuffing •

- 50ml olive oil
- 10g thyme, leaves picked and chopped
- 200g dried figs, chopped
- 100g red shallots (eschallots), peeled and diced
- 250ml Metaxa
- 1 cinnamon quill
- 2 cloves
- 50g almonds, blanched, toasted and chopped
- 1 orange, juice and rind
- salt
- pepper

01. In a pan on medium to high heat, sauté the shallots, thyme and dried spice in the olive oil. Add the dried figs and Metaxa and stir until the alcohol has been cooked out. Add the orange juice and rind and cook the mixture down to a paste. Season with salt and pepper, add the chopped almonds and then remove the mixture from the heat and allow it to cool. Before stuffing the Shin, remove the cloves and cinnamon quill from the mixture.

• The Braise •

- 1 beef Shin, deboned
- butcher's twine or netting
- 4 fresh figs halved and grilled
- fig vincotto
- 1 medium brown onion, diced
- 1 stalk of celery, diced
- 1 carrot, peeled and diced
- 1 sprig thyme
- 1 bay leaf
- 1 salt
- pepper
- 10g honey
- 800ml beef stock

02. Pre-heat an oven to 160°C. Butterfly the Shin and season with salt and pepper. On one side, place the fig stuffing and roll the Shin. Secure the rolled Shin with butcher's twine or netting. Place the chopped vegetables and herbs in a deep baking tray and place the stuffed Shin on top. Bring the stock to the boil and in the meantime, season the Shin with salt and pepper. Once the stock has reached boiling point, pour it over the Shin. Cover with baking paper and tin foil and place in oven. Cook for 4 to 5 hours or until tender, checking stock levels every hour. Strain 3/4's of the cooking liquor off and add honey and reduce to a glaze. Leave the Shin to cool in the remaining stock.

• Citrus Couscous •

- 250g couscous
- 500ml orange juice
- 50ml olive oil
- 50g butter
- 1 Carnarvon grapefruit, peeled and segmented
- 1 orange, peeled and segmented
- 1/4 bunch parsley, chopped
- salt
- pepper

03. Toast the couscous in a dry pan until golden. Heat the orange juice in a saucepan with the olive oil. Once boiling, pour the liquid over the couscous, cover the pan with plastic wrap for 10 minutes. Once cooked, fold the butter into the couscous until light and fluffy and set aside. Once the couscous has cooled, add the broken up citrus segments and parsley.

TO ASSEMBLE

Remove the netting or string from the Shin and slice it into four even pieces. Drizzle the glaze on each serving plate, along with a few drops of fig vincotto. Arrange the piece of Shin on the plate with couscous and two halves of grilled fig.



Masterstock Braised Beef Shins, Pickled Celery and Chillies

SERVES
6-8

• Beef Shin •

5kg **beef Shins**
(specify boneless, whole pieces from the hindquarter)

• Chinese Masterstock •

10L water
500ml Shaoxing wine
500ml dark soy sauce
2 20cm pieces of cassia bark
50g garlic, peeled and roughly chopped
50g ginger, roughly chopped
50g eschallot, peeled and roughly chopped
4 green shallots, roughly chopped
30g fennel seeds
30g star anise
30g coriander seeds
30g Sichuan peppercorns
20g Chinese cardamom
20g dried mandarin peel
10g cloves
10g white peppercorn
5g bay leaf
10 pieces coriander root
50g salt
100g rock sugar

• Chinese Masterstock •

01. In a stockpot on medium heat, spoon a few tablespoons of vegetable oil and sauté the chopped ginger, eschallot and garlic until golden. Deglaze with Shaoxing wine, add the remaining ingredients and bring to a boil. As soon as it starts to boil, turn down the heat and simmer for 45 minutes. Taste and adjust for seasoning. It should be quite salty as it needs to season the beef Shins as they braise. Add the beef Shins and return the pot to a full boil. As soon as it starts to boil again, turn the heat down again to a slow simmer and allow the Shins to braise for about 1 hour and a half, depending on your preference for the end result: longer for a softer texture, or less time for a bit more chew.

02. When the Shins have reached your preferred texture, remove the pot from heat and allow the Shins to remain submerged in the liquid until completely cool. Transfer the pot to the fridge and ideally allow the Shins to absorb the flavours for 2-3 days.

• Pickled Celery •

2L **rice vinegar**
1L **water**
1kg **sugar**
50g **salt**
1 **head of celery**

03. Combine water, vinegar, sugar and salt in a saucepan and bring to a boil, stirring until the sugar and salt has dissolved. Remove from heat and cool the liquid completely. Cut the celery on the bias and place the pieces in a sterilised container. Pour the pickling liquid over the celery and allow it to pickle for 4-5 days before use.

• Coriander Salsa •

1 **bunch coriander**
1-2 **bird's eye chillies, finely chopped**
1 **dash of sesame oil**
1 **dash grapeseed oil to bind**
1/2tsp **hot English mustard**
1-2tbsp **Chinese masterstock**

04. Roughly chop the coriander, including the stems and combine with finely chopped garlic and chillies. Add the remaining ingredients and taste for seasoning.

TO ASSEMBLE

Remove the beef Shins from the liquid and pat dry. Slice on a meat slicer as finely as possible, across the grain. Arrange on a plate and allow the slices to come to room temperature. Arrange the pickled celery in the centre of the plate and drizzle the coriander salsa over the top.

Braised Beef Shin, Ox Tongue, Chinese Mushrooms and Sichuan Flavours

• The Braise •

- 2 beef Shins
(specify boneless, whole
pieces from the hindquarter)
- 1 Ox Tongue
- 1 bunch thyme
- 1kg rock salt

• Masterstock •

- 800ml chicken stock
- 200ml Shaoxing wine
- 300ml dark soy sauce
- 80g ginger, chopped
- 100g green shallots, chopped
- 50g garlic cloves, crushed
- 20g Sichuan peppercorns, whole
- 20g cinnamon quills whole
- 40g rock sugar
- 10g black peppercorns, whole
- 4g bay leaves, dried
- 6g fennel seeds
- 8g star anise, whole
- 2g Chinese black cardamom
- 12g salt

01. Bring all the masterstock ingredients to the boil and allow to simmer for 45 minutes to infuse the flavours of the spices. Strain and allow the liquid to cool before placing in the refrigerator.

02. Place beef Shins in a sous vide bag and vacuum with 400mls of cold masterstock. Cook at 93°C for 12 hours. Once cooked, ice the bags in a water bath and allow them to cool completely before removing the Shins from the bag. Wipe off any excess gelatin and set aside. Pour the gelatinated stock from the bag into a saucepan. Bring this stock to a boil and set aside – you'll need it to braise the Ox Tongue.

03. Bring a large pot of water seasoned with 5% salt (1000ml water: 50g salt) to the boil and blanch the Ox Tongue for 5 minutes. Remove and transfer to the pot of reserved beef Shin masterstock and cook for 60-75 minutes or until tender. Once tender, remove from stock and allow it to cool slightly. Peel the Tongue and trim off any excess sinew and fat. Place the Tongue in a sous vide bag and vacuum at full pressure to compress the meat fibres. Place the sous vide bag in an ice bath to chill completely, and once cold, remove from the bag, wipe off and discard any excess gelled stock, and set aside.

