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A practical guide to cooking

Australian Beef and Lamb



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Your practical guide . . .

Whether you're a novice or an experienced cook this little booklet is sure to be useful. It shows you how versatile, easy and delicious Australian beef and lamb are.

In this booklet we take you through the essentials, from the selection of the best cut for your chosen cooking method, to the preparation and cooking of each. Our step-by-step techniques are easy to follow and provide a practical guide to using beef and lamb.

For recipe inspiration that will help put these techniques into action go to **themainmeal.com.au** where you will find a range of delicious meal ideas to please the whole family.

At **themainmeal.com.au** you can also sign up for our free e-newsletter that gives you even more recipe ideas, cooking tips, hints and fabulous give-aways.

Understanding the methods for cooking beef and lamb can help anyone become a better cook, and take the hassle out of preparing a meal. This handy guide provides the techniques, tools and tips for the very best results every time.

Enjoy!

themainmeal.com.au team

Cuts and cooking methods



BEEF			
Rib eye/scotch fillet Rump Sirloin Fillet/tenderloin Eye round Blade Topside Round Oyster blade Standing rib roast Silverside (uncorned) Rolled rib beef roast	Fillet/tenderloin Rib eye/scotch fillet Sirloin/porterhouse/New York T-bone Rump Round Blade Oyster blade Silverside sandwich steaks Lean mince for burgers	Boneless blade steaks Round/minute steaks Topside schnitzel	Beef strips <i>Slice these cuts into thin strips:</i> Rib eye/scotch fillet Fillet/tenderloin Sirloin/porterhouse/New York Rump Boneless blade Round Oyster blade Topside steaks
LAMB			
Leg (bone-in) Shoulder (bone-in) Easy carve (leg or shoulder) Lamb round or topside Lamb rump Boned and rolled loin Mini roast Eye of shortloin/backstrap Rack Shortloin/mid loin	Lamb steaks (round or topside) Fillet/tenderloin Eye of shortloin/backstrap Loin chops Leg chops Chump chops Lamb cutlets	Lamb cutlets Lamb topside schnitzel	Lamb strips <i>Slice these cuts into thin strips:</i> Eye of shortloin/backstrap Fillet/tenderloin Round/knuckle Topside
VEAL			
Leg Shoulder Boned and rolled loin Rack Fillet Rump Breast	Leg steaks Fillet steaks Rump steaks Schnitzels Eye of loin Shoulder steaks Loin chops Loin cutlets	Leg steaks/schnitzels Loin cutlets Shoulder steaks	<i>Slice these cuts into thin strips:</i> Leg steaks/schnitzels Eye of loin Fillet Boneless rump Boneless shoulder Breast

... at a glance



BEEF			
Fillet/tenderloin	Chuck	Corned and fresh brisket	Fillet/tenderloin
Rib eye/scotch fillet	Topside	Corned silverside	Rib eye/scotch fillet
Sirloin/porterhouse/New York	Shin	Corned girella/eye of silverside	Sirloin/porterhouse/New York
T-Bone	Blade	Shin bone-in/osso bucco	T-bone
Rump	Brisket		Rump
Round	Round		Round
Blade	Silverside (uncorned)		Blade
Oyster blade	Skirt		Oyster blade
Silverside sandwich steaks (char-grill only)	(diced or rolled and seasoned)		Silverside sandwich steaks
Silverside steaks (for char-grill kebab only)	Shin bone-in/osso bucco		Silverside steaks (for kebab only)
Beef spare ribs	Boneless shin/gravy beef		Topside steaks (for kebab only)
Lean mince for burgers (char-grill)	Oxtail		Beef spare ribs
	Beef spare ribs		Lean mince for burgers
LAMB			
Lamb steaks (round or topside)	Diced lamb forequarter	Corned leg	Lamb steaks (round or topside)
Fillet/tenderloin	Forequarter chops		Fillet/tenderloin
Eye of shortloin/backstrap	Shanks		Eye of shortloin/backstrap
Loin chops	Frenched shanks		Loin chops
Leg chops	Neck chops		Leg chops
Chump chops	Lamb topside		Chump chops
Lamb cutlets	Leg (bone-in)		Spare ribs
	Shoulder (bone-in)		Lamb cutlets
	Easy carve (leg or shoulder bone-out)		
	Boned and rolled shoulder		
	Boned and rolled leg		
VEAL			
Leg steaks/schnitzels	Shoulder		Leg steaks/schnitzels
Fillet steaks	Forequarter		Fillet steaks
Rump steaks	Neck		Eye of loin
Schnitzels	Knuckle		Loin cutlets
Eye of loin			Loin chops
Shoulder steaks			Rump steaks
Loin chops			Shoulder steaks
Loin cutlets			Spare ribs

Roast

Roasting is one of the easiest cooking methods. Once the roast is in the oven it 'takes care of itself'.



