



COOKING
— WITH —
BEEF
— AND —
LAMB

—
SPRING 2024







THE ART OF REVERSE SEARING: ELEVATE YOUR MEAT GAME.

When it comes to cooking meat, achieving that perfect balance of a juicy interior and a beautifully seared exterior can be a culinary challenge.

Traditional searing methods often lead to overcooking or undercooked steaks, but there's a technique that promises consistent, mouthwatering results: reverse searing. Whether you're a seasoned home cook or a weekend BBQ enthusiast, reverse searing is a method worth mastering.

Reverse searing flips the traditional steak-cooking method on its head. Instead of starting with a hot sear and finishing in the oven, reverse searing begins with a slow, gentle cook and ends with a high-heat sear. This approach ensures that the meat cooks evenly from edge to edge, delivering a perfectly even doneness with a crispy, flavourful crust.

Starting with a low and slow cook, you minimize the risk of overcooking the outer layers of the meat. The gentle heat gradually brings the entire piece of meat to your desired temperature.

Slow cooking allows more time for the meat's natural flavors to develop.

The final high-heat sear locks in these flavours and adds a delicious crust.

Reverse searing is a more forgiving method. It provides greater control over the final internal temperature, making it easier to achieve your preferred level of doneness every time.

This technique is not limited to large thick steaks. It's equally effective for larger cuts of meat like beef and lamb roasts.



HOW TO REVERSE SEAR MEAT



FOLLOW THESE SIMPLE STEPS TO MASTER THE REVERSE SEAR:

1. Start with a thick cut of meat, ideally 5cm thick. Ask your butcher to cut your steaks to suit.
2. Let meat sit at room temperature for about 30 minutes to ensure even cooking.
3. Season the meat generously with salt or your favourite dry rub.
4. Preheat your oven to a low temperature, around 110-120°C. Place the meat on a wire rack set over a baking tray. This allows air to circulate around the meat, promoting even cooking.
5. Insert a meat thermometer into the thickest part of the meat. Cook until it reaches about 5-8°C below your desired final temperature (e.g., 57°C for medium-rare).
6. Once the meat reaches the target temperature, remove it from the oven and let it rest for 10-15 minutes. This rest period allows the juices to redistribute throughout the meat, ensuring a juicy result.



7. Heat a heavy skillet (cast iron works great) or your grill to high heat. Add a bit of oil (such as canola or sunflower oil) onto the meat.
8. Sear the meat for 1-2 minutes on each side, or until a deep brown crust forms. If you're using a skillet, you can also baste the meat with butter and aromatics (like garlic and thyme) during this step for added flavour.
9. Let the meat rest for a few minutes after searing, then slice and serve. You'll be rewarded with a perfectly cooked, juicy interior and a beautifully seared exterior. Season with pepper if preferred.

TIPS FOR SUCCESS

- **Use a Meat Thermometer:**
Precision is key with reverse searing. A reliable meat thermometer will help you monitor the internal temperature accurately.
- **Patience is Crucial:** Don't rush the process. The low and slow cooking phase is essential for even doneness.
- **Experiment with Seasonings:**
While salt and pepper are classic choices, feel free to experiment with different herbs, spices, and marinades to customise your meat.



REVERSE SEARED TOMAHAWK

SERVES: 4–6 PREP TIME: 15 MINS COOK TIME: 1 HR



INGREDIENTS

1 x 1.5kg tomahawk steak ask your butcher to cut steaks 5cm thick

Salt and pepper

Olive oil

ALTERNATE STEAK OPTIONS:

Rib Eye on the bone

Thick cut Scotch Fillet

Thick cut Sirloin/Porterhouse/New York

Thick cut Rump

METHOD

1. Reverse Sear Tomahawks: Take steak out of the oven and bring to room temperature before cooking. Pre-heat oven to 70°C, dry heat.
2. Season steak. Place tomahawk on a wire rack in a shallow baking dish and put it into the oven. Cook for approximately 45 minutes or to an internal temperature of 44°C. Remove from oven and allow to rest for 10 minutes.
3. Heat barbeque or chargrill to a high heat, cook tomahawk for 6 minutes each side. As tomahawks release from the grill naturally, turn one quarter turn, or 45°C, using the center of the meat as an axis point. Repeat process with the other side. Remove and rest.
4. Slice and serve with vegetables and chimichurri sauce.