• Pickled Chinese Mushrooms •

- 100g shimeiji mushrooms
- 100g enoki mushrooms
- 50ml sesame seed oil

• Pickling Liquid •

- 500ml white vinegar
- 250ml water
- 250g caster sugar
- 12.5g salt
- 5g garlic, chopped
- 4g ginger, chopped
- 10g long red chilli,
split lengthways

04. Bring all the pickling liquid ingredients to the boil, strain and cool.

05. Place mushroom varieties in separate sous vide bags and divide the pickling liquid between them. Vacuum at full pressure and allow to compress and pickle for 8 hours. Once pickled, drain the pickling liquid and mix the mushrooms with sesame oil to taste.

• Sichuan Dressing •

- 300g Lebanese cucumber
- 100ml white vinegar
- 200ml mirin
- 200ml chilli oil
- 500ml white soy
- 25g ground green
Sichuan peppercorn

06. Char the cucumber with a blowtorch until skins are completely black, alternatively you can use any open flame to do the job. Once blackened, juice and strain the cucumber through a paper oil filter and reserve the juice, you will need 200ml for the dressing. Mix this with the rest of the dressing ingredients and set aside.

• Garnish •

- 20g green shallot, cut into
fine slices white part only
- 20g mixed mustard leaves and
flowers - nasturtiums,
watercress, nasturtium
flowers, elk cress, mizuna,
wasabi flowers what ever
is in reach/season
- 20g toasted sesame seeds

TO ASSEMBLE

Slice the Tongue and Shin as thinly as possible and arrange on a flat plate, alternating slices. Heat slightly with a blowtorch if slices are very cold; it is best to have it a little warmer than room temperature so that there's a contrast in texture between the rougher texture of the Tongue and the smooth, gelatinous texture of the Shin. Place the pickled mushrooms on top and ensure every mouthful of meat gets the acidic squeak of mushrooms. Top the whole plate with green shallots and dress with the spicy dressing, a sprinkling of sesame seeds and finish with a placement of cresses and flowers to highlight the season. Eat with hot jasmine rice and a cold beer.



02. Short Ribs

ITEM NO.
1694

Description

Short Ribs are prepared from the rib and plate primals and a small corner of the Chuck.

Preparing The Cut

The cutting line for Short Ribs is approximately 75mm from the eye of the meat, parallel to the vertebral column.

• Cut Specifications •

- ▷ Specify rib number and rib location
Item No. 1691 - 6 rib
Item No. 1692 - 7 rib
Item No. 1693 - 8 rib
Item No. 1694 - 9 rib
- ▷ Specify sliced portion size requirements, fat cover removed
- ▷ Weight range: 1.6 - 3kg
- ▷ Recommended cooking methods: Slow cook, grill

• Further Considerations •

- ▷ Beef ribs can also be cut in alternative ways to the Short Rib style above. Two popular alternative rib cuts are:
- ▷ English Cut is where ribs are separated from one another along the bone, and the meat sits on top. This is ideal for braising.
- ▷ Flanken Style is where the Short Ribs are cut across several bones, this works well for slow cooking.



Item No. 1694

• Global Flavours •

Traditionally popular in countries like Korea and Japan, Short Ribs are steadily increasing in popularity all over the globe, popping up on menus of all calibres, from pubs and cafes to the top end of town. Their larger scale and considerable amount of fat and interconnective tissue makes Short Ribs a near foolproof cut that delivers tender results every time. Koreans have a multitude of dishes that utilise Short Ribs, one of the most popular being galbijjim, a steamed dish made from the centre Short Ribs. The Short Ribs are par-boiled before being simmered in soy sauce, sesame oil, spring onions, garlic, ginger and sugar. When the meat is almost ready, ginko nuts, carrots, chestnuts and mushrooms are added before being served in bowls. Short Ribs are also popular in Korea when grilled either bone in (kalbi kui), or sliced thinly without the bones and cooked over charcoal. Perfect with spicy kimchi, savoury pancakes and a cold beer.

Northern Americans love ribs too, but here we see pit culture take over and ribs are grilled to smoky perfection over charcoal and basted with house made barbeque sauce.

In South America, it's all about Tira de Asado. Cross cut Short Ribs are seasoned generously with salt before being grilled over wood to impart a smoky flavour. It is most often paired with a garlicky, herb-charged chimichurri to contrast with the richness of the meat. Flanken is a traditional Eastern European Jewish dish where Short Ribs cut on the cross angle are braised in a broth along with parsley, dill, carrot and barley. During the cooking process, the Short Ribs release their collagen into the broth, giving an unctuous texture to the soup.

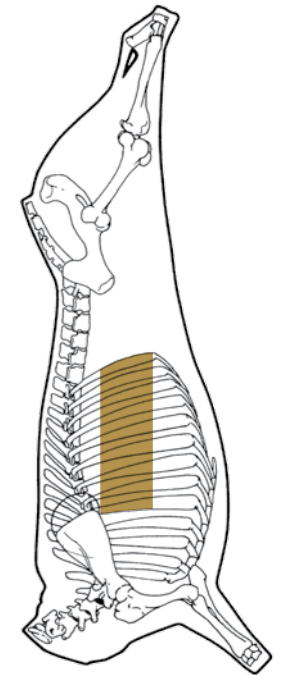
• Best Cook Methods •

Grill / Panfry / BBQ

Short Ribs can be marinated or seasoned with a wet or dry rub and then barbequed at a medium-high temperature for 10-12 minutes. Alternatively, boned out and sliced thinly, they work well barbequed quickly at a high heat.

Slow Cook / Braise

Short Ribs' collagen-rich properties make it perfect for stews and soups as it imparts a density and flavour highly prized by many cultures across the world. When cooked in this way, the meat literally falls off the bone making it perfect for shredding and pressing.



Item No. 1694

MENU APPLICATIONS

- ▷ Marinated and barbequed
- ▷ Boned out and thinly sliced, Korean or Japanese BBQ-style, served with kimchi and steamed rice or savoury pancakes
- ▷ Sous vide on approximately 62°C for up to several days, remove bones and press and refrigerate. When ready to serve, sear off portions to order, drizzled with jus and seasonal baby vegetables
- ▷ Hearty Short Rib stew with winter vegetables and buttery mashed potato
- ▷ South American grilled Short Ribs with chimichurri
- ▷ Sticky hoisin glazed Short Ribs with cucumber, shallot and Peking pancakes
- ▷ Braised and shredded Short Ribs on soft rolls with slaw and house made BBQ sauce
- ▷ Braised and char grilled Short Ribs with a soy, sake and mirin glaze, served with pickled tomato salad
- ▷ Short Ribs with panko 'crackling', anchovy beignet and bulgar salad
- ▷ Sticky braised Short Ribs with salad of pickled papaya and asparagus

Beef Short Ribs with Panko Crackling, Anchovy and Bulgar

Recipe by BRIAN GERAGHTY
BEROWRA WATERS INN (NSW)



• Short Ribs •

- 2kg beef Short Ribs
- 1 bunch thyme
- 1kg rock salt

01. In a food processor, blitz the thyme and salt until fine. Rub the mixture over the Short Ribs and allow it to sit for 2 hours. Rinse and dry the ribs and sous vide for 40 hours at 69°C. Once done, remove the ribs from the bag and drain excess liquid. The beef bones should just fall away from the meat. Gently remove the bones and press the Short Rib meat in a tray for 4 hours in the refrigerator. Once pressed, portion the Short Ribs into 140g pieces.