ONE

Preheat the oven in line with the type of meat you are roasting (see our chart on the opposite page). Also determine the weight of the roast.



TWO

Place the roast on a rack in a roasting dish. Raising the roast allows the heat to circulate, browning it evenly. Brush it lightly with oil. Season with salt, pepper and any flavourings.



THREE

Different meats require different cooking times per fixed weight (see our chart on the opposite page). For ease and accuracy use a meat thermometer.



FOUR

Remove roast when cooked to desired degree. Transfer to a plate, cover loosely with foil and rest for 10-20 minutes before carving. Carve the roast across the grain to ensure tenderness.

Best cuts for roasting



Beef

Rib eye/scotch fillet, rump, sirloin, fillet/tenderloin, eye round, blade, topside, round, oyster blade, standing rib roast, silverside (uncorned), rolled rib beef roast.

Lamb

Leg (bone-in), shoulder (bone-in), easy carve (leg or shoulder), round or topside roasts, boned and rolled loin, mini roast, eye of shortloin/backstrap, rack, shortloin/mid loin, roast, rump roast.

Veal

Leg, shoulder, boned and rolled loin, rack, fillet, rump, breast.

Suggested roasting times per 500g

BEEF	Temp	Rare	Medium	Well done
Rib eye/scotch fillet, rump, sirloin, fillet/tenderloin, standing rib roast, rolled rib beef roast	200°C	15-20 min	20-25 min	25-30 min
Silverside, blade, round, topside, eye round, oyster blade	160°C	20-25 min	25-30 min	30-35 min
LAMB	Temp	Rare	Medium	Well done
Eye of shortloin/backstrap, lamb round or topside mini roast, lamb rump	220°C	15-20 min	20-25 min	25-30 min
Rack of lamb, four rib roast, crown roast, shortloin/midloin	200°C	20-25 min total regardless of weight	30-35 min total regardless of weight	40-45 min total regardless of weight
Loin (boned and rolled), leg or shoulder (bone-in), easy carve leg or shoulder	180°C	20-25 min	25-30 min	30-35 min
VEAL	Temp	Rare	Medium	Well done
Fillet, rack, leg, loin/eye of loin, rump and shoulder, boned and rolled loin, rump, breast	200°C	15-20 min	20-25 min	25-30 min

Cooked to your liking... judge your roast's degree of doneness

The internal temperature for:

- Rare – 55-60°C
- Medium rare – 60-65°C
- Medium – 65-70°C
- Medium well – 70-75°C
- Well done – 75°C

Do I really need a meat thermometer?

There are lots of variables involved when roasting meat and judging if it's ready or not. Variables include size, shape and thickness of

the meat. To take out all of the guesswork use a meat thermometer. It's the easiest and most accurate way to tell if it's ready. Inexpensive leave-in style thermometers are available from kitchenware shops, supermarkets and selected butcher stores. Place the thermometer in the roast before cooking. Insert it into the thickest part of the roast away from any bone.

You can of course use tongs to test the roast's doneness. Gently prod or squeeze the roast – rare is very soft, medium rare is soft, medium is springy but soft, medium well is firm and well done is very firm.

Barbecue

The good thing about choice cuts of beef and lamb is that they lend themselves very well to the quick, dry-heat techniques of barbecuing. These steps will ensure a great result every time.



ONE

Coat the meat in oil instead of adding oil to the barbecue grill or hotplate. If the meat has been marinated lightly pat it dry with paper towel (this helps the meat brown rather than stew).

TWO

Ensure the barbecue is hot before you cook; the meat should sizzle as it makes contact with the plate or grill.

THREE

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.

FOUR

With practice you can judge the meat's readiness by touch. Rare is soft, well done is very firm (see our chart on the opposite page for more information). Rest the meat for a few minutes before serving.

Best cuts for barbecuing



Beef

Fillet/tenderloin, rib eye/scotch fillet, sirloin/porterhouse/New York, t-bone, rump, round, blade, oyster blade, silverside sandwich steaks, silverside steaks (for kebab only), topside steaks (for kebab only), beef spare ribs, lean mince for burgers.