THE PERFECT SIDES

BLISTERED RADDICCHIO

SERVES: 4-6

PREP TIME: 5 MINS

COOK TIME: 6 MINS

INGREDIENTS

- 2 small radicchios, quartered
- 2 tbsp (60ml) red wine vinegar
- 2 tbsp (60ml) olive oil

METHOD

1. Heat a barbecue or chargrill over high heat. Add radicchio, top with a heavy weight such as a frypan and cook for 3 mins or until charred. Turn and repeat on the other side until charred.
2. Transfer to a chopping board and remove the core. Separate leaves, and drizzle with combined vinegar and olive oil.

CHIMICHURRI SAUCE

SERVES: 4-6

PREP TIME: 10 MINS

INGREDIENTS

- ½ cup flat leaf parsley leaves
- ½ cup coriander leaves
- 2 garlic cloves, chopped
- 2 eschalots, peeled, chopped
- 1 long green chilli, deseeded, chopped
- ½ tsp ground cumin
- ½ tsp ground paprika
- 1 lemon, juiced
- 2 tbsp (40mls) olive oil
- 1 tbsp red wine vinegar

METHOD

1. Place all ingredients in a blender or food processor. Process until combined and a thick sauce forms. Season with salt and pepper.

FIRE ROASTED CAPSCIUM

SERVES: 4-6

PREP TIME: 10 MINS

COOK TIME: 16 MINS

INGREDIENTS

- 200g mini capsicums, halved, seeds removed

METHOD

1. Preheat a barbeque or chargrill over medium-high heat. Add capsicums and cook, turning occasionally for 8 mins or until capsicums are lightly charred and tender.

CHARGRILLED BROCCOLINI

SERVES: 4-6

PREP TIME: 5 MINS

COOK TIME: 5 MINS

INGREDIENTS

- 2 bunches broccolini, stems trimmed
- 2 tbsp olive oil

METHOD

1. Preheat barbeque or chargrill to medium-high heat. Brush broccolini with oil.
2. Cook broccolini for 5 mins, turning occasionally or until lightly charred and tender.



BARBEQUED BISTECCA

SERVES: 4 PREP TIME: 15 MINS COOK TIME: 15 MINS



INGREDIENTS

1kg T-bone, 5cm thick
2 tbsp canola oil
2 garlic cloves, crushed

1 tbsp Dijon mustard
Ground black pepper to season

TIP

If you are reverse searing your steak, ask your butcher to cut your steak 5cm thick.

METHOD

1. Combine oil, garlic and mustard in a bowl. Season with pepper. Place steaks in a baking dish, pour over marinade, refrigerate for at least 1 hour.
2. Take steak out of the oven and bring to room temperature before cooking. Pre-heat oven to 70°C, dry heat.
3. Season with black pepper. Place Bistecca on a wire rack in a shallow baking dish and put it into the oven. Cook for approximately 45 minutes or to an internal temperature of 44°C. Remove from oven and allow to rest for 10 minutes.
4. Heat barbeque or chargrill to a high heat, cook steaks for 3-4 minutes on each side. As steaks release from the grill naturally, turn one quarter turn, or 45°C, using the center of the meat as an axis point. Repeat process with the other side. Remove and rest.
5. Slice and serve with vegetables and chimichurri sauce.



THE PERFECT SIDES

BARBEQUED PUMPKIN SALAD

SERVES: 4 PREP: 10 MINS COOK: 30 MINS

INGREDIENTS

1 bunch baby beetroot, ends trimmed
400g Kent pumpkin, cut into wedges
2 tbsp extra virgin olive oil
1 red onion, cut into wedges
1 tbsp red wine vinegar
1 tsp Dijon mustard
100g baby spinach leaves
2 tbsp pepitas, toasted
100g feta cheese, crumbled

METHOD

1. Pre-heat oven to 180°C. Wrap each beetroot in foil & place on a baking tray. Bake for 30 mins or until tender. Set aside to cool slightly. Peel beetroot. Halve or cut into wedges.
2. Meanwhile, heat a barbeque grill or chargrill on medium heat. Using half the oil, brush onto pumpkin. Cook on the grill for 2–3 mins on each side or until tender. Transfer to a plate. Cook onion on grill for 2 mins on each side or until tender. Transfer to a plate.
3. Place vinegar, mustard and remaining oil in a screw top jar. Shake until well combined. Season with salt and pepper.
4. Arrange beetroot, pumpkin, onion and spinach leaves on a serving platter. Drizzle with dressing. Sprinkle with pepitas and feta cheese.