• Anchovy Purée •

- 100g white anchovy
- 1kg French shallots, peeled and finely sliced
- 100g butter

02. Melt the butter in a low to medium heat pan until it lightly bubbles. Add the shallots and cook without colouring, stirring regularly for 2 hours. Add the shallots and butter to a food processor with the anchovies and purée until smooth. Pass through a sieve and keep warm.

• Panko Crackling •

- 100g panko bread crumbs, blitzed to a fine powder
- 150g butter
- 1 garlic clove, finely chopped
- 20g Parmesan cheese

03. Melt butter in a pan and sauté the garlic briefly before adding the blitzed bread crumbs. Stir continuously until golden. Once golden, remove from pan and place the contents in a bowl. Add the cheese and stir until the mixture resembles dough. Once workable, place the 'dough' between two sheets of baking paper, and with a rolling pin work the mixture to an even width of 3mm. Refrigerate for 1 hour and once hardened, cut it to the same surface area as the beef portions as this will later become the 'crackling'. Refrigerate until needed.

• Bulgar •

- 1kg bulgar
- 10g hon dashi
- 2L water

04. Mix all ingredients and allow it to soak in a fridge for 20 minutes. Drain thoroughly and shallow fry the bulgar in grapeseed oil until golden brown. Drain excess oil and season the bulgar with salt and pepper.

• Anchovy Beignets •

- 6 white anchovy fillets
- 100g cornflour
- 1 egg yolk
- 100ml soda water
- 1tbsp salt flakes
- vegetable oil for deep frying

05. Mix cornflour and salt. Add the egg yolk and soda water and whisk lightly to combine. In a deep fryer, heat vegetable oil to 170°C. Dip the anchovies into the batter and fry until golden and crispy. Season while the beignets are still hot.

TO SERVE

- 2L beef jus, heated
- salad leaves for garnish

Remove the beef portions from fridge and allow them to come to room temperature. Sear on all sides to caramelize the surface and warm the portions through. Heat the jus and dress the portions just before plating. Place the anchovy purée in the centre of the plate and top it with the bulgar wheat. Place the beef portion on the wheat and cover it with a piece of the panko crackling cut to the same surface size. Blow torch the panko crackling until soft and warm. Place the anchovy beignet on top and garnish with a few salad leaves.



Sticky Glazed Beef Short Ribs with Pickled Papaya and Asparagus

• Short Ribs •

3kg beef Short Ribs, flanken-cut
 5g cinnamon
 30g sweet paprika
 5g chilli powder
 5g ground cumin
 30g firmly packed dark brown sugar
 5g salt
 1 tbsp mustard seeds
 2 tsp cayenne pepper
 5 garlic cloves, peeled
 5g freshly ground black pepper
 200ml dark beer

01. Mix the spices with the beer to form a thick paste. Rub it on the Short Ribs place in a sous vide bag, seal to compress and refrigerate overnight.

SERVES

4

Recipe by ANTOINE MOSCOVITZ
 ANTOINE'S GRILL (NSW)

• Braising Liquid •

3 medium carrots, peeled
 3 young brown onions, peeled
 2 heads of garlic, peeled
 50ml mirin
 50ml soy
 5 bay leaves
 50ml dark cider vinegar
 1.5L beef jus
 1L amber beer

02. In a stockpot, mix the beef jus and beer and simmer. Finely brunoise the vegetables and add them to the pot along with the mirin, soy, bay leaves and cider vinegar. Simmer the liquid, reducing it by half.

03. Preheat an oven to 170°C. Remove the ribs from the fridge and bring to room temperature. In a cast iron pot on a high heat, sear the Short Ribs on both sides and then add the simmering liquor. Cover with a cartouche, place the lid on top and cook in the oven for 2.5 hours. After 2 hours, the meat should be starting to fall off the bones. Baste every 5-10 minutes for the remaining half hour of cooking, using the remaining liquor in the pot. Remove the pot from the oven and allow it to rest with the lid on for 1 hour.

• Pickled Papaya and Asparagus •

2 green papaya, peeled and finely julienned using a mandolin
 2 bunches of large green asparagus, peeled and shaved on an angle
 200ml sugar syrup (1:1 ratio water to sugar)
 170ml white vinegar
 10g Murray River salt

04. In a saucepan, dissolve the salt in the vinegar, then add the sugar syrup. Warm the liquid to 40°C then place the vegetables into a sous vide bag with the liquid and seal to full compression. Allow to pickle for at least 2 hours.

TO SERVE

wedges of lemon

Reduce the remaining liquor in the pot to a sticky glaze consistency. Lay the ribs out on a piece of wooden board or slate and add the pickled papaya and asparagus mix on the side. Garnish with lemon wedges and dress the plate with the sticky braising liquor.



Japanese Glazed Short Ribs *with* Pickled Green Tomato Salad, Burnt Garlic Confit

SERVES
6

• Short Ribs •

2kg **beef Short Ribs, bone in**

01. Seal Short Ribs in a sous vide bag and poach in a water bath at 57.2°C for 48 hours, then remove and allow to cool in the bag. Once cool, remove from the bag and portion them into individual ribs on the bone.

• Dipping Stock •

3kg **beef stock bones**
700ml **soy sauce**
1L **mirin**
1L **sake**
2 **cups sugar**

02. Roast the beef bones in the oven, seasoned with a little salt and pepper and place them into a pot along with the other stock ingredients. Bring to the boil and stir until the sugar dissolves. Allow to simmer for 2 hours or until the liquid has reduced by about a quarter.

03. When ready to serve, heat a charcoal grill and caramelize the Short Ribs on all sides. Alternate grilling the Short Ribs and dipping them into the stock, or continuously brush onto the ribs the stock while grilling. This will create a sticky, caramelised glaze.

• Pickled Green Tomato Salad •

3 **green ox heart tomatoes, sliced**
2 **garlic cloves, finely sliced**
1 **Spanish onion, peeled and finely sliced**
1 **green chilli, finely sliced**
rice vinegar, to dress
olive oil
1tbsp **sugar**
1tbsp **salt**

04. In a bowl, place the sliced tomatoes, garlic and green chilli slices. Mix to combine and then add the sugar and salt. Allow the mixture to sit for 30 minutes. Remove the tomatoes, wiping off any excess sugar and salt. Dress with rice vinegar and olive oil and combine with finely sliced Spanish onion.

• Burnt Garlic Confit •

2 **heads of garlic**
oil to confit

05. Slice off the top of each garlic head and place it cut side down on a charcoal grill. Once charred, place the garlic heads in a pot and confit them. Set aside.

