

GRILL IT ALL

WITH

AUSTRALIAN LAMB AND BEEF

..... RECIPE BOOK

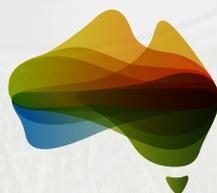
Tender

Juicy

Delicious

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**TRUE
AUSSIE®
BEEF & LAMB**

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VERSATILITY AT ITS BEST



Australian lamb and beef are so versatile, with many cuts that work with many flavours! So, whether you fancy beef kebabs that can be made from the rump, lamb koftas from lamb mince or even a beef sandwich from the striploin, your options are endless!

So... are you ready to fire up the grill?

TIPS FOR GRILLING AUSTRALIAN LAMB AND BEEF

- 1 Bring the meat to room temperature before grilling
- 2 Never overcrowd the grill. Allow the meat some space to cook thoroughly.
- 3 Don't cut meat with a knife to test if it's ready. Test for doneness with tongs or your fingers.
- 4 Always rest meat after it comes off the heat for 5-6 minutes before serving.

POPULAR CUTS FOR GRILLING



Rib Eye



Striploin Steak / Porterhouse / New York



T-bone



Lamb Steak



Frenched Cutlet



Loin Chop



Try our handy steakmate tool

Just plug in a cut, a few details and we'll do the rest.



Download the SteakMate app from the App Store or Play Store

Benefits of naturally lean and nutritious Australian lamb and beef



Excellent source of iron and zinc – essential for a healthy immune system.

4x

4x more iron than chicken – important for energy and brain function.



The iron in beef is the easiest type (called heme-iron) for the body to absorb and use.



Scan for more grilling recipes, tips, plus a whole library of cooking videos!



Check out the
full recipe video
here!



SERVES : 6



PREP TIME : 15 MINS



COOK TIME : 10 MINS

Australian Lamb Satay Kambing with Peanut Sauce

Ingredients

1 kg	Australian Lamb Fillet cut into cubes (2cm approx)
¼ cup	Coconut milk full fat
2 tbsp	Kecap manis
1.5 tsp	Turmeric powder
4 cloves	Garlic
1 tbsp	Freshly grated ginger
1 tsp	Cumin powder
1 tbsp	Brown sugar
1 tsp	Coriander seeds
1 tbsp	Vegetable oil
1 tsp	Salt
½ tsp	Pepper

For the Sauce

3 tbsp	Creamy peanut butter
1 tbsp	Reduced sodium soy sauce
1 tbsp	Freshly squeezed lime juice
2 tsp	Brown sugar
2 tsp	Chili garlic sauce, or more, to taste
1 tsp	Freshly grated ginger

Method

- To make the peanut sauce, whisk together peanut butter, soy sauce, lime juice, brown sugar, chili garlic sauce and ginger in a small bowl. Whisk in 2-3 tablespoons warm water until desired consistency is reached; set aside.
- Blend all marination ingredients together to form a paste.
- In a large bowl, combine lamb cubes and marination paste; cover and marinate in the fridge for at least 2 hours to overnight.
- Thread the lamb cubes onto the skewers. Brush with vegetable oil before grilling.
- Prepare your bbq and coals to about a medium heat. Place the cast iron skillet directly onto the coals.
- Heat 1 tablespoon vegetable oil in a cast iron grill pan. Place the skewers into the skillet and cook approx 4-5 minutes each side flipping as needed. They are done once there is nice caramelization to the meat. Cook longer for well done.
Do not touch the skillet without gloves!



Check out the
full recipe video
here!



