



Butcher's INSIDER TIPS



RESTAURANT QUALITY
MEAT FOR HOME



RyansQualityMeats

1
—
RESTING
Meat



WHY DO WE NEED TO REST COOKED MEAT?

We are constantly reminded to let meat “rest” after cooking to ensure its tenderness, juiciness and flavour.

As meat is cooked, the proteins in the meat heat up and set. The more cooked the meat, the more ‘set’ the proteins have become.

This is why we can judge a piece of meat’s doneness by prodding it with tongs – the firmer the meat, the more ‘done’ it is. As the proteins set, they push the juices towards the centre of the meat.

Standing the meat away from the heat before serving allows the juices, which have been driven to the centre of the meat to redistribute throughout the meat and be reabsorbed. As a result, the meat will lose less juice when you cut it and be far more tender and juicy to eat.

SO, HOW DO WE REST THE MEAT?

Take it from the heat and place it on a warm plate or serving platter. Cover the meat loosely with foil. Please don’t make the mistake of covering too tightly. If you cover it tightly with the foil or wrap it, you will make the hot meat sweat, thus losing the valuable moisture you are trying to keep in the meat.

AND HOW LONG SHOULD MEAT REST?

If given the time to rest, less juice will be lost when cutting the meat, therefore making it more juicy and tasty.

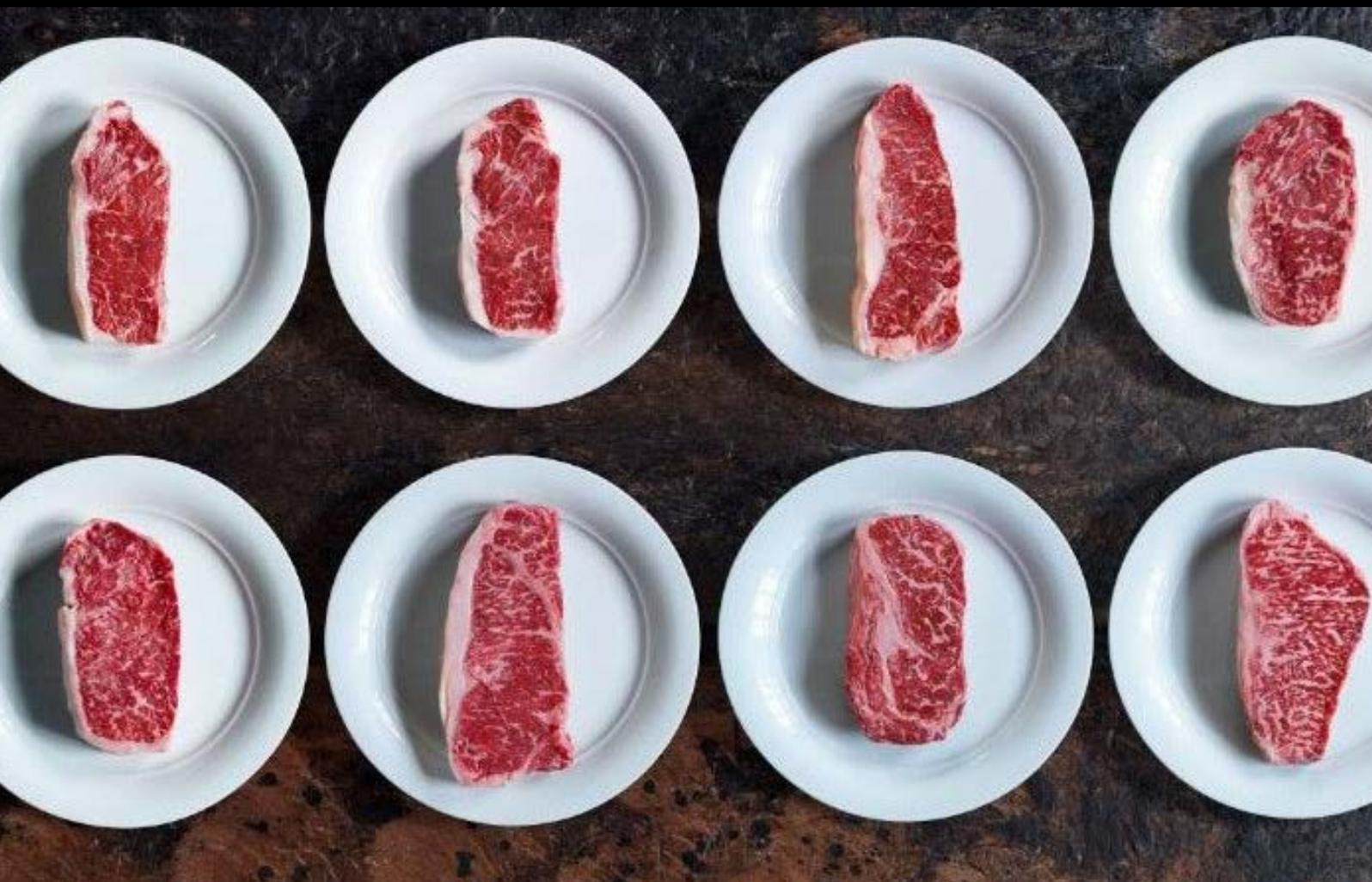
The time taken to rest will depend on its size, a roast is best rested for 10 to 20 minutes before carving. Steaks or chops should stand for five minutes (but no less than three) before serving.