TO SERVE

freshly ground Sichuan pepper
almonds, roasted and crushed
wasabi

Serve the Short Ribs on a plate with the salad, and top the dish with a few cloves of burnt garlic confit and a few drops of the confit oil. Garnish with freshly ground Sichuan pepper, crushed almonds and wasabi.



Slow Cooked Short Rib and Tenderloin with Pommés Fondant, Carrot and Onion

Recipe by STEPHEN CLARKE
CLARKES OF NORTH BEACH (WA)

• Short Ribs •

400g beef Short Ribs
1 leek, sliced
1 carrot
½ bunch thyme
1 garlic clove
¼ bunch of celery
8 star anise
4L beef stock
olive oil

01. Trim any excess sinew and sear the Short Ribs on both sides in a hot pan so that they take on a little colour. In a braising pan, caramelize the carrot, leek, celery and garlic with the star anise. Add the ribs and simmer the stock. Pour the hot stock over the ribs, cover and braise until very soft. Extract the ribs from the braising liquid, carefully separate the ribs from the meat and press the rib meat in a lined tray and refrigerate overnight. Strain and reserve the braising liquor.

• Tenderloin •

400g Tenderloin,
cut into 100g portions

02. Trim and tightly roll the Tenderloin in cling film to form a log. Refrigerate overnight.

• Pommés Fondant •

2 large royal blue or lara
potatoes, peeled
reserved braising liquor

03. With a cannelloni cutter, push the potatoes through to create cylinder shapes. Braise the potatoes in the reserved braising liquor until tender. Set aside.

• Pickled Carrots and Shallots •

80g castor sugar
80ml white wine vinegar
2 star anise
4 shallots, peeled
and sliced finely
2 carrots, peeled
and sliced into thin strips

04. In a pan, heat the vinegar, sugar and the star anise. Stir to dissolve the sugar and bring the liquid to boiling point. Once boiling, remove from heat. Place the carrot strips and shallots into a bowl and pour over the hot pickling liquid. Allow to pickle overnight.

• Braised Shallots •

4 French shallots, peeled
150ml beetroot juice
1 cup red wine

05. Braise the shallots in red wine and beetroot juice until soft.

• Golf Ball Carrots •

4 baby golf ball carrots, peeled
olive oil and salt

06. Wash and trim, leaving skins on. Coat in olive oil, season with salt and roast until tender.

• Vichy Purple Carrots •

4 purple carrots, peeled
15g butter
15g sugar
15ml red wine vinegar

07. Slice the purple carrots into rounds and cook with 15g butter, 15g sugar and 15ml red wine vinegar. Cover with a cartouche and place on a medium heat until tender.

• Onion Purée •

200g brown onion, peeled
and sliced
50g butter
1 garlic clove, chopped
500ml single cream

08. In a pan on medium heat, sauté the onions and garlic in butter without letting them take on any colour. Cook until very soft before adding the cream. Reduce the liquid slightly, season to taste and then place in blender to purée. Pass through a fine mesh sieve, set aside and keep warm.

TO SERVE

Micro mâché
Micro red sorrel

Remove the pressed ribs and Tenderloin from the fridge and allow them to reach room temperature. Slice the Short Ribs and Tenderloin into portions. In a hot pan, sear the Short Rib portions until slightly caramelised on both sides and heated through. Remove the cling film from the Tenderloin portions, season and pan fry until medium rare. Warm the onion purée, roasted and braised carrots, shallots and potatoes. Place a slick of onion purée on the plate, followed by a piece of Short Rib and Tenderloin. Place the potato, carrots and shallots on the plate and garnish with micro mâché and red sorrel.

SERVES

4



03. Topside

ITEM NO.
2000

Description

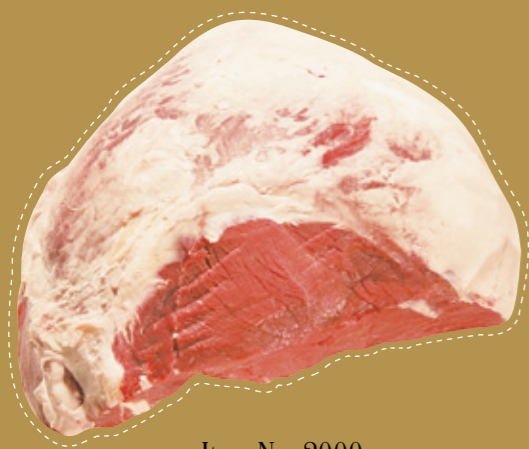
Topside is one of the leanest cuts of beef on the carcass. It is located on the inside of the back legs just above the Shin and is attached to the aitch bone. It is removed by following the natural seam between the Thick Flank and the Silverside.

Preparing The Cut

Trim any surrounding fat. By separating the muscles, Topside can be sub-primed into: Topside cap off, Eye of Topside and Topside cap.

• Cut Specifications •

- ▷ Weight range: 7 - 10kgs
- ▷ Recommended cooking methods: Slow cook/braise, thin slice or for a stir frying and roasting providing these cuts are aged accordingly.
- ▷ Order MSA graded product, preferably pre-aged 21 days for roasting and stir-frying. Refer to the meat carton end panel for more information on aging and recommended cook methods.
- ▷ **Meat Standards Australia (MSA) is a grading program designed to deliver consistent quality beef. Recommended cooking methods and aging requirements are provided in order to assist in optimising the eating quality. These guidelines have been established by extensive research conducted by consumer taste panels. All beef bearing the MSA symbol has met strict criteria to ensure it meets consumer expectations for tenderness, juiciness and flavour.*



Item No. 2000

• Global Flavours •

A cut as lean as Topside can have its challenges in retaining moisture and tenderness as it forms part of a powerful working muscle group on the carcass. With very little fat or interconnective tissue, Topside is most often ground into mince, where it can be blended with fat from elsewhere on the carcass. In the right hands however, Topside can provide a multitude of possibilities, from braising and stewing, to flash frying and even curing and smoking. Thinly sliced, Topside works beautifully as a schnitzel, making it a great muscle for value adding.

One of the best known dishes featuring Topside is beef bourguignon, a French dish where Topside is diced into cubes and cooked down with red wine, garlic, stock, vegetables and herbs like bay, thyme and parsley. The low and slow braise technique infuses the cut with flavour and the longer cooking time allows it to break down and become very tender. In Asia, a favoured technique used is marination, thin slicing and then cooking the meat quickly over a hot grill or pan. Topside is often used in Korean bulgogi. The cut is tenderised and flavoured with a blend of nashi pear and onion, which is then cooked quickly on a charcoal-fired hot plate. Bulgogi is most often eaten Ssam style, where the beef is wrapped in lettuce leaves and topped with a combination of cooked or raw onion, garlic, kimchee, gochujang (chilli paste) or other condiments to add an extra dimension of flavour and texture.

Another classic method for Topside is roasting it whole and then cutting it into steaks. Care should be taken to protect the cut from drying out during this process, and it is usually marinated and then seared and covered for a portion of the cooking time. Stock can also be added to the roasting tray to infuse the cut with moisture as it cooks.

