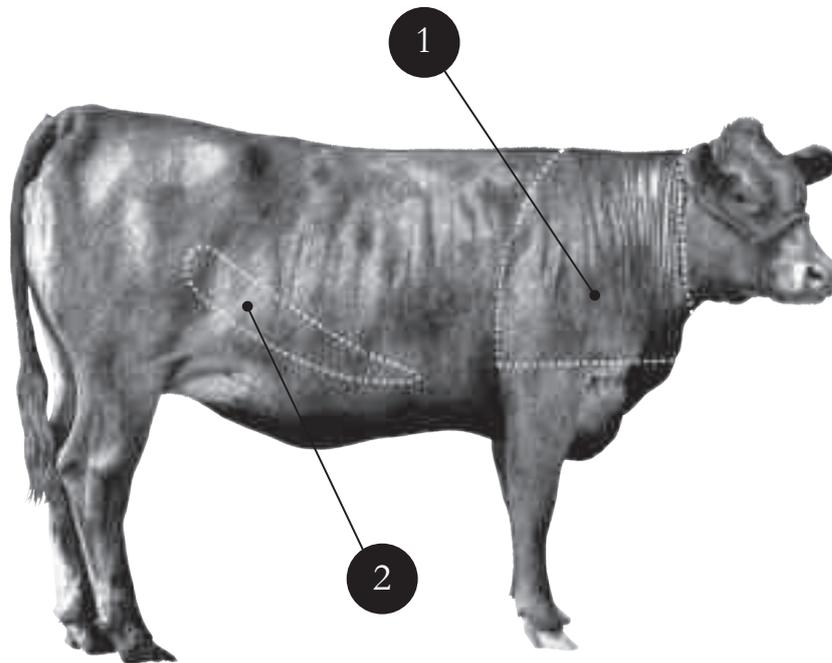




BEEF
*Masterpieces*TM
VOLUME 2

Know Your Beef Cuts



1. *CHUCK - ITEM NO. 2260**

2. *SKIRT - ITEM NO. 2205**

**The Item No. is the distinct reference number given to every cut on the carcass defining specification details. This number is assigned by AUSTMEAT. AUSTMEAT develop, maintain and review accreditation standards in consultation with the Australian meat and livestock industry.*

If you haven't yet joined the *Red Meat Revolution*, it's not too late. New revolutionaries are always welcome!

Your allegiance relies on nothing more than a commitment to transforming non-loin cuts of red meat into menu masterpieces.

During the first *Masterpieces* movement, chefs from a myriad of establishments embraced the brisket, oyster blade, bolar blade and flank. From lip-smacking sandwich deliciousness to fine dining finesse and delicacy, chefs everywhere are wholeheartedly starting to salute the creativity and versatility of the often forgotten non-loin cuts of beef.

There are so many beef cuts that can be celebrated and this time around we are focusing our culinary attentions on just two pieces of beef.

The almighty *chuck*; which can be broken down into multiple muscles and used to create a variety of amazing dishes from boneless rib meat *Masterpieces* through to steaks and roasts.

The other star of this red meat movement is the *skirt*. So full of flavour and wonderfully textured – a real standout steak for a point of difference on your menu.

After working with chefs around Australia and the world to create the recipes featured in this book, it is clear that non-loin cuts of beef do not have to mean boring and predictable dishes.

Don your apron and join the march towards making menu history by using the beautiful but often misunderstood non-loin cuts of beef; the *Masterpieces*.

Viva La Revolution!!!

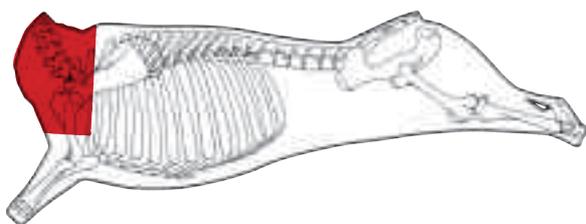
MEAT & LIVESTOCK AUSTRALIA

Neck

ITEM _____ BUTCHERY NO. 2280

DESCRIPTION

The neck is prepared from a bone-in neck section (Item No. 1630) on a carcass. It forms part of the shoulder primal, commonly known as the chuck, and is removed from the chuck by a straight cut parallel to the first rib. Further preparation to the neck includes the removal of any bones or cartilage, exposed tendons as well as the *Ligamentum nuchae*, the ligament that connects neck muscles to the spine.



PREPARATION OF CUT

Trim excess fat from neck and if roasting, truss to maintain a uniform shape.

CUT SPECIFICATIONS

- Order product to MSA 3* grade, pre-aged for a minimum of five days. Refer to the meat carton end panel for more information on the MSA grade.
- Average weight approximately 1.2kg.
- Recommended cooking methods: braise, pot roast, sous vide.

FURTHER CONSIDERATIONS

Ask your wholesaler if they sell pre-prepared, trussed beef neck.



**Meat Standards Australia (MSA) is a grading program designed to take the guesswork out of buying and cooking Australian beef. MSA graded beef is labelled with a grade and recommend cooking method that identifies the eating quality of a cut of beef according to standards developed by consumer taste panels. All beef underpinned by the MSA symbol has met strict criteria to ensure it meets consumer expectations for tenderness, juiciness and flavour.*

GLOBAL FLAVOURS

The neck is a full flavoured cut of meat that contains a lot of connective tissue, including collagen, which partially melts during cooking. Around the world, meat from the neck is usually used for stewing, slow cooking, braising or pot roasting. It can also be ground for mince dishes due to the richness of flavour and balance of meat and fat found in the cut.

It is often thought of as similar to oxtail or shin meat with similar amounts of sinew, tendons and fat that melts through the meat adding flavour to dishes and shine to sauces.

Because the neck performs so well in a braise, most slow cooked dishes can feature the neck. In Italy, the neck is used in rustic dishes such as ragù with tomato flavours

served on housemade pappardelle pasta. It can be 'pulled' in Mexican tacos or burritos or slow roasted in Asian flavours and shredded over a refreshing salad. The neck is perfect for spicy Indian curries and can also be the cut of meat in slow cooked beef tagines, served over almond flecked couscous with apricots and raisins.

Similar to the beef brisket, the neck can also be used in Southern American style slow-barbeque or roast. To achieve a sticky flame-grilled barbecue flavour, slow cook the neck in a rub or marinade over a low heat for several hours. Rest and allow to cool completely before reheating on a grill; basting with your favourite barbecue sauce.

Because of its perfect balance of meat and fat, the neck can be ground into mince without the need to add any lean muscle meat or fat. This can then be used in burgers and other mince dishes. Mince allows for recipe development that crosses over entrée and main courses, as well as bar snacks, finger food, tapas menus, children's menus and high volume catering. It can be baked, stir fried, pan fried, poached, used as a stuffing or stuffed with something.

