

HOW TO BECOME THE
BBQ CHAMPION
AMONGST YOUR FAMILY AND FRIENDS



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What is Dry Ageing?

Dry ageing beef is a process that has been around for centuries. It involves hanging beef carcasses in a controlled environment for a certain period of time to enhance its tenderness and flavour. In recent years, dry ageing has become increasingly popular due to its ability to produce a more flavourful and tender meat.

The dry ageing process involves storing the beef in a temperature and humidity-controlled environment for between 14 and 60 days. During this time, the beef's natural enzymes break down the collagen and connective tissue, making the meat more tender. This process also helps to concentrate the flavour of the meat by reducing the moisture content, resulting in a more intense and complex taste.

One of the key benefits of dry-aged beef is its tenderness. By breaking down the connective tissue and collagen, the meat becomes more tender and easier to chew. This is especially true for tougher cuts of meat, such as ribeye or sirloin, which can be difficult to cook to perfection without becoming tough and chewy.

In addition to its tenderness, dry-aged beef also offers a unique taste experience. As the moisture content of



the meat reduces, the flavour becomes more concentrated, resulting in a richer and more complex taste.

The meat also takes on a slightly nutty, buttery flavour due to the natural breakdown of fats. This creates a depth of flavour that is unmatched by other types of beef.

Another benefit of dry-aged beef is that it is naturally preserved without the need for additives or preservatives. This means that the meat is healthier and more natural, making it an ideal choice for those who are conscious of their health.

Dry-aged beef is a delicious and tender meat that offers a unique taste experience. The dry ageing process enhances the flavour and tenderness of the meat, creating a rich and complex taste that is unmatched by other types of beef.

So, the next time you are looking for a special cut of meat, consider trying dry-aged beef for a truly unforgettable experience.

HOW TO COOK THE PERFECT DRY AGED STEAK



If you are choosing a big mighty thick steak such as a bone in ribeye, T. bone or a Tomahawk, and it is at least 1" thick, if not more.

1. Preheat oven to 135c
2. Place well-seasoned steaks on a rack over a baking tray (cover the tray with foil to save yourself a clean-up)
3. Put in oven and cook till desired internal temperature, depending on your preference of "doneness". Usually takes around 40-60 minutes.
4. Remove when at desired temp and rest for 10-15 minutes under foil
5. Preheat cast iron heavy based pan to screamingly hot temperatures
6. Sear steaks for one minute each side
7. Serve immediately

ARE YOU A BBQ CHAMPION?

Everyone loves a BBQ and it's a great way for bringing friends and family together. In this publication we share with you some of the finest tips to get you going on cooking some fantastic barbeque food.



WHAT PEOPLE ARE SAYING?

Great informational book on the difference in BBQs, tips & techniques.

This is a fabulous BBQ cookbook. Everything I've tried has been great. It is very educational, as well. For example, we have learned that we should bring the meat out of the fridge for 30 - 60min before BBQing. Also, let it rest for 5 - 10min after BBQing.

My wife and I probably own a couple of hundred cookbooks, but I can say this is one of the most complete BBQ cookbooks I've ever read. I have been BBQing since I took over for my dad on that chore at the age of around 7, and after around 50 years of practice, I believed I was very good on my BBQ, by which I mean that the meats I prepared were always enjoyed, and I have done things as complicated prime rib. But I had never thought about making vegetables on the barbie, which is the greatest.

This book teaches you the basic science of food selection for grilling, and methodically teaches you about BBQ types and methods.

If you're tired of charring food when your wife asks you to BBQ, and if you're tired of the same old barbecue sauce or marinade, this book is for you!

This guide walks you through the science of BBQing, so that you better understand the various techniques -- before, during, and after cooking -- that can make it real fun.

The section on rubs and sauces is excellent. Follow the directions, but don't be afraid to experiment. This book will change the way you BBQ forever.

IT'S ALL ABOUT THE MEAT

To become a BBQ champion, you will need to focus on the basics. That means spending most of your time on these areas since the combination of them is what equates to a win. Although, you have a variety of ideas of how to BBQ now these aspects will define you as a winner.

Work through this chapter by determining what your recipe offers. Does your recipe offer the best option available? Are there any changes that you need to make to improve your recipe?

MEAT SELECTION

Meat selection may seem like a simple topic, but it plays an important role in your ability to delight.

Here are some tips for meat selection:

- Select a meat that has its own level of flavor. This often means a fattier meat than a lean meat.
- Remember that juicy meat is also an important factor. You want the finished product to be succulent for your guests.
- Select a type of meat that cooks well in the method you plan to cook it in. Your recipe specifically should conform to the type of meat you select and the cooking method.
- Avoid a meat that is too grisly, expensive or too fatty.
- Try a number of meat cuts.



MEAT PREPARATION

Meat preparation is also an important factor. How do you plan to prepare the meat for your recipe? It may be that you are looking for a smoked flavour. It may be that you are planning to grill the meat.