Lamb

Steaks (round or topside), fillet/tenderloin, eye of shortloin/backstrap, loin chops, leg chops, chump chops, spare ribs, lamb cutlets.

Veal

Leg steaks, schnitzels, fillet steaks, eye of loin, loin cutlets, loin chops, rump steaks, shoulder steaks, spare ribs.

The perfect steak... judge a steak's degree of doneness

There is an art to determining when your steak, lamb chop or cutlet is cooked to the correct degree of doneness – rare, medium rare, medium, medium well or well done – but it is easily mastered with these handy hints and tips.

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 55-60°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 65-70°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 70-75°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.

...or feel your way to judge doneness

With a little practice you can learn to judge the readiness by touch.

- 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 very 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 middle finger and press the ball of your thumb again; steaks with the same soft feel will be medium rare.
- The ring finger and thumb together will indicate a medium doneness.

- The little finger and thumb together will be very firm; if a steak feels the same it will be well done.



Pan-fry

The fast and easy technique of pan-frying is the building block for great beef and lamb recipes. Simple as this basic procedure is, perfect results depend on attention to detail.



ONE

Preheat the pan to moderately hot. Use a pan that suits the number of pieces to be cooked. Oil the meat not the pan.

TWO

Meat should sizzle when you add it to the pan. Keep the heat moderately high; this should be enough to keep the meat sizzling without burning.

THREE

Cook one side until the first sign of moisture appears on the upper side, turn and cook other side. Turn once only.

FOUR

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.

Best cuts for pan-frying



Beef

Fillet/tenderloin, rib eye/scotch fillet, sirloin/porterhouse/New York, t-bone, rump, round, blade, oyster blade, silverside sandwich steaks, lean mince for burgers.

Lamb

Steaks (round or topside), fillet/tenderloin, eye of shortloin/backstrap, loin chops, leg chops, chump chops, lamb cutlets.

Veal

Leg steaks, schnitzels, fillet steaks, rump steaks, eye of loin, shoulder steaks, loin chops, loin cutlets.

Stir-fry

The following steps are the foundation to a great beef or lamb stir-fry.



ONE

Cut meat across the grain into strips of even thickness. Coat the meat in oil instead of adding oil to the wok.



TWO

Ensure the wok is hot before you begin to cook meat or vegetables. It should be hot enough to evaporate a bead of water on contact.



THREE

Cook meat in small batches (about 250g). When you add the meat to the wok, work from the outer side to the centre, where it will be hottest.



FOUR

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.



Best cuts for stir-frying



Beef

Stir-fry strips or prepare your own from rib eye/scotch fillet, fillet/tenderloin, sirloin/porterhouse/New York, rump, boneless blade, round, oyster blade, topside steaks.

Lamb

Stir-fry strips or prepare your own from eye of shortloin/backstrap, fillet/tenderloin, round/knuckle, topside.

Veal

Stir-fry strips or prepare your own from leg steaks/schnitzels, eye of loin, fillet, boneless rump, boneless shoulder, breast.

Braise, casserole or pot-roast

The common ground for these cooking styles is the method of slow simmering. All are made in just a couple of phases, firstly browning to enhance the flavour and then simmering to gradually tenderise the meat.



ONE

Coat the meat with oil rather than adding it to the pan; it reduces the amount of oil you need and helps the meat brown well.



TWO

Brown meat in small batches. Keep the pan at medium high heat, which helps the meat to brown evenly rather than stew or burn in the pan. Remove meat from pan, add sufficient liquid and heat.



THREE

Reduce the heat to low, so the liquid is at simmering point before returning the browned meat to the pan. This ensures the meat's tenderness.



FOUR

Check that the dish simmers gently during cooking. Stir occasionally and adjust the heat if needed. A simmer is when small amounts of tiny bubbles occasionally rise to the surface of the cooking liquid.

Best cuts for braising or casseroling



Beef

Chuck, topside, shin, blade, brisket, round, silverside (uncorned), skirt (diced or rolled and seasoned), shin bone-in/osso bucco, boneless shin/gravy beef, oxtail, beef spare ribs.

Lamb

Diced lamb forequarter, forequarter chops, shanks, frenched shanks, neck chops, lamb topside, leg (bone-in), shoulder (bone-in), easy carve (leg or shoulder bone-out), boned and rolled shoulder or leg.

Veal

Shoulder, forequarter, neck, knuckle.

the best way to...

Simmer

The moist, gentle heat that simmering imparts helps transform lower-priced beef and lamb cuts. Simmering gradually softens the connective tissue of the meat; the result is moist, flavoursome and tender meat.



