

BEEFing UP YOUR PROFITS

Volume 5

Beef Barbecuing

Your guide to value-added beef



BEEFing up your profits - Volume 5

Your guide to value-added beef

Published by Meat & Livestock Australia Limited
ABN 39 081 678 364
9 January 2012
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ISBN 9781741917260

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BEEFing up your profits - Volume 5

I'm delighted to bring to you another volume in MLA's highly successful value-added series, **BEEFing** up your profits.

Continuing on from where our previous four volumes have been, **BEEFing** up your profits – Volume 5 has many exciting new recipes, with the focus this time being on barbecuing. Summer is an ideal time to revamp your selling lines and include new, inspirational value-added beef meal ideas for your customers.

We all know how great beef tastes when it's barbecued, but we can always use fresh ideas and take a new look at barbecuing. This volume offers techniques and tips to get the best out of your beef.

We've put together a volume bursting with imaginative meal ideas, such as Texas BBQ Beef Ribs on page 24, or Beijing Beef Kebabs on page 41. Delicious, tasty value-added beef meals can make all the difference to your busy customers and to your bottom line, so try some of these ideas in your business – your customers will come back for more.

Each meal idea is accompanied by stunning photography to allow you to accurately see what the product looks like on display, or cooked ready to eat. As well, they have easy-to-follow preparation instructions, and notes for added promotional opportunities.

The Red Meat Networking Club – are you a member yet?

MLA has developed the Red Meat Networking Club (RMNC) with you in mind. We believe that retail butchers are ambassadors of the red meat industry, and as such, we here at MLA would like to help butchers increase professionalism, productivity and profitability, as well as raise the bar in terms of innovation, quality and best practice within shops. RMNC members are encouraged to network and share product, merchandising, and value-adding ideas with each other.

Visit www.acutabove.net.au for more information.

Yours sincerely,



Glen Feist
General Manager, Marketing





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Trust your Beeflex
Nothing beats Beef

Steps for the perfect result

There is an art to barbecuing, but it's easily mastered with these simple steps and our barbecuing hints and tips.

1. Coat the meat in oil instead of adding oil to the barbecue grill or hotplate. If the meat has been marinated pat it dry with paper towel.
2. Ensure the barbecue is hot before you cook; make it hot enough to sizzle the meat as it makes contact with the plate or grill.
3. Let the meat cook on one side until moisture appears, then turn once only. Use tongs rather than a barbecue fork to turn the meat, to ensure you don't pierce the meat and cause juices to run out on the hot plate.
4. With practice you can judge the meats readiness by touch. Rare is soft, well done is very firm. Rest the meat for a few minutes before serving on a warm plate and cover loosely with foil.

BEST BEEF CUTS FOR BARBECUING;



- fillet/tenderloin
- rib eye/scotch fillet
- sirloin /New York steak
- T-bone
- rump
- flank steak
- tri-tip
- blade or oyster blade
- For kettle or hooded barbecuing you can also use brisket and short ribs with an extended cooking time.



Our top barbecuing tips

1. Season rather than pre-salt.

- Don't pre-salt and leave the meat to stand for several hours before cooking. The salt will draw out the juices, making the meat tough. You can add salt to meat just before barbecuing if you like. Or you might even prefer to season the meat with a little salt and freshly ground black pepper once it is cooked.

2. Oil the meat and not the grill.

- Rather than drizzle oil onto the barbecue plate, brush the meat lightly or better still, rub meat with oil before cooking. If you are flavouring the meat with a dry spice mixture, brush off any excess spice and rub a little oil over the meat before cooking. In both instances this ensures the meat does not stick to the grill and allows it to sear, giving good colour and flavour.

3. When to cook – use your hand as well as your eyes to determine the heat of the barbecue.

- The hand test can give you a good sense of how hot the grill or barbecue plate is. Hold your outstretched palm about 6cm from the heat. If you can only hold it above the heat for about a second it means it's too hot. If you can hold your hand above the heat for three to four seconds it's at a moderately high temperature which is perfect for barbecuing. Any longer, say eight seconds, and the heat is too low.
- Of course the usual visual clues work alongside this, when heat beads or coals are covered with light ash the fire is moderately hot and ready to cook on.

4. Don't crowd the grill plate.

- This reduces the heat and the meat will then release juices and begin to stew.

5. Don't turn the meat too often, the rule is - turn once only.

- Turn the meat, don't stab it and always use tongs rather than a barbecue fork as a fork could pierce the meat, draining the juices onto the grill or barbecue plate.

6. Feel your way, to judge steak doneness.

With a little practice you can learn to judge the readiness by touch. To gauge the degree of doneness try this.

- Make a circle with your index finger and thumb and apply a little pressure to the centre of the ball on the palm side of your thumb, it will feel soft.
- With either your fingertip or the back of your tongs, press the centre of the steak. If it has the same soft texture, it is rare.
- Move your thumb to the next finger and test the ball of your thumb again; steaks with the same spring will be medium rare.
- The ring finger and thumb together will indicate a medium doneness.
- The little finger and thumb together will be firm; if a steak feels the same it will be well done.

7. Invest in a thermometer to tell when large roasting pieces are done.

- When barbecuing larger cuts and particularly bone-in pieces a thermometer is your best way to gauge doneness.
- Check the temperature just before the estimated cooking time is up. The internal temperature for:

55°C-60°C for rare

60°C-65°C for medium rare

65°C-70°C for medium, and

75°C for well done.

- Take the meat off the heat just short of your goal, as the larger cuts tend to cook and increase in temperature as they rest.

8. Always rest meat after it comes off the heat.

- Resting allows the juices, which have been driven to the centre of the meat by the heat, to return to the surface. If given the time to rest the meat will lose less juice when you cut or carve it, resulting in a juicy, tender and tasty meat.
- As a guide, steaks and small bone-in pieces should stand for two to five minutes while larger pieces will benefit from resting for 10 to 30 minutes.
- Rest meat in a warm place and cover loosely with foil. Wrapping hot meat too tightly will cause it to sweat.
- Use any juices to make your sauce, or simply pour over the meat just before you serve.

The perfect steak – knowing when to turn and when it's cooked.



Cooking in a covered BBQ



Weber® Summit E670

Cooking meat in a covered barbecue, either kettle style or gas is an exceptionally flavourful means of cooking. As the round kettle works as a sophisticated convection oven, food is cooked quickly and evenly on all sides.

It's all in the design

The secret of cooking lies in the shape and design of round kettle barbecues. When properly vented, cold air is drawn through the bottom vents. The cold air is drawn in a circular movement to the glowing charcoal briquettes where it provides oxygen to keep them burning. It's through this process that the air becomes heated, rising up and around the food being cooked, before passing out through the top vent.

Naturally, the temperature of the air is determined by the amount of charcoal briquettes burning inside the kettle – the more fuel burning inside, the higher the temperature will be, and vice versa. However, no matter how much fuel is being used for cooking, the temperature is always higher at the start of cooking, falling as the fuel is eventually burnt.

The beauty of a kettle or covered barbecue is that it can roast and bake, as well as grill or fry with the addition of a grill plate.

Indirect versus direct cooking method – kettle barbecues

The indirect cooking method has the food placed on the upper grill between the two fires, directly above a foil tray. This cooking method is used for roasting and baking.

Direct cooking sees the charcoal briquettes that supply the heat placed on the bottom grill directly under the food being cooked. This cooking method would be used for grilling steaks, either on a wire grill or cast iron cooking grill, as well as for hotplate or wok cooking.

Keeping the heat in

It's not an exact science with either kettle style or gas barbecues, you need to be mindful of the temperature within the barbecue as the meat cooks, particularly when cooking larger cuts of meat like roasts. A medium-high heat for a shorter time is preferable than a low heat for a long time.

- Do not remove the lid too often during the cooking time. Cooking in a covered barbecue is just like cooking in the oven - every time you open the door you lose valuable heat.
- At the start of cooking the kettle barbecue will be at a moderately high heat (about 220°C) each time you lift the lid you lose 5 beads of heat, which is about 10 to 15°C. The heat will stay in the barbecue for about 1-1/2 hours and that's with a couple of quick looks at the food.
- If you want to boost the temperature during cooking, add 6 to 10 charcoal briquettes each side at 1-hour intervals.
- Similarly for a gas barbecue you start out with a temp of around 220 C to 240°C for the first 20 minutes and then heat settles around 180°C. The maintenance of this heat is individual to each gas barbecue but try to avoid ramping up the flame directly under the meat; it gives the meat a tough under-side and dries the meat out.

Kettle style over gas?

Each has its advantages; when it comes to flavour meat cooked in a kettle barbecue over charcoal briquettes has an edge. How so? The natural smoke flavour created by the very hot coals which vaporise when meat juices hit them, permeates back up to and through the roast by way of the natural air flow (convection) created by the vents. The moisture produced by the coals as they vaporise keeps the roast moist. The gradual reduction in temperature of the coals ensures the roast doesn't cook too rapidly, reducing shrinkage and charring and it produces a roast with fabulous flavour. But for ease, convenience and reliability you can't beat a gas barbecue, sort out its heat variables in advance and it's a breeze.

Roasting in a kettle style barbecue

- Preheat according to the indirect method in the manufacturer's book.
- As a general rule heap about 25 charcoal briquettes in rails on each side. Charcoal briquettes give off excellent heat and burn for a long period of time.
- It's important to allow the charcoal briquettes to develop to a fine ash stage. The temperature will then be hot enough to seal the meat. This initial heat not only produces great flavour and colour in the meat, it also helps to retain the juices in the meat. If the kettle remained at this temperature throughout the cooking time, the outside of the meat or roast would be very dry and overcooked.
- The temperature of the coals and subsequently, the temperature of the barbecue slowly drops at a rate that allows the heat to continue to penetrate into the centre of the meat without overcooking the outside.

Roasting in a covered gas barbecue

- The indirect cooking method is used with covered gas barbecues too. The cooking grill and plate is used with all burners on to preheat the barbecue.
- Once the meat is placed in the barbecue the burners directly under the food are turned off, the remaining burners are left on to conduct and circulate the heat.
- The burners left on are generally best left on high, this may vary with each model and may take a little testing but for a roast the lower settings generally don't cook the meat thoroughly.

Tips

- Use two sets of tongs with the kettle barbecue – one pair to be used exclusively in the barbecue for moving around the baskets and charcoal briquettes, a second pair can then be used exclusively on the meat.

Food safety and barbecuing

Many consumers are unaware or unsure of the basic food safety principles for handling fresh and frozen meat, as well as cooked meat dishes. The following points provide a detailed guide.

- Advise shoppers to use an insulated shopping bag (particularly in hot weather) to keep their meat cold, especially if they are traveling for over 30 minutes. You could even brand and sell (or give-away) these bags with your store's logo as a value-added sale – a great promotional opportunity.
- Advise shoppers to transfer their chilled and frozen meat to the fridge or freezer as soon as they get home.
- Advise shoppers on best practise to store meat – when refrigerating fresh meat, remove from plastic wrap then place onto a plate in single layer, covered loosely with foil to stop meat sweating. This should be placed in the meat compartment or on the bottom shelf to ensure it doesn't drip on to other foods.
- Raw and cooked meat should not be placed together in the same compartment of the fridge. Always store cooked meat above raw meat to avoid cross contamination.
- The best way to defrost frozen meat is to transfer from the freezer to the fridge 24 hours before it is needed. Do not defrost frozen meat at room temperature or in hot water.
- Extra care must be taken with mince. Its greater exposed surface area means it should be cooked as soon as possible after defrosting.