- Select a cooking method that meets your fancy.
- Factor in the equipment that you will have available to you.
- Consider a cooking method that is safe for both you and for those who are eating your meal. It is important to choose a cooking method that you know you can do well. In addition, it needs to provide a foolproof method of preparation of the meat. That means ensuring that the meat reaches the appropriate temperature as needed.

TEMPERATURE CONTROL

Another aspect that needs to be kept in mind as you plan for your BBQ recipe is your ability to maintain the proper temperature. For example, if you are cooking over an open fire, maintaining the temperature is much harder than over a stove. It is also important for you to be able to maintain the proper temperature if you are cooking on a BBQ.

Of course, this also implies that you have determined what the right cooking temperature is for your dish. This, again, will take some practice to get right. Once you do get it right, you will want to maintain it properly.

Temperature control is important both for food safety as it is for your final finished product. Keep an eye on a thermometer throughout the process.



SOME GREAT SAUCE RECIPES

The good news is that in this chapter we provide you with a whole host of recipes and tips to help you to create a feast that is a winner. The bad news is that no good BBQ champion gives away all of their secrets. More so, you need to create your own recipe if you are to stand out in the field.

The recipe creation process is one that includes a variety of steps. In short, you need to brainstorm to get ideas. You also need to do some research and planning. Then there is the process of practicing! That is no easy task in and of itself. Finally, you will need to taste test and start the entire process over. You will know when you get the right recipe. It will be the one you know is the winner.

YOUR COOKING METHOD MATTERS

The method of cooking transforms the meat. The heat changes the texture and the flavour of the meat, of course. However, each method of cooking offers a different type of taste and texture. Your job is to get it right.

A good example of this is smoking meat. If you are planning to use a smoker, there are a few things to remember:

- The smoker itself leaves a unique flavour in the meat, which many find appetising. However, this does adjust your flavour profile some.
- Different types of wood add different types of flavour. Within your recipe, find the combination of woods that work for you.
- Time is critical with smoking, as is temperature monitoring.

Of course, smoking your BBQ is not the only options and some traditionalists may not even like this method. No matter what type of cooking method you use, everything from the temperature to the fuel you use to heat it affects the flavour.



SAUCES AND MORE SAUCES

BBQ would not be barbeque if it were not for the sauce used. However, most people do not realise the real potential of the sauce that they use. The type of sauce, the content of that recipe...and even the amount you place on your meat plays a role in the overall effectiveness of your dish.

Getting your sauce right is one of the more difficult of the tasks that you will have. Here are some sauce tips and recipes that you can later adjust. Remember to adjust them!

TOMATO BASED BBQ SAUCE

For this recipe, gather the following ingredients:

- One standard can of tomato sauce, your favourite brand
- One small can of tomato paste
- 2 Tablespoons of olive oil
- 2 Tablespoons of vinegar
- 2 Tablespoons of brown sugar
- 4 Tablespoons of minced onion
- 1 Tablespoon of Worcestershire sauce
- 2 crushed cloves of garlic
- 1 Tablespoon of dry mustard, your favourite version
- 1 Tablespoon of cayenne pepper
- 1 Tablespoon of ground pepper

To prepare this barbeque sauce, sauté the onion and the garlic together until soft, in the olive oil over a low heat. Then, add in the other ingredients. Simmer this mixture for 20 minutes on a low temperature. Keep stirring regularly to prevent it from burning. You can then refrigerate it to allow the flavours to develop.

VINEGAR BASED BBQ SAUCE

Many people love the vinegar style barbeque sauce. Making this is not a problem! Here is a basic version of the recipe that you can tailor and adjust as you see fit.

- 1 1/2 cups of apple cider vinegar (hint: this is a great place to change up flavours!)
- 1/2 cup of water
- 1 Tablespoon of paprika
- 1 teaspoon of cayenne pepper
- 1 teaspoon of salt
- 1 teaspoon black pepper

For this recipe, mix the brown sugar and the water together. Keep the heat low and stir well. Keep it simmering for 30 minutes to 40 minutes. Then, add the other ingredients. Again, keep the heat low and stir continuously. You will want to allow it to cool before placing on your meats.



HOW CAN YOU CHANGE UP THESE GREAT RECIPES FOR BBQ SAUCE?

Keep your options open, but here are a few things to think about:

- Adjust the ingredients within. Add different combinations of the same ingredients, to determine if you like the flavour profile again.
- Add different ingredients into the recipe. Spices are a great way to change the flavour completely without changing the actual consistency of the sauce.
- Do change the consistency around. See what happens when you add a bit more liquid.
- Look for older recipes that may not be as popular right now. They can add a

nice change of pace for your guests and may be just what you need to win them over.

Also, think about dry rubs or even mustard based rubs. The more creative you can be with your sauce recipe the better your finished product will be when it is time for you to serve it up!

It is not easy to create your sauce. And, for most people, it will take a long time to get it right. However, many BBQ champions are made from their sauces. Take time and be sure you put some love into it!

USING YOUR BARBEQUE SAUCE

Making the recipe for your barbeque sauce really is only the beginning of the process. You now need to get your sauce onto your meat.