A rule of thumb used by some chefs is one-minute resting time for every 100g of meat. So, hold back and rest up!



2
—

Marbling





EVER WONDERED HOW IMPORTANT MARBLING IS WHEN CHOOSING A GOOD STEAK?

Marbling is the amount of intramuscular fat running through the steak providing amazing flavour and tenderness.

The fat melts during cooking making the steak super juicy and flavoursome.

Marbling depends on the quality of the animal and how it was raised.

Consumers often choose leaner looking meat, whilst restaurant chefs will choose more marbled meat for better flavour and guaranteed tenderness. The ultimate marbled meat is Wagyu beef.

For more information on marbled meat visit youtu.be/RxwChO6PHgc

3

—

HOW TO MAKE THE BEST *burger*



DO YOU WANT THE INSIDER TIPS ON MAKING THE BEST BURGER? LET THE EXPERTS HELP.

Use freshly minced beef

- Use cuts such as chuck/brisket/short ribs as they are full of flavour.
- Ask your butcher for minced meat with at least 20% fat content. Or better still, grind your own.

Keep everything really cold

- Until your burger is fully formed, any heat is the enemy. Warm fat is soft and pliable and tends to stick to your hands. If fat is stuck to your hands, then it isn't in the burger.

Don't fuss with the meat

- Any excessive manhandling of the meat causes the proteins to cross-link with each other making your finished burgers denser and tighter. Form your patties as tenderly as possible.
- With a well selected meat blend, there should be no need to mix anything else with the burger. No herbs, spices, onions etc.

Form matters

- Weighing your meat as you divide it and measuring your patties as you form them will ensure that all your burgers will be uniform in shape and size, which in turn will guarantee that they all cook at the same rate. A scale and a good eye are all you need.



Do not salt the beef until the patties are formed

- DO NOT salt your beef until the patties are formed. Salt will dissolve muscle proteins, turning your burgers from moist and tender to sausage-like and springy.
- Season your burgers just before cooking. The salt will immediately start extracting moisture the moment it comes into contact with the meat, so wait until the last minute.

Season liberally

- Once the patties are formed and just before grilling, season your burgers as much as you like with salt and pepper.

Flip burgers as often as you like

- Flipping your burger repeatedly (as often as once every 15 seconds) encourages faster and more even internal cooking, shaving off as much as one-third of your grill time.

Use a thermometer

- Invest in a good meat thermometer.

Remember, the burger patty itself is the hero! Use other ingredients when making your burger to complement the overall taste.

And, we know this because we serve several of the biggest gourmet burger outlets in Perth - this is not just by coincidence!



Here's a rough temperature guide for your burgers:

49°C and below

for rare (red/raw in the centre) 54°C for medium-rare (pink and warm)

60°C

for medium (totally pink, starting to dry out) 66°C for medium-well (greyish-pink, significantly drier)