Take care in meal preparation

- Hands should be washed in hot soapy water for about 30 seconds before preparing food.
- Avoid preparing food if you have been sick.
- Make sure all cooking utensils, preparation boards, knives etc., are washed between handling raw and cooked meat and vegetables. Never handle cooked and uncooked meats together. Do not cut them up on the same boards or with the same utensils.
- Wash hands in warm soapy water between tasks.

Cooking meat

- Keep meat in the fridge until you are ready to cook it. However it can be taken from the fridge to lose a little of its chill before cooking. Be aware of the temperature of the kitchen or the heat of the day, about 10 minutes is sufficient.
- Special rules for barbecuing – never stand meat in direct sunlight for any length of time. Keep both raw and cooked meat covered to protect it from contamination.
- Never use the same plate for raw and cooked meat.
- When cooking mince, sausages or hamburger patties, there should be no pink meat visible and the juices should run clear.
- Be particularly careful with hamburgers or meat patties. They should be thoroughly cooked to an internal temperature of 75 C; not served undercooked, rare or pink. If a meat thermometer is unavailable, a guide to ensure meat patties are cooked is that the juices run clear when a skewer is inserted into the thickest point.
- When cooking rolled or stuffed roasts ensure they are cooked evenly throughout. It is a good idea to check the internal temperature of these meats with a meat thermometer – aim for 75°C.
- The meat surface of steaks should always be brown, regardless of degree of doneness, in case bacteria are lurking on the surface.
- Never pour raw marinade mixture over cooked meat. It must always be brought to boiling point and boiled for a few minutes before using to avoid food poisoning.

Cooling cooked meat and meat dishes

- Mince dishes should be refrigerated immediately after steam has evaporated – do not leave to cool completely on the bench.
- Cool cooked dishes as quickly as possible by placing into a shallow container and then into the fridge or freezer.
- Refrigerate leftover cooked meats such as roasts and barbecued cuts as soon as possible.

Avoiding cross contamination

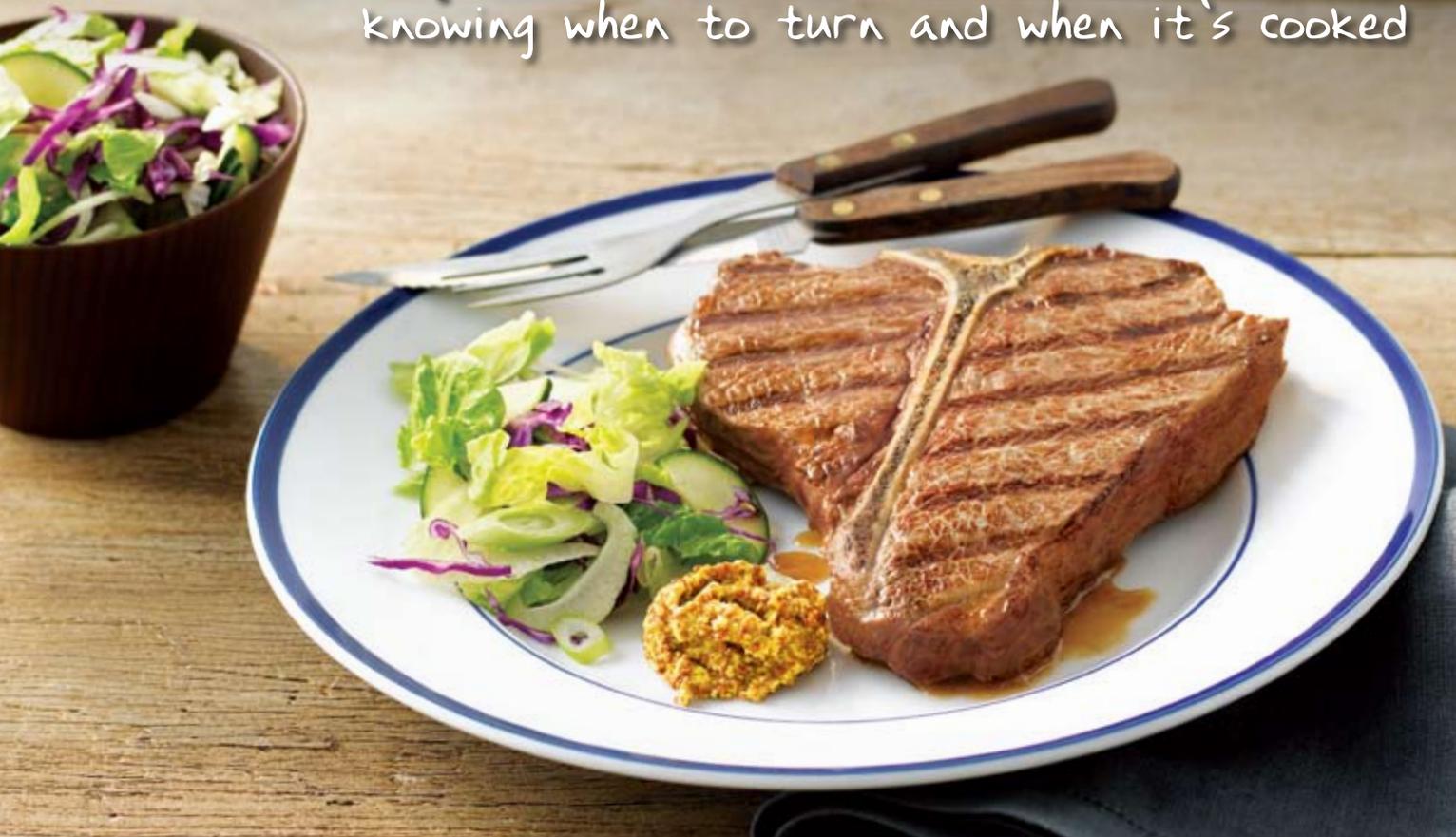
Bacteria can spread from one protein to another through cross contamination. To decrease this risk:

- Keep raw meats and poultry separate.
- Always store raw meats below cooked meats in the cool room.
- Don't place cooked foods on the same trays that held raw meats.
- Use separate cutting boards for raw and cooked meats.
- Use colour coded boards to avoid potential cross contamination issues.
- Always wash hands thoroughly in hot soapy water when changing work between red meat and poultry.

For more information please go to www.acutabove.net.au

The perfect steak

knowing when to turn and when it's cooked



Rare

Cook for a few minutes per side, depending on thickness. Turn once only. Cook until steak feels very soft with back of tongs. A meat thermometer will show the internal temperature of a rare steak as 55°C-60°C.



Medium rare

Cook on one side until moisture is just visible on top surface. Turn once only. Cook on the other side until surface moisture is visible. Steak will be cooked to medium rare when it feels soft with back of tongs. A meat thermometer will show the internal temperature of a medium rare steak as 60°-65°C.



Medium

Cook on one side until moisture is pooling on top surface. Turn once only. Cook on second side until moisture is visible; Steak will be cooked to medium when it feels springy with back of tongs. A meat thermometer will show the internal temperature of a medium steak as 65°C-70°C.



Medium well

Cook on one side until moisture is pooling on top surface. Turn and cook on second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels firm with back of tongs. A meat thermometer will show the internal temperature of a medium-well steak as 70°C-75°C.



Well done

Cook on one side until moisture is pooling on top surface. Turn and cook on second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels very firm with back of tongs. A meat thermometer will show the internal temperature of a well done steak as 75°C.



Meat Standards Australia

Meat Standard Australia is the world's only consumer based eating quality grading system.

Meat Standards Australia (MSA) is a grading program designed to take the guess work out of buying and cooking Australian beef.

MSA graded beef is labelled with a grade and recommended cooking method that identifies the eating quality of a cut of beef according to standards developed by consumer taste panels. All beef underpinned by the MSA symbol has met strict criteria to ensure it meets consumer expectations for tenderness, juiciness and flavour.

Developing the MSA Standard

Research shows that an enjoyable meal experience is of paramount importance to Australian beef consumers. They expect a tender, tasty, juicy cut of beef at every meal occasion. To develop the MSA standards over 86,000 consumers participated in taste panels sampling 603,000 individual beef samples to identify the key factors that deliver consistent quality beef.

How the MSA grade is calculated

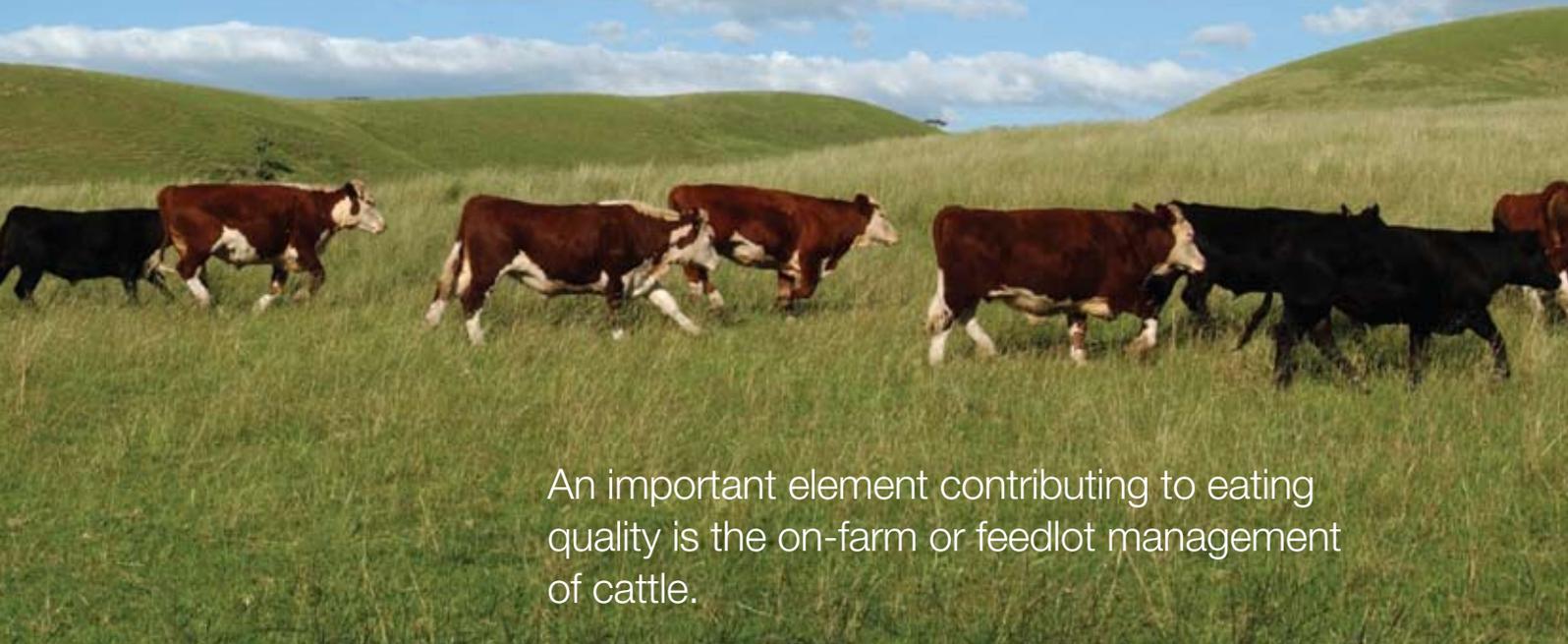
MSA Certified Graders collate information provided from the cattle producer, supervise processing standards and assess each individual carcass on its attributes known to influence the eating quality of beef including meat colour, marbling, fat depth, carcass weight, maturity and ultimate pH.

