

**Steak, Cheese & Mushroom Pot Pies**



## INTRODUCTION

Understanding methods for cooking New Zealand beef is crucial to ensure you get the most out of your meat. This leaflet takes you through the five most popular cooking methods of **roasting**, **barbecuing**, **casseroling**, **pan-frying** and **stir-frying**.

You'll also find handy tools and tips for getting the best results from your beef, including which cuts are most suited to each cooking method.

**To put your new skills into practice, visit [recipes.co.nz](http://recipes.co.nz) where you'll find hundreds of beef recipes for every occasion.**

## ROAST

Remove meat from the refrigerator about 30 minutes before cooking. Trim any excess fat if necessary and weigh to calculate cooking time using the table below. Preheat oven to 160 -180°C (slow roast) or 220°C (fast roast). Place meat, fat side up, on a rack in a roasting dish (if fast roasting brown meat all over in a little oil in a frying pan first). Cook for calculated time, basting occasionally. Remove from oven and cover with foil. Rest in a warm place for 10-20 minutes before carving across the grain.

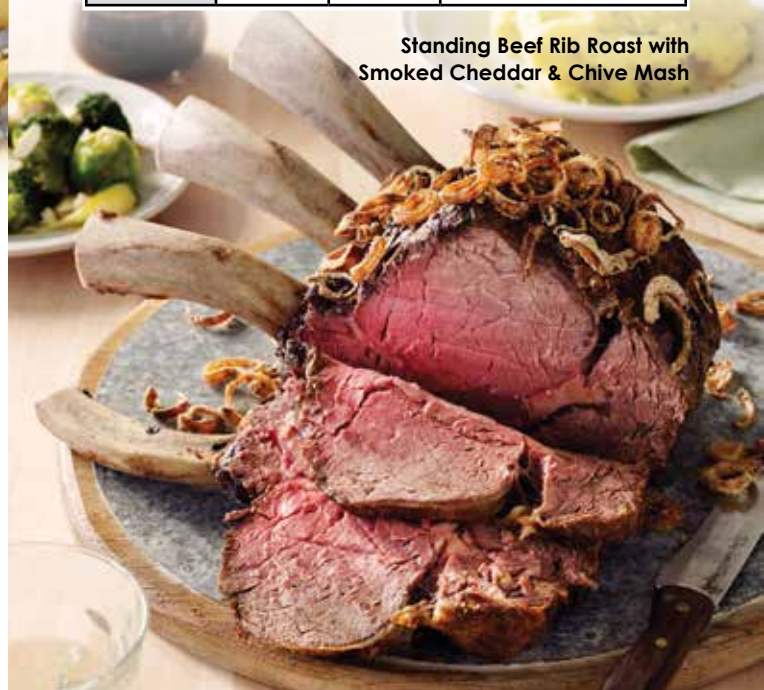
**SUITABLE CUTS FOR SLOW ROASTING:** bolar, chuck, rolled rib, rib-eye, prime rib, fillet, whole rump, whole sirloin, thick flank, topside, spare ribs, wing rib.

**SUITABLE CUTS FOR FAST ROASTING:** whole fillet, whole sirloin, rump eye, centre rump, rump cap, rib-eye (scotch), standing rib.

### COOKING TIMES

Degree of cooking	Fast Roast	Slow Roast	Internal temperature of cooked meat
	Minutes per 500g	Minutes per 500g	
<b>Rare</b>	15-20	20-25	50°C
<b>Medium</b>	20-25	25-30	65°C
<b>Well Done</b>	25-30	30-35	75°C

**Standing Beef Rib Roast with Smoked Cheddar & Chive Mash**



**Beef Satay**



## BARBECUE

Trim any excess fat from meat. Brush meat with oil and season or marinate. Preheat grill or barbecue and cook using the guide below. For kebabs, thread meat onto metal or soaked skewers before cooking under the grill or on the barbecue, until well browned and cooked to your liking. Rest 1 minute per 100g of meat before serving.

### HOW DO I KNOW WHEN THE STEAKS ARE READY?

	Minutes per side	Internal description	Touch test
<b>Rare</b>	2	Red colour, moist, red juices	Very soft
<b>Medium Rare</b>	3-4	Lighter red colour, moist pink juices	Soft and springy
<b>Medium</b>	4-6	Pink colour, moist, clear to pink juices	Firm and springy
<b>Well Done</b>	2-4 reduce heat, then 4-6	Stone grey colour, dry, no sign of pink juices	Very firm

### TIPS FOR TOP RESULTS

- Oil the meat, not the barbecue or grill. This stops meat sticking and the oil burning on the hotplate.
- Season at the last minute, before cooking.
- Use tongs to turn meat once only, rather than a barbecue fork, to avoid juices escaping.
- Allow beef to rest after cooking for a tender, juicy result.