71°C and above

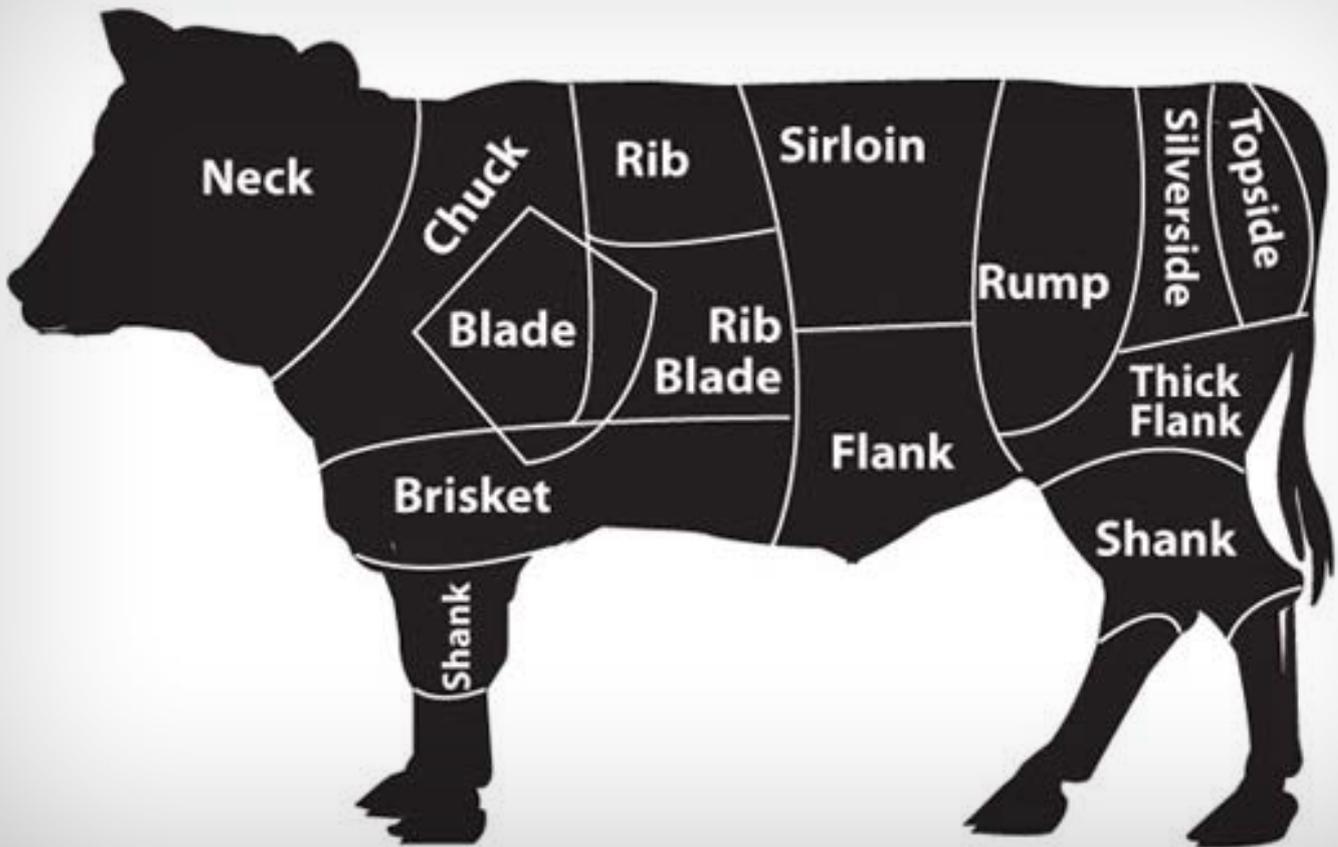
for well-done (completely grey, very little moisture)



4

—

CHOICE CUTS *explained*



COOKING METHODS



BRAISE /
CASSEROLE



PAN FRY /
GRILL



ROAST



STIR FRY



THIN SLICES

RUMP \$

Varies in texture but great flavour, relatively lean and value for money. Extremely versatile – great for stir-fry, grilling, roasting and slow cooking.

SIRLOIN/PORTERHOUSE \$\$

Uniform texture, good marbling, moderately tender with good flavour, however can dry if overcooked. Good for stir-fry and fantastic for grilling.

SCOTCH FILLET/RIB EYE \$\$

Extremely popular, slightly higher fat content, well marbled with soft texture, very tender and juicy. Great for grilling, stir-fry and roasting.

T-BONE \$\$

Best of both worlds, two steaks in one (sirloin and fillet), great for sharing. Best grilled.