BEST COOK METHODS

SLOW COOK

Very little preparation is required for the neck cut other than trimming any excess fat. This piece of meat has a good amount of connective tissue that breaks down in the cooking process, contributing to the flavour and gelatinous texture as well as a shine to sauce.

Cut into large pieces and slow braise over low heat. As a roast the neck can also be cooked sous vide, a gentle cook method where food is sealed in an airtight bag and cooked in a water bath at low temperatures. This assists in intensifying flavours and retaining moisture whilst breaking down the connective tissue at the same time.

Marinating the neck overnight in an acidic liquid such as lemon or lime juice will help tenderise the meat. The acidic base will also allow the spices in the marinade to be absorbed deep into the meat, as the acid will soften the fibres and make them more porous.

Bring the neck to room temperature before cooking. Don't trim too much. Fat on the muscle will help to retain moisture and add flavour during cooking.

The neck is quite fibrous; it's essential to cook at low temperatures and add some liquid to the pan to retain moisture and maintain tenderness.

Like all red meat cuts, the neck should be rested before serving.

It can be cut into squares to serve – this is common when consistent presentation is required.

MENU APPLICATIONS

Another way of referring to beef neck on your menu is by the French term of "Collier" or "Collar".

- Southern barbecue-served with all the side trimmings: beans, fries and coleslaw
- Pulled beef neck 'in a roll'
- Corned beef roast and vegetables
- Corned beef neck 'n' mustard bagel
- Pot roast
- Steakhouse pot roast sandwich
- Smoked collar of beef salad
- Beef neck burgers
- Beef barbacoa
- Mexican burritos
- Rustic Italian beef collar ragù
- Beef neck & Guinness pies
- Slow roasted char siu beef neck

Braised beef in Guinness & black pepper; horseradish mash & gremolata

*Recipe By Chris Taylor,
Chef/Manager,
Fraser's
WA*

Serves 6

Ingredients

2.5kg beef neck,
split lengthways
4 sticks celery
4 carrots
3 onions
880ml Guinness
2L beef stock
100ml honey
20 black peppercorns
4 bay leaves

Horseradish mash

400g royal
blue potatoes
200ml cream
100g butter
30g horseradish,
finely grated

Gremolata

15g lemon zest
1 clove garlic, minced
30g parsley, finely chopped

METHOD

Peel carrot and onion then dice into 2cm cubes with the celery. Place these vegetables into a roasting dish with the bay leaves and pepper, then sauté to get a little colour.

In a hot pan seal the beef neck on both sides. Sit the beef neck on the sautéed vegetables and pour over the stock, honey and Guinness.

Cover the roasting dish with a lid and place in an 180°C oven for 3-3.5 hours or until tender.

Remove from the oven, take off lid and allow to cool to lukewarm in liquid. Strain liquid, return to heat and reduce by $\frac{3}{4}$.

Mash the mirepoix vegetables by placing in a mouli and retain.

Roll the neck into a cylinder shape using cling film until tight (6-7cm in diameter). Refrigerate overnight.

Slice the neck across into a disc (6cm), remove the plastic and seal the beef neck on a flat grill or frying pan. Heat in a warm oven.

Heat the vegetable purée and correct seasoning. Heat the sauce to serve.

Place the purée on a plate and the neck on top – spoon sauce around and scatter gremolata over the top.



HORSERADISH MASH

Place potatoes in boiling water with a pinch of salt. Boil until soft.

Place the cream and butter on the stove and heat until butter is melted and set aside.

Strain potatoes and mash.

Slowly pour the cream mixture in with mashed potato and stir until right consistency.

Add horseradish with a pinch of pepper.

GREMOLATA

Mix all the Gremolata ingredients.

Slow roasted char siu beef neck
with green tomato and coconut
cream, minted chilli salad and
nasturtium flower



Braised neck of beef
in lentil ragù, glazed figs,
zucchini flowers with
rhubarb herb salad



Shredded beef sandwich

*Recipe by Jared Ingersoll,
Executive Chef/Owner,
Danks Street Depot
NSW*

Serves 8



Ingredients

1.4kg piece of beef neck
6 onions, peeled and sliced
1 head of garlic, peeled and crushed
Small knob of ginger, peeled and grated
2 tins of chopped tomato
Veal/chicken stock as required

120ml Worcestershire sauce
300ml tomato sauce
3 green apples, peeled, cored and chopped
125g raisins
Duck fat
White rolls to serve





METHOD

Take a large casserole dish, add some duck fat and sear the piece of beef neck until it is really well coloured – remove from pan. Tip out burnt fat, add a dollop of fresh duck fat, sliced onions, chopped apple, garlic and ginger. Sauté until everything has softened, then nestle in your beef amongst the onions. Add the Worcestershire, tomato sauce, tinned tomato and $\frac{3}{4}$ cover the beef with stock.

Place into a hot oven and braise the beef until it is nice and soft. The end result will be coloured and tender beef in a good strong sauce.

Remove meat from the pan and place onto a large board. Using tongs and a large knife, shred the meat apart – then return the beef to the sauce and place on a medium heat.

Cook until your meat has completely fallen apart and sits in a 'juicy sauce'.

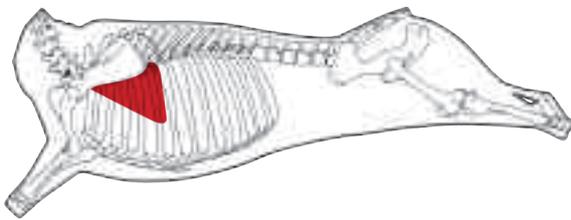
Open up the soft white rolls. Spoon in big dollops of the beef mixture and serve straight away. Eat with gusto and without manners.

Chuck Rib Meat

ITEM _____ BUTCHERY
NO. 2640

DESCRIPTION

Chuck rib meat is prepared from a chuck (Item No. 2260) and is a wedge shaped portion of meat remaining over the ribs after the removal of the chuck roll (Item No. 2275). This cut of meat is boneless.



PREPARATION OF CUT

Ensure the rib meat is cleaned of excess fat and silverskin.

CUT SPECIFICATIONS

- Order product to MSA 3 grade, pre-aged for a minimum of 5 days.
- Recommended cooking methods: grill/pan fry, stir fry, thin slice, slow cook, roast.
- Average weight approximately 1.5kg.

FURTHER CONSIDERATIONS

For a more gelatinous texture when slow cooking, choose a highly marbled piece of chuck rib meat.



GLOBAL FLAVOURS

Chuck rib meat is packed with flavour, is extremely versatile and can be used in the creation of a range of dishes using grilling, roasting or slow cooking techniques.

Chuck rib meat has high levels of connective tissue running through it, so it's perfect for slow cooking. Because the connective tissue renders down, it results in a gelatinous and richly textured meat and gives shine to a sauce or gravy.

The chuck rib meat can be cut into traditional short rib sized pieces and sold as boneless ribs - a great

selling point for those who want more meat rather than bone and for those who like to keep their hands clean!

