

# COOKING WITH AUSSIE BEEF & LAMB



From the rich, pristine landscapes of Australia to your tables. Singapore's leading chefs and food personalities transform choice cuts of Aussie Beef and Lamb into delicious meals, bursting with flavour.

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# INTRODUCTION

It is a real pleasure to cook with Australian Beef and Lamb.

The unmatched flavour, superior quality and unparalleled versatility will transport you to the rich, pristine landscapes of Australia. Find out why Australian red meat has found favour with leading chefs around the world with a handpicked selection of innovative recipes.

We encourage you to recreate them at home to make your next meal extra special. We bring you creations that feature various cuisines in a variety of cuts and cooking styles.

These recipes also include tips and inspiration to bring out the best in your favourite cuts of Beef and Lamb, easily ensuring you will always bring home the delicious taste of Aussie premium quality.

# WHY AUSTRALIAN BEEF & LAMB?

For more than 200 years, Australian farmers have been passing their knowledge down from generation to generation, creating a proud meat and livestock industry brimming with tradition. Our world-leading supply chain, together with the advantages of raising animals in an unspoiled environment, has underpinned Australia's reputation for producing some of the highest quality beef and lamb.

We grow up eating the best quality red meat in the world. Now, we want to share it with you.





# BEEF RECIPES



# AUSSIE BEEF DONBURI

 Prep: 30 minutes | Cook: 15 minutes | Serves: 2

 Australian Sirloin

## INGREDIENTS

- 2 x 250g Australian Sirloin Steaks
- 1 Large onion, sliced
- 1 Red chilli, seeded and sliced
- 1/2 Red carrot, peeled and sliced
- 2 Sprigs green onion, sliced

### MARINADE:

- 1 Tbsp rice wine
- 1/3 Tsp baking soda
- 1 Tbsp cornflour
- 1 Tbsp light soy sauce
- 1/2 Tsp ground black pepper

### SEASONING:

- 1 Tbsp dark soy sauce
- 1 Tbsp oyster sauce
- 1 Tsp light soy sauce
- 1 Tsp sugar
- 1 Tsp mirin

*Recipe from Oh Bee Bee*



# AUSSIE BEEF DONBURI

## METHOD

1. Thinly slice the sirloin steaks and combine with marinade. Leave it to absorb flavours for a minimum of 30 minutes.
2. Pre-mix the seasoning and set aside. Heat up the wok with some oil.
3. Pan fry the onion and carrots first for a minute.
4. Add in marinated beef slices and leave it untouched to cook for 1-2 minute to achieve browning on the meat.
5. Stir in garlic and seasonings. Sauté for a minute more before adding in the sliced spring onion and chilli. Cook for another minute.
6. Dish up over steamed rice and pair with a sunny side-up egg. Enjoy!



# PAN-GRILLED RIBEYE WITH LEMON ONION SAUCE

 Prep: 10 minutes | Cook: 30 minutes | Serves: 4

 Australian Ribeye

## INGREDIENTS

- 4 One-inch thick Ribeye Steaks at room temperature
- 8 - 10 Garlic cloves, peeled and smashed
- 2 Tbsp extra virgin olive oil
- 2 Tbsp butter
- Sea salt
- Freshly ground black pepper

## TANGY LEMON ONION SAUCE:

- 1 Sprig of cilantro or parsley, finely chopped to the root
- 1 Large onion sliced
- Juice of 1/2 lemon
- 2 Tbsp unsalted butter
- 2 Tbsp double cream or cooking cream
- 1.5 Tsp sugar

*Recipe from Oh Bee Bee*

*Honeybeesweets*





# PAN-GRILLED RIBEYE WITH LEMON ONION SAUCE

## METHOD

1. Season the steaks with sea salt and fresh ground black pepper on both sides.
2. Pre-heat a non-stick pan at medium-high heat. Add a few tablespoons of extra virgin olive oil, followed by garlic.
3. Once the pan is hot, add in the butter and as the butter begins to melt, add in the steaks. You will want to hear that sizzle as the meat hits the pan.
4. As these steaks are only an inch thick, they will cook fairly quickly because of the high heat. If you like them medium to medium rare, 1 minute on each side will do. Remove the steaks and garlic out of the pan after two minutes of searing and allow the meat to rest. Do not slice into them as of yet.
5. In the same pan, add the onion, minced parsley and more butter. Allow these to caramelize on low heat.
6. Add lemon juice and the rest of the seasonings and simmer till it thickens into a sauce consistency. Transfer to a sauce bowl.
7. Slice the meat into desired thickness and serve along with the lemon onion sauce. Enjoy!