A less considered, but creative use for Topside is curing and/or smoking. Topside is a popular cut when making bresaola, or Italian style air-dried beef. The process involves marinating the Topside for several days in juniper berries, garlic and bay, before being patted dry, wrapped in muslin, tied up and hung in a cool, dry place with plenty of air circulation for 3-4 weeks. Bresaola can be served as part of a charcuterie plate and is often served in Italy dressed with good quality olive oil, a little sea salt and topped with peppery rocket leaves.

• Best Cook Methods •

Slow cooking

As Topside is very lean, it requires a little care to ensure that it doesn't dry out. Cut the Topside into a 3cm dice and sear in a hot pan to seal in the juices, before adding it to stock and vegetables in a slow cooker or pot and allow it to braise for several hours at a low temperature.

Stir fry

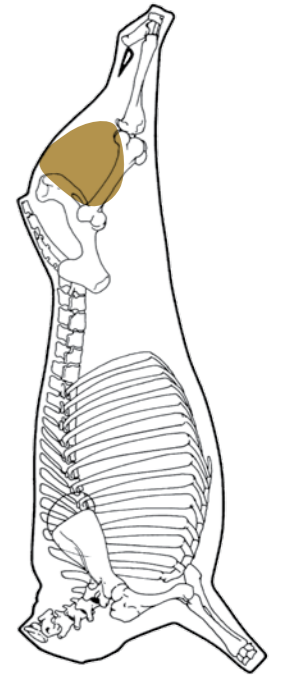
Trim any fat or silver skin from the Topside and slice into thin strips and marinate. Stir fry quickly at a high temperature, or grill over charcoal just as briefly to get the best out of this cut.

Roast

Season and brown on all sides, then transfer to a roasting tray containing stock, this will prevent it drying out during the roasting process. Cover and roast, then allow to rest before carving.

Curing

Topside is quite fibrous, giving it fantastic texture when air dried or cured. Preparations such as bresaola and basturma take advantage of this cut to great effect. Trim surface fat and silver skin and blend aromats and salt into a rub. Rub the Topside with the spiced salt mix, seal in a bag and marinate for several days, turning regularly. Remove from bag, dry and hang in a cool, well ventilate place for 3-4 weeks. Depending on the style of air dried Topside, additional spices may be rubbed on the outside of the meat which continues to infuse flavour as it cures.



MENU APPLICATIONS

- ▷ Herb scented, slow roasted stew with braised seasonal vegetables and creamy polenta
- ▷ Marinated stir fry with baby vegetables
- ▷ Charcoal grilled and served Ssam style, wrapped in lettuce and served with kimchi, finely sliced onion and other spicy accompaniments
- ▷ Classic English-style pot roast sandwich
- ▷ Charcuterie plate, with pickles and charred sourdough
- ▷ Grilled basturma with shakshuka eggs, rocket leaves and toasted Turkish bread

Topside Tartare

Recipe by BEN MILGATE
BODEGA, PORTENO (NSW)



• Ingredients •

750g	beef Topside, trimmed
8	long red chillies
4	eschallots, diced
5tbsp	chopped flat leaf parsley
3tbsp	chopped mint
1tsp	tomato paste
1tsp	ground allspice
1tsp	ground dried chilli
1tsp	ground cinnamon
1tsp	sweet smoked paprika
3tsp	fine sea salt
3tsp	ground black pepper
3tbsp	hot English mustard
80ml	extra virgin olive oil
	char grilled bread
1	raw free range egg yolk

• Method •

01. Heat coals to white hot on the BBQ and cook the chillies directly over them, turning occasionally until charred all over. Move them to a bowl and cover with plastic wrap, allowing them to steam. Once cool enough to handle, peel and discard stalks/seeds/skin. Finely chop the flesh and combine with the rest of the seasoning ingredients, except for the mustard and extra virgin olive oil. Refrigerate the seasoning mixture for 1 hour.

02. To make the tartare, you can either hand dice the Topside into a fine grain, or put it through a mincer with a 5mm attachment and then pass it through a second time.

03. Combine the Topside with the combined seasoning ingredients and then taste and adjust the seasoning. Finally, add the English mustard and olive oil.

TO SERVE

char grilled bread

Serve the tartare on a plate, slightly flattened and scored, with a raw egg yolk on top. Serve with char grilled bread.



Phở Bò

Recipe by DAN HONG, MERIVALE (NSW)



• Phở Stock •

5kg	beef bones
2	pig's trotters
1kg	beef Brisket
4	brown onions, peeled and cut in half
350g	ginger, crushed
6	stalks green shallots
100g	Chinese cardamom
4g	cloves
100g	cassia bark
100g	star anise
2g	liquorice root

01. On an open flame, char the ginger and onions until black, set aside.

02. In a heavy based stockpot, place the bones, trotters and Brisket. Cover with water and bring to the boil on a high heat. Once boiling, remove from heat and drain the meat, discarding the water. Wash the bones and meat under running water to remove impurities. Give the pot a good wash as well. Add bones back to the pot and cover with water and bring to the boil. Skim off any impurities and add the charred onions, ginger, shallots and spices. Simmer for 8 hours, constantly skimming. Strain.

• Seasoned Phở Stock •

1L	phở stock
15g	salt
50g	sugar
40ml	kombu extract
75ml	fish sauce

03. Combine ingredients and stir to dissolve the salt and sugar before bringing the stock up to the boil. Set aside.

• The Rest •

300g	Topside, sliced finely
12	beef balls*, sliced in half
	wedges of lemon
1	packet of fresh rice noodles (thin)
20	Thai basil leaves
20	coriander leaves
1/2	brown onion, very thinly sliced and washed under cold water for 10 minutes
150g	fresh mung beans, blanched in boiling water for 30 seconds and refreshed in ice water
6	sawtooth coriander leaves, finely shredded

TO SERVE

Place a handful of fresh rice noodles in each bowl. Top with a few ladles of seasoned phở stock, then add a few pieces of sliced beef balls, about 70g of raw, finely sliced Topside and follow with the fresh herbs, brown onion and mung beans. Serve immediately, with wedges of lemon on the side.

*Beef balls are ready made meatballs available from any Asian grocer.



Wharf Rd Bresaola

Recipe by DAVE CAMPBELL
WHARF RD RESTAURANT and BAR (NSW)

• Ingredients •

4kg	beef Topside, trimmed of sinew and fat
2L	red wine
2L	white wine
750g	coarse sea salt
1	bunch rosemary
12	bay leaves
24	cloves
6	cloves garlic
40	black peppercorns
12	large dried chillies
1	orange

• Method •

01. Cut the Topside into five log-shaped pieces, going with the grain of the meat. Peel the zest of the orange using a peeler and lightly bruise it with the back of a knife to release the flavour. Combine all of the spices, salt and wine. Stir until salt has dissolved and then pour the brining liquor into a sterilised container.

