

ENTICE

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SUMMER HAS NEVER TASTED SO GOOD!



SUITED TO SUMMER ...
BEEF AT ITS BEST



The way to a great barbecued steak (tips worth knowing)

Take the steaks from the fridge 10 minutes before cooking

Steaks should be near room temperature, otherwise the rate of cooking will be slowed down.

Keep the seasoning simple

Use freshly ground sea salt and black pepper. Season the meat just before you cook.

Oil the meat and not the grill plate

Rather than drizzle oil onto the barbecue plate, brush or rub the meat with oil before cooking. The meat won't stick to the grill, allowing it to sear, giving good colour and juiciness.

Don't crowd the steaks

Ensure the barbecue is hot enough to sizzle the meat as it makes contact. If you can only hold your hand above the heat for about four seconds it's perfect for barbecuing. Don't crowd the grill plate - this reduces the heat, the meat will then release juices and begin to stew.

Turn the steaks once only

Let the meat cook on one side until moisture appears. Always use tongs - never a barbecue fork to turn the meat. A barbecue fork will drain the juices from the meat, making the meat dry and less tasty. With practice you can judge the meats readiness by touch. Use the blunt end of the tongs to prod the meat in the thickest part. Rare is very soft, Medium is springy, Well Done is very firm.

Always rest the steaks after they come off the heat

This allows the juices to return to the surface. The steak will be juicier and tastier. Steaks should stand for about three to five minutes in a warm place – loosely covered with foil – too tightly will cause it to sweat.

For a luscious creamy mustard sauce

In a small pan combine 1 tbspc each of dijon mustard and seeded mustard and a 300ml carton of thickened cream. Bring slowly to the boil, reduce heat and simmer until mixture is reduced by half. Drizzle steaks with the creamy mustard sauce and serve hot buttery asparagus on the side.

Butcher's tips for the right cut.

The best beef cuts for barbecuing, char-grilling and grilling:

Fillet, tenderloin, rib eye/scotch fillet, sirloin, T-bone, rump, round, blade and oyster blade.



WE LOVE SUMMER, WE COOK OUTSIDE AND EAT OUTSIDE

Steak with avocado salsa and oregano tomatoes

Preparation time: 10 minutes | Cooking time: 15 minutes | Serves: 4

4 x 200g rib eye/scotch fillet steaks
(or use sirloin steaks)
2 tbsp vegetable oil
2 Desiree potatoes, sliced thinly
3-4 baby tomatoes on the truss per person
(or use cherry tomatoes)
2 tbsp fresh oregano leaves
2 tbsp olive oil
Avocado salsa
1 avocado, peeled and finely diced
1 red onion, peeled and finely diced
1/2 cup roughly chopped parsley
half a lemon, juiced
1 tbsp olive oil



Preheat barbecue, and preheat the oven to 200°C. Brush the steaks with 1 tbsp of the vegetable oil.

Place the potato slices on a baking tray lined with baking paper. Season and drizzle with the remaining 1 tbsp vegetable oil. Bake in the oven 15 minutes or until brown and crispy on the edges.

Cook steaks for 3-4 minutes on each side for medium. Turn steaks once only. Remove from heat and cover loosely with foil to rest for 5 minutes before serving.

Place tomatoes on a baking tray, sprinkle with oregano, season and drizzle with the olive oil. Bake for the last three minutes in the oven with the potato.

To make avocado salsa: combine all ingredients.

FOR THE BEST STIRFRIES

Prepare everything you need before you even place the wok on the heat.

Ensure the wok is hot before you begin to cook beef or vegetables; make it hot enough to evaporate a bead of water on contact.

Cook beef in small batches. When you add the beef to the wok work from the outer side to the centre where it will be hottest.

Set beef aside and return to the pan with sauces once the vegetables are cooked. Stirfry only to combine – do not reheat the meat for too long or it will toughen.

To tempt the kids ... go with flavours they love!

Kids love crunchy vegies, serve up a stirfry with their favourites. Snow peas and carrot sticks are winners. Add crispy noodles for some extra crunch.



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Summer to us is all about the beach and barbecues,
picnics and the pool ... the sun shines and we can all relax.
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Butcher's tips for the right cut.

The best beef cuts for making stirfries, salads and wraps:

Beef fillet, rib eye/scotch fillet, sirloin, rump, round, blade and stirfry strips.