SMOKEY BARBEQUED CORN

SERVES: 4 PREP: 15 MINS COOK: 15 MINS

INGREDIENTS

100g butter, softened
2 tsp smoked paprika
Pinch cayenne pepper
2 garlic cloves, crushed
Salt and pepper to season
2 tsp lemon rind, finely grated
¼ cup flat leaf parsley leaves, chopped

METHOD

1. Pre-heat barbeque to high heat. Combine butter, paprika, cayenne pepper and garlic in a small bowl. Season to taste.
2. Pull husks back and tie with string if desired. Spread corn with half the butter mixture. Cook, turning for 12–15 mins or until corn is charred in spots and cooked through. Brush the corn with the remaining butter mixture. Transfer to a serving dish.

ROASTED POTATOES WITH LABNEH & MAPLE HARISSA

SERVES: 4 PREP: 15 MINS COOK: 40 MINS

INGREDIENTS

750g chat potatoes, cooked, smashed
40mls oil
Sea salt and cracked black pepper to season
1 tbsp chopped flat leaf parsley
1 tbsp chopped chives
180g labneh
25g sunflower seeds, toasted

MAPLE HARISSA SAUCE

60mls maple syrup
300g butter
½ tbsp harissa paste
1 tsp apple cider vinegar

METHOD

1. Pre-heat oven to 200°C. Line a baking dish with baking paper.
2. Place potatoes in a large saucepan of salted water and bring to the boil over high heat. Boil for 15 minutes or until the potatoes are tender. Drain well.
3. Arrange potatoes on the lined baking dish. Using a potato masher, smash each potato so it is flattened but still holds together. Add oil, and season with salt and pepper. Toss to coat. Place in the oven for 25 mins or until crispy.
4. Remove from oven, add herbs, and toss to coat.
5. Meanwhile, place maple syrup, butter, harissa, and apple cider vinegar in a saucepan over medium low heat, to melt butter. Whisk to combine.
6. Serve potatoes, drizzled with Maple harissa sauce, and topped with labneh.

OXHEART TOMATO SALAD

SERVES: 4 PREP: 10 MINS

INGREDIENTS

4 heirloom tomatoes, sliced into rounds
100g Goat cheese
½ bunch basil, leaves picked, torn
Sea salt and cracked black pepper
30mls white balsamic vinegar
10mls lemon juice
30mls olive oil

METHOD

1. Arrange tomatoes on a platter in layers. Sprinkle over goat cheese, season with salt and pepper. Add basil.
2. Combine vinegar, lemon juice and oil in a jug. Just before serving, drizzle over salad.



JAPANESE BURGER

SERVES: 4 PREP TIME: 15 MINS COOK TIME: 20 MINS



INGREDIENTS

800g beef mince (20% fat)
Salt and pepper to season
40mls canola oil
4 cheddar cheese slices
200g cabbage, finely sliced
2 tbsp roasted sesame dressing

4 burger buns, split
100g Japanese mayonnaise
½ cup Tonkatsu sauce



KUMARA FRIES

SERVES: 4

PREP: 10 MINS

COOK: 5 MINS

INGREDIENTS

Oil for deep frying

800g kumara (sweet potato), peeled

Salt and pepper to season

METHOD

1. Heat oil in a large saucepan until 180°C or a small piece of bread sizzles on contact.
2. Cut kumara into matchsticks 8-10cm long.
3. Deep-fry kumara matchsticks in batches for 1-2 minutes or until golden. Drain on paper towel. Season with salt and pepper and serve immediately.

METHOD

1. Line a baking tray with baking paper. Place mince in a bowl, season with salt and pepper. Using your hands mix until combined.
2. Divide mixture into 4 equal portions, shape each portion with your hands into patties. Place on prepared tray and refrigerate for 30 minutes.
3. Heat half the oil in a large nonstick frying pan over medium-low heat. Cook half the patties for approximately 4 minutes on each side or until browned and cooked through. Transfer patties to a plate, cover and keep warm. Repeat with remaining oil and patties.
4. Preheat grill on high. Line a baking tray with foil. Place hamburger buns, cut side up, under the grill and toast for 1 minute or until golden. Set aside.
5. Place patties on prepared tray. Top patties with cheese. Place under the grill for 1 minute or until cheese is just melted.
6. Toss cabbage in sesame dressing. Place bun bases on a board, spread with mayonnaise, top with cabbage. Top with patty and cheese. Add Tonkatsu sauce and bun lid.
7. Serve with kumara fries.



