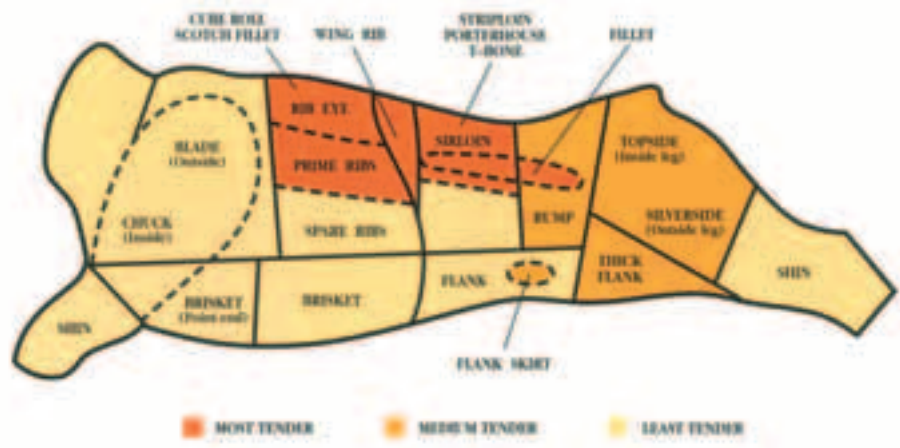


Today's Beef Cuts



Roasting Cuts



Whole Fillet



Whole Rump



Topside



Whole Sirloin



Whole Rib-Eye (Scotch Fillet)



Thick Flank



Prime Rib on Bone



Standing Rib Roast



Wing Rib

Slow Cooking Cuts



Blade



Chuck Steaks



Brisket



Corned Silverside



Flank Skirt



Spare Ribs



Shin



Oxtail

Fast Cooking Cuts



Fillet Steaks



Rib-Eye/Scotch Fillet Steaks



Sirloin/Porterhouse Steaks



T-Bone Steaks



Rump Steaks



TODAY'S BEEF CUTS



COOKING INSTRUCTIONS

OVEN ROAST

METHOD A: SLOW ROASTING

Suitable cuts: **bolar, chuck, rolled rib, rib-eye, prime rib, fillet, rump, sirloin, thick flank, topside, spare ribs, wing rib.**

- Remove meat from refrigerator about 30 minutes before cooking. Trim excess fat and silverskin if necessary. Weigh meat to calculate cooking time, using table below.
- Preheat oven to 160-170°C.
- Place meat, fat side uppermost, on a rack in a roasting dish.
- Cook for calculated time, basting occasionally. When cooked, remove from the oven and cover meat with foil. Rest in a warm place for 10-20 minutes before carving across the grain.

COOKING TIMES FOR ROASTING

Degree of cooking	Minutes per 500g	Internal temperature of cooked meat
Rare	20-25	50°C
Medium	25-30	65°C
Well done	30-35	75°C

To check a cooked roast for readiness, either use a meat thermometer, or pierce meat with a fine skewer and note the colour of the juices:

Rare = red juices
Medium = pink juices
Well done = clear juices

Note: A large piece of meat requires fewer minutes per 500g than a smaller cut.

Roasts with bone-in cook more quickly than boned and rolled roasts.

METHOD B: FAST ROASTING

Suitable cuts: **fillet, rump eye, centre rump, rump cap, rib-eye (scotch), sirloin, standing rib.**

- Remove meat from refrigerator about 30 minutes before cooking. Trim excess fat and silverskin if necessary. Preheat oven to 220°C. Heat a little oil in a roasting or frying pan. When very hot, add beef and brown well all over. Season with salt and pepper, then transfer to the oven.
- Roast fully trimmed cuts for 15-30 minutes per 500g depending on desired degree of doneness; for cuts with some fat cover allow a little longer. Stand, covered for 10-20 minutes in a warm place before carving across the grain.

GRILL/BBQ

Suitable cuts: **fast-cooking steaks: fillet, rump, sirloin, t-bone, scotch, tenderised BBQ steak.**

- Trim excess fat from meat. Brush meat with oil and season, or marinate.
- Preheat grill or BBQ. For thin cuts, 1 to 1.5cm thick, cook 2-3 minutes each side for **rare** or 4-6 minutes each side for **medium**. For **well done** and for thicker cuts, sear over a high heat and cook till medium, then move the meat to a cooler part of the grill or BBQ to complete cooking.
- For kebabs, thread meat onto oiled metal skewers or soaked bamboo skewers before cooking under the grill or on the BBQ, until well browned and cooked to your liking. Rest 1 minute per 100g of meat before serving.