Integrity

All participants in the program are licensed to use the MSA Trademark, and certify products via an approved Quality Management System in accordance with the MSA Standards Manual. Licensees are subject to independent random audit programs for compliance to the Standards. MSA standards are backed by independent audit to the AS/NZS ISO 9001/2008 Standard.



MSA Production



An important element contributing to eating quality is the on-farm or feedlot management of cattle.

Key factors:

Breed

All cattle breeds are eligible to be graded by MSA; however MSA research has shown that different breeds can impact the eating quality of many cuts.

Nutrition and growth

For consistent eating quality, cattle need to be managed on a rising plane of nutrition to ensure sufficient muscle glycogen levels and adequate growth.

Glycogen

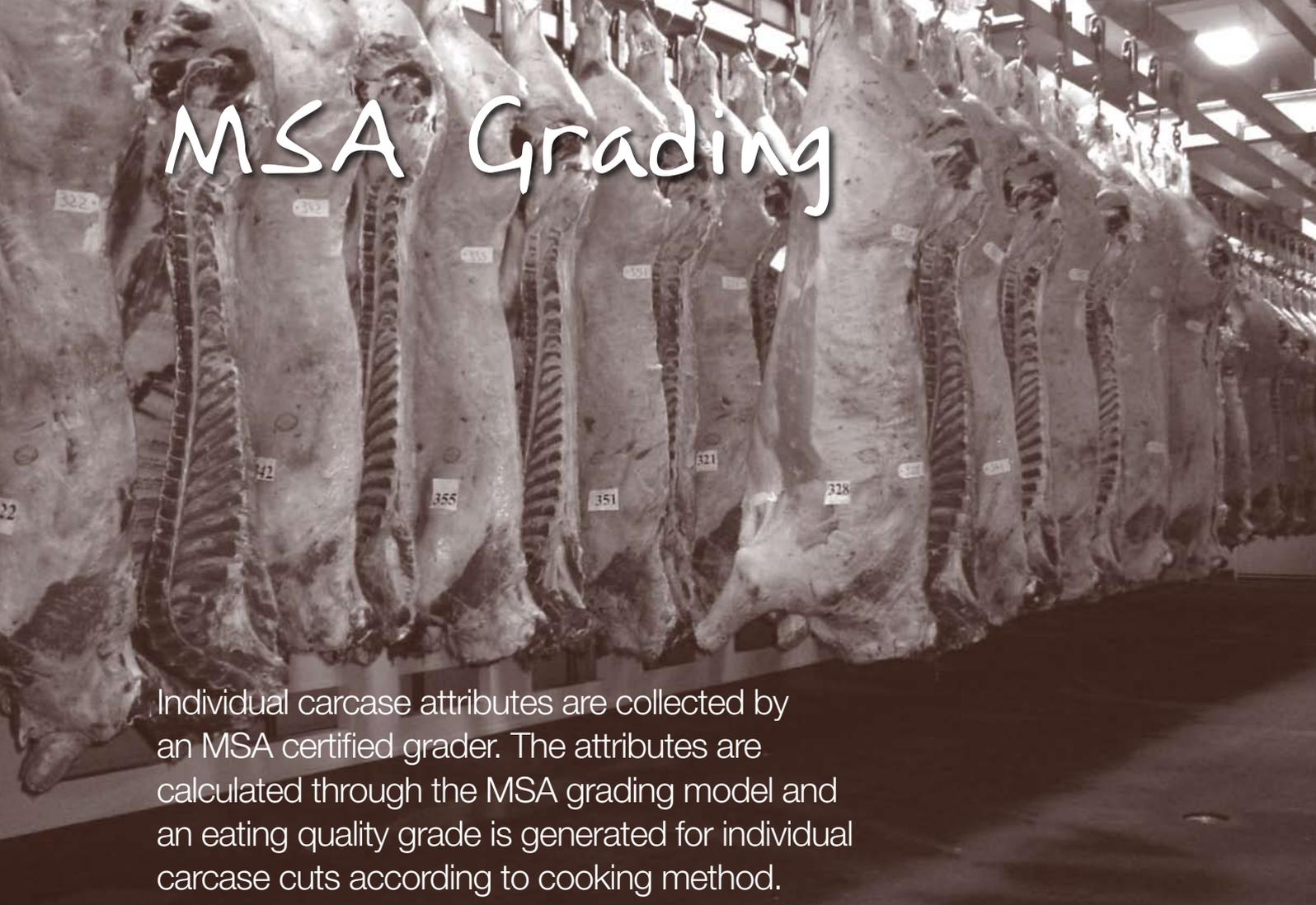
Maintenance of high muscle glycogen through adequate nutrition and minimizing animal stress will result in improved pH and meat colour compliance.

Handling

Cattle must be handled in a manner that keeps stress to a minimum during mustering and transport.

Stress is a major contributor to a condition that results in dark, tough beef.





MSA Grading

Individual carcass attributes are collected by an MSA certified grader. The attributes are calculated through the MSA grading model and an eating quality grade is generated for individual carcass cuts according to cooking method.

Meat Colour (MC)

On the chilled carcass the rib eye muscle is assessed and scored against the AUS-MEAT Colour Reference Standards.

MSA marbling (MSAMB)

Marbling is assessed at the ribbing site of the carcass. It is calculated by evaluating the amount, piece size and distribution of marbling in comparison to the MSA standards.

Fat Distribution

The thickness of fat at a specified rib is measured, it must be 3mm or greater. Fat must be evenly distributed over the loin, hind and forequarters. An even fat coverage enables uniform chilling rates throughout the carcass.

Ultimate pH (pHu)

One of the most significant indicators of eating quality involves the measurement of lactic acid within the muscle taken from a pH probe. Carcasses with the optimum pH level of meat are eligible for an MSA grade.

Maturity

This assessment measures the amount of cartilage that has turned to bone along the spine. It is a measure of physiological maturity of the bovine animal.

MSA Accreditation



Meat Standards Australia

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www.mla.com.au/msa

Licensed branded beef companies can underpin their brand with the MSA Trademark, this allows a brand owner to communicate that their product has been graded to MSA standards.

The use of the MSA symbol is subject to a brand license agreement with Meat and Livestock Australia (MLA) to ensure the integrity of the product.

All beef sold under the license agreement must be MSA graded and the enterprise's quality systems must adhere to MSA Standards Manual for Trademark usage.

Extensive mandatory training is provided to all participants in the MSA supply chain. Audits are conducted on all licensed participants at regular intervals to check compliance to the Standards.

Summer BBQ Products

BEEFing up your profits - Volume 5

NAME	DESCRIPTION	CUT	COOKING METHOD	COOKING SYMBOL	PAGE
 <p>Beef Picanha</p>	Thick slices of Rump Cap seasoned and threaded on to thick skewers. BBQ until tender and juicy. Serve thinly sliced with salsa.	Rump Cap or Tri-Tip	BBQ grill	Grill/Pan Fry 	23
 <p>Texas BBQ Beef Ribs</p>	Whole single ribs, seasoned with spice rub. Cooked slowly over low heat, basting with meat juices until tender and succulent.	MSA Chuck Short Ribs 150mm x 40mm approx	Kettle or hooded BBQ	Kettle or hooded BBQ 	24
 <p>Aussie BBQ Beef Ribs</p>	Single ribs in BBQ marinade cooked slowly in beer or stout until tender.	MSA Chuck Short Ribs 150mm x 40mm approx	Kettle or hooded BBQ	Kettle or hooded BBQ 	25
 <p>Sticky Asian Beef Short Ribs</p>	Single ribs, marinated in sticky hoi sin marinade. Cooked slowly on kettle or hooded BBQ.	MSA Chuck Short Ribs	Kettle or hooded BBQ	Kettle or hooded BBQ 	26
 <p>American Style Beef BBQ Brisket</p>	Point End Brisket, cut into 1.5kg pieces and cooked slowly in sauce until meat falls apart. Meat pulled with fork and returned to sauce. Served in rolls with coleslaw and pickles.	MSA Point End Brisket	Kettle or hooded BBQ	Kettle or hooded BBQ 	27

NAME	DESCRIPTION	CUT	COOKING METHOD	COOKING SYMBOL	PAGE
 <p>Southern Smoked Beef Brisket</p>	MSA Navel End Brisket cut into 1.5kg piece. Marinated in spice rub, and cooked slowly in kettle or hooded BBQ with smoke tray. Served thinly sliced.	MSA Navel End Brisket	Kettle or hooded BBQ smoke pouch	<p>Kettle or hooded BBQ</p> 	28
 <p>Korean BBQ Beef Ribs (Kalbi or LA Ribs)</p>	Thin sliced Kalbi or LA Short Ribs marinated and quickly cooked over high heat.	Kalbi or LA Ribs (MSA Chuck Short Ribs) 8mm – 10mm thickness i.e. LA Ribs	BBQ Grill	<p>Grill/Pan Fry</p> 	29
 <p>Beef Bulgogi</p>	Thin sliced beef, marinated and cooked quickly over hot BBQ.	MSA Beef Thin Slice. (Chuck Eye Log)	BBQ Plate or Pan Fry	<p>Pan Fry</p> 	30
 <p>Stockman's Beef Steak Sandwich</p>	Oyster Blade steaks seasoned with mountain pepper and lemon myrtle. Cooked quickly over high heat.	MSA Oyster Blade, Flat Iron Steak or any MSA Grill/Pan Fry cut.	BBQ Grill	<p>Grill/Pan Fry</p> 	31
 <p>Bushman's Beef Blade</p>	Bolar Blade seasoned with salt, pepper & rosemary. Place in camp oven with stock or red wine. Cook slowly over hot coals. (pot roast).	MSA Beef Bolar Blade	Camp oven slow cook	<p>Camp Oven</p> 	32

NAME	DESCRIPTION	CUT	COOKING METHOD	COOKING SYMBOL	PAGE
 <p>High Country Beef Hot Pot</p>	Chuck steaks (50mm thickness) vacuum packed with vegetables and marinade ready to pour into camp oven and slow cook.	MSA Thick Chuck Steaks or Chuck Eye Log (50mm thickness).	Camp oven slow cook	Camp Oven 	33
 <p>Beef Matambre</p>	Butterfly Flank Steak filled with capsicums, olives, chillies and cheese. Folded and seasoned with salt, pepper, paprika and oregano. Cooked on char grill BBQ.	Flank Steak or Oyster Blade	BBQ Grill	Grill/Pan Fry 	34
 <p>Argentinean Beef Rolls</p>	Thin sliced beef seasoned and rolled, cut into slices and skewered. Cook on hot BBQ.	Flank Steak	BBQ Grill	Grill/Pan Fry 	35
 <p>Venetian Spiced Beef</p>	Beef steaks marinated in red wine, orange and spices. Cooked on char grill BBQ.	MSA Eye Rump Centre	BBQ Grill	Grill/Pan Fry 	36
 <p>Teriyaki Beef Short Ribs</p>	Thin sliced Kalbi or LA Short Ribs in teriyaki marinade cooked quickly on hot BBQ.	MSA Chuck Short Ribs 8mm – 10mm thickness i.e. LA Ribs	BBQ Grill	Grill/Pan Fry 	37