*Honeybeesweets*



# GOCHUJANG STEAK

 Prep: 20 minutes | Cook: 15 minutes | Serves: 4

 Australian Sirloin

## INGREDIENTS

- 4 Sirloin Steaks

### GOCHUJANG BUTTER:

- 500gm Butter, softened
- 220gm Gochujang (Korean, fermented red chilli paste)
- 3 Cloves garlic, whole

### SPRING ONION SALAD / PA MUCHIM:

- 2 Tsp gochugaru (Korean chilli spice) or chilli flakes
- 2 Tsp sesame oil
- 2 Tsp soy sauce
- 2 Tsp rice vinegar
- 1 Tbsp sesame seeds
- 5 Stalks of spring onion

*Recipe from Lennard Yeong*



# GOCHUJANG STEAK

## METHOD

1. Grate the garlic and add it into the gochujang and softened butter, mix everything together and make sure to mix it well so that there are no clumps. Thereafter, transfer to a container and chill the gochujang butter.
2. Slice the spring onions into thin strips, then toss in the rest of the ingredients listed in the spring onion salad recipe. This can be stored in the fridge or eaten immediately.
3. Season the sirloin on both sides with salt and pepper.
4. Sear the steak on high heat in a cast-iron skillet, turning the steak every 15-20 seconds.
5. After approximately 3 minutes, once the steak has developed a nice crust, add in the gochujang butter and reduce the heat to low.
6. Allow the butter to melt and keep basting the melted gochujang butter over the steak, by tilting the pan at an angle so that the melted butter flows towards the bottom of the pan, scooping the butter up with a spoon, and then drizzling the melted butter over the steak. Repeat this process for about a minute, the best way to do this is to check with a temperature probe for your desired doneness.
7. Remove the steak from the pan and allow it to rest. If you desire a sauce, add a tablespoon of water into the pan, once it starts simmering, whisk in the cold gochujang butter over low heat, this forming a gochujang butter emulsion sauce.
7. Serve the steak with the spring onion salad and the gochujang butter emulsion sauce and enjoy!



# CHINESE CHILLI OIL STEAK SANDWICH

🕒 Prep: 20 minutes | Cook: 45 minutes | Serves:2

🥩 Australian Ribeye Steak

## INGREDIENTS

### SANDWICH:

- 1 Ribeye Steak
- 1 Tomato, sliced
- 2 Slices of sourdough bread
- Mayonnaise, as needed
- A handful of baby spinach, as needed

### CARAMELISED ONIONS:

- 250gm Onions, sliced
- 40gm Butter

### CHILLI OIL:

- 400gm Grapeseed oil
- 1 Tsp cloves
- 5 Piece star anise
- 4 Bay leaves
- 1 Cinnamon stick
- 2 Tbsp Szechuan peppercorns
- 85gm Chilli flakes, fine
- 4 Cloves garlic, whole

*Recipe from Lennard Yeong*



# CHINESE CHILLI OIL STEAK SANDWICH

## METHOD

### TO MAKE THE CARAMELISED ONIONS

1. Melt the butter in a non-stick skillet, add in the onions and cook over low-medium heat, to speed things up, you can cover the skillet with a lid.
2. Stir every 5 minutes, it should take approximately 30 minutes for the onions to caramelize.

### TO MAKE THE CHILLI OIL

1. Place all the ingredients except the chilli flakes into a pot, turn the heat up to medium and allow all the flavours to infuse into the oil. It should sizzle gently but not aggressively so. Turn the heat down if the sizzling gets too intense, you do not want to burn the aromatics, but instead, allow the flavours to infuse into the oil.
2. After about 1 hour, strain the infused oil and pour it over the chilli flakes.
3. Heat up the chilli flakes and infused oil until it starts to sizzle aggressively, the oil should be approximately 130C.
4. Immediately turn the heat off and allow it to cool. The chilli oil is now ready to be used.

### TO MAKE THE RIBEYE STEAK

1. Season the Ribeye steak on both sides with salt and pepper.
2. Sear the steak in a very hot cast-iron skillet and turn the steak every 15-20 seconds, for about 4-5 minutes until the steak has reached your desired doneness (medium is recommended, steak should have an internal temperature of 60C if using a probe thermometer).
3. Remove the steak from the pan and allow it to rest for at least 5 minutes.
4. Slice into thin strips and toss it with the chilli oil.

### TO ASSEMBLE

1. Butter the sourdough and grill it till crispy.
2. Spread mayonnaise on one side, and caramelized onions on the other.
3. Pile up the seasoned Ribeye steak strips on one side, and the baby spinach and tomatoes on the other
4. Assemble the sandwich, slice it, and enjoy!



# BEEF STEAK HOR FUN

 Prep: 10 minutes | Cook: 20 minutes | Serves: 2

 Australian Wagyu Beef Striploin Steak

## INGREDIENTS

- 200gm Wagyu Beef Striploin Steak
- 400gm Hor fun (thick rice noodles)
- 1 Stalk spring onion
- 1 Red chilli
- 1 Ginger, thumb-sized
- 3 Medium cloves garlic
- ½ Tsp salt and black pepper
- 2 Tbsp cooking oil