SERVES : 10



PREP TIME : 25 MINS



COOK TIME : 10 MINS

Australian Beef Shawarma with BBQ Vimto Marinade

Ingredients

1 kg	Australian Beef Chuck Roll, sliced thinly
250g	Lamb fat strips
1.5 tsp	Salt
1.5 tsp	Ground pepper
½	Small red onion sliced (25g)
½	Orange peeled and sliced
1 tbsp	Seven spice
½ tsp	Clove powder
1 tbsp	Dijon mustard
2 tbsp	Yogurt
2 tbsp	Vimto cordial syrup
1 tbsp	Tomato paste
1 tsp	Cardamom seeds

For EACH Sandwich (use as much or as little
as to your taste):

1 pc	Arabic bread (small cut open like a pocket)
15g	White onion, sliced
1 tbsp	Garlic paste
5g	Fresh Parsley, chopped (a pinch)
¼ tsp	Sumac powder, a sprinkle
60g	French fries (about a handful)

Method

- Mix all ingredients except for the beef and lamb fat. Blend to create a paste.
- Marinate the beef strips and lamb fat strips 24 hours in the chiller.
- Remove from fridge atleast 30min before grilling.
- Prepare your bbq and coals to about a medium heat.
- Thread the beef and lamb onto the skewers and grill for appx 4-5min each side. Be sure to turn as much as possible to prevent burning.
- Remove the meat from the skewers and build your sandwich as you like! Also great with rice and a side salad.



Check out the
full recipe video
here!



SERVES : 2



PREP TIME : 10 MINS



COOK TIME : 10 MINS

Australian Lebanese Lamb Kofta with a Twist

Ingredients

1 kg	Australian lean Lamb Mince
1 large	Yellow onion, finely diced
2 tbsp	Parsley, chopped
2 tbsp	Pomegranate molasses ((divided, 1 tbsp for the mix and 1 tbsp for garnish)
2 tsp	Seven spice
1 tbsp	Salt
2 tsp	Black pepper
1 tbsp	Olive oil for brushing
20g	Fresh Parsley, chopped for garnish (optional)

Method

- Mix all ingredients for the meat and place in an airtight container. Be sure not to overwork the meat.
- Place in the fridge for 30min to firm up.
- Carefully mold the ground beef onto the skewers in an even sausage shape with about 2-3 cm thickness. Then brush with olive oil.
- Prepare your bbq and coals to about a medium heat. Place the cast iron skillet directly onto the coals.
- Heat 1 tablespoon olive oil in a cast iron grill pan.
- Place the skewers into the skillet and cook approx 4-6 minutes each side flipping as needed. They are done once there is nice caramelization to the meat. **Do not touch the skillet without gloves!**
- Garnish with pomegranate molasses and chopped parsley. Serve and enjoy!



Check out the full recipe video here!



SERVES : 4



PREP TIME : 15 MINS



COOK TIME : 10 MINS

Turkish/Kyrgyst style Australian Beef Shashlik

Ingredients

1 kg	Australian Beef Sirloin cut into 3cm cubes
1	Red bell pepper cut into 3cm cubes
1	Yellow bell pepper cut into 3cm cubes
2 large	Red onion cut into 3cm cubes
1 cup	Olive oil
½ cup	Fresh lemon juice
1.5 tsp	Salt
1 tsp	Ground black pepper
5	Garlic cloves, minced
1 tbsp	Dried dill
2 tbsp	Oregano
	Fresh Parsley, chopped as garnish

Method

- Combine all ingredients (except for garnish) together in a large glass or plastic bowl and allow to marinate for minimum of 4 hours.
- Remove from fridge atleast 30min before grilling.
- Heat your grill to a medium high heat.
- Thread the vegetables and meat onto the skewers.
- Grill the skewers approx 4-5 minutes each side flipping as needed. They are done once there is nice charring to the meat and vegetables. Cook longer for well done. Garnish with fresh parsley and enjoy!



Check out the full recipe video here!



SERVES : 2



PREP TIME : 10 MINS



COOK TIME : 10 MINS

Australian Lamb Souvlaki

Ingredients

For the Meat

1 kg	Australian Lamb Shoulder cut into 3cm cubes
4 tbsp	Olive oil
	Juice of 1 lemon
2	Garlic cloves, minced
1 tbsp	Cumin
2 tbsp	Dried oregano
1 tsp	Salt
½ tsp	Freshly ground pepper

For the Tzatziki sauce

1 large	Cucumber, grated and drained
2	Garlic cloves, minced
¼ cup	Extra virgin olive oil
500g	Greek yogurt
2 tbsp	Dried oregano
1-2 tbsp	Fresh lemon juice
½ tsp	Salt