NAME	DESCRIPTION	CUT	COOKING METHOD	COOKING SYMBOL	PAGE
 <p>Orange Soy Beef Skewers</p>	Thin flat slices of beef threaded on skewers and marinated in soy, orange and ginger.	MSA Grill/Pan Fry BBQ cut	BBQ Grill	Grill/Pan Fry	38
 <p>Tokyo Beef Grill</p>	Whole piece marinated in garlic and soy. Cooked over moderate heat, thin sliced and served with daikon salad.	Tri-Tip, Flank Steak or Oyster Blade	BBQ Grill	Grill/Pan Fry	39
 <p>Beef London Broil</p>	Whole Tri-Tip seasoned, cooked on BBQ grill and served thinly sliced.	Tri-Tip	BBQ Grill	Grill/Pan Fry	40
 <p>Beijing Beef Kebabs</p>	Cubes of beef, marinated in soy and five spice. Threaded on small skewers cooked on char grill BBQ. Serve in little lettuce cups.	MSA Grill/Pan Fry BBQ cut (25mm beef cubes)	BBQ Grill	Grill/Pan Fry	41
 <p>Bombay Beef Burger</p>	Beef mince flavoured with Indian spices and formed into burger patties.	Beef Mince 85cl	BBQ Plate	Grill/Pan Fry	42

NAME	DESCRIPTION	CUT	COOKING METHOD	COOKING SYMBOL	PAGE
 <p>Barcelona Beef Burger</p>	Beef mince flavoured with olives, capsicum and parsley.	Beef Mince 85cl	BBQ plate	Grill/Pan Fry	43
 <p>Bangkok Beef Burger</p>	Beef mince with Thai red curry and green beans.	Beef Mince 85cl	BBQ plate	Grill/Pan Fry	44
 <p>Bondi Beef and Beetroot Burger</p>	Beef mince, freshly grated beetroot, feta and parsley.	Beef Mince 85cl	BBQ plate	Grill/Pan Fry	45
 <p>Cajun Beef Steaks</p>	Dry spice rub on steaks, BBQ and slice into fajitas.	MSA Eye Rump Centre	BBQ Plate	Grill/Pan Fry	46
 <p>BBQ Pepper Beef Steak</p>	Beef steaks with dry pepper rub ready to BBQ.	Flank Steak or any MSA Grill/Pan Fry cut	BBQ Grill	Grill/Pan Fry	47

NAME	DESCRIPTION	CUT	COOKING METHOD	COOKING SYMBOL	PAGE
 <p>Lime and Mustard Beef Steaks</p>	Beef steaks marinated in mustard, lime and Worcestershire sauce. Cooked quickly on hot BBQ.	MSA Eye Rump Centre	BBQ Plate	Grill/Pan Fry 	48
 <p>New Orleans BBQ Beef Roast</p>	Eye Rump Centre coated in mustard and garlic and roasted over indirect heat with vegetables.	MSA Eye Rump Centre or any MSA Beef Roast	Kettle or hooded BBQ	Kettle or hooded BBQ 	49
 <p>Beef Pallomilla</p>	Beef steaks marinated in cumin, orange and garlic, with onion wedges and cooked on BBQ Plate.	MSA Oyster Blade or Flat Iron Steak	BBQ Plate	Grill/Pan Fry 	50
 <p>Beef Tomahawk Steak</p>	Beef Tomahawk Steak lightly seasoned.	MSA Tomahawk Steak	BBQ Grill	Grill/Pan Fry 	51
 <p>South American Beef Kebabs</p>	Cubes of beef marinated in oil, seasoned with fiery spices. Threaded on skewers with capsicum and onion. Cooked over hot BBQ.	MSA Grill/ Pan Fry cut (25mm cubes)	BBQ Grill	Grill/Pan Fry 	52

Beef Picanha



Brilliant Brazilian BBQ Beef!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Rump Cap		1.2kg	2.4kg	4.8kg	12kg	24kg
olive oil		40g	80g	160g	400g	800g
garlic	crushed	40g	80g	160g	400g	800g
parsley	coarsely chopped	10g	20g	40g	100g	200g
sea salt	flakes	1g	2g	4g	10g	20g
black pepper	cracked	0.5g	1g	2g	5g	10g
thick skewers	25-30cm long	3	6	12	30	60
serves		6	12	24	60	120

Preparation:

1. Cut Rump Cap into 25mm slices.
2. Combine oil, garlic, parsley, salt and pepper. Toss slices in marinade.
3. Fold slices in half and thread 2 slices on each skewer with the fat side facing the same way.
4. Arrange skewers on tray and top with any remaining marinade.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat char grill side of barbeque to moderately high heat.
2. Cook Picanha for 6 minutes on each side.
3. Remove to warm plate. Cover loosely with foil and rest for 10 -15 minutes.
4. Remove Picanha from skewers and cut into slices against the grain. Serve immediately.

Serving Suggestion:

Serve with flat bread and tomato salsa.

Texas BBQ Beef Ribs



Everything is big in Texas and the flavour of these ribs is no exception!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef Chuck Short Ribs	whole rib plate 3 rib, 1.2kg approx. 150mm x 40mm	1.2kg	2.4kg	4.8kg	12kg	24kg
olive oil		20g	40g	80g	200g	400g
sea salt	flakes	1g	2g	4g	10g	20g
black pepper	cracked	0.5g	1g	2g	5g	10g
oregano	dried leaves	0.5g	1g	2g	5g	10g
serves		3	6	12	30	60

Preparation:

1. Remove plasticky skin like membrane from bone side of ribs by placing the point of a small sharp knife under the corner and lifting the edge. The membrane will pull away easily.
2. Score meaty side of ribs, cutting slits across the meat at right angles to the bone, 5mm deep and 20mm apart.
3. Brush beef with oil, and rub in combined salt, pepper and oregano. Massage well into slits.

Retail Presentation:

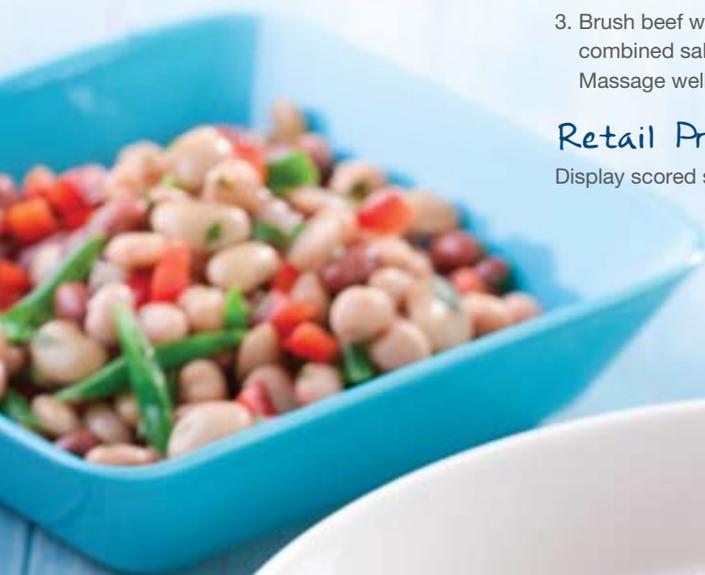
Display scored side up, in foil baking trays.

Consumer Instructions:

1. Prepare kettle barbeque for cooking with indirect heat.
2. Place ribs scored side up in 2 litre capacity foil baking tray. Pour in 250 - 500ml beef stock or water. Enough to half fill baking tray.
3. Cover tightly with foil, pinching around edges of the foil tray to seal.
4. Cook on upper rack of kettle barbeque over lowest possible heat for 2 hours.
5. Lift edge of foil. Baste meat with juices. Reseal foil and cook for further 30 minutes or until meat has browned and is very tender.

Serving Suggestion:

Serve with bean salad, meat juices and your favourite BBQ sauce.



Aussie BBQ Beef Ribs



Be prepared to use your fingers. You won't want to miss any of these deliciously sticky ribs!

Preparation:

1. Remove plasticky skin like membrane from bone side of ribs by placing the point of a small sharp knife under the corner and lifting the edge. The membrane will pull away easily.
2. Score meaty side of ribs, cutting slits across the meat at right angles to the bone, 5mm deep and 20mm apart. Cut into individual ribs.
3. Combine tomato sauce, sugar, mustard, Worcestershire sauce and onion in large bowl. Add ribs and toss well to coat with marinade. Rub marinade well into slits.

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef Chuck Short Ribs	Whole rib plate 3 ribs, 1.2 kg approx 150mm x 40mm	1.2 kg	2.4 kg	4.8kg	12kg	24kg
tomato sauce		50g	100g	200g	500g	1kg
sugar	dark brown	50g	100g	200g	500g	1kg
mustard	hot English	20g	40g	80g	200g	400g
Worcestershire sauce		5g	10g	20g	50g	100g
onion	dry flakes	5g	10g	20g	50g	100g
serves		3	6	12	30	60

Retail Presentation:

Display on trays, cut edge up.
Pour over any remaining marinade.
Or display in foil roasting trays,
meaty side up.

Consumer Instructions:

1. Prepare kettle barbeque for cooking with indirect heat.
2. Place ribs in 2 litre capacity foil baking tray with meaty side up.
3. Pour over approx. 300ml beer / stout or beef stock.

4. Cover with baking paper and then cover with foil. Pinching around edges of foil tray to seal.
5. Cook on upper rack of kettle barbeque over lowest possible heat for 2 hours. Lift edge of foil to check that there is sufficient liquid. Reseal and cook for further 30 minutes or until meat is very tender and sauce is browned and sticky.

Serving Suggestion:

Serve with creamy potato salad.



Sticky Asian Beef Short Ribs



Finger lickin' good!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef Chuck Short Ribs	70mm – 80mm long approx	2kg	4kg	8kg	20kg	40kg
hoi sin sauce		100g	200g	400g	1kg	2kg
honey		50g	100g	200g	500g	1kg
olive oil		20g	40g	80g	200g	400g
soy sauce	light	20g	40g	80g	200g	400g
ginger	finely grated	20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
Chinese five spice	powder	5g	10g	20g	50g	100g
sesame seeds		5g	10g	20g	50g	100g
serves		4	8	16	40	80

Preparation:

1. Remove plasticky skin like membrane from bone side of ribs by placing the point of a small sharp knife under the corner and lifting the edge. The membrane will pull away easily.
2. Score meaty side of ribs, at right angles to the bone. Cutting slits 5mm deep and 20mm apart. Cut into individual ribs.
3. Combine hoi sin, honey, oil, soy sauce, ginger, garlic, spice and sesame seeds. Add ribs and mix well to coat in marinade, rubbing well into slits.