One tip to keep in mind is that most sauces work well on a variety of meats. In fact, you may want to create a barbeque sauce that works well on all varieties of meats you will prepare. This way, you have a perfected sauce that you know can win your guests over. If you try to create five different sauces for five different meats, chances are good that none of them will have that love and right mixture in them that will help you thrill your guests.

After focusing on just one sauce, there are a few other things to remember about your BBQ sauce.

- Test out different application methods. Applying the sauce before, during and after the cooking process may offer several ways to alter the taste profile. Determine which method is best.
- How much sauce is applied is another factor to keep in mind. Some people like a lot more sauce than others. Consider offering an additional container of sauce with your turned in BBQ dinner, too, to allow your diners testers to add more if they would like to.
- Consider the application process itself. Will you use a brush? Will you slow cook the sauce into the meat? Is basting better?

As you prepare your recipes, keep all of these aspects in mind. Give yourself options. Try out different methods. This is how you will slowly develop a BBQ method that simply works for you. Getting that sauce perfect will be well worth the work you put into the process.

STAY CREATIVE

When it comes to creating your BBQ sauce, many things play a significant role in the process. However, if you do not win your first time out, you may want to consider some changes to your sauce. Do so. Be as creative as you want. One of the mistakes that some people make is to believe that their sauce is perfect just the way it is, even though your guests may just be behaving nicely :) and have not actually said it was fantastic!

Also, keep in mind that flavour trends do tend to change. Over time, people's tastes change. Even more so, new and exciting methods of cooking your BBQ will emerge.

Part of the process of keeping your sauce and recipe successful is having the time and ability to research and develop recipes. You need to leave your ego at the door, in other words. Keep in mind that distinctive flavours can only add to your sauce. New cooking methods just give you more options to select from.



RECIPES

These recipes are some of our favourites and we are sure you and your guests will think you are a champion when you serve these up.

SOME MORE SAUCES

GO WITH EVERYTHING SAUCE FOR GRILLING

Yield: 8 Servings

- 2 cup tomato sauce
- 3/4 cup sugar
- 1 Tbsp Worcestershire sauce
- 1/4 tsp tabasco sauce -- * see note
- 6 Tbsp molasses
- 1/4 tsp garlic salt
- 1/2 tsp liquid barbecue smoke -- **

* Use more Tabasco sauce if you like it hotter.

** Liquid Smoke or similar is optional.

Mix all ingredients in a saucepan. Cook and stir over medium heat until boiling. Keep warm on low heat until ready to serve. Pour over grilled meat or poultry.

GOLDEN GRILL BBQ SAUCE

Yield: 1 Serving

- 1/4 cup sugar
- 2 Tbsp cornstarch
- 1/2 tsp allspice
- 1/2 tsp cloves, ground
- 1 cup fresh orange juice
- 2 Tbsp vinegar
- 4 Tbsp butter

Combine sugar, cornstarch, allspice and cloves in a small saucepan. Slowly stir in orange juice and vinegar. Stir constantly over medium heat until sauce thickens. Boil for three minutes. Stir in butter.



MOUTH WATERING BURGERS

BAR AND GRILL - GRAIN & CHEESE BURGER

Yield: 4 Servings

- 1 1/2 cups mushrooms, chopped
- 1/2 cup green onions, chopped
- 1 Tbsp olive oil
- 1/2 cup rolled oats, regular
- 1/2 cup brown rice, cooked
- 2/3 cup shredded cheese, mozzarella, or cheddar
- 3 Tbsp walnuts, chopped
- 3 Tbsp cottage (or ricotta cheese) low fat
- 2 large eggs
- 2 Tbsp parsley, chopped
- Salt, pepper
- Buns, mayonnaise, tomato, lettuce

In a 30cm nonstick frying pan over medium heat, cook mushrooms and green onions in olive oil until vegetables are limp, about 6 minutes. Add oats and stir for 2 minutes. Remove from heat, let cool slightly, then stir in cooked rice, cheese, walnuts, cottage cheese, eggs, and parsley. Add salt and pepper to taste. On an oiled baking sheet shape into 4 patties, each 2cm thick. Grill over heat, turning once, 6 to 7 minutes total. Serve on bread with mayonnaise, onion rings, and lettuce.



DOWN HOME GRILLED HAMBURGERS

- 1/2 cup sour cream
- 3 green onions, chopped with tops
- 3 Tbsp breadcrumbs
- 1/2 tsp Worcestershire sauce
- 1/2 tsp lemon pepper
- 500 g lean ground beef
- 4 hamburger buns
- shredded lettuce
- 1 tomato - 4 slices/hamburger
- 1 onion - 4 slices/hamburger
- 2 tsp mustard
- 1 Tbsp mayonnaise
- 1 Tbsp tomato sauce

Prepare white or yellow sweet onion by slicing in thick slices, place in plastic bag or glass jar with ice water, seal and refrigerate until ready to use. This makes the onions very crisp and juicy.