Using the traditional flavours of sticky beef ribs with BBQ sauce, this cut is perfect for comfort food and can be used either as a centre of plate or put inside a bun to create a boneless rib meat sandwich. Perfect for lunch or bar snack menus.

In Korea, the chuck rib meat is one of the cuts used to produce *Bulgogi* - Korea's national dish of marinated grilled beef served on a lettuce leaf, with rice and Kimchi. Korean cuisine

also uses the chuck rib meat in Korean BBQ dishes.

In Japan, chuck rib meat is used in *Yakiniku* cooking which is essentially grilling thin pieces of meat on an indoor BBQ/table grill. This style of cooking originated in Korea but has been widely adopted in Japan.

Because of its great flavour and texture, the chuck rib meat also makes a wonderful roast for that point of difference on a menu.

BEST COOK METHODS

GRILL

Slice thinly (3mm) for quick grilling, *Yakiniku* style. Chop and marinate before grilling for *Bulgogi*.

ROAST

Keep some fat on the chuck rib meat to ensure a moist result.

SLOW COOK

Slice chuck rib meat into long fingers prior to cooking for presentation purposes or chop into smaller short-rib style pieces for a different plate presentation. Ensure the chuck rib meat is not trimmed lean so that the connective tissue and fat renders down during the wet cooking process.

MENU APPLICATIONS

- Boneless chuck rib roast with Autumn salad
- Boneless BBQ rib sandwich
- Curries & tagines
- Rib meat tacos with salsa and Queso Fresco
- Beef Bourguignon
- Slow braised boneless sticky beef ribs with cauliflower purée
- Rib meat sandwiches

Crispy country ribs with Red Eye and hand cut Fries

*Recipe by Adam Moore,
Corporate Chef,
Charlie Baggs, Inc.
USA*

Serves 1



style beef eye gravy french fries

Ingredients

115g beef chuck rib meat
60ml Red Eye gravy
(recipe follows) as needed
60ml Canola oil plus
as needed, for frying
500ml beef stock
200g hand cut French fries
Sea salt, fine
Fresh cracked black pepper
Herbed flour (recipe follows)
for dredging

Red Eye gravy

480ml reserved cooking liquid
10g dark roast coffee
beans, crushed
60g unsalted butter, chilled
70g honey
35g wholegrain mustard
Sea salt, fine
Fresh finely cracked black
pepper

Herbed flour

250g all purpose flour
5g fresh rosemary, minced
10g fresh thyme, minced
10g fresh flat leaf
parsley, chopped
9g sea salt, fine
6g fresh finely cracked
black pepper
5g baking powder

METHOD

Preheat fryer to 175°C using Canola oil. In a large bowl, toss beef with herbed flour mixture until coated well. In a medium sized dutch oven, preheat 60ml of oil until smoking hot. Add beef, turning frequently, until golden brown on all sides.

Once beef is golden, add beef stock and cover. Place in oven for 1 hour at 160°C. Once cooked, remove beef from liquid; reserve liquid for Red Eye gravy (recipe follows).

Place beef in deep fryer and fry for 1 minute or until slightly crisp. Remove from fryer onto a tray lined with paper towels and refrigerate until cool.

When ready to serve, place beef back in fryer and fry until crisp and heated through.

Slice beef very thinly, place over crisp hand cut fries and top with 60ml of Red Eye gravy. Top with fresh herbs, if desired, and serve immediately.

RED EYE GRAVY

In a small saucepan over medium heat, add coffee beans to reserved liquid and reduce volume by 1/3 or until slightly thickened.

Using a mesh strainer, strain gravy and return to dutch oven.

Whisk in cold butter, honey and wholegrain mustard.

Season accordingly with salt and pepper; set aside until ready to use.

HERBED FLOUR

In a large mixing bowl, combine all ingredients and mix well. Reserve until ready to use.

Wagyu chuck rib roast with Autumn chopped salad

*Recipe by
Shaun Nielsen,
Executive Chef,
Steer Bar & Grill
VIC*

Serves 4

Ingredients

800g Wagyu chuck rib
(single piece)
100g rendered wagyu fat
2 sprigs thyme
50g Murray River sea salt
10g black pepper
Trussing twine

Autumn chopped salad

30g kohlrabi, diced
30g swede, diced
30g turnip, diced
30g celeriac, diced
20g heirloom radish, shaved
30g fresh corn kernels, roasted
30g heirloom cherry
tomatoes, halved
30g shallot, shaved
50g fennel, shaved (leaves retained
and chopped)
20g Kalamata olives, chopped
50g frisee lettuce hearts torn
30g iceberg lettuce, diced
120ml Queso Fresco dressing
(recipe follows)

Queso Fresco dressing

6 egg yolks
25ml white wine vinegar
1 garlic clove
350ml sunflower oil (grape
seed can be substituted)
100g salted ricotta cheese
100g barrel fermented
fetta cheese
1 lemon, juiced
Sea salt
White pepper, freshly ground



METHOD

Preheat your oven to 180°C.

Trim the wagyu chuck rib of all external silverskin.

Truss the rib tightly from both directions and ensure it is knotted well as the roast must stay tight during the roasting process.

Allow the beef to come to room temperature for 1–2 hours before roasting.

Heat the wagyu fat in a large heavy based pan on the stove top and heat until the fat shows heat waves in its texture.

Season the beef well on all sides with the sea salt but not the pepper as it will burn during the roasting process.

Place the rib into the pan and allow to gently caramelize, turn and repeat until all surfaces have a pleasant light brown appearance and wonderful aroma.

Add the thyme sprigs and baste the beef in the pan with the thyme.

Transfer the beef to a roasting tray with a wire rack and place into the preheated oven.

Allow beef to roast for 10 minutes, remove from the oven and baste with any roasting juices that have accumulated in the pan.

Roast for a further 5 minutes and then remove and season once again with the sea salt and this time freshly ground black pepper.

Allow to rest on its rack for at least 15-30 minutes.

Before serving and carving; return the beef to the oven for 2-3 minutes to allow the exterior to warm through but leaving the centre of the beef between 45-48°C.

Carve and serve with chopped salad and Queso Fresco dressing.

AUTUMN CHOPPED SALAD

Peel, dice and shave all ingredients as close to service as possible.

Combine all ingredients in a large bowl and gently fold together taking great care not to over work or damage the lettuces.