Retail Presentation:

Display on trays cut side up.
Sprinkle with extra sesame seeds.

Consumer Instructions:

1. Place ribs in deep foil roasting tray. Add 500ml beef stock or water to depth of 3cm. Cover tightly with foil, pinching around top edges of foil tray to seal.
2. Prepare kettle barbeque for indirect heat and cook ribs on upper rack over lowest possible heat for 2 ½ to 3 hours until meat is very tender and ribs have browned. Remove ribs from liquid.

Serving Suggestion:

Serve ribs with noodles and Asian greens.



American Style Beef BBQ Brisket



Melt in your mouth brisket with its own tangy barbeque sauce. Everyone will be coming back for more!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Point End Brisket	1.5kg piece	1.5kg	3kg	6kg	15kg	30kg
sugar	dark brown	100g	200g	400g	1kg	2kg
chilli	powder	5g	10g	20g	50g	100g
sea salt	flakes	10g	20g	40g	100g	200g
garlic	powder	10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
oregano	dried leaves	2.5g	5g	10g	25g	50g
tomatoes	canned diced	400g	800g	1.6kg	3.2kg	6.4kg
maple syrup		50g	100g	200g	500g	1kg
apple cider vinegar		50g	100g	200g	500g	1kg
Worcestershire sauce		30g	60g	120g	300g	600g
serves		8	16	32	80	160

Preparation:

1. Combine one half of the brown sugar with chilli powder, salt, garlic, pepper and oregano. Rub well into brisket. Place on a non reactive tray. Cover and chill for at least 24 hours.
2. Combine remaining brown sugar with tomatoes, maple syrup, cider vinegar and Worcestershire sauce.
3. Place brisket in large vacuum bag. Add tomato mixture. Seal well.

Retail Presentation:

Display in vacuum packed bags on foil baking tray. (2 litre capacity)

Consumer Instructions:

1. Empty contents of bag into the foil baking tray. Add 500ml water and 1 large brown onion, cut into thick wedges. (optional)
2. Cover tightly with foil. Pinching around top edge of the baking tray to seal.
3. Prepare kettle barbeque for cooking over indirect heat.
4. Cook on upper rack in kettle barbeque, using the lowest heat setting, for 4 hours or until meat is tender enough to pull apart with two forks. Check every hour and top up liquid as necessary. At the end of cooking the liquid should be of a saucy consistency.
5. Using two forks gently pull beef apart, discarding any fatty pieces. Return meat to sauce and mix through well.

Serving Suggestion:

Serve in crusty bread rolls or soft pita bread with coleslaw. Serve sliced dill cucumbers on the side.

Recipe Notes:

This recipe can be cooked in a slow cooker on low heat setting for 7 – 8 hours. Reduce water to 250ml.



Southern Smoked Beef Brisket



Smoked brisket with a good kick of chilli. Delicious hot or cold!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef Navel End Brisket	Navel End Brisket 1.5kg piece	1.5kg	3kg	6kg	15kg	30kg
sugar	dark brown	50g	100g	200g	500g	1kg
chilli	powder	3g	6g	12g	30g	60g
cumin	ground	10g	20g	40g	100g	200g
sea salt	flakes	10g	20g	40g	100g	200g
black pepper	cracked	2.5g	5g	10g	25g	50g
paprika	smoked	5g	10g	20g	50g	100g
chilli	dry flakes	1g	2g	4g	10g	20g
serves		6	12	24	60	120

Preparation:

1. Score top surface of brisket in a crisscross pattern with slits 30mm apart and 2mm deep.
2. Combine all remaining ingredients. Mix well.
3. Sprinkle dry mixture all over brisket and rub in well. Place on non reactive tray. Cover and chill for at least 24 hours.

Retail Presentation:

Display in 2 litre capacity foil baking tray.

Consumer Instructions:

1. Place brisket in foil baking tray fat side up. Pour in 250ml water or beef stock. Cover tightly with foil, pinching around top edge of baking tray to seal.
2. Prepare kettle barbeque for cooking over indirect heat. Add chunk of moistened hickory to coals or, if using gas, place a smoking box on the lower rack.
3. Place foil tray on upper rack in barbeque. Cover with lid.
4. Cook on lowest possible heat for 2½ -3 hours, checking every hour to ensure that baking dish has not dried out. If the dish is dry, add extra water or stock. If using coals, add an extra chunk of hickory each hour. Reseal dish and put lid firmly back in place.
5. When brisket is very tender, remove from heat. Rest for 15 minutes.
6. Slice thinly against the grain and serve with pan juices.

Serving Suggestion:

Serve sliced with your favourite BBQ sauce, corn and salad. This makes a delicious filling for rolls or sandwiches.



Korean BBQ Beef Ribs (Kalbi or LA Ribs)



These succulent beef ribs are cooked in just a few minutes leaving more time to spend with your guests!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef Chuck Short Ribs (Kalbi or LA Ribs)	Beef Chuck Short Ribs cut diagonally across bone at 8mm to 10mm thick.	600g	1.2kg	2.4kg	6kg	12kg
Nashi*	peeled, core removed	75g	150g	300g	750g	1.5kg
brown onion	quartered	25g	50g	100g	250g	500g
soy sauce	Japanese	25g	50g	100g	250g	500g
honey		10g	20g	40g	100g	200g
garlic	chopped	2.5g	5g	10g	25g	50g
ginger	finely grated	2.5g	5g	10g	25g	50g
sesame seeds		2.5g	5g	10g	25g	50g
serves		4	8	16	40	80

Preparation:

1. Remove plasticky skin like membrane from bone side of ribs by placing the point of a small sharp knife under the corner and lifting the edge. The membrane will pull away easily.
2. Temper or part freeze ribs before running through a band saw at 8mm to 10mm in thickness.
3. Arrange ribs on shallow tray, cut side up.
4. Place nashi, onion, soy sauce, honey, garlic and ginger in the bowl of a large food processor. Blend until smooth.
5. Pour mixture over ribs. Turn ribs to coat in marinade on both sides.
6. Sprinkle with sesame seeds.

Retail Presentation:

Display on trays, cut side up.

Consumer Instructions:

1. Preheat char grill barbeque to moderately high heat. Cook ribs for 3-4 minutes each side or until well seared.
2. Remove to warm plate and cover loosely with foil. Rest for 5 minutes.

Serving Suggestion:

Serve with rice, lettuce and finely sliced vegetables.

Recipe Notes:

* Nashi is a fruit which looks similar to an apple but has a texture similar to a pear. If they are not readily available, substitute fresh green pear or apple puree.



Beef Bulgogi



Quick and delicious BBQ beef slices!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef thin slice cuts (Chuck Eye Log)	Sliced very thinly (2mm - 3mm)	600g	1.2kg	2.4kg	6kg	12kg
apple puree		150g	300g	600g	1.5kg	3kg
Shao hsing cooking wine*		50g	100g	200g	500g	1kg
soy sauce		50g	100g	200g	500g	1kg
sesame oil		2.5g	5g	10g	25g	50g
spring onions	sliced finely on the diagonal	100g	200g	400g	1kg	2kg
sesame seeds		5g	10g	20g	50g	100g
serves		4	8	16	40	80

Preparation:

1. Combine apple puree, wine, soy and sesame oil. Add beef and toss well to coat.
2. Toss in spring onions and sesame seeds.
3. Pile into deep tray or shallow bowl to display.

Retail Presentation:

Display piled on trays sprinkled with extra sesame seeds if desired.

Consumer Instructions:

1. Preheat flat BBQ plate over high heat.
2. Drizzle with a little olive oil. Add beef in small batches and cook for 1-2 minutes on each side. Remove each batch to a warmed plate once cooked. Repeat until all beef is cooked.
3. Serve sprinkled with extra sliced spring onions.

Serving Suggestion:

Serve with steamed rice or in small lettuce cups

Recipe Notes:

* Shao hsing wine is a Chinese rice wine, usually available in Asian grocery stores or the Asian section of your supermarket. If it is not available you can substitute medium sherry.



Stockman's Beef Steak Sandwich



There is nothing more Aussie than a wonderful steak sandwich and this steak fits the bill perfectly!

Preparation:

1. Brush steaks with oil on both sides.
2. Combine salt, garlic, pepper and lemon myrtle and crush together using a mortar and pestle or spice grinder.
3. Sprinkle both sides of steak lightly with seasoning.

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Oyster Blade or Flat Iron Steak.	150g steaks 20mm thick	600g	1.2kg	2.4kg	6kg	12kg
olive oil		10g	20g	40g	100g	200g
sea salt	flakes	2.5g	5g	10g	25g	50g
granulated garlic	dried	1g	2g	4g	10g	20g
mountain pepper*	crushed	5g	10g	20g	50g	100g
lemon myrtle*	dried leaves	0.5g	1g	2g	5g	10g
serves		4	8	16	40	80

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Heat char grill side of BBQ over high heat.
2. Cook steaks for 3-4 minutes on each side or until well browned.
3. Remove steaks to a warmed plate and cover loosely with foil. Rest for 5 minutes.

Serving Suggestion:

Serve in damper rolls with salad.

Recipe Notes:

* Mountain pepper and lemon myrtle are native Australian seasonings. If they are not readily available, substitute cracked black pepper and fresh or dried lemon thyme leaves.



Bushman's Beef Blade



The wonderful aroma when you lift the lid on this fabulous campfire roast will have everyone gathering for dinner!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef Bolar Blade	1.5kg piece	1.5kg	3kg	6kg	15kg	30kg
olive oil		20g	40g	80g	200g	400g
sea salt	flakes	3g	6g	12g	30g	60g
rosemary	fresh leaves	3g	6g	12g	30g	60g
pepper	cracked black	2g	4g	8g	20g	40g
serves		8	16	32	80	160

Preparation:

1. Rub blade with oil. Season well with salt and pepper and sprinkle with rosemary.

Retail Presentation:

Display on trays fat side up.

Consumer Instructions:

1. Light campfire and wait for the wood to burn down to glowing embers.
2. Place blade roast, fat side up, into a 9 litre cast iron camp oven. Pour over 500ml red wine or beef stock and 500ml water. Add 2 large brown onions, cut into wedges. Cover with lid.
3. Stand camp oven in hot coals and shovel extra hot embers onto the lid.

4. Cook gently for 2 hours. Remove lid to check that there is still liquid in the camp oven. Add extra if necessary. Replace lid, top with fresh embers and cook for further 30 minutes or until meat is tender and juices have reduced to form a sauce.

Serving Suggestion:

Carve roast into thick slices against the grain and serve with baked potatoes and corn.

Promotional Opportunities:

Vacuum pack this roast to appeal to holiday campers

Recipe Notes:

- Add potatoes and corn cobs wrapped in foil to campfire coals during the last hour of cooking.
- For an even more delicious flavour, add whole peeled golden shallots in place of onions at step 2 above.