02. Place the pieces of Topside in the container with the brine, ensuring they are fully submerged and not touching. Cover and place in the fridge for 1 week. Turn the meat every second day so it brines evenly. After a week, remove the Topside pieces from the brine and drain well. Wrap in cheese cloth or netting and place in a dehydrator for 8 hours at 38°C or until a crust forms.

03. Remove from the dehydrator and hang in the cool room in front of the fan so that the cold air is constantly moving around the pieces of drying Topside. The bresaola takes about 3-4 weeks to dry properly and you'll know when it's ready when the texture is firm and doesn't have a lot of give when you press it. Remove netting and cut off any exterior mould.

SERVES
18

TO SERVE

Slice thinly on a meat slicer and dress with good quality olive oil and fresh lemon. Serve at room temperature with pickles and flatbread, or as part of a charcuterie plate.

Slow Cooked Topside Pastrami with Walnuts, Pickled Onions, Celery and Rye

• Pastrami •

- 2kg beef Wagyu Topside, trimmed
- 4L water
- 250g brown sugar
- 250g salt
- 45g curing salt
- 1tbsp crushed coriander seeds
- 1tbsp crushed peppercorns
- 8 garlic cloves, peeled and smashed
- 5 thyme stems
- 1 stem rosemary
- 1 bay leaf

01. Combine all ingredients except the beef in a large saucepan. Bring to the boil and allow it to cool completely in the fridge. Trim the beef of all sinew and excess fat. Cut into barrels of even size approx 8-10cm in dimension. Submerge each piece of beef into the cool liquor.

02. Cover the surface of the liquid with baking paper and be sure all of the beef is submerged and that there are no air pockets present. Wrap the tray tightly with cling film and allow it to sit in the brine for 5 days in the fridge. After 5 days, rinse the beef gently and allow to dry for 10 minutes, uncovered, in the fridge. Reserve the brining liquor and refrigerate until needed.

• Pastrami Rub •

(will make enough for a few batches)

- 200g black pepper, coarse grind
- 100g white pepper, coarse grind
- 100g coriander seeds, coarse grind
- 100g mustard seeds, coarse grind
- 30g paprika powder
- 10g chilli powder
- woodchips for smoking

03. Combine all of the rub ingredients in an upright blender or spice grinder. Blitz to a coarse crumb and press firmly onto the entire surface area of each piece of beef. Arrange beef pieces evenly spaced into a smoker or steamer. Sprinkle woodchips pre-soaked in water onto the base of the smoker and heat them until the cabinet of the smoker/steamer fills with smoke. Ensure the beef is securely covered with aluminium foil. Remove from the heat and allow the Topside pieces to sit in the ambient smoke for 10-15 minutes.

04. Transfer to a sous vide bag and seal with no air. Cook at 70°C for 8 hours. If you don't have a sous vide machine, bring the reserved brining liquor to the boil and skim off any scum. Transfer the pieces of beef to the warm liquor and using a thermometer get the liquor and beef on a portion of a small flame and cover. Cook for 4 hours at 80°C.

• Pickled Onions •

- 1 large Spanish onion, peeled and cut into petals
- 400ml water
- 100ml white wine vinegar
- salt and sugar to taste
- 1 garlic clove

05. Combine all ingredients except onion and bring to the boil. Add onion petals and bring back to the boil. Remove from the heat and cover with cling film. Allow to cool naturally and store in the fridge until needed or overnight.

• Garnish •

- 1 small loaf rye bread
 - olive oil
 - sea salt
 - 1 heart of celery, the lime green part, stalk and leaf
 - 200g walnuts, toasted
 - 500g natural yoghurt
 - 80g tahini
 - 1 lemon
06. Thinly slice the rye bread and drizzle with olive oil, season with sea salt. Cook in oven at 160°C until crisp. Store in a cool dry place until needed. Finely shave the celery heart and sit in iced water until needed. Hang the yoghurt in cheese cloth for a couple of hours, to remove some of the excess water. Once this is done, place the yoghurt in a mixing bowl and stir in the tahini. Season with salt and lemon juice and lemon zest to taste.

SERVES

4

TO SERVE

Finely shave the pastrami on a meat slicer and arrange neatly on a plate. Mix the pickled onion, celery heart and walnuts together. Dress with olive oil, the onions will provide the acidity. Arrange salad neatly in piles around the meat. Spoon small dollops of yoghurt sauce and scatter with rye crisps. This dish can be as refined or as rustic as you like. Have fun with how you present it and how you eat it. Fingers? You bet!



04. Knuckle

ITEM NO.
2070

Description

The Knuckle is prepared from a Thick Flank and is found above the knee joint at the front of the hind leg. There are two Knuckles per carcass and each can be further divided into three separate muscles; the Eye of Knuckle and the Knuckle Cap, Knuckle Undercut.

Preparing The Cut

The Knuckle is prepared from the Thick Flank by removing the cap muscle and associated fat and subiliac lymph node.

• Cut Specifications •

- ▷ Weight range: 2 - 4.5kgs
- ▷ Recommended cooking methods: Roast, slow cook, thin slice and stir-fry with longer aging.
- ▷ Order MSA graded, pre-aged a minimum 14 days for stir-fry. Refer to the meat carton end panel for more information on the MSA grade.
- ▷ **Meat Standards Australia (MSA) is a grading program designed to deliver consistent quality beef. Recommended cooking methods and aging requirements are provided in order to assist in optimising the eating quality. These guidelines have been established by extensive research conducted by consumer taste panels. All beef bearing the MSA symbol has met strict criteria to ensure it meets consumer expectations for tenderness, juiciness and flavour.*

• Further Considerations •

- ▷ To increase the versatility of Knuckle and to get the best results, ask for the Knuckle to be sub-primed into separate muscles and use them across different dishes; Eye of Knuckle, Knuckle Undercut & Knuckle Cover.



Item No. 2070

• Global Flavours •

Don't let its leanness fool you, Knuckle can result in very tender results if treated the right way. Its gentle flavour takes on spices and herbs well, and traditional stewed dishes like French pot au feu, utilise a bouquet garni of classic French herbs such as bay, thyme and parsley, which are used to impart comforting aromas to the stew of Knuckle, leek, tomato and carrot.

Many countries within Asia like to use Knuckle for their soups. Aside from it being a popular choice for adding flavour to stocks like phở, the meat is also sliced thinly and added raw at the last minute to poach in the stock seconds before eating, as is the case with cook-at-the-table hot pots like Japanese Shabu Shabu or Chinese steamboat. Meanwhile in the Phillipines, Knuckle is a popular ingredient in Sinigang; a hearty, sour and savoury tamarind-based soup. Sinigang often includes taro, water spinach, ginger and green finger peppers.

Over in the USA, Knuckle is a popular cut for a London Broil. Unheard of in its namesake city, the Knuckle is sliced into steaks and marinated in cola, vinegar, onion and garlic overnight to tenderise. The Knuckle steaks are then char grilled to medium rare, rested and then sliced very thinly against the grain. As the Knuckle responds well to moist-heat cooking, pulled beef recipes also work beautifully, where onions and garlic are sautéed in a pot, the Knuckle is added, followed by barbeque sauce and sometimes orange or apple juice, or stock. The Knuckle is braised for 3-4 hours until it falls apart, then shredded and eaten in rolls or with salad.