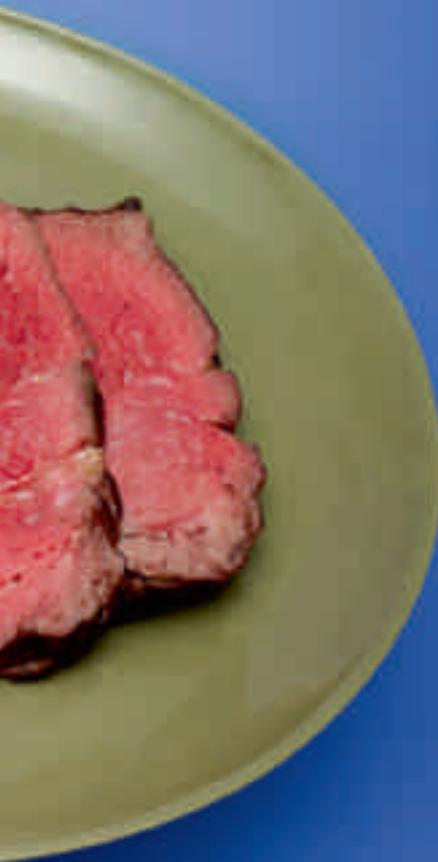
Season to taste with sea salt and freshly ground white pepper.

Present the salad in a large wooden or glass bowl for the table to share.

QUESO FRESCO DRESSING

In a food processor, blend the eggs and the garlic. Add the vinegar and then the oil in a slow continuous stream until the dressing is smooth.

Add the cheese and blend for 20-30 seconds and then run through a fine sieve. Alternatively, for a grainy texture simply whisk the cheese in. Fold this dressing through the chopped salad.



Chuck rib popcorn with spiced nuts, chilli and shallots

*Recipe by Craig Macindoe,
Head Chef/Owner,
Mumu Grill
NSW*

*Serves 10 as a shared
small plate*

Ingredients

3kg boneless chuck rib meat
500ml oyster sauce
6 long red chillies, sliced
Dark beer, to cover ribs
½ rosemary bunch
Salt to taste
Pepper to taste
Garlic
Panko breadcrumbs
English mustard
4 eggs
Plain flour
Lime

Spiced nuts

Equal parts peanuts, almonds,
cashews, unsalted
Cajun spice
Paprika
Light soy sauce
Shallots



METHOD

Slice meat into strips of 17cm long x 3cm thick and cover with oyster sauce and chilli. Leave in cool room, marinating for 2 days.

In an oven, braise ribs in dark beer with garlic and rosemary for 10 hours at 80-100°C.

Cool down in the stock.

When cool, skim fat from dish and separate meat from stock.

Crumb each rib using egg wash (with English mustard), seasoned flour and Panko crumbs.

Deep fry until golden brown.

SPICED NUTS

Mix equal parts peanuts, almonds and cashew nuts.

Mix a spice of equal parts Cajun spice and paprika.

Lightly douse nuts in light soy sauce until glossy then add spice until nuts are coated. Place nuts on tray in an

oven at 150°C for 30-45 minutes or until nuts are really crunchy. Remove and cool.

To serve, sauté sliced shallots and sliced red chillies. Add nuts and fried strips of meat. Heat until warmed through.

Serve with a wedge of lime on the side.

Slow braised sticky boneless beef ribs with cauliflower purée

*Recipe by
Damien Kelly,
Owner/Chef,
Metropolitan Hotel
SA*

Serves 4

Ingredients

1kg short cut boneless beef chuck ribs cut into 8cm wide pieces
500g cauliflower
20g unsalted butter
50ml full cream milk
2Litres beef stock (homemade)
Salt and pepper
Splash of blended vegetable oil
100g hoisin sauce



METHOD

Seal all sides of seasoned ribs.

Poach in beef stock on a moderate heat for 45 minutes.

Place in a baking dish.

Combine hoisin and half the remaining beef stock and pour over ribs.

Cover with foil and cook in an oven for 2.5 hours at 170°C.

Steam cauliflower (boiling leaches too much flavour).

Combine steamed cauliflower, milk, butter, salt and pepper. Purée.

Reserve liquid from baking dish and remove any excess oil. Leave overnight as the oil will solidify on top making it easy to skim off.

Reheat ribs and serve on top of cauliflower purée and spoon over some of the braising liquid.

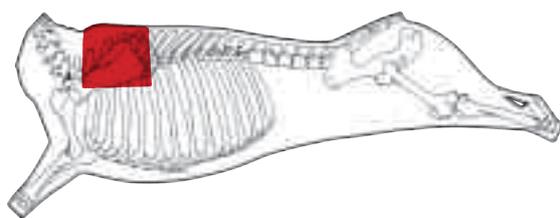
Chuck Roll

ITEM _____
NO. 2275

BUTCHERY

DESCRIPTION

The chuck roll is a boneless piece of meat located on the forequarter and sits around the shoulder area. It is prepared from the whole chuck (Item No. 2260) by removal of the neck (Item No. 2280) and the rib section (Item No. 2640).



PREPARATION OF CUT

- This cut is made up of a number of muscles and has a heavy amount of connective tissue.
- For best results, divide the chuck roll into its two main muscles and prepare them separately.
- The two main muscles that make up the chuck roll are the **chuck eye log** (*M. longissimus dorsi*) and the **chuck undercut** (*M. subscapularis*). (see opposite)

CUT SPECIFICATIONS

- Specify the rib number required (4 rib, 5 rib or 6 rib).
- Order product to MSA 3 grade, pre-aged for a minimum of five days.
- Average weight approximately 5kg.

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CHUCK EYE LOG

ITEM
NO. 2264



DESCRIPTION

The chuck eye log is one of the main muscles that make up the chuck roll (Item No. 2275). This cut is a portion of the muscle that runs along the spine of the animal, beginning at the base of the neck and becomes the cube roll (Item No. 2244). It is the eye muscle of the chuck eye roll (Item No. 2268) and is prepared by removing the rib meat section.

PREPARATION OF CUT

This cut comes trimmed of any cartilage and bones however it contains high amounts of connective tissue. Trim any excess fat and silverskin from the exterior of the log to produce a more restaurant-ready cut.

This cut can be kept whole for roasting. Simply truss the log to keep a uniform shape.

This cut can also be used to produce chuck steaks. To maintain consistent steak sizes, try tying the chuck eye log with string marking one and a half inches apart and cut between the strings to produce uniform steaks.

CUT SPECIFICATIONS

- Order product to MSA 3 grade, pre-aged for a minimum of five days.
- Recommended cooking methods: roast, thin slice, slow cook.
- Average weight approximately 1-1.4kg.

FURTHER CONSIDERATIONS

- Ask your wholesaler to mince the chuck eye log to make gourmet burgers.
- Ask your wholesaler if they sell pre-prepared, trussed chuck eye logs which are perfect for roasting.

CHUCK UNDERCUT



DESCRIPTION

The chuck undercut is prepared from the chuck roll (Item No. 2275) and sits underneath the chuck eye log (Item No. 2264). The undercut is comprised of three muscles: a) Rhomboideus, b) Splenius and c) Serratus Ventralis. Further preparation is required if the undercut is to be cooked as a steak (**see overleaf**). The chuck undercut has quite a coarse grain with long muscle fibres.

PREPARATION OF CUT

See overleaf.