To serve to your taste

4	Pita breads
1	Tomato, sliced
1	Red onion, sliced
	Olive oil
	Dried oregano
	Salt and freshly ground pepper

Method

- Mix all ingredients for the meat and place in a airtight container, allow to marinate in the fridge for minimum 4 hours to overnight.
- Make the tzatziki sauce by mixing the garlic and blend with olive oil until combined.
- Grate the cucumber and drain by placing in cheesecloth and squeeze, in order to get rid of the excess water.
- In a bowl, add the cucumber, the blended garlic and oil, the yogurt, a pinch of salt and blend, until the ingredients are combined. Store the tzatziki sauce in the fridge and always serve cold
- Remove the marinated lamb from fridge atleast 30min before grilling.
- Heat your grill to a medium high heat.
- Thread the meat onto the skewers.
- Grill the skewers appx 4-5 minutes each side flipping as needed. They are done once there is nice charring to the meat. Cook longer for well done. Remove the meat from the skewers and build your pita as you like, add the tzatziki sauce on top and enjoy!



Check out the full recipe video here!



SERVES : 6



PREP TIME : 25 MINS



COOK TIME : 45 MINS

Grilled Australian Beef Picanha Skewers with Chimichurri Sauce with Mango

Ingredients

For the Meat

1 kg	Australian Beef Picanha Cut Sirloin Cap
½ tsp	Rock salt
1 tsp	Fresh ground pepper
1 tbsp	Unsalted butter

For the Chimichurri

4	Garlic cloves, peeled and coarsely chopped
½	Sweet Brazilian mango, diced
1.5 cups	Fresh parsley leaves, packed
½ cup	Fresh cilantro leaves, packed
1 tbsp	Dried oregano
½ tsp	Cumin powder
1.5-2 tbsp	Red grape vinegar
1 tsp	Kosher salt
½ tsp	Red pepper flakes
½	Freshly chopped red jalapenos
½ cup	Extra virgin olive oil

Method

For the Meat

- While the grill is heating, prepare the Picanha. Using a knife, score the fat cap of the Picanha in a crosshatched pattern making sure to not cut too deep past the fat into the meat.
- Next, season the fat cap with the salt and pepper.
- Cut the Picanha into 3cm strips. Then, fold each strip into the shape of the letter “C” and slide onto metal (or presoaked wood) skewers.
- Cook for about 4-5 minutes on one side, then 3-4 on the other; this gives the steak a nice crust on the outside and keeps it from overcooking. If you want it well done cook longer.
- Set aside to “rest” tented with tin foil.

For the Chimichurri

- Place the garlic in a food processor and pulse until finely chopped. Add the parsley and cilantro and pulse briefly until finely chopped.
- Transfer chopped herbs and garlic to a small bowl, and stir in the oregano, jalapenos, vinegar, cumin, mango, salt, and red pepper flakes. Add enough extra virgin olive oil to completely cover the herbs.
- Store in refrigerator until ready to serve, or up to 3 days. Serve at room temperature.



Check out the
full recipe video
here!



SERVES : 4



PREP TIME : 30 MINS



COOK TIME : 6-8 MINS

Australian Lamb Kofta with Salad

Ingredients

For the Lamb

300g	Australian Lamb Mince
1 cup	White onions, caramelized
1 tsp	Garlic, pressed
1	Egg
2 tsp	Dried mix herbs
1 tsp	Cumin powder
1 cup	Parsley, chopped
½ cup	Breadcrumbs

For the Salad

1 cup	Cucumber, sliced
6-7	Mixed cherry tomatoes, sliced
50g	Feta cheese
1 tsp	Aromatic herbs
¼ cup	Olives
½ cup	Parsley, chopped
	Juice of 1 lemon
	Mint leaves, for garnish
	Olive oil
	Salt and pepper to taste

Method

- In a bowl, combine ingredients for the kofta. With damp hands, take a handful of the meat mixture and form each ball around the tip of a skewer, flattening into a 2-inch oval. Do the same with the remaining mixture. Place in the fridge for 10 minutes to hold together.
- Next, set grill to high heat. Add olive oil and cook the skewers on the grill, turning occasionally, until the lamb is cooked to your desired degree of doneness, about 6-8 minutes for medium.
- For the salad, in a large bowl, combine the cucumber, cherry tomatoes, olives and feta cheese. In a separate bowl, add olive oil, lemon juice, dried mix herbs, salt and pepper. Add this mixture to the large bowl, toss well and garnish with mint leaves. Taste for seasonings and adjust accordingly.
- Serve koftas with salad and flatbreads.