### BLACK BEAN SAUCE MIXTURE:

- 2 Tsp black bean sauce
- 1 Tbsp oyster sauce
- 1 Tsp sugar
- 3 Tbsp water

### SOY SAUCE MIXTURE:

- 2 Tsp dark soy sauce
- 1 Tbsp light soy sauce
- 1 Tbsp water

### CORNSTARCH SLURRY:

- 1 Tsp corn starch
- 1 Tbsp water

### GARNISH:

- 3 Bunches of xiao bai chye (bok choy)
- 1 Stalk of spring onion

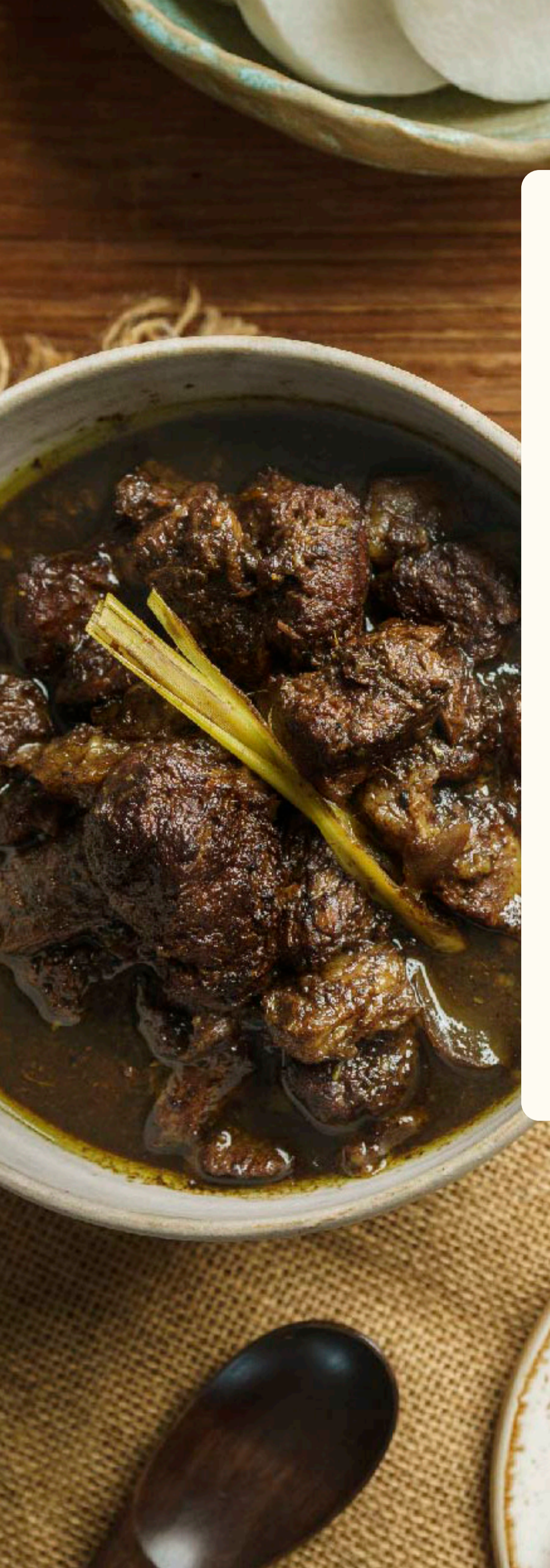
*Recipe from Dr Leslie Tay*



# BEEF STEAK HOR FUN

## METHOD

1. Prepare aromatics: remove seeds from the chilli and slice. Slice ginger and spring onions and chop garlic.
2. Prepare soy sauce and black bean sauce by mixing those ingredients together.
3. Pat dry Wagyu steak. Brush with oil and season with salt and black pepper.
4. Heat pan and pan fry for 1.5 minutes on each side for medium-rare or to desired doneness. Set aside.
5. Add hor fun to pan and pan fry for 2 - 3 minutes or until slightly charred. Add soy sauce mixture and pan fry for a further minute. Set hor fun on a plate.
6. Add oil to pan followed by the chopped garlic, ginger, spring onions, and chilli and sauté till fragrant, about 2 minutes.
7. Add black bean sauce mixture, bring to a simmer and add the cornstarch slurry to thicken.
8. Boil a small pot of water. Add xiao bai chye and simmer for 1 minute to wilt.
9. Top hor fun with black bean sauce.
10. Slice wagyu and place it on top of hor fun. Serve with xiao bai chye and garnish with chopped spring onions.



# BEEF RAWON

 Prep: 1 hour | Cook: 2 hour | Serves: 6

 Australian Oyster Blade

## INGREDIENTS

- 2kg Oyster Blade (cubed)
- 5 - 6 Pieces of buah keluak or black nut filling
- 2 Pieces serai or lemongrass
- 1 Big slice dried tamarind or asam keping
- 1 Tbsp salt
- 2 Tsp sugar
- 5 Tbsp vegetable oil