Slice a vine-ripened tomato into thick slices. Mix sour cream, chopped green onions, breadcrumbs, Worcestershire sauce and lemon pepper seasoning. Mix this in with the ground meat until combined well. Shape into 4 patties.

Cooking the hamburger patties:
BBQ: Place meat on grill over hot coals and cook to desired doneness, turning only once or twice.

Mix the mayonnaise, mustard and tomato sauce. Blend well.

To serve, divide the tomato sauce mixture evenly on the warmed hamburger buns, top with a meat patty, tomato slice, onion slice and shredded lettuce. Also good with alfalfa or radish sprouts.



MARGARET RIVER FRESH BEEF DELIGHTS

BARBEQUE-SPICED GRILLED TENDERLOIN STEAKS

Yield: 2 Servings

- 1 Tbsp brown sugar
- 1 Tbsp sweet paprika
- 1 tsp dry mustard
- 1 tsp allspice, ground
- 1/4 tsp pepper
- 2 x 500g thick tenderloin-steaks

Combine first 5 ingredients in small bowl. (Can be prepared 1 week ahead. Store in airtight container.)

Prepare barbeque (high heat). Rub spice mixture generously into both sides of steaks. Grill steaks to desired doneness, about 3 minutes per side for medium-rare. Serve hot.

BIG BUTCH'S GRILLED BEEF TENDERLOIN

Yield: 10 Servings

- 1 x beef tenderloin (2.5 - 3kg's), trimmed
- MARINADE AND SAUCE
- 2 cups soy sauce
 - 2/3 cup dark sesame oil
 - 6 large garlic cloves, chopped
 - 2 Tbsp fresh ginger, chopped

Place the tenderloin into a non-aluminum pan. Mix together the soy sauce, oil, garlic and ginger, and pour 1/2 of the marinade over the tenderloin. Reserve the remaining for the sauce. Cover the beef with plastic wrap and marinate overnight in the refrigerator.

Remove the tenderloin from the pan and place it on a charcoal grill over a low fire, covered, or place in a pan in a 200C or 400F oven. Cook until rare (the internal temperature should be 60C or 140F), turning if necessary.

Remove from heat. If cooking in the oven, bring the remaining marinade and pan juices to the boil and pour over the meat. Serve hot or cold. May be made ahead and reheated.

BBQ'D BEEF TENDERLOIN WITH RED WINE & PISTACHIO

Yield: 4 Servings

- 2 cups beef stock
 - 2 cups dry red wine - preferably pinot noir
 - 1/2 cup roasted garlic cloves
 - 1/2 cup shallots, chopped
 - 1/2 cup fresh parsley, chopped
 - Salt and pepper - (to taste)
 - 1/4 cup toasted pistachios, chopped
 - 1/4 cup sunflower seeds - toasted, chopped
 - 1 kg beef tenderloin - cut into 8 steaks
 - 2 Tbsp olive oil
- GARNISH
- 4 fresh parsley sprigs

Preheat BBQ

To make Red Wine Sauce: In a large saucepan, combine the stock, red wine, 3 Tbsp of the roasted garlic, shallots and 1/4 cup of chopped parsley. Bring to a simmer over medium heat; cook until reduced to coat the back of a spoon, about 20 minutes. Transfer to a blender; puree until smooth. Strain through a fine sieve into another saucepan, then add the salt and pepper. Stir in the remaining parsley; reduce heat to low.

In a small bowl, combine the remaining garlic, pistachios, sunflower seeds and 2 Tbsp of the red wine sauce. Mix well. Rub the surface of the steaks with the oil.

Grill steaks until well-seared on the surface, about 5 minutes. Turn over and cook until you reach desired doneness, about 4 minutes for medium-rare, depending on the thickness.

Brush tops of steaks with a small amount of red wine sauce, then press the steaks, top side down, into the pistachio mixture, coating the surface well. Position the steaks on serving plates, spoon the remaining sauce around them, garnish with parsley sprigs and serve.

GRILLED MARINATED BEEF

Yield: 6 Servings

- 1 can condensed tomato soup
- 1/4 cup water
- 1 Tbsp lemon juice
- 2 tsp Worcestershire sauce
- 1 per person 200g boneless beef sirloin steak

In a small bowl, combine soup, water, lemon juice, Worcestershire sauce. Reserve 3/4 cup; refrigerate.

Pour remaining marinade into large shallow nonmetallic dish. Add steak, turning to coat. Cover; refrigerate at least 2 hours, turning occasionally.

TO GRILL Remove steak from marinade and place on grill rack directly above medium coals, discard marinade. Grill uncovered, until desired doneness (allow 25 minutes for medium), turning once during cooking.

MEANWHILE In saucepan, over medium heat, heat reserved soup mixture to boiling. Thinly slice steak, serve with soup mixture.