CUT SPECIFICATIONS

- Order product that has been pre-aged for a minimum of 14 days.
- Recommended cooking methods: roast, pan fry/grill, thin slice, slow cook.
- Average weight approximately 1.8-2kg.

FURTHER CONSIDERATIONS

- If looking to produce grilling steaks from the undercut, choose meat that is highly marbled and aged.

HOW TO

PREPARE STEAKS FROM THE CHUCK UNDERCUT



1

The *chuck undercut* is prepared from a *chuck roll*.



2

Remove the *chuck eye log* from the top of the *chuck roll* by following the natural seam starting at the top right hand corner.



3

Continue to follow the seam down using the tip of the knife to gently push through the silverskin and connective tissue. Completely remove the *chuck eye log*.



4

Turn cut over.



5

Remove the large muscle on the right hand side known as the *Splenius* by following its natural seam.



6

Follow the muscle to the end by using gentle, small cuts to break through the connective tissue. *This cut is perfect for braising and mincing.*



7

Trim silverskin and excess fat.



8

There you have the *chuck undercut*. Locate the grain to ensure you slice across it.



9

Slice steaks 20-25mm thick. These steaks are known as *Denver steaks* in the US.

GLOBAL FLAVOURS

The versatility of chuck roll is demonstrated by the variety of different applications it is used in throughout a number of Asian cuisines.

Its great full beef flavour combined with its textures and connective tissue make it a cut that can be used in so many cooking styles and suits so many different flavour profiles.

In Japan, chuck roll is perfect for cutting into strips for *Yakiniku*, stir-fries and slow cooked in unctuous *Beef Kakuni*.

In Korea it is thin sliced for hot pots and often is one of the cuts used to produce the national dish of *Beef Bulgogi*.

Across China, Thailand, Taiwan and Vietnam chuck roll is popular in stir-fries and soups and diced for braises.

The chuck roll however, performs at its best when broken down into its different muscles. This can be seen in the US where they separate the chuck eye log from the main chuck roll and slice it into steaks they call *Delmonico*. Limited to 3 steaks per chuck eye log, they can only be cut from the end that joins the cube roll. By ageing a marbled piece of chuck eye log to add tenderness, the steaks can be grilled for a full flavoured, economical steak.

The whole chuck eye log can also be trussed and slow braised, then sliced into steak portions and finished on the grill to get that nice charred outside. Some innovative chefs in Australia and the US have already seen the great value in using this cut to produce economical and consistent steaks for their menus—perfect for large volume catering.

Want something different for your bar snack or lunch menu? Try slow braising the chuck roll, shred it and stuff it into anything from sandwiches and hamburger buns to tacos and dumplings.

Separating the chuck undercut from the chuck roll also allows for some innovative menu ideas and this can be seen in Korean BBQ cooking where this cut is perfect when thin sliced, marinated and grilled for *Kimbab* (Korean “sushi rolls”).

The chuck undercut also makes a good, economical steak for a menu – just ensure you cut **across** the grain to produce the steaks. In the US, this steak is called a *Denver steak*. Look for good marbling and at least 14 days of ageing to get the best results.

BEST COOK METHODS

GRILL

Separate the chuck undercut from the chuck roll and slice **across** the grain to produce economical steaks, known as *Denver steaks* in the US.

For quick Korean BBQ style or Japanese *Yakiniku*; slice no more than 3mm thick, 40mm long and 20mm wide. Remove any excess fat and connective tissue where possible.

Chuck cuts that are suitable for grilling (see pages 21–22) will perform best if aged for at least 14 days and have good, even amounts of marbling.

THIN SLICE

For best results for hot pots, break the chuck roll into the chuck eye log and the chuck undercut, semi freeze the meat and slice using a slicing wheel, no more than 2mm thick and up to 100mm long. Remove any excess fat and connective tissue where possible.

SLOW COOK

The chuck roll is made up a good mix of connective tissue and muscle, it makes for perfect braising and stewing style dishes. A full beef flavour combined with a great gelatinous texture, this cut can be cut into cubes (2–3cm) for stews and curries or larger pieces (8–10cm) for beef daube.

Alternatively, separate the chuck eye log, truss to maintain a uniform shape, and braise as a whole piece on low heat for a long period of time. Once cooked and rested, this roast can be cut into steak portions and finished on a grill to produce melt in the mouth steaks. In the US, they refer to this steak as a *Delmonico*. Try basting the steaks while grilling, in a rich sticky glaze to add an extra kick of flavour.

STIR FRY

Take the lead from so many beautiful Asian dishes and slice the chuck roll into thin strips for stir-frying. Start by separating the chuck roll into its main muscles of the chuck eye log and the chuck undercut and then slice against the grain to produce thin strips.

Twice cooked “Cross Rib” steak

Ingredients

1 whole chuck roll,
do not trim
Freshly ground black
pepper
½ cup olive oil
3 large onions, chopped
½ bunch celery diced
3 bay leaves
1 cup fresh parsley, chopped
1 leek, chopped
5 large carrots, peeled
and cut into chunks
4 medium parsnips,
peeled and cut into chunks
6 garlic cloves, crushed

1 bunch fresh thyme
leaves
3kg can crushed Italian
tomatoes
2L beef stock
1 bottle dry red wine
Creamy royal blue
mash potato or macaroni
Brussel sprouts to serve



*Recipe by Darryl Anglesey,
Executive Chef,
Mindarie Marina Function Suites
WA*

Serves 16-18



METHOD

Heat the oil in a large, deep baking tray and lightly brown all the vegetables and herbs, deglaze with red wine.

Cut whole chuck into 3 strips length ways so they resemble the size of a beef fillet and place on top of sautéed vegetable mix.

Cover with beef stock and crushed tomatoes and bring to the boil slowly then turn meat over.

Cover with a lid or seal with foil and place in combi oven for 19 hours on 65-70°C or in a standard oven for 6 hours at 150°C, turning the meat after 3 hours.

Remove from the oven and rest for an hour.

Place three sheets of foil on a bench about ½ a meter square. Remove each piece of chuck carefully from the braising mix and place in the centre of each piece of foil. Roll up the meat tightly and refrigerate overnight.

Strain braising sauce and reduce until you have a thick gravy style sauce. Season to taste.

Unwrap the chuck pieces and cut into desired steak size.

Seal the steaks on a char-grill, place in a shallow pan of sauce and finish in the oven for 10 minutes.

Serve with sauce, mashed potato or macaroni and buttered brussel sprouts.