BEEF POWER BOWL

SERVES: 4 PREP TIME: 25 MINS COOK TIME: 50 MINS



INGREDIENTS

600g beef rump

Sea salt and freshly cracked black pepper

MARINADE

1/3 cup soy sauce

1 tsp sesame oil

1 tsp rice wine vinegar

½ tsp grated ginger

1 lime, juiced

1 tbsp maple syrup

¼ tsp chilli flakes

POKE BOWL

1 large beetroot, steamed, diced

½ bunch green onions (shallots), thinly sliced

½ bunch coriander, leaves picked

100g frozen edamame, blanched, refreshed

¼ cup thinly sliced watermelon radish

1 avocado, peeled, sliced

1 x 270g packed soba noodles

1 tbsp sesame seeds, toasted

Nori strips to garnish



QUICK
& EASY
MEAL

METHOD

1. Pre-heat oven to 60°C.
2. **Marinade:** Combine all ingredients in a bowl, whisk to combine. Reserve $\frac{1}{4}$ for dressing the salad prior to serving. Add beef and marinate for 2 hours or longer if time permits.
3. Season beef with salt and pepper. Place beef in a shallow baking dish, place in the oven. Cook to an internal temperature of 56°C. Remove beef.
4. Pre-heat a grill-pan over high heat. Sear beef until brown all over. Remove to a board. Cut into thin slices across the grain.
5. Cook soba noodles in a large saucepan of boiling water, according to packet directions. Drain and refresh in ice water.
6. Place all ingredients in bowls, add fresh coriander and spring onions to the beef and beetroot.
7. Slice avocado and arrange on the side of the plate with radishes. Top with beef.
8. Drizzle with reserved marinade and garnish with sesame seeds and nori strips.



BARBEQUED RUMP CAP

SERVES: 6 PREP TIME: 10 MINS COOK TIME: 25 MINS



INGREDIENTS

- 1.5kg beef rump cap, trimmed
- 1 tbsp canola oil
- Sea salt and cracked black pepper to season

METHOD

1. Pre-heat a BBQ to medium high heat. Cook beef, with lid down for 25–30 minutes, turning halfway, or until cooked to your liking.
2. Rest beef on a clean board covered loosely with foil. Rest for half the cooking time.
3. Serve beef sliced, with chimichurri sauce, fire roasted bell peppers and a green salad.



MALAYSIAN-STYLE BBQ LAMB RUMP WITH A NOODLE SALAD

SERVES: 4 PREP TIME: 15 MINS COOK TIME: 20 MINS



INGREDIENTS

4 x 160g lamb rump

MARINADE

1 tsp cumin

A small knob of ginger, peeled and grated

½ tsp cayenne pepper

½ tsp salt

2 tsp coriander root, finely chopped

¼ cup tamarind sauce or light soy sauce

1 tsp vegetable oil

NOODLE SALAD

200g vermicelli noodles

1 cup mint leaves

1 cup coriander leaves

1 handful salted peanuts, roasted

1 long fresh red chilli

3 spring onions

1 carrot

1 tsp black pepper

Juice of 1 lime

3 tsp sweet chilli sauce

METHOD

1. Mix all the lamb marinade ingredients together and rub over the lamb rumps. Leave to marinate for 20 mins.
2. Follow packet instructions to cook the vermicelli noodles. Once cooked, cool the noodles under cold running water.
3. Mix the dressing ingredients together, pour over the noodles and toss through. Add the picked mint, coriander, salted peanuts, and pepper. Peel the carrots into ribbons and slice the chilli and spring onion to garnish.
4. Place the lamb rumps on the BBQ and cook on a medium heat for 6 mins on each side. Allow the lamb to rest for 5 mins before slicing.



REVERSE SEARED BUTTERFLIED LAMB LEG WITH CHARGRILLED POTATO SALAD

SERVES: 6 PREP TIME: 10 MINS COOK TIME: 35 MINS



INGREDIENTS

1.2 kg butterflied lamb leg
2 tbs avocado or olive oil
2 tsp coarse salt
1 tbs lightly dried Italian herbs blend
1 head garlic
½ cloves minced; ½ cloves cut in half

CHARGRILLED POTATO SALAD

700g kipfler potatoes, scrubbed
2 small red onions, cut into wedges
½ cup roasted red pepper strips in brine, drained
½ cup good quality pesto of choice

250g baby tomato medley, sliced
120g baby rocket leaves
Shaved parmesan, small basil leaves and lemon wedges, to serve

TIPS

- Lamb leg (bone-in) is another cut that would work nicely for this recipe.
- This recipe is perfect for a shared dinner or lunch meal.
- Substitute chat potatoes for kipfler potatoes; sun-dried tomatoes for red peppers.