GRILLED RIBEYE WITH CHIMICHURRI & RED CHILLI

Yield: 6 Servings

- 6 ribeye steaks (250g each)
- 1 1/2 cups Red Chilli Mustard

CHIMICHURRI MARINADE

- 6 cloves garlic
- 3 bay leaves
- 2 jalapenos - coarsely chopped
- 1 1/2 Tbsp salt
- 1 Tbsp chilli powder
- 1/2 cup fresh cilantro - finely chopped
- 1/2 cup flatleaf parsley - finely chopped
- 1/4 cup fresh oregano - finely chopped
- 1/4 cup distilled white vinegar
- 1/3 cup olive oil

RED CHILE MUSTARD

- 2 cup Dijon mustard
- 3 Tbsp chilli powder

In a blender, puree, garlic, bay leaves, jalapenos, salt and 1 tablespoon of the vinegar until a paste is formed. Transfer to a mixing bowl and add the herbs. Whisk in the remaining vinegar and olive oil until smooth. Add ribeye steaks and let marinade sit for one hour.

Prepare a wood or charcoal grill and let it burn to embers. Remove steaks from marinade and grill steaks until done to your liking, about 4 minutes on each side for medium rare. Serve with chilli mustard to taste.

Red Chilli Mustard: Combine the mustard, chilli powder, and 3 tablespoons of lukewarm water and mix well. May be prepared up to one week ahead and refrigerated. Bring to room temperature before serving.

JACK DANIEL'S BBQ'D ROAST

Yield: 6 Servings

- 1/3 cup Jack Daniel's whiskey
- 1/2 cup brown sugar
- 1/3 cup soy sauce
- 1/3 cup water
- 1 Tbsp Worcestershire sauce
- 1 tsp lemon juice
- 1 tsp garlic powder
- 1 blade roast (1 - 1.5 kgs)

Combine whiskey, brown sugar, soy sauce, water, Worcestershire sauce, lemon juice and garlic powder; mix well. Place roast into a plastic bag; add marinade and seal. Place in a dish; refrigerate overnight, turning occasionally.

Grill over medium coals (with Jack Daniel's Barrel Chips, soaked in water--if you can find them), about 20 to 25 minutes per side for medium. Baste occasionally with marinade. To serve, cut into thin slices. Serves 4 to 6.

ORIENTAL GRILLED STEAKS

Yield: 4 Servings

- 4 rump steaks, 3 cm thick (1.5 kgs)
- 1/2 cup soy sauce
- 1/2 cup dry sherry
- 2 Tbsp sugar
- 1/2 tsp ginger, ground
- 1/4 tsp dry mustard
- 1/2 tsp garlic powder

Place steaks in a plastic bag. Mix remaining ingredients in small bowl. Pour marinade over steaks; turn steaks to coat. Close bag securely and refrigerate for 4 to 6 hours. Let stand at room temperature for 1 hour before cooking.

Prepare BBQ for cooking.

Remove steak from bag and reserve marinade. BBQ steak 15 cm from medium coals, 5 minutes per side for rare, 7 minutes for medium, and 10 minutes for well done. Brush with reserved marinade before turning over.

UNUSUAL CHINESE GRILLED SHORT RIBS

Yield: 4 Servings

- 4 large, meaty short ribs
- 4 1/2 Tbsp peanut butter
- 2 1/4 Tbsp curry powder
- 1/2 Tbsp black pepper (fresh), cracked
- 1/2 fresh ginger root
- 10 green onions
- 1/3 cup sesame oil,
- 4 Tbsp brown sugar
- 3/4 cup soy sauce
- 1/2 cup rice sherry wine
- 2 large garlic cloves (minced)

Make short ribs into short, flat strips. Begin by placing rib fat-side-up on cutting board and cut 1 cm high layer almost (but not through) the bottom-most section of the rib. Turn meat over and continue to make 1cm layers until the rib is completely layered and is now one long strip.

Using the edge of a blade knife or other flat surface, pound meat until it is of an even thickness. NOTE: Chill the meat well. This cutting method will not work well with room temperature ribs.

MARINADE: (Curry Based Blender Sauce) Blend all liquid ingredients in a blender for about 15 seconds at "Blend" speed. Grate the fresh ginger root and combine with the minced garlic. Mince the white (only) portion of the green onions. Add all ingredients to blender mixture and operate on "low" for about 45 seconds. Rub sauce onto butterflied ribs and refrigerate for 2 or more hours.

NOTE: This sauce is excellent for chicken, too. Place ribs on grill, basting often with sauce until done, about 30 minutes depending on heat of grill. Watch carefully to determine when done.



MARGARET RIVER FRESH LAMB

30-MIN: LAMB GRILL FOR TWO

Yield: 2 Servings

- 1 Tbsp low-sodium soy sauce
- 2 tsp sesame oil
- 1 green onion, chopped
- 1 garlic clove, minced
- 2 tsp gingerroot, minced
- 1/4 tsp pepper
- 4 lamb loin chops (220g)
- salt

In shallow dish, whisk together soy sauce, oil, onion, garlic, ginger and pepper. Add lamb, turning to coat; let stand for 10 minutes.

Reserving marinade, place lamb on greased BBQ over medium-high heat: cover and cook, basting with marinade, for 5-7 minutes on each side for medium-rare or until desired doneness. Season with salt to taste.