Mustard glazed Delmonico steak with brussel sprout chips and smashed garlic potatoes

*Recipe by Adam Moore,
Corporate Chef,
Charlie Baggs, Inc.
USA*

Serves 1 portion

Ingredients

1 x 115g marbled chuck eye log steak (Delmonico Steak - see page 23 - 'global flavours')
Brown sugar marinade (recipe follows)
30ml Canola oil
Mustard glaze (recipe follows)
115g smashed garlic potatoes (recipe follows)
40g brussel sprout chips (recipe follows)

Brown Sugar Marinade

5g dried mustard
15g red pepper flakes
1g Kosher salt
1g fresh cracked black pepper, fine
25g honey
50g brown sugar
25g dark soy sauce

5g garlic powder
70g Canola oil
15g Worcestershire sauce

Mustard glaze

35g Stoneground Mustard
75g honey
50g light brown sugar
5g Kosher salt
5g fresh cracked black pepper, fine
120ml beef stock

Brussel sprout chips (per 115g of beef)

Canola oil, for frying
40g brussel sprout leaves, rinsed and dried
Sea salt, fine
Fresh cracked black pepper, fine

Smashed garlic potatoes

850g Russet potatoes, large dice, skin-on
110g unsalted butter
10g fresh roasted garlic, mashed
1g fresh rosemary, minced
2g fresh thyme, minced
2g fresh flat leaf parsley, minced
125g heavy cream
20g shredded Parmesan cheese
3g Kosher salt
2g fresh cracked black pepper, fine
30g sour cream

METHOD

Using scissors, snip through any sinew to prevent the steak curling during cooking. Using the desired amount of marinade, rub steak completely and place in an airtight container, under refrigeration, for at least 12 hours.

When ready to use, remove steak from marinade, wipe off excess, and allow meat to come to room temperature.

Meanwhile, preheat a cast iron pan, with 30ml of Canola oil over medium heat.

Once the steak has come up to room temperature, cook evenly on both sides until a desired temperature is reached.

Once finished, liberally brush mustard glaze on both sides of the meat while still in the pan. Rest.

To plate, serve on smashed garlic potatoes.

Brush with more of the mustard glaze and top with crispy brussel sprout chips.

Serve immediately.

BROWN SUGAR MARINADE

Combine all ingredients in a small whisking bowl and whisk together until thoroughly mixed.

Store until ready to use.

Recommended usage:
50g marinade per 115g of beef.

MUSTARD GLAZE

In a small saucepan, combine all ingredients and reduce by a third.

Remove from heat and allow mixture to come up to room temperature before using. This will allow it to develop into a thicker glaze.

BRUSSEL SPROUT CHIPS (PER 115G OF BEEF)

Preheat fryer to 175°C using Canola oil.

Once heated, drop brussel sprout leaves in hot oil for 1-2 minutes or until no moisture remains in the leaf and they are a nice dark brown.

Remove, pat dry with a paper towel and season with salt and pepper.

Reserve at room temperature until ready to use.

SMASHED GARLIC POTATOES

In a medium sized saucepan, fill with water and bring to a boil; add potatoes and cook until fork tender.

Add remaining ingredients and mash to desired consistency using a hand potato masher. Mix with a spatula to spread all ingredients uniformly.

Hold hot until ready to serve.



Denver steak, twice cooked duck fat chips, Lilliput capers and tomato salsa

*Recipe by Debra Smith,
Executive Chef,
Etihad Stadium
VIC*

Serves 4

Ingredients

4 x 160g Denver Cut steaks (from the chuck undercut- see page 22)
Oil
Sea salt
Black pepper

Duck fat chips

3 sprigs thyme
1 brown onion
1kg sebago potato
Sea salt
1L duck fat

Caper and tomato salsa

4 tomatoes
60g Lilliput capers
80g spanish onion
3 sprigs continental parsley
100ml Extra virgin olive oil
 $\frac{1}{2}$ lemon
Salt
Pepper

METHOD

POTATOES

Peel and cut potatoes into 8 x 2 cm fingers. Dice onion and place in baking dish with the thyme. Place potatoes on top and cover with the duck fat. Heat oven to 80°C and place potatoes in oven for 1 hour. Once done, remove potatoes, discard the onion and thyme and keep the duck fat. Heat duck fat in deep saucepan and fry chips off. When ready to serve sprinkle with sea salt.

SALSA

Cut tomato into quarters and discard the pulp. Dice tomato into small dice, cut onion into same size as tomato and add the Lilliput capers. Roughly chop parsley and add to salsa ingredients along with olive oil and squeezed lemon. Season with salt and pepper.

DENVER STEAK

Brush with olive oil and season. Sear on a very hot grill plate for 5 minutes each side. Rest Denver steak and prepare the chips (see previous recipe). To serve, place steak on plate, with potato chips and salsa.



Korean BBQ beef with perilla leaves, Kimchi & Ssamjang

*Recipe by Meat and Livestock Australia,
Korea*

*Serves 1
as entrée*



Ingredients

Chuck undercut,
marble score 4+,
thinly sliced
Perilla leaves
Kimchi
Ssamjang (thick spicy
korean paste)
Korean pepper powder

METHOD

Quickly char-grill undercut slices to medium-rare. Serve a few slices on the Perilla leaves with Kimchi, Ssamjang and Korean pepper powder.

24 hour chuck eye cheeseburger

*Recipe By Adam Moore,
Corporate Chef,
Charlie Baggs, Inc.
USA*

Serves 5



Ingredients

85g Canola oil (for searing)
4" buns, toasted (1 each)
4g dill mayonnaise (recipe follows)
Cheese slices (1 slice per burger)
55g grilled sweet yellow onion
70g shredded iceberg lettuce
55g thinly sliced roma tomatoes
3 slices of fresh homemade pickles (recipe follows)
14g yellow mustard
14g tomato sauce

Fresh homemade pickles

4 pickling cucumbers
½ cup white sugar
1 cup white vinegar
Kosher salt

Dill mayonnaise

½ cup fresh dill, chopped
1 cup sour cream
½ cup mayonnaise
2 cup buttermilk
2 tbsps garlic salt
White pepper

24 hour sous vide

chuck eye log
2.25kg chuck eye log
1½ tbsps fresh rosemary
1½ tbsps fresh thyme
3 tbsps fresh parsley
1 cup beef stock
Salt and pepper

METHOD

24 HOUR SOUS VIDE CHUCK EYE LOG

Clean chuck eye log of any excess fat, season with salt and pepper.

Place pieces of chuck inside vacuum sealed bags along with minced herbs and beef stock.

Vacuum seal and place in sous vide at 60°C for 24 hours. Once cooked, remove from bag and allow to cool.

Preheat sauté pan over high heat with Canola oil until oil begins to smoke.

Season all sides of meat and sear until a golden crispy skin is achieved.

Slice 450g of chuck, as thin as possible, and assemble over a toasted bun that has been coated with the dill mayonnaise.

Top with cheese, grilled onions, lettuce, tomato, homemade pickles, mustard and tomato sauce.

Plate with your favourite side and serve immediately.

FRESH HOMEMADE PICKLES

In a small pot, bring sugar, vinegar and salt to a boil or until all the salt and sugar has dissolved.

Place mixture in an ice bath and cool to room temperature.