High Country Beef Hot Pot



Simply put everything in the camp oven and let the glowing embers work their magic to produce a rich and flavoursome dinner!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Beef Chuck or Chuck Eye Log	Cut into 50mm thick steaks	1.2 kg	2.4kg	4.8kg	12kg	24kg
baby potatoes	halved	500g	1kg	2kg	5kg	10kg
carrots	sliced 20mm thick	300g	600g	1.2kg	3kg	6kg
celery	sliced 15mm thick	200g	400g	800g	2kg	4kg
tomatoes	canned diced	400g	800g	1.2kg	4kg	8kg
bay leaves	fresh or dried	2	4	8	20	40
lemon rind	thinly peeled strip	2	4	8	20	40
serves		6	12	24	60	80

Preparation:

1. Combine all ingredients. Place into vacuum bags and seal, or display in deep bowl.

Retail Presentation:

Display in deep bowls or in vacuum bags with bay leaves arranged on top of meat.

Consumer Instructions:

1. Light campfire and wait for the wood to burn down to glowing embers.
2. Place hot pot mixture into a 9 litre camp oven. Season well with salt and pepper to taste. Add 500ml stock or red wine and 250ml water and 2 brown onions cut into wedges. Cover with lid.
3. Stand camp oven on glowing embers. Shovel some coals onto the lid.
4. Cook for 2 ½ to 3 hours or until meat is very tender and sauce has thickened.*

5. Check hot pot each hour. Lift lid, stir and add liquid if needed. Replace lid and top with fresh hot coals.

Serving Suggestion:

Serve sprinkled with a gremolata of freshly chopped parsley, cracked pepper and finely grated lemon rind.

Promotional Opportunities:

Vacuum sealed portions of this dish could be marketed to summer campers and travelers as a convenient no fuss meal.

Recipe Notes:

* The cooking time is intended as a guide. The timing will vary depending on the heat of the coals, the weather and the size of the camp oven. The most important thing is to check the tenderness of the beef and the consistency of the liquid.



Beef Matambre



This Argentinean BBQ favourite will have your guests dancing the tango!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Flank Steak or Oyster Blade	whole piece	750g	1.5kg	3kg	7.5kg	15kg
red capsicum	sliced 2mm thick	100g	200g	400g	1kg	2kg
brown onion	finely sliced	50g	100g	200g	500g	1kg
lean bacon	chopped	50g	100g	200g	500g	1kg
green olives	pitted and halved	50g	100g	200g	500g	1kg
tasty cheddar cheese	shredded	50g	100g	200g	500g	1kg
parmesan	shredded	50g	100g	200g	500g	1kg
fresh green chilli	finely sliced	5g	10g	20g	50g	100g
olive oil		20g	40g	80g	200g	400g
paprika	ground mild	2.5g	5g	10g	25g	50g
sea salt	flakes	2.5g	5g	10g	25g	50g
oregano leaves	dried	1g	2g	4g	10g	20g
black pepper	cracked	0.5g	1g	2g	5g	10g
serves		6	12	24	60	120

Preparation:

1. Cut a pocket the entire width of the beef, leaving a large opening along one of the long edges.
2. Combine capsicum, onion, bacon, olives, cheddar, parmesan and chilli. Fill into pocket. Pound open edge with a meat mallet to seal and secure with thin skewers.
3. Brush top of flank with oil and sprinkle generously with combined paprika, salt oregano and pepper.

Retail Presentation:

Display on trays, seasoned side up.

Consumer Instructions:

1. Preheat char grill side of BBQ on high heat. Drizzle with a little oil.
2. Cook matambre for 10 minutes on each side, seasoned side first. Reduce heat to medium and cook for further 10 minutes. (Close the BBQ hood if possible).
3. Remove to a warmed plate and cover loosely with foil. Rest for 10 minutes.
4. Cut thick slices against the grain to serve.

Serving Suggestion:

Serve with crisp green salad.



Argentinean Beef Rolls



Pop these little rolls in your mouth and feel the flavours explode!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Flank Steak	whole piece	800g	1.6kg	3.2kg	8kg	16kg
long green chilli	whole, top and seeds removed	50g	100g	200g	500g	1kg
coriander	fresh, washed	50g	100g	200g	500g	1kg
olive oil	extra virgin	25g	50g	100g	250g	500g
vinegar	white	25g	50g	100g	250g	500g
garlic	whole cloves	20g	40g	80g	200g	400g
parsley	flat leaf	20g	40g	80g	200g	400g
sea salt	flakes	2g	4g	8g	20g	40g
bamboo skewers	200mm soaked	4	8	16	40	80
serves		4	8	16	40	80

Preparation:

1. Cut flank steak in half horizontally to form 2 pieces of 10mm thickness.
2. Coarsely chop chillies and herbs. Place chilli, coriander, oil, vinegar, garlic, parsley and salt in the large bowl of a food processor. Blend to a coarse paste.
3. Spread paste over flank steak.
4. With longest edge towards you roll up flank to enclose filling.
5. Cut beef into 5mm thick slices and thread 3 slices, cut side up onto each bamboo skewer.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat flat BBQ plate over high heat. Cook skewers for 3 minutes on each side.
2. Remove to a warmed plate, cover loosely with foil and rest for 5-10 minutes.

Serving Suggestion:

Serve as a delicious finger food or as a meal with roasted vegetables or a crisp refreshing salad.



Venetian Spiced Beef



Marinated steaks with a hint of spice. Perfect for that balmy summer BBQ!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Eye Rump Centre 25mm steaks		600g	1.2kg	2.4kg	6kg	12kg
red wine		60g	120g	240g	600g	1.2kg
sugar	dark brown	15g	30g	60g	150g	300g
cloves	ground	0.1g	0.2g	0.4g	1g	2g
nutmeg	ground	0.25g	0.5g	1g	2.5g	5g
cinnamon	ground	0.25g	0.5g	1g	2.5g	5g
orange zest	finely grated	1.25g	2.5g	5g	12.5g	25g
orange juice		10g	20g	40g	100g	200g
black pepper	cracked	0.5g	1g	2g	5g	10g
serves		4	8	16	40	80

Preparation:

1. Pour wine into non reactive bowl. Add sugar, cloves, nutmeg, cinnamon, orange juice and zest and pepper. Whisk together until sugar has dissolved.
2. Arrange steaks in deep tray and pour spicy marinade over.
3. Cover and chill.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat char grill BBQ on high heat. Cook steaks for 5 minutes on each side.
2. Remove steaks to warmed plate. Cover loosely with foil. Rest for 10 minutes.

Serving Suggestion:

Serve with orange, spinach and red onion salad.



Teriyaki Beef Short Ribs



These ribs will have your guests craving more. Make sure there are plenty of finger bowls ready!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Chuck Short Ribs (Kalbi or LA Ribs)	Beef Chuck Short Ribs cut diagonally across bone at 8mm to 10mm thick	600g	1.2 kg	2.4kg	6kg	12kg
soy sauce	Japanese	75g	150g	300g	750g	1.5kg
Mirin*		30g	60g	120g	300g	600g
honey		20g	40g	80g	200g	400g
ginger	fine julienne	20g	40g	80g	200g	400g
spring onions	finely sliced	20g	40g	80g	200g	400g
garlic	crushed	5g	10g	20g	50g	100g
serves		4	8	16	40	80

Preparation:

1. Remove plasticky skin like membrane from bone side of ribs by placing the point of a small sharp knife under the corner and lifting the edge. The membrane will pull away easily.
2. Temper or part freeze ribs before running through a band saw at 8mm to 10mm in thickness.
3. Combine soy, Mirin, honey, ginger, spring onions and garlic in large bowl
4. Add ribs and stir well until coated.

Retail Presentation:

Display on trays with extra sliced spring onions.

Consumer Instructions:

1. Preheat char grill BBQ on high heat.
2. Cook ribs for 3-4 minutes on each side or until well browned.
3. Remove ribs to a warmed plate and cover loosely with foil.
4. Rest for 5 minutes.

Serving Suggestion:

Serve with Asian style salad.

Recipe Notes:

* Mirin is a Japanese rice wine. It is usually available in the Asian section of your supermarket. It is possible to substitute Chinese rice wine or sweet sherry.



Orange Soy Beef Skewers



Make plenty of these. They will disappear quickly!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Grill/Pan Fry cut	cut into 5mm thick strips approx 100mm x 25mm	600g	1.2kg	2.4kg	6kg	12kg
soy sauce	Japanese	50g	100g	200g	500g	1kg
orange juice		30g	60g	120g	300g	600g
olive oil		20g	40g	80g	200g	400g
honey		10g	20g	40g	100g	200g
ginger	finely grated	5g	10g	20g	50g	100g
orange zest	finely grated	2g	4g	8g	20g	40g
black pepper	cracked	0.25g	0.5g	1g	2.5g	5g
bamboo skewers	200mm soaked	8	16	32	80	160
serves		4	8	16	40	80

Preparation:

1. Combine soy, orange juice, oil, honey, ginger, orange zest and pepper in a large non reactive bowl.
2. Add beef, cover and chill for several hours.
3. Thread 2 strips of beef onto each skewer. Arrange on tray. Pour over remaining marinade.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat flat BBQ plate on high heat.
2. Cook skewers for 3 minutes on each side or until golden.
3. Remove to a warmed plate, cover loosely with foil and rest for 5 minutes.

Serving Suggestion:

Serve with Asian style salad.



Tokyo Beef Grill



Succulent BBQ Beef.
Ideal to slice into your
summer salad!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Tri-Tip, Flank Steak or Oyster Blade	whole	600g	1.2kg	2.4kg	6kg	12kg
soy sauce	Japanese	100g	200g	400g	1kg	2kg
olive oil		20g	40g	80g	200g	400g
garlic	crushed	20g	40g	80g	200g	400g
black pepper	cracked	5g	10g	20g	50g	100g
serves		4	8	16	40	80

Preparation:

1. Score beef in criss cross pattern 30mm apart 5mm deep. Place in deep tray.
2. Combine soy, oil, garlic and pepper. Pour over beef. Cover and chill for several hours.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat char grill BBQ on high heat. Cook beef for 8 minutes on each side or until beef is well browned and is slightly resistant to pressure from tongs.
2. Remove to warmed plate, cover loosely with foil and rest for 10 minutes.
3. Carve into thin slices against the grain.

Serving Suggestion:

Serve sliced on board with salad.



Beef London Broil



Tender and tasty sliced beef. Toss through a crisp fresh salad for a meal in a flash!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Tri-Tip	600g piece	600g	1.2kg	2.4 kg	6kg	12kg
wine	red	100g	200g	400g	1kg	2kg
olive oil		20g	40g	80g	200g	400g
garlic	crushed*	10g	20g	40g	100g	200g
parsley	finely chopped	5g	10g	20g	50g	100g
sea salt	flakes	0.5g	1g	2g	5g	10g
black pepper	cracked	0.5g	1g	2g	5g	10g
serves		4	8	16	40	80

Preparation:

1. Score top of Tri-Tip cutting slits 5mm deep and 20mm apart.
2. Season with salt and pepper. Place in deep tray.
3. Combine wine, oil, garlic, and parsley. Pour over tri tip. Cover and chill for 12-24 hours.

Retail Presentation:

Display on deep trays. Sprinkle with extra parsley.

Consumer Instructions:

1. Preheat char grill barbeque to moderately high heat.
2. Drain beef of excess marinade.
3. Cook for 6 minutes on each side, until well seared. Remove to a warm plate and cover loosely with foil. Rest for 10 minutes before carving into thin slices against the grain.

Serving Suggestion:

Serve sliced with roasted cherry tomatoes.