## CASSEROLE

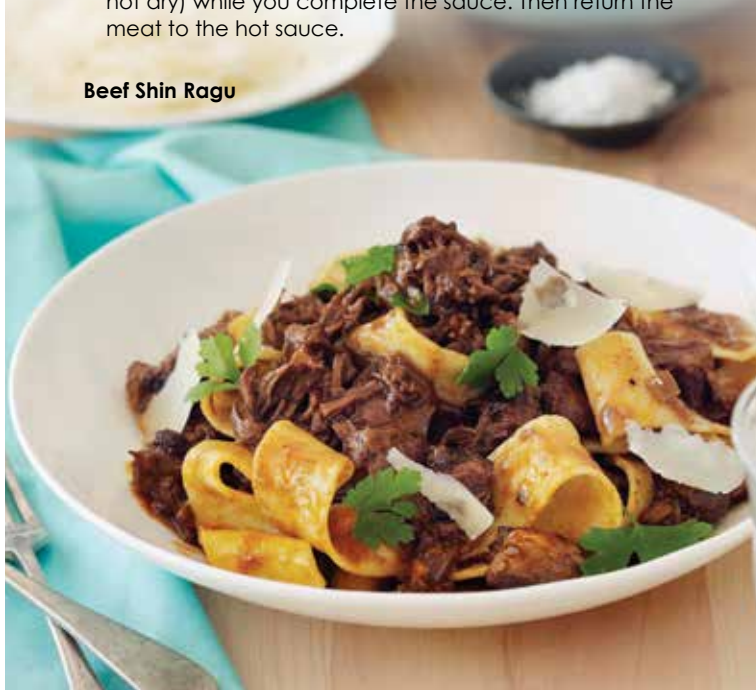
Cut meat into cubes, coat with flour and brown in a frying pan over a high heat. Transfer to a casserole dish. Add cubed seasonal vegetables. Remove excess fat from pan and add stock or liquid, stir well then pour over meat and vegetables. Liquid should almost cover meat. Cover dish tightly and cook in a preheated oven or slow cooker according to the recipe.

If using a slow cooker, follow the above steps but do not add as much liquid (water, stock, wine). Generally 1 cup of liquid is usually sufficient for cooking with 1 kg of meat. More liquid will be required if rice, pasta or dumplings are added.

### TIPS FOR TOP RESULTS

- Economical cuts of beef such as blade, chuck, skirt or topside will cook to perfection in a casserole or slow cooker.
- Browning meat first not only improves colour but also develops flavour.
- A tight-fitting lid holds in the steam that helps to soften the connective tissue, making the meat more tender.
- Over-cooking can make meat dry and stringy. Cook until just tender and check at intervals for readiness.
- If the meat is ready but the cooking liquid has not reduced enough to give a good sauce consistency, remove the meat (keep it covered so the surface does not dry) while you complete the sauce. Then return the meat to the hot sauce.

**Beef Shin Ragù**



# TOUGH STANDARDS. TENDER RESULTS.



To be confident you're buying the very best New Zealand has to offer, look for the New Zealand Beef and Lamb Quality Mark.

It's your assurance it's New Zealand grown, free range and guaranteed tender. Beef and lamb carrying the Mark has also passed the strictest standards of animal welfare and food safety.

If it makes the cut, it earns the Mark. Why would you choose anything less?



## BEEF + LAMB NEW ZEALAND

[recipes.co.nz](http://recipes.co.nz)  
Freephone: 0800 733 466



## STIR-FRY

Cut meat across the grain into strips of even thickness. Coat the meat in a little oil instead of adding oil to the wok or frying pan. Ensure the wok is hot before you begin to cook meat to prevent stewing. It should be hot enough to evaporate a bead of water on contact. Cook meat in small batches (about 1 cup at a time). When you add the meat to the wok, work from the outer side to the centre, where it will be hottest. Set meat aside and return to the pan with sauces once the vegetables are cooked. Stir-fry only to combine - do not reheat meat for too long or it will toughen.

### TIPS FOR TOP RESULTS

- Drain any excess liquid or marinade from the meat before cooking, otherwise the marinade will burn.
- Be careful not to over crowd the wok or frying pan. Stir-fry in batches so the meat cooks evenly and quickly and doesn't stew.

## PAN-FRY

Preheat a heavy-based frying pan. Oil the meat, then add to the pan (meat should sizzle). Keep the heat moderately high; this should be enough to keep the meat sizzling without burning. Cook one side until the first sign of moisture appears on the upper side, turn and cook the other side. Turn once only. Test for doneness with tongs. Rare is soft when pressed, medium is springy and well done is very firm. Rest the meat for a few minutes before serving.

### TIPS FOR TOP RESULTS

- For even cooking, ensure meat is of even thickness.
- Pat meat dry with a paper towel before frying, including marinated meat. Wet meat will not brown well.
- Coat with flour or flour/spice mixture immediately before cooking.
- Ensure pan is not overcrowded as this can reduce temperature and slow cooking.
- Heat oil before adding the meat. It should shimmer, not smoke. If oil is too cool, the meat can absorb it and will not brown quickly enough.

Steak, Cheese & Onion Melts



Asian Inspired Beef with Greens

## HOW TO COOK PERFECT MINCE

Browning mince is essential to bring out flavour and colour. To ensure it doesn't stew, cook in batches.

### TIPS FOR TOP RESULTS

- Add a dash of oil to a hot pan and add mince.
- Stir to ensure the mince browns evenly and does not stick to the pan.
- If it begins to stew and water gathers in the bottom of the pan, the mince will taste like it has been boiled. Take the mince from the heat and strain away the liquid. Reheat the pan with a further dash of oil and return the drained mince to the pan to begin the browning process again. Your final dish will have more flavour and a nicer colour.

Chelsea's Ultimate Spaghetti Bolognese with Ciabatta Crumb



## CUTS AND COOKING METHODS AT A GLANCE

This guide provides information on which methods are best suited to each cut.

- Roast
- Barbecue
- Casserole
- Pan-fry
- Stir-fry



Schnitzel



Rump Steak



Short Rib



Sirloin Steak



Beef Shin



Blade Steak



Scotch Fillet Steak



Gravy Beef



Eye Fillet



Whole Sirloin



Mince



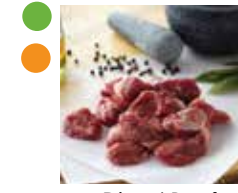
Chuck Steak



Minute Steaks



Eye Fillet Steak



Diced Beef



Brisket



Crosscut Blade



Standing Rib Roast

# COOKING WITH BEEF



recipes.co.nz



Look for the New Zealand Beef and Lamb Quality Mark and the Heart Foundation Two Ticks on select cuts of beef and lamb.