## REMPAH (TO BE BLENDED TOGETHER)

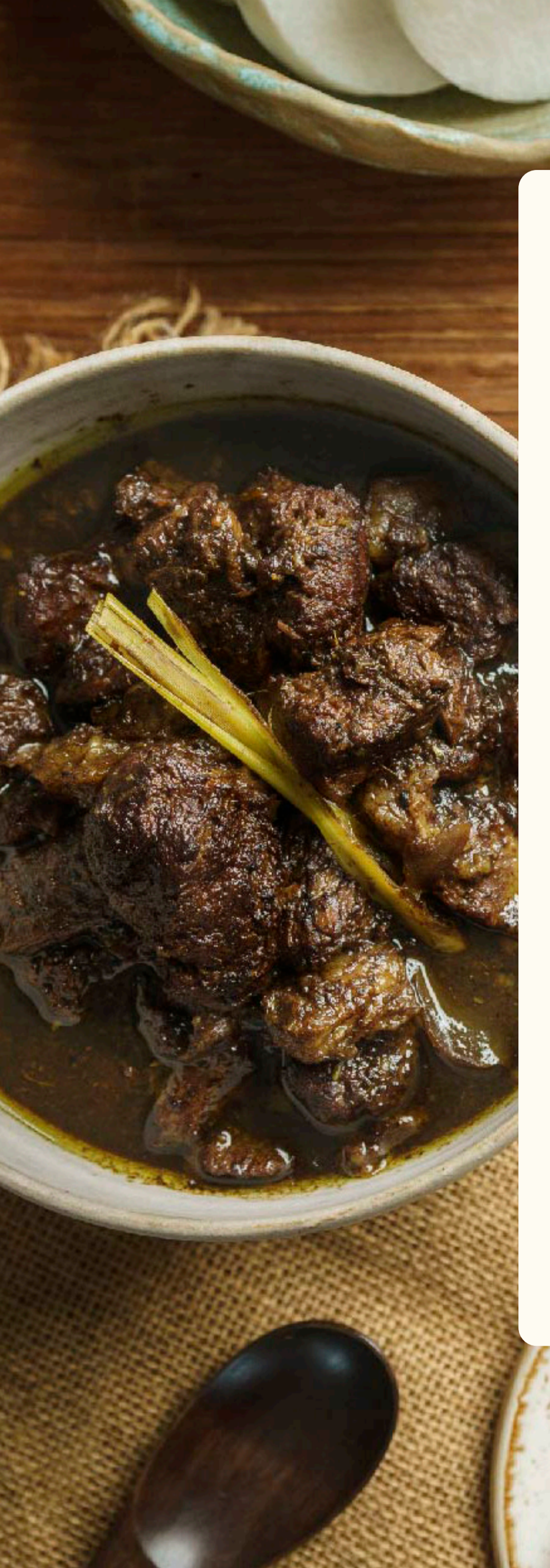
- 2 Peeled red onion
- 8 Cloves garlic
- 1 Thumb-sized piece of kunyit or fresh turmeric
- 1 Thumb-sized wedge of belacan or fermented shrimp paste
- 1 Thumb-sized cekur or aromatic ginger
- 2 Tsp powdered black pepper
- 1 Piece serai or lemongrass
- 1 Tsp ketumbar or coriander seed (soaked in hot water)
- 1 Tsp jintan manis or fennel seeds (soaked in hot water)
- 1 Tsp jintan putih or cumin seeds (soaked in hot water)

*Recipe from Jumaiyah of Halal Food Hunt*



*Click here for the recipe video*





# BEEF RAWON

## METHOD

1. Begin by soaking the seeds for the rempah in boiling hot water for at least 10 minutes and prepare all of the ingredients for the rempah to be blended into a paste.
2. Roughly peel and chop the onion, peel the garlic, thinly slice the lemongrass and use a blunt knife to peel the skin of both the turmeric and the galangal. Blend all of these into a smooth paste, add a little water if needed.
3. Prepare the beef by slicing the meat against the grain and chopping it up into equal-sized cubes. You could also ask your butcher to cube the beef for you.
4. Place the cubed beef into a large, heavy-bottomed pot and add enough water to cover the meat (approximately 2 litres of filtered water). Bring this to a boil and allow this to simmer for 1.5 hours.
5. Prepare the buah keluak filling by washing it well and soaking it in boiling hot water for 10 minutes. Blend it separately into a smooth paste.
6. To begin cooking, fry the rempah in a pot large enough to accommodate all of the beef. Fry until it is fragrant and the oil separates.
7. To this, add smashed lemongrass, the blended buah keluak and tamarind slice and finally add the boiled meat and broth. Adjust the quantity of broth to achieve the desired consistency.
8. Allow this to simmer for another 20–30 minutes, or until the beef is fall-apart tender. Add in the salt and sugar and adjust to taste.

**Once ready, Beef Rawon can be served as a feast with the accompanying sides.**

- Steamed white rice
- Lontong or steamed rice cakes
- Serunding or toasted, spiced coconut floss
- Sambal Chilli
- Fried Begedil or deep-fried potato fritters
- Sambal Udang or sambal prawns



# BEEF CURRY PUFF

 Prep: 1 hour | Cook: 20 minutes | Serves: 8

 Australian Minced Beef

## INGREDIENTS

- 600g Australian Minced Beef
- 1 Medium-sized diced onion
- 3 Tbsp curry paste
- 1 Tbsp sugar
- 100ml Coconut milk
- 1 Tsp cornflour + 1 tbsp water (cornflour slurry)
- 3 Stalks of sliced scallion
- 4 Sheets of puff pastry (yields 36 pieces)

*Recipe from Dr Leslie Tay*



*Click here for the recipe video*



# BEEF CURRY PUFF

## METHOD

1. Heat up cooking oil in a pan. Add diced onion and fry until translucent.
2. Add Australian Minced Beef and fry until beef is browned.
3. Add curry paste, sugar and coconut milk.
4. Lower heat and add corn flour slurry.
5. Turn off heat and stir in chopped scallions.
6. Allow beef filling to cool completely .
7. Divide chilled pastry sheet into 9 squares.
8. Fill each square with about 1 tbsp of filling.
9. Fold into triangle and press down the edges.
10. Refrigerate for 10 mins before crimping the edges with tip of a fork.
11. Brush the puffs with egg wash.
12. Bake at 180 degrees celsius for 20 mins.