Recipe Notes:

* If you do not have a garlic press, it is easy to crush garlic by slicing finely, sprinkling with salt and then pressing down firmly with the flat side of the knife blade. The salt will quickly break down the garlic to form a fine paste.

Alternative Cuts:

MSA Pan Fry / Grill cuts.



Beijing Beef Kebabs



Cute little kebabs!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Grill/Pan Fry cut	25mm cubes	600g	1.2kg	2.4kg	6kg	12kg
oyster sauce		30g	60g	120g	300g	600g
soy sauce		20g	40g	80g	200g	400g
honey		20g	40g	80g	200g	400g
olive oil		20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
ginger	finely grated	5g	10g	20g	50g	100g
Chinese five spice	powder	5g	10g	20g	50g	100g
spring onions	30mm lengths	100g	200g	400g	1kg	2kg
bamboo skewers	200mm, soaked	8	16	32	80	160
serves		4	8	12	40	80

Preparation:

1. Combine oyster sauce, soy sauce, honey, oil, garlic, ginger and spice. Add beef and mix well to coat evenly.
2. Thread beef cubes and spring onions alternately onto bamboo skewers.

Retail Presentation:

Display on shallow trays. Sprinkle lightly with sesame seeds if preferred.

Consumer Instructions:

1. Preheat char grill barbeque to moderate heat.
2. Cook kebabs for 6 – 8 minutes, turning often until evenly browned.
3. Remove to warm plate and cover loosely with foil.
4. Rest for 5 minutes before serving.

Serving Suggestion:

Serve in crisp lettuce cups with rice noodles.

Alternative Cuts:

Oyster Blade or Rump.



Bombay Beef Burgers



A hint of curry adds flavour to these delightful burgers!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Beef Mince	85cl	750g	1.5kg	3kg	7.5kg	15kg
carrot	grated	100g	200g	400g	1kg	2kg
breadcrumbs	dried	60g	120g	240g	600g	1.2kg
coriander	chopped coarsely	20g	40g	80g	200g	400g
honey		20g	40g	80g	200g	400g
cumin	ground	10g	20g	40g	100g	200g
long red chilli	seeds removed, chopped finely	10g	20g	40g	100g	200g
turmeric	ground	5g	10g	20g	50g	100g
makes		8	16	32	80	160

Preparation:

1. Combine all ingredients and mix together well.
2. Form into 120g patties approx 100mm diameter and 10mm thick.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat flat BBQ plate on high heat.
2. Reduce to medium heat. Cook burgers for 5-6 minutes on each side, pressing down with the back of a flat spatula, until well browned and cooked through.
3. Remove to a warmed plate, cover with foil and rest for 5 minutes.

Serving Suggestion:

Serve with naan bread, salad and natural yoghurt.



Barcelona Beef Burgers



Bite into these burgers and experience the burst of flavours!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Beef Mince	85cl	750g	1.5kg	3kg	7.5kg	15kg
breadcrumbs	dried	70g	140g	280g	700g	1.4kg
red capsicum	finely chopped	60g	120g	240g	600g	1.2kg
black olives	pitted, finely chopped	60g	120g	240g	600g	1.2kg
parsley	flat leaf, finely chopped	15g	30g	60g	150g	300g
paprika	ground, mild	5g	10g	20g	50g	100g
oregano	dried leaves	2g	4g	8g	20g	40g
makes		8	16	32	80	160

Preparation:

1. Combine all ingredients and mix together well.
2. Form into 120g patties approx 100mm diameter and 10mm thick.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat flat BBQ plate on high heat.
2. Reduce to medium heat. Cook burgers for 5-6 minutes on each side, pressing down with the back of a flat spatula, until well browned and cooked through.
3. Remove to a warmed plate, cover with foil and rest for 5 minutes.

Serving Suggestion:

Serve with tomato, parsley, red onion and cucumber salad.



Bangkok Beef Burgers



Who can resist the tang of Thai curry?

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Beef Mince	85cl	700g	1.4kg	2.8kg	7kg	14kg
curry paste	Thai red	100g	200g	400g	1kg	2kg
green beans*	very finely sliced	60g	120g	240g	600g	1.2kg
breadcrumbs	dried	50g	100g	200g	500g	1kg
sugar	dark brown	50g	100g	200g	500g	1kg
fish sauce		10g	20g	40g	100g	200g
makes		8	16	32	80	160

Preparation:

1. Combine all ingredients and mix together well.
2. Form into 120g patties approx 100mm diameter and 10mm thick.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat flat BBQ plate on high heat.
2. Reduce to medium heat. Cook burgers for 5-6 minutes on each side, pressing down with the back of a flat spatula, until well browned and cooked through.
3. Remove to a warmed plate, cover with foil and rest for 5 minutes.

Serving Suggestion:

Serve with Asian coleslaw or noodle salad.

Recipe Notes:

*For convenience, it is possible to substitute sliced frozen green beans in this recipe.



Bondi Beef and Beetroot Burgers



No more messy beetroot slices falling from your burger. The flavour is locked right in!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Beef Mince	85cl	750g	1.5kg	3kg	7.5kg	15kg
beetroot*	grated	150g	300g	600g	1.5kg	3kg
soft feta**	crumbled	60g	120g	240g	600g	1.2kg
parsley	flat leaf, chopped coarsely	20g	40g	80g	200g	400g
makes		8	16	32	80	160

Preparation:

1. Combine all ingredients and mix together well.
2. Form into 120g patties approx 100mm diameter and 10mm thick.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat flat BBQ plate on high heat.
2. Reduce to medium heat. Cook burgers for 5-6 minutes on each side, pressing down with the back of a flat spatula, until well browned and cooked through.
3. Remove to a warmed plate, cover with foil and rest for 5 minutes.

Serving Suggestion:

Serve on bread roll with tomato, lettuce and fried onion rings. Top with your favourite BBQ sauce.

Recipe Notes:

* To prepare fresh beetroot, remove coarse top and tail. Peel lightly. Grate on coarse side of grater.

** a soft feta such as Danish feta will work best in this product.



Cajun Beef Steaks



Slice these steaks into your favourite wrap for a quick and healthy meal with loads of flavour!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Eye Rump Centre	20mm steaks	600g	1.2kg	2.4kg	6kg	12kg
olive oil		20g	40g	80g	200g	400g
sea salt	flakes	10g	20g	40g	100g	200g
paprika	ground mild	10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
chilli powder		5g	10g	20g	50g	100g
garlic	granules	5g	10g	20g	50g	100g
cayenne pepper	ground	1g	2g	4g	10g	20g
fennel	ground	0.5g	1g	2g	5g	10g
thyme*	fresh leaves	2g	4g	8g	20g	40g
serves		4	8	16	40	80

Preparation:

1. Combine salt, paprika, black pepper, chilli powder, garlic, cayenne, fennel and thyme. Stir well to combine evenly.
2. Brush steaks with oil. Sprinkle with seasoning. Press in gently.

Retail Presentation:

Display on trays with extra thyme leaves.

Consumer Instructions:

1. Preheat char grill BBQ on high heat. Drizzle steaks lightly with extra oil.
2. Cook steaks for 4-5 minutes on each side or until well browned. Remove to warmed plate and cover loosely with foil. Rest for 5 minutes.

Serving Suggestion:

Slice thinly against the grain and serve in warm tortilla with salad and a dollop of sour cream or natural yoghurt.

Recipe Notes:

* Dried thyme can be used in this recipe to produce a dry rub which can be stored in an airtight container for several weeks. If substituting dried thyme leaves reduce weight to 10% i.e. 2g fresh thyme is equivalent to 0.2g dried.



BBQ Pepper Beef Steak



This beef steak makes summer entertaining a breeze. Cook the whole steak, slice finely and toss into your favourite salad!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Flank Steak	whole piece	600g	1.2kg	2.4kg	6kg	12kg
olive oil		20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
black pepper	cracked	10g	20g	40g	100g	200g
thyme	dried leaves	0.5g	1g	2g	5g	10g
serves		4	8	16	40	80

Preparation:

1. Score surface of beef cutting slits in a crisscross pattern 30mm apart and 2mm deep.
2. Whisk olive oil and garlic together. Brush over beef.
3. Sprinkle with combined pepper and thyme and rub in well.

Retail Presentation:

Display on trays scored side up.

Consumer Instructions:

1. Preheat char grill barbeque to moderately high heat.
2. Cook beef for 5-6 minutes on each side or until well seared. Remove to warm plate and cover loosely with foil.
3. Rest for 10 minutes before carving into very thin slices against the grain.

Serving Suggestion:

Slice thinly against the grain and serve with a crisp green salad.

Alternative Cuts:

Tri-Tip or Oyster Blade.



Lime and Mustard Beef Steaks



These steaks have an unexpected tang. Serve them with your favourite salad!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Eye Rump Side	20mm steaks	600g	1.2kg	2.4kg	6kg	12kg
mustard	dry powder	10g	20g	40g	100g	200g
sea salt	flakes	5g	10g	20g	50g	100g
black pepper	cracked	5g	10g	20g	50g	100g
lime juice		10g	20g	40g	100g	200g
Worcestershire sauce		10g	20g	40g	100g	200g
serves		4	8	16	40	80

Preparation:

1. Combine mustard, salt and pepper. Mix well.
2. Combine lime juice and Worcestershire sauce. Brush steaks with sauce and sprinkle with mustard mixture.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat char grill BBQ on high heat.
2. Cook steaks for 4-5 minutes on each side or until well browned. Remove to warmed plate and cover loosely with foil. Rest for 5 minutes.

Serving Suggestion:

Serve with fresh salad.



New Orleans BBQ Roast Beef



Mustard crusted roast which the whole family will enjoy. Serve with your favourite roasted vegetable salad!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
Eye Rump Centre or any MSA Beef Roast	1.2kg each	1.2kg	2.4kg	4.8kg	12kg	24kg
mustard	wholegrain	60g	120g	240g	600g	1.2kg
lime juice		5g	10g	20g	50g	100g
Worcestershire sauce		5g	10g	20g	50g	100g
black pepper	cracked	0.25g	0.5g	1g	2.5g	5g
serves		6	12	24	60	120

Preparation:

1. Combine mustard, lime, Worcestershire sauce and pepper. Spread over top surface of roast.

Retail Presentation:

Display roast in foil tray, ready to roast.

Consumer Instructions:

1. Preheat hooded BBQ to 180°C – 200°C with lid closed.
2. Set inner burners to low heat, leaving outer burners on high.

3. Cook roast in foil roasting tray over low burners, with lid closed for approx 30 minutes or until beginning to sizzle. Turn inner burners off and continue to cook roast for further 30 minutes or until meat is cooked and vegetables are browned and soft inside.

4. Cover roasting dish with foil. Turn BBQ off. Close Lid and rest roast in warm BBQ for 10 – 15 minutes.

Serving Suggestion:

Carve roast into thin slices against the grain, drizzle with meat juices from pan and serve with roasted vegetables.

Promotional Opportunities:

Add vegetables to roasting tray to provide a complete meal opportunity for your customer. Small baby potatoes, baby beetroot, parsnips, onions or small whole carrots will cook in the same time. Also try whole corn cobs.