As a cured meat, Knuckle is a popular choice for making jerky both in the United States and in Korea. The Knuckle is sliced into thin pieces and rubbed with an aromatic mixture of salt, spices and herbs and left to absorb flavour for several hours. The beef slices are then dehydrated or air-dried which completes the curing process and also allows the jerky to last for several weeks.

• Best Cook Methods •

Slow cooking

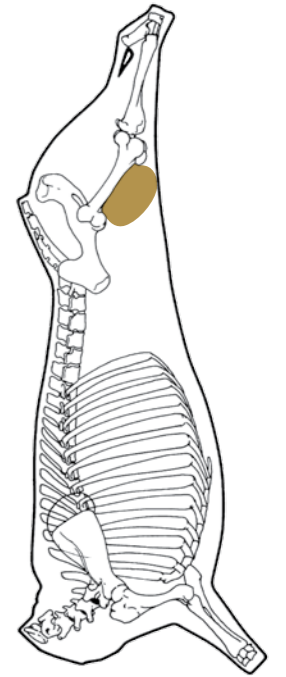
Sear on a high heat before adding liquid. Cover and cook at a slow temperature for several hours.

Stir fry

Finely slice and marinate in spices, oil or sauces. Heat a wok with a small amount of vegetable oil to smoking point and flash fry the slices until just cooked. Fry in batches to prevent crowding, which can cause the strips to stew rather than caramelize.

Cure

Jerky: beer's best mate. After choosing your spice mix, slice the Knuckle into thick steaks and rub with salt and the spice mix. Cover and refrigerate overnight. Pour and wipe away any excess moisture that will have leached out and place in a dehydrator for several hours, or hang on butcher's hook in a cool, well ventilated room for 3-4 weeks.



Item No. 2070

MENU APPLICATIONS

- ▷ Steamboat of Asian broth, served with enoki mushrooms, rice noodles and finely sliced and marinated Knuckle
- ▷ French dipped sandwich (finely sliced roasted beef on a soft roll, served with beef jus to dip in as you eat)
- ▷ Malaysian beef rendang with steamed jasmine rice
- ▷ Marinated, stir fried Knuckle with ginger, lemongrass, chilli and seasonal vegetables
- ▷ Braised Knuckle with smoked pommes purée, globe artichoke and ginger carrots
- ▷ Braised Knuckle and Guinness stew with rosemary and suet dumplings

Knuckle of a Pie

Recipe by JOSHUA HILL, EATON HILLS
HOTEL AND FUNCTION CENTRE
(QLD)

• Ingredients •

500g beef Knuckle,
cut into small chunks
flour for dusting
50g pancetta, cut into
small pieces
300ml stout beer
350ml beef stock
2 sprigs of thyme
1 bay leaf
2 carrots, peeled and cut
into a small dice
2 stick of celery,
cut into small dice
5 shallots, finely sliced

01. Heat a baking dish on a medium high heat on the stove. Lightly flour the cubes of Knuckle and brown them along with the pancetta in butter. Add thyme sprigs, bay leaf, carrots, celery and shallots. Fry briefly before adding the stout and beef stock. Place the baking dish in a preheated oven at 165°C for 2 hours. Once cooked, remove the Knuckle pieces from the cooking liquid and transfer an even amount into each pie dish. Strain the braising liquid and return it to the stove, bringing it back to the boil. Skim and reduce it to a spoon-coating consistency and season to taste. Spoon the sauce evenly into the pie dishes.



• Potato Mash •

450g medium chat potatoes,
peeled and cut into 2.5cm
square cubes
75g soft butter
150ml milk
6 spring onions, finely sliced
salt and pepper
lemon pepper
seasonal greens to garnish

02. Cook the potatoes in salted boiling water until tender, drain well and place in a bowl. Add butter and milk. In a pan, sauté the spring onions in butter and add them to the potato mixture. Beat the potato mixture with a mixer until fluffy and season to taste. Place equal amounts of potato on each pie dish. Bake in an oven at 180°C until the tops are golden brown.

TO SERVE

Serve with seasonal greens and a pinch of lemon pepper.



Braised Beef and Guinness Stew with Rosemary and Suet Dumplings

Recipe by BRAD SLOANE
THE RIVERVIEW HOTEL (NSW)

• Beef Stew •

1kg beef Knuckle, diced
2tbsp vegetable oil
2 sticks celery, roughly chopped
2 carrots, peeled and roughly chopped
2 large brown onions, peeled and roughly chopped
300g button mushrooms, cut in half
3 garlic cloves, sliced
1tbsp tomato purée
1tbsp plain flour
salt
freshly ground black pepper
500ml Guinness
200ml beef stock
2 bay leaves
1 bunch fresh thyme
4tbsp green peppercorns

01. Preheat an oven to 160°C. In a heavy based casserole dish, brown the meat in batches, making sure not to over crowd. Remove each batch and set aside. Once all the beef is done, add the celery, carrots, onions and mushrooms to the same dish and cook on a medium to high heat until everything has coloured slightly. Add the garlic and stir all the vegetables, to ensure even colouring. Scrape the brown bits from the bottom as you go. Add the tomato purée and stir to combine. Add the flour and mix well to ensure there are no lumps. Season with freshly ground black pepper and salt. Add the Guinness, along with the beef stock, green peppercorns, bay and thyme. Bring it up to a simmer and return the browned beef to the casserole dish. Cover with a lid and simmer while making the dumplings.

• Suet Dumplings •

150g beef suet
150g self-raising flour, sifted, plus extra for dusting
salt
freshly ground black pepper
2 tbs fresh rosemary, finely chopped
water to bind

02. Place the suet in a clean bowl and add the flour and rosemary. Using your hands, mix the suet, rosemary and flour well, then season with salt and pepper. Make a well in the centre of the mixture and add a little water at a time. Mix the dough until it reaches a firm consistency that comes away cleanly from the sides of the bowl. Turn the dough onto a clean board, dusted with flour. Roll the dough into a sausage shape and form six golf ball-sized dumplings (these will double in size once cooked). Carefully drop the dumplings into the stew, replace the lid and place in the oven for 2 and a half to 3 hours, checking periodically.

TO SERVE

Serve the stew in individual bowls, ensuring each person has a dumpling. Garnish with freshly chopped parsley and a salad of bitter leaves.

SERVES

6



Braised Beef Knuckle, Smoked Pommes Purée, Globe Artichoke and Ginger Carrots

• Beef Knuckle •

1.2kg beef Knuckle, trimmed,
cut onto large pieces (4cm x 4cm)
1 large onion, peeled and chopped
2 carrots, peeled and chopped
2 celery sticks, chopped
4 sprigs of thyme
1 bay leaf
300ml port
600ml red wine
sea salt and black pepper
3tbsp olive oil
500ml veal stock
500ml vegetable stock

01. Place the beef with the vegetables and the herbs in a large bowl. Pour over the port and wine. Cover and leave to marinate in the fridge overnight.