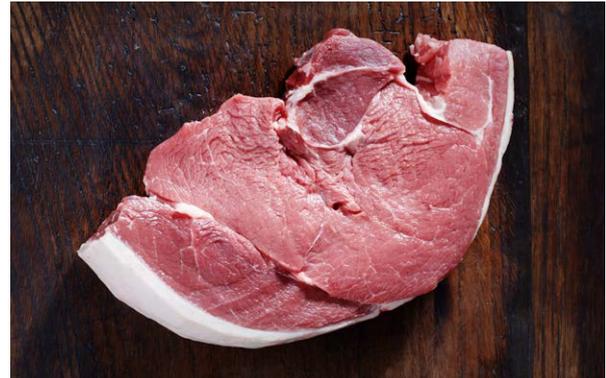
FILLET \$\$\$

Extremely lean, not as flavourful but ridiculously tender. Can be used for grilling, stir-fry or roasted.

Make sure you purchase good quality beef for best results.

For more information visit

[australianbutchersguild.com.au/Butchery/
Cuts-Chart](http://australianbutchersguild.com.au/Butchery/Cuts-Chart)



RUMP

The rump, a five-musced primal sitting in between the sirloin and the topside, is cut from the hindquarter and is a boneless piece of beef that covers the hip bone of the animal. It is a great full-flavoured piece of beef. The grains of each muscle that make up the rump run in different directions and have different textures and levels of tenderness. Further preparation of the rump is the removal of connective tissue and the removal of the rump flap. The rump can also be seamed into its five individual muscles.