Slice cucumbers to desired thickness, place in a sous vide bag along with the cooled brine and vacuum seal for several hours.

Reserve until ready to use.

DILL MAYONNAISE

Place all ingredients in a medium sized bowl and whisk together.

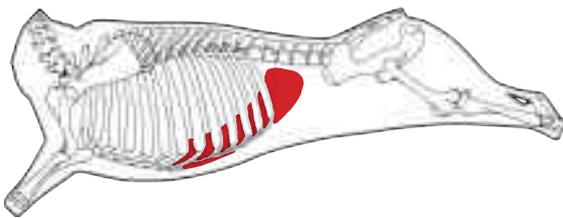
Season to taste and keep refrigerated until ready to use.

Inside Skirt

ITEM _____ BUTCHERY
NO. 2205

DESCRIPTION

The inside skirt is located on the inside of the abdomen wall, next to the brisket navel end (Item No. 2342). The skirt is an extremely versatile cut of meat. Relatively long and flat, it has a coarse grain which runs across it, adding another dimension to its appeal and application.



PREPARATION OF CUT

The skirt supplied by your wholesaler can be either of **two** long, flat, well-marbled muscles; the *Diaphragm* or the *Transverse Abdominal* muscle. In terms of looks and flavour, they're virtually indistinguishable. The skirt is further prepared by stripping away the membrane and connective tissue to leave a flat, coarse-grained muscle with a grain that runs crosswise. This cut is processed practically free of connective tissue, so very little, if any, trimming is required.

CUT SPECIFICATION

- Order product to MSA 3 grade, pre-aged for a minimum of 14 days.
- Recommended cooking methods: pan fry and slow cook.
- Item weight range: 800g–1kg.

FURTHER CONSIDERATIONS

This cut does not grade under the MSA system as a grill; however, for best results as a grill specify the following quality requirements:

- Weight range of about 800–1kg each
- Minimum marble score 2+
- Minimum of 14 days ageing



GLOBAL FLAVOURS

The skirt is an extremely versatile cut of meat. Relatively long and flat, it has a coarse grain running across the entire muscle. This coarse grain means the skirt is perfect for marinating as the meat fibres are very porous, yet firm enough to ensure the meat won't collapse while marinating and during subsequent cooking. These features have made it one of the stars of Mexican cuisine in particular in their *Carne Asada*. Here, the skirt is marinated in savoury flavours including lime juice, coriander and chilli and then grilled and sliced across the grain for wrapping in tortillas. The skirt is perfect for slow cooking and 'pulling' (shredding) for burritos.

Skirt steak is the cut of choice in the Dominican Republic and Puerto Rican *churrasco* where it is cooked on a barbecue grill. The Chimichurri sauce is optional, since the meat is very savoury with just a slight hint of sea salt that is sprinkled over during cooking. In Puerto Rico it is also customary to replace Chimichurri sauce with *Pique Criollo* (made from the Caballero and Habanero chillies with pineapple) or *Ajili Mójili* sauce (coriander and chillies), an essential element of Puerto Rican cooking.

Skirt is also used when making Cornish pasties and Bolognese sauce and is frequently used in Asia as one of the most popular cuts of beef for stir frying.

In the US, the skirt is widely used in Tex-Mex cooking and is the star ingredient in fajitas. It also adds a fantastic texture to gourmet hamburger patties.

As a steak, this cut is best cooked at medium-rare; it doesn't perform if cooked any longer. If you're serving the skirt as a steak option, carving **across the grain** for plating will ensure the best eating experience.

BEST COOK METHOD

GRILL

Ensure the steak is at room temperature before cooking.

Season and cook over a grill or pan on high heat, turn once only.

This cut is best cooked at medium-rare; it doesn't perform if cooked any more. It's important to make your customers aware of this.

If you're serving the skirt as a steak option, carving **across the grain** for plating will ensure the best eating experience.

Choosing a marbled piece of skirt will contribute to the juiciness and flavour of this cut when served as a steak.

SLOW COOK

A marbled piece of skirt will perform extremely well under slow-cooking conditions.

Bring the skirt to room temperature before cooking.

As this cut is quite fibrous, it's essential to retain moisture in the meat by using a low temperature during the slow-cooking process.

Marinating the skirt overnight in an acidic liquid such as lemon or lime juice will help tenderise the meat.

After slow cooking, the skirt can be shredded with a fork. The meat can then be used in many ways, including sandwiches, salads and burritos.

STIR FRY

Slice the skirt across the grain into thin pieces or strips for stir frying or quick grilling. The maximum thickness for stir-fry pieces is about 6mm.

MENU APPLICATIONS

- Burritos
- Fajitas
- Steak (grilled and sliced)
- Steak sandwiches (filled with sliced steak pieces)
- Salad toppings (grilled)
- Skewered steak/satays
- Stir fries
- Cornish Pasties
- Bolognese sauce

Matambre

*Recipe by Doug Pike,
Head Chef,
Tincat Café Restaurant & Gallery
SA*

Serves 8-10 as an entrée

Ingredients

2 butterflied skirt steaks
(trimmed of excess sinew)
3 cups beef stock
½ cup red wine or
sherry vinegar
1 tsp chopped garlic
1 bunch of thyme
1 bunch of spinach leaves,
washed and trimmed
8 carrots, batons,
cooked and refreshed

4 hardboiled eggs
(quartered lengthwise)
1 onion, chopped into onion rings
Parsley, chopped
Salt & pepper for seasoning
Chimichurri to serve



METHOD

Place steaks beside each other and overlap. Spread spinach leaves evenly over the meat. Place carrot batons lengthwise along the meat. Place the hardboiled eggs in between the carrots. Place onion rings on top and sprinkle with a good amount of chopped parsley. Season with salt & pepper.

Roll the skirt into a log shaped cylinder then tie using twine at intervals to hold shape.

Place in a roasting pan with the beef stock. Add cold water to bring to level of meat if required.

Cover pan tightly with foil and cook for 1 hour at 180°C. Cool, then press with weighted tray and refrigerate for 6 hours or until completely chilled.

Serve at room temperature sliced with Chimichurri sauce.



Mocha braised beef skirt

*Recipe by Ivor Bond,
Sous Chef,
Kincumber Hotel
NSW*

Serves 6-8

METHOD

Peel and wash vegetables and cut into 2.5cm chunks.

Heat 100g duck fat in a large pot. Once bubbling add carrot, brown onion and celery. Season.

Once vegetables are slightly brown, add tomato paste. Mix well into vegetables. Allow tomato to brown slightly, add red wine and cook for about 5 minutes. Add beef stock, espresso coffee, bay leaves and parsley stalks. Gently incorporate the chocolate into the stock and stir gently.

Simmer on a low heat.

PREPARING SKIRT

Preheat oven to 220°C.

Trim excess fat (if any) off beef skirt. Season.