02. The next day, strain off the wine and reserve. Pat the Knuckle pieces dry, then season with salt and pepper. Preheat an oven to 120°C. Heat 2 tablespoons of olive oil in a cast iron pot and fry the beef for 2 minutes on each side until browned. Remove from the heat and set aside. Add another tablespoon of olive oil to the pan, tip in the vegetables and herbs and sauté over a medium heat until golden brown. Add the reserved wine, stirring to deglaze, and continue reducing until you have achieved a syrupy consistency. Pour in the stocks and return the beef to the pan. Bring to the boil, place a lid on top and put it in the oven. Cook for 6 hours until tender. Leave the beef to cool in the braising liquor.

03. When the beef has cooled, removed from the pot and set aside. Pass the liquor through a fine sieve into a clean saucepan. Boil until reduced to a thick sauce. Season with salt and pepper.

• Smoked Pommes Purée •

500g Désirée potatoes, washed
sea salt
200g butter
100g cream
50ml milk
4 drops of smoked hickory essence

04. Place the potatoes into a pan of salted water, bring to the boil and simmer for 20 minutes or until tender when pierced with a skewer. Drain well. Wearing rubber gloves to protect your hands, peel off the skin using a small knife. Mash the potatoes, while still hot, with a mouli if you have one, then push through a fine sieve. Heat the butter, cream, and milk in a pan until the butter has melted. Add the potatoes to the mix and stir well. Push through a fine sieve again to achieve a silky purée. Stir in the smoke essence and season with sea salt.

• Globe Artichokes •

1 brown onion, peeled and finely chopped
6 globe artichokes
2 lemons
2 tsp caster sugar
salt
8 white peppercorns, crushed

05. Snap off the artichoke stalks. With a sharp paring knife, starting at the base, trim off the leaves until you are left with only a neatly-shaped heart. Rub the base with the cut side of a lemon to prevent discolouration. Cut the hearts in half. Put the hearts into a pan with 1 litre of water, the juice of the 2 lemons, chopped onion, sugar, salt and crushed peppercorns. Bring to the boil, then simmer, uncovered, for 15-20 minutes.

• Ginger Carrots •

18 baby carrots, trimmed
1tsp ground ginger
1tsp fine sea salt
100g butter

06. Blanch the carrots in a pan of boiling salted water for 2-3 minutes until just tender. Meanwhile, mix the ginger and sea salt in a small bowl. Drain the carrots and refresh under cold running water. Just before serving, melt the butter in a pan. When it's foaming, add the carrots and sauté for 1-2 minutes until golden and hot. Drain the butter and sprinkle over the ginger and sea salt.

SERVES

6

TO SERVE

Reheat the beef in the sauce. Place 3 pieces of beef on the plate. Ladle some sauce over the top. Quenelle some pommes purée, and garnish with 3 baby carrots and 2 halves of the artichoke.



Knuckle Sandwich

Recipe by DAVID MOYLE
THE MERCURY DEVELOPMENT (TAS)

SERVES

6

• Ingredients •

1	beef Knuckle (approximately 600g)
2	beef bones
1L	vegetable stock
300ml	black vinegar
50g	dried mushroom
1	white onion
6	white peppercorns
	salt

• Method •

01. Cut the beef Knuckle meat in half. In a heavy based pan, render the beef bones for approximately 5 minutes on medium heat until some fat has broken down into the pan. Liberally season the Knuckle meat then add to the pan and continue to sear on the stove top until the meat is well coloured.

02. Add the meat to an appropriately sized baking tray. Retain the pan that you seared the beef in and deglaze it with the black vinegar. Once it has settled, add the stock, mushrooms and the whole white peppercorns and tip the liquid over the meat and bones. Leave uncovered and place into a non fan-forced oven set at 170°C for 2½ hours.

03. Once the meat is ready, take out of the oven. Leave it in the liquid to cool with a gentle weight on top to press the beef down. Once cooled, remove the beef from the now jellied stock and set aside. Heat the braising liquid back up on the stovetop and reduce till a sticky consistency (like a gravy). Strain and reserve.

• Pickle •

4	large giant Japanese red mustard leaves
2	large carrots
150ml	white vinegar
60gm	sugar
80ml	water

04. For the pickles, very finely shred the mustard leaf (including the stem) and carrot together. Place into a bowl and salt lightly. Set aside for 10 minutes. Bring the vinegar, water and sugar up to approximately 70°C then pour over the carrot and mustard leaves. Allow to pickle overnight at least, but several days is better.

TO ASSEMBLE

6	soft white buns
	toasted sesame seeds

Shave the Knuckle thinly, heat up some of the reduced braising liquid in a pot and pour the liquid over the shredded beef, mix thoroughly. Place the sliced Knuckle pieces in the middle of each bun, and then sprinkle with toasted sesame. Place an amount of pickle on top before placing the lid of the bun on and the press firmly to let the ingredients get to know each other.

Meat Appreciation

TAKEAWAY SNACK STYLE

01. Fresh, local, seasonal.

The philosophy is a sound one... and more relevant than ever. We're focused on sourcing the best produce we can, as close by as we can: it's fuller in flavour and supports local communities. Australia produces some of the best red meat in the world, so choosing local has never been easier, or more delicious.

02. Is red, is good.

Australian beef is packed with 10 essential nutrients beneficial to humans of any age, meaning every bite counts towards meeting a restaurant goer's daily nutritional intake. It's also an excellent source of iron and zinc, as well as a source of omega-3.

03. How much is enough?

A 130g serve of cooked red meat is about 200g raw meat per portion.



04. Gluten free?

Why yes! Navigating dietary requirements is easy when it comes to red meat: It's gluten free! Beef can form a vital part in dishes that are not only tasty, but great with other nutritious ingredients required for good health.

05. BEEF: THE MENU CHAMELEON.

Banish preconceptions about how beef looks on the menu – around the world beef is one of the most flexible ingredients. From salads with substance, to cured meats and tartars on charcuterie plates, bite-sized morsels, unctuous stews and curries, as well as a wealth of ways on the grill, beef can take on more shapes and forms than you ever thought possible.

Thank-You

To the following brilliant chefs and industry friends who were happy to share their Beef Masterpieces with the rest of us, we say thank you.

The recipes in this book are full of flavour and creativity and demonstrate that with skill and flair, a truly great dish can be made using often overlooked cuts of beef such as Shin, Topside, Short Ribs and Knuckle.

Thank you for leading the way in this red meat revolution!

Sharon Salloum – Almond Bar (NSW)

Peter Manifis – Incontro (WA)

Jowett Yu – (HONG KONG)

Victor Liong – Lee Ho Fook (VIC)

Brian Geraghty – Berowra Waters Inn (NSW)

Antoine Moscovitz – Antoine's Grill (NSW)

Kenji Manaeka – Izakaya Fujiyama (NSW)

Stephen Clarke – Clarkes Of North Beach (WA)

Ben Milgate – Bodega, Porteño (NSW)

Dan Hong – Merivale (NSW)

Dave Campbell – Wharf Rd Restaurant and Bar (NSW)

Monty Koludrovic – Icebergs Dining Room (NSW)

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