AS THE TEMPERATURE RISES KEEP YOUR COOL ... WITH MOUTHWATERING BEEF

Beef salad with crunchy noodles

Preparation time: 20 minutes | Cooking time: 5 minutes | Serves: 4

600g beef strips (or 600g rump steak, sliced thinly before cooking)
2 tbsp vegetable oil
2 carrots, peeled and cut into fine strips (approx 5cm long)
2 Lebanese cucumbers, halved, deseeded and cut into fine strips (approx 5cm long)
125g snow peas, topped and cut into fine strips
1 pkt (225g) crispy noodles
juice of 2 limes
3 tbsp sweet chilli sauce
extra 2 tbsp vegetable oil
2 cups loosely packed coriander leaves



Coat beef strips with the oil. Preheat a large frying pan or barbecue flat plate until moderately hot; cook the beef in two batches. Set aside whilst making the salad.

Combine the strips of carrot, cucumber and snow peas with the noodles. Add the combined lime juice, sweet chilli sauce and extra oil.

Add the warm beef strips to the vegetables and noodles. Add the coriander leaves and toss to combine.

Note: When buying the crispy noodles, make sure you use ones that say ready to eat on the pack, as some packet noodles need to be cooked first. The crispy noodles give this salad a wonderful crunchy texture.



Here's the knack ... kebabs and satay (hints that make them better)

Cut the beef into even sized cubes

Cut the meat into even sized 2cm cubes for making kebabs. For satay style cut the beef into thin, longish strips so it can be easily woven onto the wooden skewers.

How to handle skewers

Brush metal skewers with oil before threading the beef; this makes it easier to remove the meat after cooking. Soak wooden skewers in cold water for 10 minutes to stop them from burning. Square or flat stainless steel skewers are best for cooking kebabs, while short wooden skewers are best for satay.

Thread them this way

When you're threading the beef kebabs, leave a little space between the pieces so the heat can get to all sides. When you weave beef onto wooden skewers for satay don't bunch the meat together; the meat should be spread out so it cooks quickly and evenly.

Getting the timing right

Just before you cook the skewers brush them lightly with oil. It's best to cook skewered meats over a moderately high temperature for a short time. Kebabs take about two minutes for each of their four sides. Satay style skewers cook more quickly, usually 2 to 3 minutes each side (they only have two sides). Don't turn them too often; turn them once to cook each side.

A delicious summer combo ... char-grilled beef & warm tomato vinaigrette

Thread cubed beef and red onion wedges alternatively onto metal skewers. Char-grill until tender. Heat one third of a cup of olive oil over high heat, add three chopped, peeled tomatoes, a little crushed garlic and a good pinch each of sugar, salt and pepper. Cook for one minute to just soften, stir in two table-spoons of red wine vinegar and a little chopped parsley.

Some things just taste better when the sun is shining ...



Butcher's tips for the right cut.

The best beef cuts for making kebabs and satay:

Beef fillet, rib eye/scotch fillet, sirloin, rump, round and blade.

Cut the beef into 2cm cubes.

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Beef is a great choice for **summer entertaining**
... it offers **delicious** flavour and is **easy** to prepare.
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WHAT MAKES SOMETHING REALLY GOOD TO EAT? SUNSHINE, IT'S THE BEST INGREDIENT

Beef, zucchini and lemon kebabs

Preparation time: 20 minutes | Cooking time: 8 minutes | Serves: 4

700g beef, diced into 2cm cubes
3 small zucchini, peeled into ribbons (use a vegetable peeler or thinly slice lengthways)
2 tbsp capers, roughly chopped
2 cloves garlic, crushed
finely grated rind and juice of 1 lemon
1 tbsp chopped fresh rosemary leaves
2 tbsp olive oil

To serve: a mixed salad of lettuce, avocado slices, olives, and parsley leaves and bottled French dressing.
Lemon wedges on the side.

Thread the beef and zucchini ribbons alternatively onto 8 skewers with 4 pieces of beef on each skewer.

Combine capers, garlic, rind, juice, rosemary and oil. Brush over the kebabs. Marinate for 20 minutes if possible.

Preheat a large frying pan or barbecue until moderately hot. Cook the beef skewers for 2 minutes on each side or to your liking.

Remove skewers from the heat, cover loosely with foil for 3 minutes. Serve with salad and lemon wedges.