Check out the full recipe video here!



SERVES : 4



PREP TIME : 10 MINS



COOK TIME : 10 MINS

Australian Beef Kebab

Ingredients

- 1 kg** Australian Beef Rump
- 2 medium** Onions, chopped
- 3 medium** Red, yellow, green bell peppers
- Parsley, to garnish
- Olive oil
- Salt to taste

Method

- Cut Australian rump into small pieces.
- Take a skewer and gently slide the meat into the skewer.
- Add onions and bell peppers to the skewer.
- Drizzle some olive oil and add sea salt.
- Place the beef skewers over direct heat.
- Close the grill to let the meat cook.
- Open the grill and flip the meat, and add sea salt.
- Remove the beef skewers from the grill.
- Garnish with parsley and serve!



Check out the
full recipe video
here!



SERVES : 2



PREP TIME : 10 MINS



COOK TIME : 10 MINS

Australian Lamb Caesar Salad

Ingredients

4	Australian Lamb Chops
1 bunch	Romaine lettuce
2-3 cloves	Garlic, chopped
1	Baguette (For the croutons)
100g	Jar anchovies in olive oil
100g	Parmesan cheese, grated
2 tbsp	Mayonnaise
	Olive oil
	Salt and pepper, to taste

Method

- Coat lamb chops with olive oil and drizzle with salt on each side.
- In a pan, heat oil and place lamb chops. Cook for 3-5 minutes on each side.
- Remove chops from the heat and allow to rest for 3 minutes before serving.
- On a separate pan, cook lettuce in oil and sauté for a minute.
- Next, in a bowl, add mayonnaise, garlic, pepper, anchovies and stir to combine. Finally, add in the parmesan cheese.
- For the croutons, thinly slice the baguette into ¼-inch to ½-inch slices. Drizzle with olive oil and fry for 1-2 minutes.
- Garnish with parmesan and serve immediately.



Check out the
full recipe video
here!



SERVES : 4



PREP TIME : 10 MINS



COOK TIME : 10 MINS

Korean-style Australian Beef Bulgogi Skewers

Ingredients

1kg	Australian Beef Flank or Skirt Steak
1/2	Small Asian pear, coarsely grated
1/4 cup	Kikoman low sodium soy sauce
3 tbsp	Light brown sugar
1 tsp	Onion powder
3 tbsp	Toasted sesame oil
4	Cloves garlic, minced
1 tbsp	Freshly grated ginger
1 tbsp	Gochujang (Korean red pepper paste)
2 tbsp	Vegetable oil, divided
2	Green onions, thinly sliced
2	Bird eye chilies, thinly sliced (optional)
1 tsp	Toasted sesame seeds as garnish

Method

- Wrap steak in plastic wrap, and place in the freezer for 30 minutes. Unwrap and slice across the grain into 1/4-inch thick slices.
- In a large bowl, combine pear, soy sauce, brown sugar, sesame oil, garlic, ginger and gochujang. Add the beef and mix well. Cover with cling film or place in an airtight container and marinate for at least 2 hours to overnight.
- Thread the pieces of beef onto the skewers.
- Remove from fridge atleast 30min before grilling
- Prepare your bbq and coals to about a medium heat. Place the cast iron skillet directly onto the coals.
- Heat 1 tablespoon vegetable oil in a cast iron grill pan. Place the skewers into the skillet and cook appx 2 minutes each side flipping only once. They are done once there is nice caramelization to the meat. **DO NOT TOUCH THE SKILLET WITHOUT GLOVES!**
- Garnish with green onions, chilis, and sesame seeds. Serve and enjoy!