Serve with sautéed zucchini slices and sweet potatoes.

CANTONESE STYLE GRILLED LEG OF LAMB

Yield: 8 Servings

- 1.5 kg leg of lamb, trimmed of all fat
- 1/2 cup hoisin sauce
- 2 Tbsp dijon mustard
- 2 Tbsp tomato sauce
- 2 Tbsp honey
- 1 Tbsp soy sauce
- 1 tsp Chinese chilli paste
- 1 tsp black pepper, freshly ground
- 2 cloves garlic, minced
- 1 Tbsp ginger root, minced

Cooking Preparation Time: 1:00

Cut lamb open so meat lies as flat as possible; trim all fat.

Combine remaining ingredients and smear over lamb.

Preheat barbecue and grill lamb for 10 to 15 minutes per side.

Allow meat to rest for 5 to 10 minutes before carving. Carve in thin slices.



HOW TO ENTERTAIN A VEGETARIAN :)

CHILLI-COATED GRILLED SUMMER SQUASH & ZUCCHINI

Yield: 4 Servings

- 1/4 cup olive oil
- 1 Tbsp garlic, minced
- 1/4 cup fresh chilli pepper, minced
- 2 Tbsp ground cumin
- Salt and pepper, to taste
- 2 med zucchini, cut lengthwise into 2cm planks
- 2 med summer squash, cut lengthwise into 2 cm planks

DRESSING

- 1/4 cup olive oil
- 1/3 cup fresh lime juice
- 3 Tbsp honey
- 1/4 cup roughly fresh, chopped cilantro
- Salt and pepper, to taste

Make the dressing: in a small bowl, whisk together all of the ingredients and put aside.

In a medium bowl, combine the olive oil, garlic, chilli pepper and cumin seeds and mix well. Add the squash and zucchini planks and toss well so the squashes are completely covered with the mixture. Place the squashes on the BBQ over a medium-hot fire and cook for about 3 minutes on each side, or until well browned. Remove the squashes from the BBQ, place on a platter, drizzle with the dressing, and serve.

ESCALIBADA (GRILLED VEGETABLES)

Yield: 4 Servings

- 2 red bell peppers
- 2 green bell peppers
- 2 med eggplants
- 4 med tomatoes

DRESSING

- 1 Tbsp parsley, chopped
- 1/4 cup olive oil
- 2 Tbsp vinegar
- 1 garlic clove, minced

Grill the peppers over moderate heat on the barbecue. Pierce the skin of the eggplants to prevent their skins from bursting & grill them with the peppers for 15 minutes, turning several times. When the skins are blistered & charred, remove from heat. Wrap in a towel & place in a paper bag. Set aside.

Score the skin of the tomatoes with a cross. Grill for 5 minutes, turning occasionally.

When cool, peel the peppers & eggplant & remove the pepper seeds. Peel the tomatoes. Slice the vegetables. Arrange the vegetables on a platter with the tomatoes in the centre.

Toss together the dressing ingredients. Drizzle the dressing over the vegetables. Serve hot or cold as a side dish or as a main course with bread. Or combine with other tapas.



GRILLED LEMON POTATOES

Yield: 4 Servings

- 2 med potatoes, halved lengthwise
- 1/2 cup butter, melted
- 2 Tbsp lemon juice
- 1 pepper seasoning
- 1/8 tsp garlic powder

Deeply score cut sides of potatoes, using a sharp knife.

Cover skin side with foil.

Combine remaining ingredients; brush cut sides with butter lemon, pepper garlic mixture.

BBQ potatoes cut side up, 12 cm from medium coals for 40 minutes, basting with butter mixture every 10 minutes. Turn potatoes & BBQ after 10 minutes. Turn potatoes & baste with remaining butter mixture. BBQ for 10 minutes.

HERBED POTATOES

Yield: 6 Servings

- 1/4 cup celery, finely chopped
- 3/4 cup butter, melted
- 1 tsp whole oregano, dried
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1/8 tsp pepper
- 6 med baking potatoes, unpeeled
- 1 med onion, thinly sliced

Sauté celery in butter in a small saucepan until tender. Stir in oregano, salt, garlic powder, and pepper. Remove butter mixture from heat, and keep warm.

Wash potatoes; cut each into 1.5 cm slices, cutting to, but not through, bottom peel.

Place a slice of onion between each slice of potato.

Place each potato on a square of heavy-duty aluminum foil, drizzle about 2 tablespoons of butter mixture over each. Fold foil edges over and wrap securely.

BBQ foil-wrapped potatoes over medium coals 1 hour or until done.

ORIENTAL BBQ'D VEGETABLES

Yield: 4 Servings

- 1 Tbsp coriander seeds
- 2 Tbsp soy sauce
- 2 Tbsp dry sherry
- 1 Tbsp honey
- 2 tsp fresh ginger, minced
- 1 tsp chilli (or sesame oil)
- 2 cloves garlic
- 1 large yellow squash, cut into 1.5 cm slices
- 1 large onion, cut into 8 wedges
- 1 red bell pepper, cut into 8 pieces
- 1 green bell pepper, cut into 8 pieces

Put coriander seeds into a medium bowl and crush, using the back of a spoon. Add the soy sauce, sherry, honey ginger, oil, and garlic. Add the vegetables and toss. Let stand for 15 minutes.