Beef Pallomilla



Tender succulent steaks with just a tang of orange to get your MoJo going!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Oyster Blade or Flat Iron Steak	20mm thick steaks	600g	1.2kg	2.4kg	6kg	12kg
brown onion	thin wedges	100g	200g	400g	1kg	2kg
orange juice		60g	120g	240g	600g	1.2kg
olive oil		40g	80g	160g	400g	800g
garlic	crushed	15g	30g	60g	150g	300g
orange zest	finely grated	2g	4g	8g	20g	40g
cumin	ground	1g	2g	4g	10g	20g
sea salt	flakes	1g	2g	4g	10g	20g
black pepper	cracked	0.5g	1g	2g	5g	10g
serves		4	8	16	40	80

Preparation:

1. Combine orange juice, oil, garlic, orange zest, cumin, salt and pepper, whisk well together.
2. Add onions. Toss steaks in marinade.
3. Arrange steaks on shallow non reactive tray. Pour over remaining marinade.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat flat BBQ plate on high heat.
2. Lift steaks from marinade with tongs. Cook steaks for 4-5* minutes on each side or until well browned and show slight resistance when pressed with the back of tongs. Remove to a warmed plate and cover loosely with foil. Rest for 5 minutes.
3. Meanwhile cook onions, stirring often to ensure even cooking. When onions are cooked, lift onto steaks or set aside to keep warm.

Serving Suggestion:

Serve steaks with onions and fennel salad.

Recipe Notes:

* Do not be tempted to overcook these steaks as they will quickly toughen.



Beef Tomahawk Steak



This enormous beef steak will be a popular addition to your summer BBQ!

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Tomahawk Steak		1.5kg	3kg	6kg	15kg	30kg
olive oil		20g	40g	80g	200g	400g
garlic	crushed	20g	40g	80g	200g	400g
black pepper	cracked	2g	4g	8g	20g	40g
serves		2	4	8	20	40

Preparation:

1. Brush bone of steak lightly with oil and wrap in foil.
2. Combine olive oil garlic and pepper. Brush over both sides of beef.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat char grill barbeque to high heat. Season steak with salt to taste.
2. Cook beef for 6 minutes on each side or until well seared. Turn to original side and reduce heat to medium. Close BBQ lid* and cook further 10 minutes. Remove to warm plate and cover loosely with foil.
3. Rest for 10 minutes before carving thick slices against the grain.

Serving Suggestion:

Serve sliced with vegetables and salsa verde.

Recipe Tip:

* If you do not have a BBQ lid, cover steak loosely with foil or finish in a moderate oven.



South American Beef Kebabs



Expect plenty of fire in these kebabs! They will also add great colour to your cabinet.

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
MSA Grill/Pan Fry cut	25mm cubes	600g	1.2kg	2.4kg	6kg	12kg
olive oil		20g	40g	80g	200g	400g
paprika	mild ground	10g	20g	40g	100g	200g
sea salt	flakes	10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
oregano	dried leaves	5g	10g	20g	50g	100g
red chilli	dried flakes	2g	4g	8g	20g	40g
thyme	dried leaves	0.5g	1g	2g	5g	10g
brown onion	2 medium	200g	400g	800g	2kg	4kg
red capsicum	1 large	200g	400g	800g	2kg	4kg
bamboo skewers	250mm soaked	8	16	32	80	160
serves		4	8	16	40	80

Preparation:

1. Toss beef and olive oil together.
2. Combine paprika, salt, pepper, oregano, chilli and thyme. Mix well together. Add to beef and toss until evenly coated.
3. Cut onions and capsicum into 25mm pieces. Thread a beef cube onto a bamboo skewer. Add a piece of onion and then a piece of capsicum. Repeat twice more and finish with a beef cube.

Retail Presentation:

Display on trays.

Consumer Instructions:

1. Preheat BBQ plate on high heat. Drizzle kebabs with approx. 1 tablespoon olive oil.
2. Cook kebabs for 8 – 10 minutes turning often until evenly browned. Remove to warmed plate and cover loosely with foil. Rest for 5 minutes.

Serving Suggestion:

Serve with a rice salad.

Recipe Notes:

The seasoning mix for this recipe can be made in larger quantities as it will store well if kept in an airtight container.



Beef Barbecue marinades and dry spice rubs

Try these easy marinades on any steak, kebabs or roast. Made from wonderful fresh ingredients, they will add a zing to your cabinet. Simply combine all ingredients well and pour over beef.

1 unit of marinade will coat 600g to 1kg of beef product.

Chermoula Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
chilli sauce	sweet Thai style	40g	80g	160g	400g	800g
olive oil		20g	40g	80g	200g	400g
lemon juice		20g	40g	80g	200g	400g
coriander	chopped coarsely	20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
red chilli flakes	dried	0.5g	1g	2g	5g	10g

Mediterranean Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
olive oil		40g	80g	160g	400g	800g
orange zest	finely grated	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g
oregano leaves	dried	0.5g	1g	2g	5g	10g



Greek Style Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
olive oil		40g	80g	160g	400g	800g
parsley	coarsely chopped	20g	40g	80g	200g	400g
fresh garlic	finely chopped	10g	20g	40g	100g	200g
lemon zest	finely grated	5g	10g	20g	50g	100g
fresh rosemary leaves	chopped	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g

BBQ Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
tomato sauce		50g	100g	200g	500g	1kg
mustard	wholegrain	50g	100g	200g	500g	1kg
sugar	dark brown	20g	40g	80g	200g	400g
Worcestershire sauce		5g	10g	20g	50g	100g
onion	dried flakes	5g	10g	20g	50g	100g

Sticky Asian Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
oyster sauce		50g	100g	200g	500g	1kg
hoi sin sauce		50g	100g	200g	500g	1kg
olive oil		20g	40g	80g	200g	400g
honey		20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
fresh ginger	finely grated	10g	20g	40g	100g	200g
sesame seeds		5g	10g	20g	50g	100g

Orange Mustard Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
orange juice		50g	100g	200g	500g	1kg
mustard	wholegrain	50g	100g	200g	500g	1kg
olive oil		20g	40g	80g	200g	400g
honey		20g	40g	80g	200g	400g



Red Wine and Garlic Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
red wine		50g	100g	200g	500g	1kg
olive oil		20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
sugar	dark brown	10g	20g	40g	100g	200g
fresh rosemary leaves	chopped	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
chives, chopped	dried	0.5g	1g	2g	5g	10

Spicy Beer Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
beer	draught	50g	100g	200g	500g	1kg
tomato sauce		50g	100g	200g	500g	1kg
Worcestershire sauce		10g	20g	40g	100g	200g
sugar	dark brown	20g	40g	80g	200g	400g
Tabasco sauce		2g	4g	8g	20g	40g
fresh thyme leaves		2g	4g	8g	20g	40g

Pistachio Pesto

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
pistachio	kernals	30g	60g	120g	300g	600g
olive oil		20g	40g	80g	200g	400g
basil	fresh, chopped	20g	40g	80g	200g	400g
parsley	fresh, chopped	20g	40g	80g	200g	400g
lemon juice		20g	40g	80g	200g	400g
honey		15g	30g	60g	150g	300g
lemon zest	finely grated	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g



- Place all ingredients in bowl of food processor and blend to a coarse paste.

Roasted Capsicum Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
capsicum	red, roasted	200g	400g	800g	2kg	4kg
olive oil		20g	40g	80g	200g	400g
garlic	whole cloves	20g	40g	80g	200g	400g
black pepper	cracked	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
parsley	dried flakes	0.5g	1g	2g	5g	10g

- Place all ingredients in bowl of food processor and blend to a coarse paste.

These dry rubs can be kept in air tight containers for several weeks, ready to use whenever needed. Combine all ingredients and mix well. Brush beef with oil or other liquid before coating with the rub. Rubs are quite concentrated in flavour, so only a very light coating is required.

1 unit of rub will coat approximately 1kg of beef product.

Cajun Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
sea salt	flakes	10g	20g	40g	100g	200g
paprika	ground mild	10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
chilli powder		5g	10g	20g	50g	100g
garlic	granules	5g	10g	20g	50g	100g
cayenne pepper	ground	1g	2g	4g	10g	20g
fennel	ground	0.5g	1g	2g	5g	10g
thyme	dry leaves	0.2g	0.4g	0.8g	2g	4g



Mustard and Pepper Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
mustard	dry powder	20g	40g	80g	200g	400g
sea salt	flakes	10g	20g	40g	100g	200g
black pepper	cracked	10g	20g	40g	100g	200g

Mexican Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
paprika	sweet	10g	20g	40g	100g	200g
cumin	ground	10g	20g	40g	100g	200g
garlic	granules	5g	10g	20g	50g	100g
oregano	dried leaves	5g	10g	20g	50g	100g
coriander	ground	5g	10g	20g	50g	100g
red chilli	ground	2g	4g	8g	20g	40g
parsley	dry flakes	2g	4g	8g	20g	40g

Chilli and Fennel Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
cumin seeds	ground	16g	32g	64g	160g	320g
fennel seeds	whole, crushed	16g	32g	64g	160g	320g
chilli flakes	dried, crushed lightly	8g	16g	32g	80g	160g

Texas Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
dried mushrooms	ground	10g	20g	40g	100g	200g
cumin	ground	10g	20g	40g	100g	200g
onion	dried flakes	10g	20g	40g	100g	200g
oregano	dried leaves	5g	10g	20g	50g	100g
red chilli	ground	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
black pepper	cracked	2g	4g	8g	20g	40g

Lemon Sumac Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
sumac	ground	10g	20g	40g	100g	200g
lemon zest	finely grated	10g	20g	40g	100g	200g
fennel	ground	5g	10g	20g	50g	100g
paprika	mild	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
parsley	dried flakes	1g	2g	4g	10g	20g



- Store this rub in an airtight container in the fridge.

Aussie Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
macadamias	ground	50g	100g	200g	500g	1kg
sesame seeds		10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
lemon myrtle	dried leaves	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g

- Try substituting ground almonds or walnuts for the macadamias in this rub.
- Store this rub in an airtight container in the fridge.

Pepper Steak Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
garlic	granules	20g	40g	80g	200g	400g
black pepper	cracked	20g	40g	80g	200g	400g
thyme	dried leaves	4g	8g	16g	40g	80g

Korean Sesame Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
sesame seeds	white	25g	50g	100g	250g	500g
sesame seeds	black	10g	20g	40g	100g	200g
red chilli	flakes	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
black pepper	cracked	2g	4g	8g	20g	40g
chives, chopped	dried	0.5g	1g	2g	5g	10g

Argentinean Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
paprika	mild ground	10g	20g	40g	100g	200g
onion	dried flakes	10g	20g	40g	100g	200g
sea salt	flakes	5g	10g	20g	50g	100g
black pepper	cracked	5g	10g	20g	50g	100g
oregano	dried leaves	5g	10g	20g	50g	100g
red chilli	dried flakes	2g	4g	8g	20g	40g
thyme	dried leaves	0.5g	1g	2g	5g	10g



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Published by Meat & Livestock Australia Limited
ABN 39 081 678 364
9 January 2012
© Meat & Livestock Australia Limited 2012
ISBN 9781741917260



Special thanks to Brendon Watts from Brendon's Quality Meats
and Eddie Kowalski from Eddie the Butcher for guidance
and support during the development of this manual.



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