MICROWAVE

A microwave can be used to roast, braise, pot roast, simmer and casserole. Grilling cuts can be cooked on a microwave browning dish. Tender cuts cook well in the microwave on full power, whilst less tender cuts are best cooked on low or medium. Follow cooking instructions in the oven manufacturer's guide or a microwave cookery book.

SLOW PAN ROAST

Suitable cuts: **rump eye, centre rump, rump cap, thick flank, topside, fresh silverside, chuck.**

- Trim excess fat from meat, brush with oil and season. Heat frypan or heavy saucepan and brown oiled meat on all sides.
- Reduce heat to low. Do not add liquid, although root vegetables and herbs can be added. Cover and cook gently, turning meat occasionally. For small cuts, cook 20-30 minutes. For larger cuts such as silverside, topside and chuck, cook 1 1/2 - 2 hours.
- Once cooked, stand meat, covered in a warm place for 10-20 minutes, before carving across the grain. Make sauce or gravy with pan drippings.

STEW/CASSEROLE

Suitable cuts: **blade, chuck, skirt, topside, fresh silverside, shank/shin, brisket, spare ribs, oxtail.**

- Trim excess fat from meat. Cut meat into cubes or serving-sized pieces. Optional: coat meat in seasoned flour before cooking.
- Heat a little oil in a heavy-based pan on high heat and brown the meat, a little at a time. Transfer to a casserole dish.
- Sauté chopped vegetables for a few minutes then add to the meat. Remove excess fat from pan.
- Add stock or liquid to pan, stir well then pour over meat. Liquid should almost cover meat.
- Cover casserole tightly and cook in a pre-heated oven on 150-180°C for 1 1/2 - 3 hours or until tender, depending on the cut used. Optional: thicken with cornflour or flour mixed to a paste with water, in the last half hour of cooking, and season to taste.

Stove-top stew

- Brown as above in a heavy-based pan, then add vegetables and liquid. Cover tightly and cook on stove top on a very low heat until tender. Stir occasionally, adding extra liquid if needed.

BRAISE

This is a moist heat cooking method for less tender cuts, usually cooked in larger sized or whole pieces. The meat is not cooked in liquid as when stewed, rather it is browned then cooked on top of softened vegetables with minimal liquid.

Suitable cuts: **blade, chuck, thick flank, fresh silverside, topside, shin, skirt.**

- Heat 2 Tbsp oil in a heavy-based pan on high heat and brown the meat well all over. Remove meat.
- Add roughly chopped vegetables to the pan, cover and cook gently for 5 minutes. Place meat on top of vegetables with herbs and seasonings. Add a small amount of liquid, approx. 1/2 - 1 cup.
- Cover with a tight-fitting lid. Cook in a pre-heated oven at 160°C for 1 1/2 to 2 hours or until tender, according to the size of the meat.

SIMMER

This cooking method is suited to larger, less tender cuts, cooked in liquid or stock.

Suitable cuts: **fresh or corned silverside, blade, chuck, topside, thick flank, shin, brisket.**

- Trim excess fat. Rinse corned meat. Tie meat in compact shape if necessary and weigh to calculate cooking time (see below).
- Bring a large pot of water almost to simmering, then place meat in pot. Add flavourings, eg vegetables, herbs, spices and seasonings. Bring to a simmer but do not boil, then reduce heat to low.
- Skim often. Cover and cook gently until tender when tested with a skewer.
- If serving hot, remove pot from heat, leaving meat in liquid for 15 minutes before carving. If serving cold, leave meat covered in liquid until cool.

Cooking times

Beef fresh 30-40 minutes per 500g
Beef corned 45-60 minutes per 500g

PAN FRY

Suitable cuts: **fast-cooking steaks: fillet, rump, sirloin, t-bone, scotch, schnitzel.**

- Pat meat dry. Heat a little oil or fat in a frying pan on medium/high heat. When hot, add the meat and cook quickly, turning once, until well browned.
- For cuts 1.5 to 2cm thick, cook 2-4 minutes each side for **rare**, 4-6 minutes each side for **medium**. For **well done** and thicker cuts, cook 2-4 minutes each side then reduce heat and cook a further 4-6 minutes. Rest 1 minute per 100g of meat before serving.
- If using schnitzel, nick edges of meat to prevent curling during cooking. Cook over a moderate heat for about 1 minute each side, or until browned.

PRESSURE COOKER

Suitable cuts: **blade, chuck, shank/shin, oxtail, spare ribs, silverside, brisket, tongue.**

When using a pressure cooker, allow for one third of the normal cooking time for simmering or stewing.

For more information and recipes with beef and lamb, call the NZ Beef & Lamb Marketing Bureau on freephone 0800 733 466 or visit www.recipes.co.nz