Preheat the BBQ. String the vegetables onto 4, 15 cm skewers.

Cook 7 cm from the heat source, 3 minutes per side, brushing once with the marinade.



BBQ DESSERTS

APPLE CRISP

Yield: 8 Servings

- 600g pie filling, apple or cherry
- 1/3 cup sugar, brown
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 Tbsp lemon juice
- 1/2 pack cake mix, approx, 2 cups
- 1/2 cup butter, cut into thin slices
- Whipped topping (or ice cream)

Oil a 25cm baking pan. Pour pie filling into baking pan. Sprinkle with brown sugar, cinnamon, nutmeg, and lemon juice. Sprinkle cake mix over pie filling to cover. Dot with butter slices.

Preheat BBQ on medium for 10 minutes, then turn left side of BBQ off and invert a baking pan on left cooking grid. Place baking pan on inverted pan. Close lid and bake 55-65 minutes, or until browned and bubbly.

Let stand until warm. Serve topped with whipped topping or ice cream.

CALYPSO PINEAPPLE

Yield: 8 Servings

- 1/2 cup Worcestershire sauce
- 1/2 cup honey
- 1/2 cup butter
- 1/2 cup light brown sugar
- 1/2 cup dark rum
- 1 pineapple, cut into 8 wedges and cored*
- Vanilla ice cream

To prepare sauce, combine Worcestershire, honey, butter, sugar and rum into a saucepan. Bring to a full boil over medium-high heat, stirring often. Reduce heat to medium-low. Simmer 12 minutes or until sauce is slightly thickened, stirring often. Remove from heat. Cool completely.



Brush pineapple wedges with some of the sauce. Place pineapple on oiled grill of BBQ. Grill over hot coals 5 minutes or until glazed, turning and basting often with sauce.

Serve pineapple with ice cream and remaining sauce. Garnish as desired. Refrigerate any leftover sauce.

** Prep time: 15 mins. Cook time: 15 mins.

*You may substitute other fruits, such as halved peaches, nectarines, or thick slices of mangoes, for the pineapple.

***Leftover sauce may be reheated in microwave and stir for 30 seconds at a time.

FOOD SAFETY AND BBQ

There are a few things to remember about BBQ when it comes to food safety. Remember that the way you handle the meat will translate into your recipe in some way.

FROM STORE TO HOME

The first concern you should have is purchasing healthy product and getting it from the store to your home. Using cooler bags are ideal for Perth conditions. Cross contamination (the spread of germs from one surface to another) is incredibly easy to do in a kitchen. Here are some tips:

- Purchase well wrapped packages that are not leaking
- Work with a butcher that you know and trust
- Keep raw meat away from any other product
- Go from the store to your home, without any stops
- You need to keep all food that is perishable (like your meats!) cold. Refrigerate within an hour of purchasing when the temperature is above 30 degrees. Otherwise, you have less than two hours to get the product home and stored properly
- Freezing meat is an option, but you should never freeze product, thaw it and then refreeze it
- Keep all goods cool at all times.



THAWING SAFETY

If you have stored your meat in a frozen state, you need to thaw it properly before you use it. Thaw it within the refrigerator, on the bottom shelf in a pan. Sealed packages may be thawed in a cold, running water. If you do use the microwave to defrost your meat, use it right away. However, this is not the preferred method of preparing your meat.

MARINATING TIPS

Some people do like to marinate their meat before BBQ. If so, do so in a refrigerated area. It is a recommendation that you keep marinating safe by limiting it to no more than five days for beef, veal, pork, lamb roast or steaks. Chicken should not be marinated more than two days. Keep them within a covered container or sealed package during marinating.

KEEP SURFACES CLEAN AND SANITARY

Keeping your work surfaces and tools clean.

Raw meat contains bacteria you do not want to expose your guests to. However, the cooking process will kill those bacteria. In order to prevent food borne illness, you want to follow these tips:

- Wash your hands with hot, soapy water for at least 20 seconds before handling any food or utensils.
- Use one cutting board for meat only. Color-code it red to help prevent transfer of bacteria.
- Be sure that you use only one set of utensils for raw product and fresh utensils for food that is completed.

COOKING PROPERLY

No matter what method of cooking you use, most products need to be cooked thoroughly. This is the only way to kill harmful bacteria in your food. To know when your food is done properly, you need to ensure it reaches a specific, minimum internal temperature. Just because it looks done on the outside does not mean that it is done on the inside.

- For beef, veal, and lamb, steaks, roasts as well as chops, food needs to be cooked to at least 50 degrees C or 145 degrees F.
- For hamburgers that are made of ground beef, cook the meat to an internal temperature of at least 70 degrees C or 160 degrees F.
- For pork (all types) cook the meat to an internal temperature of 70 degrees C or 160 degrees F.
- For all poultry products, an internal temperature of 75 degrees or 165 degrees F needs to be reached.