# AUSTRALIAN OXTAIL & BRISKET WITH ORZO “FRIED RICE”, KALE PICKLE AND SHALLOT OIL

 Prep: 20 minutes | Cook: 15 minutes | Serves: 1

 Australian Oxtail & Brisket

## INGREDIENTS

- 4 Pieces Australian Oxtail
- 300gm Australian Brisket
- 6gm Salt
- 1 Red pepper
- 2 Tomatoes
- 1 Brown onion
- 100gm Cooking oil
- 45gm Berbere rub
- 100gm Pomace olive oil
- 800gm Beef stock
- 3 Tsp tomato paste
- 90gm Fried shallot (store bought)
- 100gm Orzo
- 50gm Garlic, minced
- 70gm Kale pickle
- 20gm Olive vegetable
- 10gm Chives, chopped

*Recipe from Chef Petrina Loh, Morsels*



*Click here for the recipe video*



# AUSTRALIAN OXTAIL & BRISKET WITH ORZO “FRIED RICE”, KALE PICKLE AND SHALLOT OIL

## METHOD

### OXTAIL:

1. Rub oxtail and brisket with oil, salt and Berbere rub and let it rest for 15 to 20 minutes.
2. Sauté mirepoix with cooking oil, add tomato paste and set aside.
3. Add oxtail and brisket and sear for 5 to 8 minutes until golden brown.
4. In another pot, add beef stock and bring to boil.
5. Place everything into pressure cooker and cook for 30 minutes.
6. Remove oxtail and brisket from pressure cooker and continue to reduce the sauce in the cooker.

### ORZO:

1. Steam orzo with a 1:1 ratio.
2. Heat oil in pan, add garlic, olive vegetables and orzo to cook.

### TO SERVE:

1. Place oxtail and pulled brisket onto plate.
2. Top with orzo, kale pickle (optional), chopped chives and fried shallots.



*After steaming the Orzo, place it under running water to get rid of excess starch.*



# GRASS-FED AUSTRALIAN BEEF CHEEK, BUTTERNUT SQUASH, BABY ARUGULA

 Prep: 5 minutes | Cook: 3 hour | Serves: 4

 Australian Beef Cheeks

## INGREDIENTS

### BEEF CHEEKS:

- 1.5kg Australian Beef Cheeks
- 40gm Minced garlic
- 10gm Fine salt
- 400gm Spanish onion, peeled and diced
- 200gm Carrot, peeled and diced
- 40gm Dried porcini mushrooms
- 5gm Black peppercorn
- 5gm Juniper berries
- 1 Sprig fresh thyme
- Half sprig rosemary
- 1 Bay leaf
- 160gm Tomato purée
- 40ml Brandy
- 300ml Red wine
- 800ml Beef stock
- 800ml Water

### BUTTERNUT SQUASH PURÉE:

- 150gm Butter
- 150gm Brown sugar
- 6 Cloves
- 1 Large piece butternut squash
- 275gm Crème fraîche

### TO SERVE:

- Unsalted butter
- Baby arugula
- Extra virgin olive oil
- Manchego cheese, shaved

*Recipe from Chef Carlos Montobbio, Esquina*



*Click here for the recipe video*



# GRASS-FED AUSTRALIAN BEEF CHEEK, BUTTERNUT SQUASH, BABY ARUGULA

## METHOD

### BEEF CHEEKS:

1. Crack some black pepper over the beef cheeks before lightly coating them in flour. Pan-fry beef for 2 minutes on both sides and leave to rest.
2. To cook the sauce, add garlic cloves and sauté before adding salt and onions. Then add carrots and cook for 5 minutes before adding porcini mushrooms, black peppercorn, juniper berries, herbs. Cook until soft before adding tomato puree.
3. Stir in brandy and red wine, wait for the sauce to boil before adding beef stock.
4. Pour the sauce over the beef cheeks, before roasting in the oven at 200°C for 3 hours, flipping the beef cheeks every 20 minutes.

### BUTTERNUT PUREE:

1. In a pan, melt some butter and brown sugar, then add cloves. Pour the mixture over butternut wedges, and roast in the oven at 200°C for 30 minutes.
2. Once ready, add the roasted butternut and creme fraiche into a blender and blend to a puree.

### TO SERVE:

1. Place the beef cheeks in a pan and add 100g of the sauce and 20g of butter. Glaze the beef cheeks to finish.
2. On a plate, lightly drizzle extra virgin olive oil over baby arugula and shave some Manchego cheese.
3. Assemble your beef cheeks, butternut puree and baby arugula on a plate.



*Choose a red wine that is young and full-bodied like Shiraz or Merlot. It gives the sauce a more rich and round taste and brighter colour!*



# AUSTRALIAN STEAK TARTARE

*with artichoke fritti, capers & brown anchovy aiolicrab*

 Prep: 20 minutes | Cook: 1 hour | Serves: 2

 Striplon Australian Beef

## INGREDIENTS

- 150gm Australian Striploin or any other prime cuts like Tenderloin
- 3 Pieces Artichoke
- ½ Lemon
- 300ml Canola oil for frying
- 10gm Salted anchovies, soaked in milk for 30 minutes and drained
- 30gm Mayonnaise
- 1 pinch Salt
- 1 pinch Black pepper, grounded
- 20gm Fennel bulb with outer layers removed, diced
- 10gm Red onion, thinly sliced and shocked in ice water
- 3gm Italian parsley, chopped
- 10gm Capers in brine, roughly chopped
- 5ml Extra virgin olive oil
- 10gm Parmesan cheese, finely grated