ONE

Use a heavy-based pot large enough to submerge the meat in the water. Start with cold water.

TWO

When meat starts to cook some of its proteins are drawn out into the liquid; use a spoon or ladle to skim this off the surface.

THREE

Once the scum has been removed, add the aromatics, which will give depth and flavour to both the meat and the cooking liquid.

FOUR

Keep the heat at simmering point; small bubbles will occasionally rise to the surface. Adjust the heat throughout the cooking time.

Best cuts for simmering



Beef

Corned and fresh brisket, corned silverside, corned girella/eye of silverside, shin bone-in/osso bucco.

Lamb

Corned leg.

Australian beef cuts

1 Shin

- Boneless shin/gravy beef
- Shin
- Shin bone-in/osso bucco

2 Silverside/Topside

- Corned silverside
- Silverside roast (uncorned)
- Silverside steak
- Silverside sandwich steak
- Corned girella/eye of silverside
- Eye round roast
- Topside roast
- Topside schnitzel
- Topside steak

3 Knuckle

- Round steak
- Round roast
- Round/minute steak

4 Rump

- Rump steak
- Rump roast

5 Tenderloin

- Fillet/tenderloin steak
- Fillet/tenderloin roast

6 Skirt

- Skirt (diced or rolled and seasoned)

7 Striploin

- Sirloin steak/porterhouse/New York
- Sirloin roast
- T-bone
- Beef spare ribs

8 Cube Roll

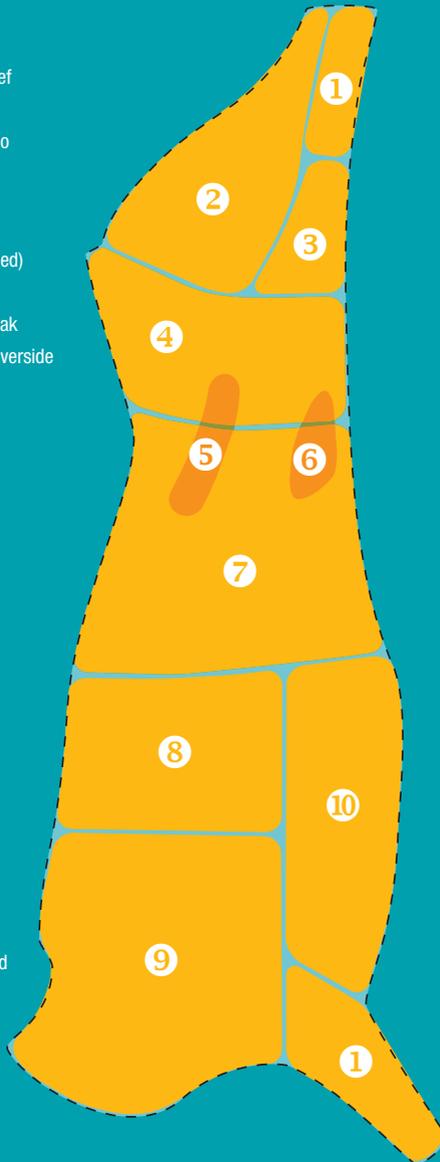
- Rib eye/scotch fillet steak
- Rib eye/scotch fillet roast
- Rolled rib beef roast
- Standing rib roast

9 Blade/Chuck

- Blade steak
- Blade roast
- Boneless blade steak
- Chuck
- Oyster blade roast
- Oyster blade steak

10 Brisket

- Brisket
- Corned and fresh brisket



Beef stir-fry strips can be prepared from the:

- Silverside/topside, knuckle, rump, tenderloin, striploin, cube roll and blade/chuck

Diced beef can be prepared from the:

- Silverside/topside, knuckle, rump, skirt, blade/chuck and brisket

Beef mince can be prepared from the:

- Shin, silverside/topside, knuckle, rump, tenderloin, skirt, striploin, cube roll, blade/chuck and brisket

Australian lamb cuts

1 Leg

- Boned and rolled leg
- Corned leg
- Easy carve leg (bone-out)
- Easy carve leg roast
- Lamb round or topside roasts
- Lamb steaks (round or topside)
- Lamb topside schnitzel
- Leg chop
- Leg roast (bone-in)
- Mini roast
- Round/knuckle

2 Chump

- Chump chop
- Lamb rump
- Rump roast

3 Tenderloin

- Fillet/tenderloin

4 Eye of Loin

- Boned and rolled loin roast
- Eye of shortloin/backstrap roast
- Eye of shortloin/backstrap steak
- Loin chop
- Shortloin/mid loin roast