Never serve grilled meats or poultries partially and finish them later. This simply does not allow the adequate temperature to be reached.



SERVING AND KEEPING IT HOT

Timing is critical in a BBQ. You want to ensure that the food you are preparing can be safe from the time you finish cooking it until you get it to your guests. Here are some additional tips to keep in mind.

- Place cooked food on clean platters.
- You can reheat food, but you do need to get it up to a temperature of at least 75 degrees C or 165 degrees F again.
- Keeping food hot is necessary. After preparing it, keep it at least at 60 degrees C or 140 degrees F or warmer until it is consumed.
- Place meat on the top shelf of a low oven to keep it warm if your timing is off.



HOW ABOUT SMOKING?

Smoking meat is the process of cooking food indirectly from the presence of fire. It is a type of cooking that also needs to be maintained to ensure that food safety is always a factor.

Smoking is a slower form of cooking. Keep your smoker temperature at 120 degrees C or 250 degrees to 145 degrees C or 300 degrees F at all times for safety. You also need to ensure that the meats reach the same internal temperatures listed above even though you are smoking it.

KNIFE SHARPENING

Whether you're a sushi chef slicing thin slivers of fish a backyard BBQ champion, you are likely to know the importance of having a sharp knife. Not only does it make them considerably easier to use, but it also prevents you from potentially ruining your BBQ or cutting yourself. Don't put yourself at risk by using a dull blade.

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 remains blunt, it may be time to return to the stone to bring back the edge, but that's another story.



Margaret River Fresh. The Choice is Obvious.

Margaret River Fresh beef is raised in the world's most perfect environment: where unique natural elements combine to create lush green pastures on the rich, red loamy soils of the Karri Forest. Here in the renowned Margaret River region, sweeping south-westerly breezes from the pristine Southern Ocean constantly refresh and rejuvenate all in their path.

Farming communities and viticulturists in the area jealously guard and protect their national and international reputation of unspoiled, rural and environmental perfection.

Initially famous for its production of fine wines, Margaret River is now equally renowned throughout Australia for the inimitable flavour and tenderness of its quality beef.

Our beef growers work tirelessly to improve their herds and are constantly upgrading their genetics and standards to maintain the distinction the locality enjoys.

The "Margaret River Fresh" trademark is registered with IP Australia to the Western Meat Packers Group (WMPG) and is used exclusively to package the group's premier products.





Margaret River Fresh Offerings

Margaret River Fresh beef has a “natural advantage” over other meat producers. Our cattle are selected after grazing on their natural pastures and have been raised and fattened almost exclusively on pasture.

The temperate climate, regular rainfall, and the rich and verdant countryside of the province, mean there is little need for chemical fertilisers, or reliance on hormone growth promotants, to achieve marketable product weights.

To ensure shelf life and maintain the premium tenderness, juiciness and flavour that define the eating quality of our product, all cattle are backgrounded and processed under AUS-MEAT's stringent specifications.

This enables the beef to be marketed as grain-fed.

Margaret River Fresh Beef is also independently graded by Meat Standards Australia (MSA) and is available in the following categories:

- Margaret River YG Grain-Fed and Grass-Fed Beef
- Certified Organic Beef
- Angus Beef

All WMPG Feeders adhere to feed lot best practice. Our feeding programs are operational twelve months of the year and feeding regimes are strictly monitored with all animal's rumen tested.

This feeding regime, along with ageing the prime cuts, results in a more consistent product and ensures a succulent juicy steak.

All of this serves to provide a truly a unique gastronomic experience making our products the perfect choice for you and your family and friends.





Margaret River Fresh A Cut Above the Rest at the Perth Royal Branded Beef Awards

We are very proud to announce Western Meat Packer's Margaret River Fresh brand was awarded a trophy case full of prizes at the 2022 Perth Royal Branded Beef Awards.

The Perth Royal Food Awards (PRFA) have become an important part of the agricultural industry in Western Australia and presents producers with the chance to benchmark their products in the beef industry and provides differentiation in the market for award winners.

Gold, silver and bronze medals are awarded based on tenderness, juiciness, flavour, overall liking, and visual.



The highest gold medal entry for each class is awarded the class champion title. The WA Beef Champion title is selected out of all the Gold winners across all classes.



This year, WMPG - Margaret River Fresh - Export Premium Steer was awarded two Champion titles... **Champion WA Beef** AND **Champion Open Beef**. In addition to these two Champion awards, we were recognised with one gold and two silver awards:

- Margaret River Fresh Angus Beef - awarded **Silver** in the Grain-Fed Beef category.
- Margaret River Fresh Wagyu Beef - awarded **Silver** in the Wagyu category.
- WMPG – Margaret River Fresh Premium Steer - awarded **Gold** in the Open category.

This year's results enhance an already incredible tally of awards and medals. Our repeated success in being recognised and rewarded validates our focus on quality and our commitment to offering a premium beef product.



margaretriverfresh.com.au