*Recipe from Chef David Tang, Caffe Fernet*



*Click here for the recipe video*





# AUSTRALIAN STEAK TARTARE

*with artichoke fritti, capers & brown anchovy aiolicrab*

## METHOD

1. Cut off about an inch of the top and an inch off the fibrous stem of the artichoke, slice in half lengthwise and thinly slice with a mandolin. Submerge the sliced artichoke in the cold lemon water.
2. Gently drop the artichokes into heated canola oil (about 160°C) and fry until golden brown before removing and sprinkling with salt.
3. Grind salted anchovies till fine and add the mayonnaise. Continue grinding till the mixture is smooth.
4. Remove excess fat and any tough fibrous tissue from the beef loin and dice it.
5. Season the diced beef with salt and pepper. Add the diced fennel, shaved onion, chopped parsley, chopped capers, olive oil and anchovy aioli. Mix well and taste. Adjust seasoning according to personal liking.
6. Serve on plate with fried artichokes on the steak tartare, followed by grated Parmesan to finish.



*After dicing, place the beef into a bowl set over a larger bowl with crushed ice. It is important to keep the beef chilled at all times.*



# AUSTRALIAN WAGYU PETIT TENDER

 Prep: 10 minutes | Cook: 50 minutes | Serves: 1

 Australian Petit Tender

## INGREDIENTS

### BEEF:

- 200gm Australian Petit Tender
- Sea salt to taste

### SPINACH:

- 10gm Olive oil
- 40gm Unsalted butter
- 15gm Minced garlic
- 70gm Spinach
- Sea salt to taste

### PEPPER JUS:

- 40gm Minced shallots
- 20gm Minced garlic
- 3-4 Pieces bay leaf
- 2-3 Sprigs thyme
- 5gm Anise
- 60gm Black pepper, freshly crushed
- 20gm Balsamic vinegar
- A litre of beef stock, reduced to approximately 250ml
- 30gm Brown sugar

*Recipe from Chef Ciaran Armstrong, The Halia*



*Click here for the recipe video*



# AUSTRALIAN WAGYU PETIT TENDER

## METHOD

### BEEF:

1. Season beef with sea salt and beef fat.
2. Sear in a pan for 2 to 3 minutes until light colour turns light brown, then roast in oven for 2 to 3 minutes at 210°C.
3. Remove from oven, wrap the beef in foil and leave it to rest for 10 to 15 minutes.
4. Before serving, sear the beef in pan for another 1 minute on all sides.

### SPINACH:

1. Heat olive oil, add butter and garlic, then spinach and saute for 30 seconds. Season with sea salt.

### PEPPER JUS:

1. Sweat shallot, garlic, bay leaf, thyme, anise in a little oil for 5 to 10 minutes on low heat.
2. Turn to high heat, add pepper and stir until it turns aromatic. Then add balsamic vinegar to deglaze, followed by beef stock and sugar.
3. Reduce on medium to high heat for 5 to 10 minutes until it reaches desired flavour or thickness.



*Instead of using finishing salt on beef, replace it with a squeeze of lemon juice or yuzu for extra brightness!*



# EURASIAN BEEF CHRISTMAS CURRY

 Prep: 1 hour | Cook: 3 hour | Serves: 10

 Australian Beef Brisket Point End | Beef Chuck

## INGREDIENTS

- 1000g Beef Brisket Point End
- 1000g Beef Chuck

### FOR THE COCONUT MILK:

- 400g Fresh grated coconut
- 2 - 5 Cups of water

### FOR THE SPICE PASTE:

- 250g Peeled shallots
- 50g Skinned ginger
- 70g Peeled garlic
- 40g Dried chillies (wet weight)
- 20g Skinned fresh turmeric
- 30g Skinned galanghal
- 3 Stalks of lemongrass stem (just the white stem, sliced fine)
- 20g Soaked candlenuts
- 15g Cinnamon stick
- 2g Cloves
- 2 Pcs star anise
- ½ Nut of whole nutmeg
- 6 Tbsp meat curry powder (add water until it forms a wet mixture)
- 2 Stalks of curry leaves
- 1 Stalk of daun salam (local bay leaves)
- 6 Skinned potatoes (halved)
- 3 Ripe tomatoes (quartered)
- Oil or ghee for cooking
- Salt to taste

*Recipe from Chef Damian D'Silva*



*Click here for the recipe video*



# EURASIAN BEEF CHRISTMAS CURRY

## METHOD

1. Cut your beef into 50mm cubes and dry with a kitchen towel.
2. Add 2 cups of warm water to 400g grated coconut and extract thick coconut milk. Add another 3 cups of water and extract again to get thin coconut milk. You may also use ready-squeezed coconut milk instead.
3. Add all the ingredients for the spice paste into a blender and blend until it forms a thick paste.
4. Add 10 tablespoons of cooking oil or ghee to a braising pot and set the flame to medium until it starts to bubble when a wooden spoon touches the oil.
5. Add the cinnamon sticks, cloves, star anise and nutmeg and fry for 1 minute then add the blended paste and cook for around 5 minutes, stirring continuously to prevent the paste from sticking.
6. Add the beef cubes and cook, stirring continuously to avoid sticking. If it does stick, add ½ cup of the extracted thin coconut milk.
7. After about 6 to 8 minutes, add the meat curry powder mixture, curry leaves and duan salam, stirring continuously, and cook for 3 minutes.
8. Now add the remainder of the extracted thin coconut milk, cover the pot, and bring to a boil, stirring occasionally.
9. After 10 minutes, add the tomatoes and cook for another 3 to 5 minutes.
10. To test that the beef is about half cooked, use a knife and gently pierce the meat - if it penetrates with a little resistance, then it is time to add the extracted thick coconut milk.
11. Add the potatoes, cover and continue to cook for a further 20 to 25 minutes stirring occasionally. Test the meat after 20 minutes again by using a knife, if it penetrates without any effort, it is perfectly cooked.
12. If the cooking extends beyond the 25-minute mark and the curry looks too dry, add a cup of water and continue to cook till the meat softens. However, make sure to check that your potatoes don't overcook. You can remove them first and put them in later (Tip: I would never recommend frying or boiling the potatoes first as they lack the flavour that the potatoes absorb when they're cooked with the curry).
13. When your curry is almost done, remember to salt for flavour. The finished curry should not be dry or watery. It has to have a consistency of a rich stew that just needs aromatic rice as an accompaniment.