In a pan, heat 200g of duck fat, add beef to pan and seal on both sides. Keep duck fat aside.

When both sides of skirt are golden brown, remove from pan and place into a casserole dish. Pour chocolate and espresso stock liberally over skirt, cover with a sheet of baking paper.

Place lid on casserole dish and cook for about 2-3 hours.

When beef is soft and tender remove from stock and place on tray. Leave to cool down completely. Strain the stock and dispose of vegetables BUT KEEP THE STOCK. This will be your finishing sauce.

Wrap a 1 inch deep baking tin in cling wrap.

When meat is cooled, flake into a bowl. Season and add the 200g of duck fat that you had put aside. This will help set the meat.

Place mixture into the cling wrapped baking tin and pack down evenly; cover and place another baking dish on top. Place weights inside the baking dish and leave in fridge for about 2 hours to set.

When the mixture is ready, cut into what ever shapes you desire, wrap with crépinette.

TO COOK

Brown both sides of skirt pieces and put into a pan with the some of the saved stock. Bake in oven for 10-12 minutes. Serve with brussel sprouts with bacon lardons, crispy potatos and a drizzle of the finishing sauce.

Ingredients

1 whole carrot, peeled
1 large brown onion
1 celery stalk
1 clove garlic
4 stalks parsley
4 **tbsp** tomato paste
2 fresh bay leaves
2 **cups** red wine

2L beef stock
2kg beef skirt
3 shots espresso coffee
1 **cup** dark cooking chocolate
Pinch sea salt
300g duck fat
400g crépinette



Grilled marinated skirt steak with porcini jus, French shallot purée and green beans with speck

*Recipe by Romain Bapst,
Executive Chef,
Drift Brookwater
QLD*

Serves 4

Ingredients

900g skirt, denuded
400g green beans, topped
100g smoked speck, cut
5mm thick
250g French shallots, peeled
1 bay leaf
1 garlic clove, sliced
100g butter
100ml cream
Extra virgin olive oil
100ml red wine
200ml veal stock
5 stems Italian parsley
¼ lemon
40g dried porcini
mushrooms, soaked
overnight in water
Sea salt/fresh ground
Black/white pepper

Marinade

70ml extra virgin olive oil
2 garlic cloves, crushed
and chopped
50ml balsamic vinegar
1 tsp tomato paste
5g fresh ground pepper
5g mustard seed
30g honey
1 stem lemon thyme, chopped



METHOD

Score the surface of the skirt with 15mm deep knife cuts across the grain.

Combine the marinade ingredients. Place the steaks and marinade in a freezer bag, coat well and chill for at least 2-3 hours.

In a saucepan, heat the chopped shallots and garlic and cook slowly in half butter and olive oil with the bay leaf. Do not colour. When soft, add the cream. Cook slowly for 5 minutes until the cream thickens up.

Remove the bay leaf and blend to produce a fine purée. Season with sea salt and white pepper.

Boil the green beans until al dente. In saucepan, heat half butter and olive oil. Add the speck and cook until you see light coloration. Add the green beans and braise them for 15-20 minutes on low heat adding a couple of spoons of veal stock. Set aside.

Dice the soaked porcini and add to a saucepan. Stir slowly, adding butter for 10 minutes. Add the red wine and reduce to half. Add the veal stock and reduce again to half to produce a red wine glaze. Season.

Pick the small leaves of parsley, and mix in a bowl with olive oil, sea salt and fresh ground pepper. Before serving, squeeze in a ¼ fresh lemon. Set aside.

Take the skirt out of the marinade, wipe off excess marinade and sprinkle

generously with sea salt and freshly ground pepper. Wipe a hot Teppanyaki plate with olive oil, cook the skirt for 3-4 minutes each side. Check the doneness. Cook to rare. Rest in a warm place, for at least 10 minutes. Before serving, give the skirt a very quick sizzle again. Cut in thin slices against the grain.

Finish the porcini jus with the cooking juices from the skirt by whisking it in.

Dress a plate with a large spoon of the shallot purée, put the sliced skirt on top and the porcini jus around. Garnish with the parsley salad. Serve the green beans and speck on a side plate.



Meat Appreciation

“It’s our commitment to take positive action, both big and small, to continually improve the way we operate and improve our sustainability throughout the red meat supply chain.”

The Australian Red Meat Industry



Cattle & Sheep Industry’s Target for Sustainability-Target 100

Target 100 is a commitment by Australian cattle and sheep farmers to deliver sustainable production by 2020 through 100 research and development initiatives on farm and throughout the meat supply system.

When talking sustainability in cattle and sheep farming, it’s all encompassing. It includes the **environment** – making sure the natural environment is not negatively impacted. It includes **community and social elements** of life – making sure there are jobs in rural areas, including employment for the indigenous population; that farmers are connected and that rural communities are able to thrive. It’s about **ethical farming** – making sure animals are well cared for and it is also **economic** – making sure that farmers are profitable, ensuring farms are viable, safeguarding our food for the future.

Sustainability isn’t a new thing for the industry. As a whole, the Australian cattle and sheep industry has been investing in environmental research

and development for many years. It continues to invest more than \$13 million each year in research and development to reduce the industry’s environmental impact through improving farming practices.

Some of the initiatives to date are:

More Beef From Pastures

The More Beef From Pastures program seeks to achieve a sustainable (economic and environmental) increase in kilograms of beef produced per hectare through optimal management of pastures.

Recycling water in meat processing plants

Meatworks use large amounts of water to ensure high food safety standards. Currently less than 2% of the used water is being recycled. A number of initiatives to reduce water consumption and increase water reuse is being identified and initiated. An example is trialling dry cleaning as an alternative sterilisation method to reduce water wastage.

Creating energy from solid waste

Solid waste from meatworks can be used as alternative and renewable fuel. New technologies are being trialled to refine and improve this process and to improve the environmental profile of the meat processing industry.

Suppressing stomach microbes that produce methane in cattle

Research is underway to investigate if it’s possible to establish microbes that will help suppress methane production in the rumen digestive system of cattle.

Encouraging Biodiversity on farm

Individual Australian farmers invest in the regeneration of trees on properties and the fencing areas on farm for conservation of abundant wildlife, plants and endangered native animals.

To find out more about the 100 initiatives and to find out how you can also make a difference, log onto www.target100.com.au

Thanks

This book could not have happened without the generosity of all of the chefs who shared their amazing recipes with us. We are constantly inspired by the creativity you bring to the plate when using often forgotten pieces of beef to create seriously mouth-watering Masterpieces. You are all culinary artists!

Adam Moore Corporate Chef, Charlie Baggs, Inc. USA

Chris Taylor Chef/Manager, Fraser's WA

Craig Macindoe Head Chef/Owner, Mumu Grill NSW

Damien Kelly Owner/Chef, Metropolitan Hotel SA

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Jared Ingersoll Executive Chef/Owner, Danks Street Depot NSW

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