5 Loin

- Rack roast
- Lamb cutlet

6 Forequarter

- Boned and rolled shoulder
- Forequarter chop
- Easy carve shoulder roast
- Shoulder (bone-in)
- Shoulder roast (bone-in)
- Easy carve shoulder (bone-out)

7 Shank

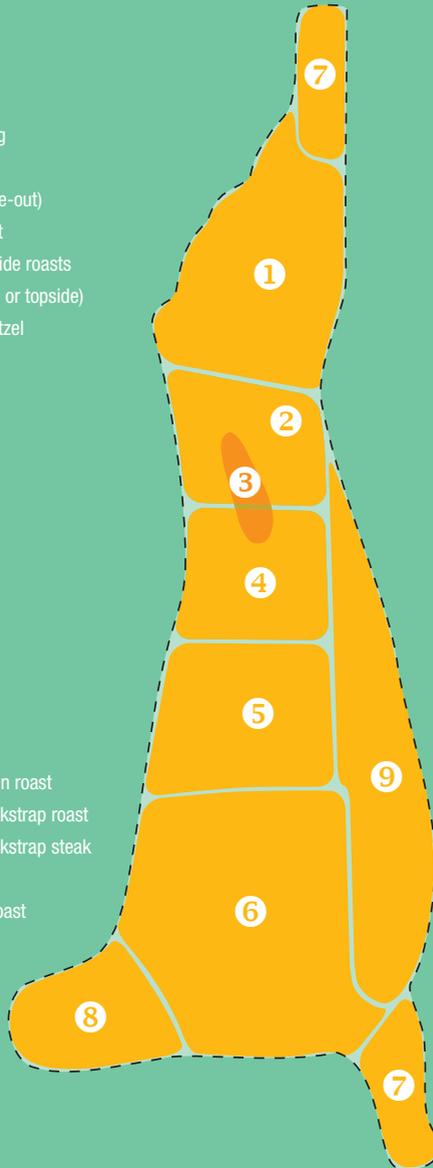
- Frenched shank
- Shank

8 Neck

- Neck chop

9 Party Rack

- Spare ribs



Lamb stir-fry strips can be prepared from the:

- Leg, tenderloin and eye of loin

Diced lamb can be prepared from the:

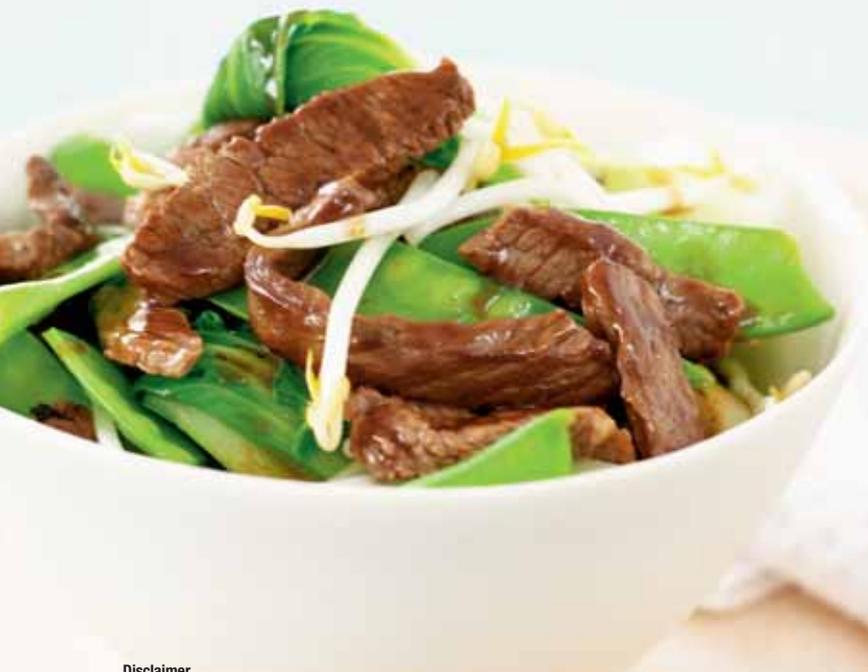
- Leg, forequarter, shank and neck

Lamb mince can be prepared from the:

- Leg, chump, tenderloin, eye of loin, loin, forequarter, shank, neck and party rack

For more great cooking tips and some delicious
beef, lamb and veal recipes visit us at
www.themainmeal.com.au

or contact us on 1800 550 018



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