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Meat  
Cutting,  
Cooking  
and  
Service  
Plan



## Ordering and Planning

- Always stay two days a head of your meat preparation and never completely run out. You always want to be ordering meat that you can store for 2-3 weeks. This depends on the types of cuts you're using for your menu. Always use the oldest meat first and let fresh meat age as long as possible before use.

## Meat storage

- Remove meat from cartons, check the products are intact
- Place meat on a tray or large plastic tubs on the bottom shelf of your cool room, never place above any other food item in case blood drips
- Ensure the oldest stock is on top and the new stock at the bottom. Rotation is key when storing meat - always use the old stock first.

## Meat Preparation

- Set up a clean working environment: clean chopping board, sharp slicing knife, butchers knife, digital scales, cloth, preparation containers, scrap container and paper towel, masking tape, permanent marker.
- Remove meat from cryovac bag over a sink, discard plastic and sponge pack
- Place meat on your board and, using paper towel, wipe off excess blood.
- Trim any excess fat, grey skin and sinew off the whole primal and place these off cuts into a separate container to use later.
- Slice meat into proportioned size as per your menu specifications. If you're serving a 180gm steak cut 200gm to allow for shrinkage. When slicing meat turn on your digital scales and measure each piece as you slice it. Correct portion size is critical for your food costing.
- Once meat is sliced, place into a medium to large preparation container. Place one in service kitchen and always have a second batch cut in case you run out. Wash your hands and cover both containers with cling wrap label with masking tape and write what cut it is, date it was cut and who cut it. Wrap up scraps and label for future use.
- Coming into busy periods there is no reason why you can't double production to cover yourself during busy periods. Meat can be cut every 2-3 days pending business volumes.

Place these prepared items into your service fridges as soon as the meat is prepared and sanitise your work station, knives and cutting board.



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## Cooking & Serving of Meat

- Pre heat your oven to 200 deg Celsius
- Pre heat your grill, ensure grill is clean and hot
- Set up a tray, sprinkled with salt and pepper next to your cooking area plus have a dozen smaller trays or pizza trays ready
- Set your station up with a squeeze bottle of rendered fat/oil, a couple of sets of tongs, salt and pepper plus a resting tray. Resting tray consists of a wire rack set over a tray to collect meat dripping placed in a warm area.
- Once an on order is placed e.g. 2 rib eye medium rare, remove from the fridge. Place on seasoning tray and season steaks both sides, drizzle a little oil over. Place on the grill and let it sear for minimum of 3-4 minutes pending on the heat of your grill. If you try and turn the steak and it sticks, leave it for a further 30 seconds than turn. Pick up with your tongs rotate from right to left and leave for another 2-3 minutes to get the cross marks on your steak.
- Turn over and sear the underside of your steak. You can either leave it on the grill and keep cooking them or place both steaks on a pizza tray in the oven to finish cooking time.
- Remove from oven after 6-8 minutes, for example, and place on a resting tray. Rest for 5 minutes before serving.
- Time of cooking and resting your steaks will vary greatly due to the size and cut of your steaks.

## Correct plating of a steak

- Whole steak on the plate, pour sauce on half and around. This way the customer can still see the beautiful grill marks on the presentation side of your steak.
- Sliced meat: if you slice meat after it has rested and plate up, pour sauce around the meat. Never place your sauce over the cut side of the meat otherwise the sauce will discolour the meat.

To know when your steak is cooked, using the 'pressing method' or a small thermometer. Meat temperatures are listed below. Never cut open a steak to see how it's cooked. The juices will run out resulting in the meat being dry.



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## Cooking Temperatures of Meat

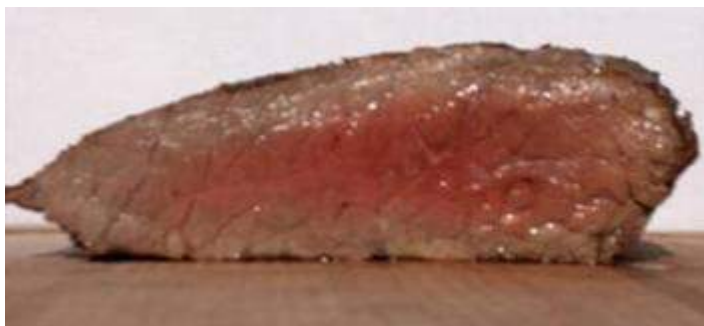
Rare Internal Temperature 52-55 Deg Celsius



Medium Rare Internal Temperature 55-60 Deg Celsius



Medium Internal Temperature 60-65 Deg Celsius



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Medium Well Internal Temperature 65-69 Deg Celsius



Well Done Internal Temperature 70-100 Deg Celsius



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## Correct use of trim - Guide

- a) Meat Cuts – Menu
- b) Meat off cuts – marinate use as a special for example: Thai Beef Salad
- c) Grey Skin meat off cuts – use to flavour sauce bases
- d) Fat off cuts – rendered and used for cooking oil

### Whole cuts - examples using above trim guide

**Tenderloin:** Remove grey skin (c) access fat (d) and place separate containers. Useable meat trimmings (b) and set aside in a third container.

Portion cut petite eyes and eye fillets – for menu.

Once 10-15 fillets prepped and labelled and put into service fridges, rest place in a coolroom as prep for the next two to three days.

Marinate the meat off cuts (b) and place into a separate marinade and use for a special.

**Porterhouse:** Remove fat (c) waste, cut the excess meat trim (b) and set aside. Inside sliced into (a) portions - menu.

**OP Rib on the Bone:** Remove fat (c) waste; cut excess meat trim (b) portion meat for menu.

**Rump:** Remove fat (c) waste, cut excess meat trim (b) and set aside. Eye rump centres, eye rump, cut and used for menu. Tritip, Rump cap cut sliced and marinated for Thai beef salad, for example.

**Rib Fillet:** Remove fat (c) waste, cut excess meat trim (b) and set aside. Inside sliced into (a) portions – menu and steak sandwiches.



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## Example of Base Sauce prep using category (c) meat off cuts

- 2 onions - peeled and roughly chopped
- 1 carrot - roughly chopped
- 2 stalks celery – roughly chopped
- 1 leek washed and roughly chopped
- 5 bay leaves
- 10 peppercorns
- 1 garlic bulb - halved
- Two kitchen spoons of rendered beef fat
- 2 kg (c) category meat off cuts
- 1 litre red wine
- 15 Fresh beef stock/gravy base

### **Method**

Pre-heat a large pot, add beef fat and sauté the vegetables and garlic. Remove the vegetables and add beef scraps, caramelize the meat and add the sautéed vegetables back in. Mix and deglaze with red wine, reduce red wine by  $\frac{3}{4}$  and add gravy base. Add the rest of the ingredients and bring to the boil, reduce to a simmer for 30-40 minutes. Skim off excess fat during this process.

Strain into a bucket, cool and store until required.

From this base you can then make all your sauces on the menu based off this sauce. All meat off cuts from fillets, porterhouse, rib fillets for example can be used for this process.

## Rendering Fat (d)

Fat from all meat cuts can be placed into 1 large pot. Bring to the boil and simmer for 1 hour or until liquid is clear. Strain off and pour into small buckets or sauce bottles. Label and use for searing meats and cooking proteins besides seafood and vegetables. Rendered fat can be frozen for future use.

## Alternative uses - meat off cuts (b)

- Mince – braised meatballs, hamburger patties, bolognaise – lasagne
- Off cuts braised, sauce thickened and used for homemade pies, filo parcels for menu specials
- Off cuts – beef curry specials



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