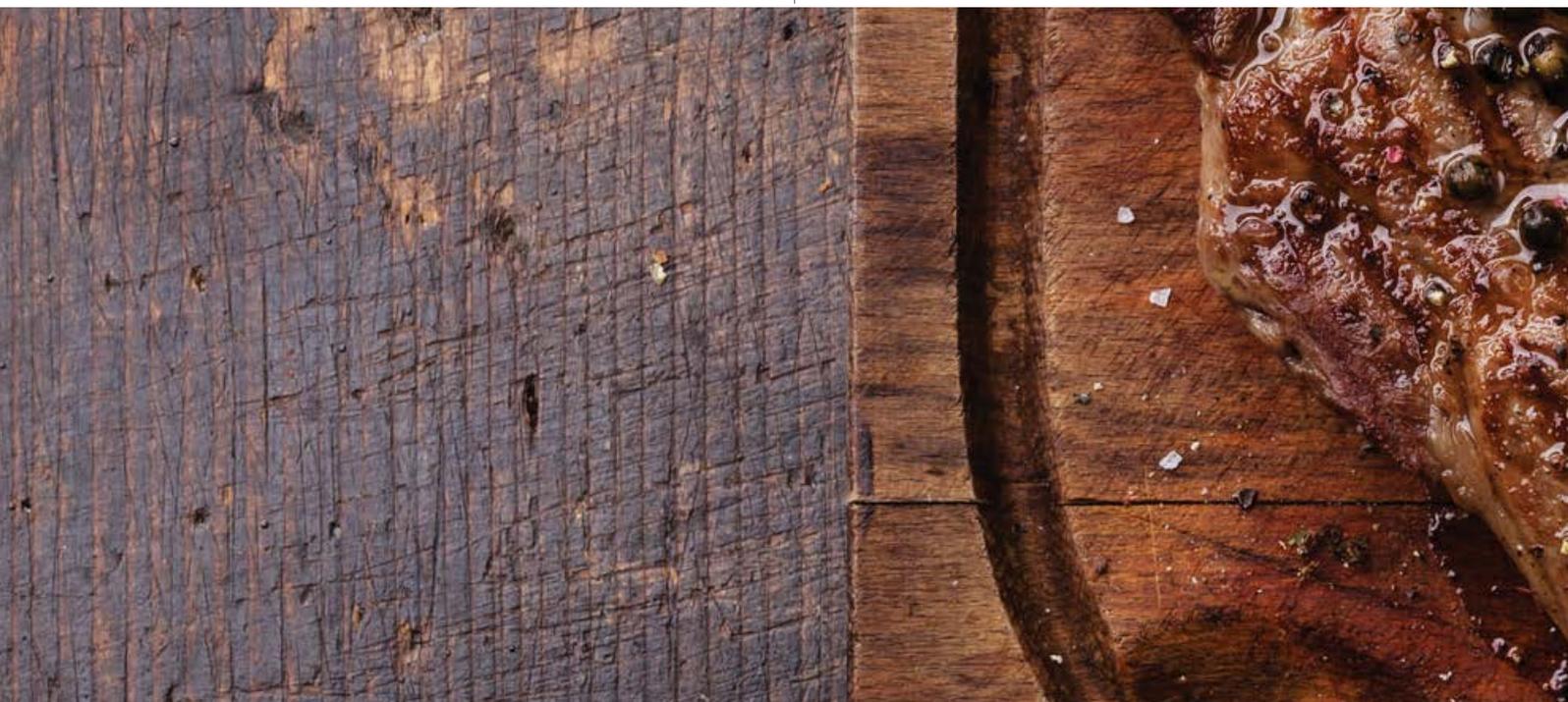
STRIPLOIN

The striploin is located along the spine in the hindquarter and runs from the ribs to the rump, sitting above the tenderloin. Located along the spine where the muscles do less work, the striploin is tender and best suited to high temperature cooking such as pan-frying, grilling and stir-frying as well as roasting. Each carcasse has two striploins. Striploin is also known as sirloin. The word sirloin was derived from the Old French word surlonge, meaning sur la longe or above the loin. Striploin steaks are cut from the rump end of the striploin. The rib end of the striploin forms the large piece of beef on the T-bone steak.



SHORT LOIN

The short loin/T-bone comes from the hindquarter of the carcasse and is separated from the rump by a straight cut between the last vertebrae along the back and the hip bone. The tenderloin and striploin/sirloin muscles sit on opposite sides of the T-shaped bone to form the basic cut to come from the short loin - the T-bone steak.





RIB EYE BONE-IN

Ribs prepared is cut from the forequarter and runs from the fourth to the thirteenth rib inclusive. It is prepared after the removal of the brisket and the chuck square cut. The cuts obtained from the rib primal are extremely tender. Each carcasse has two sets of ribs. Rib roasts are generally taken from the area of the ninth through to the twelfth rib. Dry heat cooking methods such as grilling and roasting, bring out the flavour of rib cuts and help keep the meat tender.



TENDERLOIN

The tenderloin is prepared from the hindquarter and removed in one piece from along spine. There are two tenderloins per carcasse. Typically, the most tender cuts of beef with the least amount of connective tissue are those cuts that sit along the spine of the animal as they do the least amount of work. The fillet or tenderloin (as the name suggests) is one such cut. With little or no fat or connective tissue, the fillet is best suited to portioning into steaks for pan-frying or grilling.



** can roast as well but not recommended for best results



5

—
HOW TO KEEP
YOUR KNIVES
sharp



Maintaining the edges of your knives with a steel.

- A steel is not used to sharpen your knife - it merely maintains the sharp edge.
- It simply realigns the knife's edge, smoothing out any roughness, leaving a nice, straight edge that is perfect for cutting.
- A steel generally comes with a knife set or can be bought individually. Choose one that is slightly longer than your longest knife, to ensure the entire blade can be maintained.

HOW TO USE A STEEL AND MAINTAIN THE SHARPNESS OF THE EDGE OF YOUR KNIVES?



Step 1 – Hold the steel in one hand and the knife in the other. The cutting edge of the knife should meet the steel at an angle of about 20 degrees. Place the edge of the knife blade (closest to the knife handle as pictured) near the top of the steel. Note: cup your hand around the steel if you can. This may not be as comfortable, but it could avoid a cut thumb if the knife follows through on the downward stroke.



Step 2 – With a quick motion of your knife-holding wrist and forearm, bring the knife down and across the steel until the tip touches the bottom. Maintain the angle so the tiny bevel and the cutting edge will be properly aligned. You only need to use light pressure - no hammering like a mad man - that just won't help!



Step 3 – Repeat the sharpening motion on the opposite side of the steel. Six to ten strokes on each side are usually enough to get a sharp edge.



Step 4 – Make the last strokes very light. Use the edge of the knife - never allow the side of the blade to touch the steel or it will be scratched.

After the sharpening process, make sure that you clean your knife.

This is to remove any kind of small metal pieces from the knife, which were a by-product of the sharpening process.

If you find that when you use a steel your knife still remains blunt, it may be time to return to the stone to bring back the edge, but that's another story.





For answers to all your meat questions and more
Butcher's Insider Tips contact us:



Western Australia

Jandakot

9414 9200 – info@ryansqualitymeats.com.au
22 Biscoyne Way, Jandakot

Bunbury

9725 7246 – reception.bunbury@ryansqualitymeats.com.au
17 Palmer Crescent, Davenport