**QUICK
& EASY
MEAL**

METHOD

1. **THE LAMB.** In a small bowl, combine the minced garlic, coarse salt, and Italian herbs blend. Rub the garlic and herb mixture all over the lamb, making sure to get it into the incisions you made. This will infuse the lamb with flavour as it cooks.
2. Place lamb in on a rack set inside a roasting pan. Roast to desired temperature.
3. Heat the avocado or olive oil in a large ovenproof skillet or roasting pan over medium-high heat. Once the oil is hot, add the lamb to the skillet. Sear the lamb on all sides until it develops a golden-brown crust, about 2-3 mins per side. Allow to sit at least 20 mins for juices to set.
4. **POTATO SALAD.** Place the potatoes in a large saucepan and cover with water. Bring to the boil over high heat. Cook for 10 mins or until just tender. Drain well. Cool slightly and cut potatoes into 3cm pieces.
5. Heat a large char-grill pan or barbecue over medium-high heat. Drain lamb from marinade and cook for 3-4 mins each side or until charred. Reduce heat to medium-low and cook for a further 12-15 mins, turning a few times, or until cooked to your liking. Remove from heat, set aside on a tray loosely covered with foil and rest for 10 mins. Clean pan, spray with oil, reheat over medium-high and cook potatoes for 10 mins or until tender. Add onions for last 2-3 mins and cook, turning, until lightly charred.
6. Place potatoes, onions, peppers, tomatoes, rocket and half the pesto in a large bowl. Season, toss to coat and arrange on a serving platter.
7. Slice lamb and serve with potato salad topped with remaining pesto, parmesan, basil leaves and lemon wedges.



HAWAIIAN-STYLE LAMB POKE BOWL

SERVES: 4 PREP TIME: 10 MINS COOK TIME: 20 MINS



INGREDIENTS

600g lamb rump, fat trimmed
1 cup brown rice
1 green capsicum, 1cm dice
250g cherry tomatoes, halved
1 avocado, 1.5cm dice (or sliced)

2 spring onions, finely sliced
Lemon wedges and coriander leaves,
to serve

MARINADE

2 tbsp soy sauce, plus extra for drizzling
2 cloves garlic, crushed
1/2 tsp sesame oil
1/2 tsp chilli flakes, plus extra to serve

TIPS

- You can also cook the lamb in a preheated oven at 180-200°C fan forced for 20-25 minutes.
- If you are preparing your salad ingredients ahead of time, toss the avocado in some lemon juice so it doesn't go brown.
- Try with lamb leg steaks or lamb eye of loin (backstrap)



**QUICK
& EASY
MEAL**

METHOD

1. Combine soy, garlic, sesame oil and chilli flakes in a bowl large enough to hold the lamb, turn the lamb in the marinade. Marinate for 1 hour or refrigerate overnight if time allows.
2. Wash rice and cook according to packet directions.
3. Preheat a BBQ to hot and cook lamb, with BBQ lid down for 10 minutes on each side or until it measures about 55°C on a meat thermometer. Transfer to a clean plate, cover loosely with foil and rest for 10 minutes before slicing into 2cm dice.
4. Place rice in a large bowl and add capsicum, tomato, avocado, spring onion and ½ cup chopped coriander. Squeeze over the juice of one lemon and 1-2 teaspoons soy sauce. Stir gently to combine and divide between serving bowls.
5. Top rice bowls with lamb, sprinkle with extra spring onions, chilli flakes and serve with lemon wedges.

HOW TO COOK THE PERFECT STEAK

- 1 Bring steak to room temperature
- 2 Preheat pan or BBQ to hot
- 3 Drizzle steak with oil and season with salt and pepper

WELL DONE (75°C)

5–6 minutes per side,
rest for 6 minutes

MEDIUM WELL (70°C)

3½ minutes each side,
rest for 5 minutes

MEDIUM (65–70°C)

3 minutes each side,
rest for 4 minutes

MEDIUM RARE (60–65°C)

2½ minutes each side,
rest for 4 minutes

RARE (60°C)

2 minutes each side,
rest for 2 minutes



SCAN FOR
MORE DELICIOUS
BEEF RECIPES



SCAN FOR
MORE DELICIOUS
LAMB RECIPES

Cooking instructions are based on a 2cm thick steak.
See following recipes for serving suggestions.



Take the guesswork out of cooking steaks with the free SteakMate app, available for download from the App Store and Google Play.