# LAMB RECIPES



# STICKY AUSTRALIAN BABY LAMB RIBS

 Prep: 10 minutes | Cook: 12 hour | Serves: 2

 Australian Lamb Ribs

## INGREDIENTS

- 12 Pieces Australian Lamb Ribs
- 40gm Water
- 250gm Sugar
- 3 Cloves garlic
- 2 Stalks lemongrass
- 60gm Ginger
- 1 Red Chilli, deseeded
- 75ml Black vinegar
- 75 ml Soy sauce
- 75ml Fish sauce
- 100gm Breadcrumbs
- 60gm Garlic, chopped
- 60gm Butter
- 40gm Parsley, chopped
- 1 Lime

*Recipe from Chef Paul Chong, Butcher Boy*



*Click here for the recipe video*



# STICKY AUSTRALIAN BABY LAMB RIBS

## METHOD

1. To make the glaze, combine water and sugar in pot. Once the sugar melts, add finely chopped garlic, lemongrass, ginger and red chilli.
2. Then whisk in vinegar, soy sauce and fish sauce and reduce to a light syrup.
3. To make the breadcrumbs, add garlic into butter that is melted in a pan and cook until fragrant, before adding the breadcrumbs and cook until golden brown. Then place in oven for 4 minutes at 160 degrees.
4. Marinate the lamb ribs before sealing in an airtight bag to sous-vide for 12 hours at 80°C.
5. Remove lamb ribs from bag, apply glaze and sear for crust, before finishing off in the oven at 180°C for 1 to 2 minutes.
6. Mix breadcrumbs with chopped parsley, place on lamb ribs and serve with lime wedge.



*Let the lamb rest after removing from the oven. This allows the meat to relax and redistribute the juices, resulting in a more tender bite!*





# LAMB ROGAN JOSH

 Prep: 3hr 30 minutes | Cook: 3 hour | serves: 5

 Australian Bone-In Lamb Shank

## INGREDIENTS

### FOR MARINADE:

- 1000g Aussie Bone-In Lamb Shank or Shoulder
- 30ml Lime juice
- 120g Ginger-garlic paste
- 5g Turmeric powder
- 7 g Salt
- 2 Tbsp mustard oil
- 100g Greek yoghurt (or thick yoghurt)

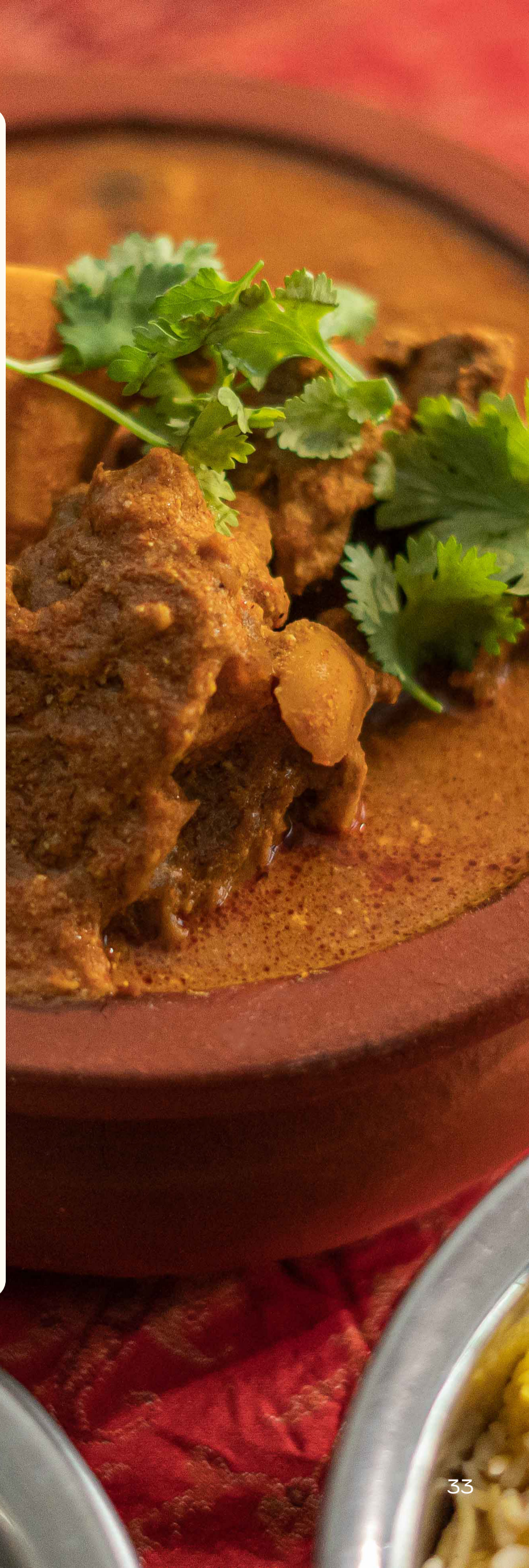
### FOR COOK:

- 5 Tbsp ghee
- 2 Cinnamon Sticks (2cm)
- 6 Cardamoms
- 5 Brown cardamoms
- 6 Cloves
- 2 Bay leaves
- 200g Onions (sliced thinly)
- 200g Tomatoes (sliced)
- 1000ml Water
- Generous pinch of saffron (soaked in 100ml hot water)
- 40g Kashmiri chilli powder
- 5g Cumin powder
- 5g Asafoetida powder
- 30g Fennel powder
- 150ml Greek yoghurt
- 5g Garam masala
- Kewra water or rose-flavoured water (optional)
- 30g Blanched almonds (ground to a paste)
- 5g Salt
- Coriander (for garnish)

*Recipe from Chef Devagi Sanmugam*



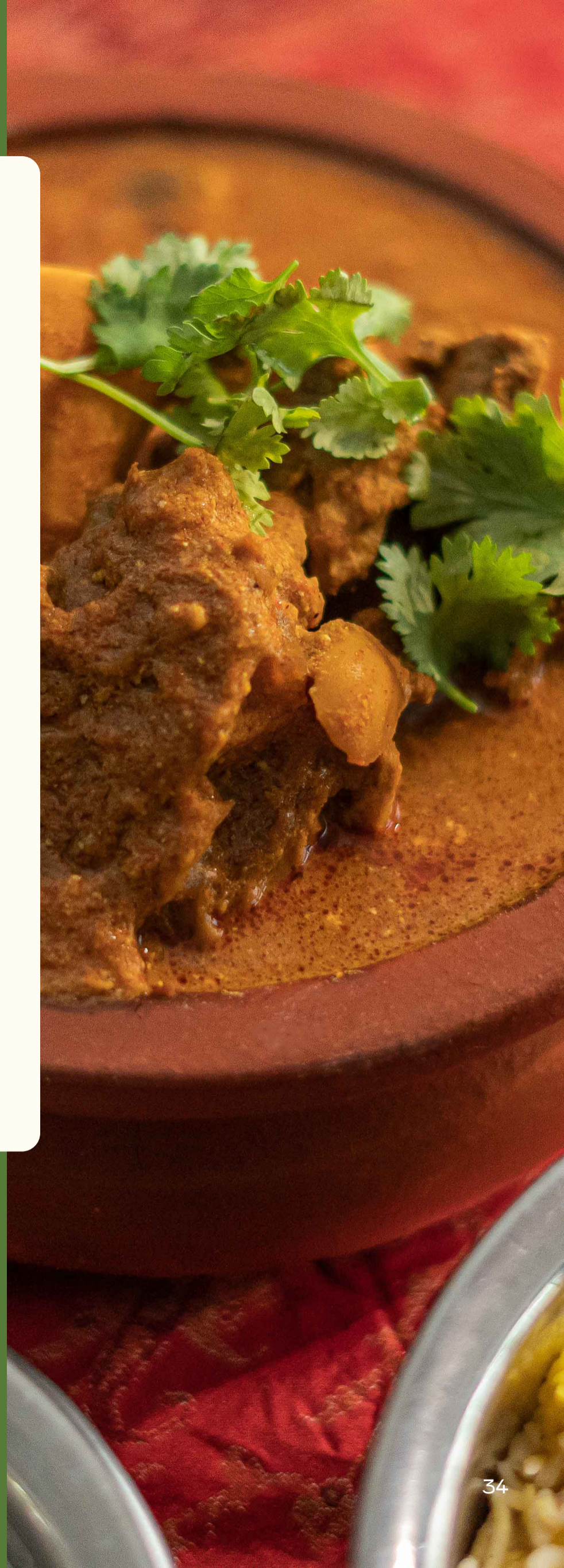
*Click here for the recipe video*



# LAMB ROGAN JOSH

## METHOD

1. Put the lamb, lime juice, ginger-garlic paste, turmeric powder, salt, mustard oil and greek yoghurt in a bowl and mix well. Marinate for a minimum of 3 hours or overnight in the refrigerator.
2. Heat the ghee and fry the whole spices, i.e. cinnamon sticks, cardamom, brown cardamom, cloves and bay leaves until aromatic.
3. Add in the onion slices and sauté until golden brown.
4. Add in the sliced tomatoes and sauté until it becomes pulpy.
5. Add in the marinated lamb pieces and sauté, sealing and browning the pieces all over until it changes colour. Be sure to stir continuously and scrape off the bottom of the pan to prevent anything from sticking.
6. Add in Kashmiri chilli powder, fennel powder, saffron water, cumin powder, water and braise on low-medium heat for about two hours until the lamb is cooked through.
7. Add in the yoghurt, garam masala, kewra water, almond paste and stir to combine well.
8. Boil further until lamb is tender and oil surfaces. Garnish with coriander and it is ready to be served.



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