



ORDER SPECIFIC CUTS OF WAGYU BEEF NO LIMITS!



WAGYU BEEF + SPECIALS + RECIPES

01 ABOUT ONLINE FOODS

*Who we are
Our Online Foods Website*

02 BE OUR VALUED CUSTOMERS

*Avail discounts and promos by
being one of our valued customers*

03 OUR FARM

Our Cattle's Breeding Ground

01 WE ARE A NEW COMPANY, NEW ZEALAND OWNED AND OPERATED. WHAT MAKES US DIFFERENT IS THAT OUR CUSTOMERS WILL BE ABLE TO ORDER SPECIFIC CUTS OF WAYGU BEEF - NO LIMITS AND NO MINIMUM QUANTITIES!

VISIT OUR NEW WEBSITE

Our new website www.onlinefoods.co.nz is now up and running! Check it out to see our complete selection of MPI Certified Wagyu beef cuts, prices, tips and recipes.

You can now select, shop and have it delivered frozen and well packed directly to your door.

02 BE OUR VALUED CUSTOMER

You can also create a customer's account to become one of our valued customers who will avail our promos and discounts.

Visit www.onlinefoods.co.nz for a hassle-free purchase of the NZ's best meat!

04 SPECIALS!

GET OUR WAGYU BEEF MINCE FOR ONLY \$12 PER KG

05 JEANNIE'S CORNER

New Sumptuous Recipe from Jeannie



UNIT 1 #7 TORRENS ROAD
EAST TAMAKI, AUCKLAND 2013
021 079 4976
ONLINEFOODSNZ@GMAIL.COM



WWW.ONLINEFOODS.CO.NZ

Heaven on Earth

Mangonui, NZ



We are stocking New Zealand Grass Feed Purebred Wagyu Beef with a marbling scores between 6+ to 7+ with high tenderness also. This meat has been aged for three weeks in a chiller before being broken down by qualified butchers into cuts, mince and sausages. Our future plans include adding more products to our online store as business gets into gear. We are looking to expand our range and will eventually provide other selection of meat, organic poultry and bacon. All of the product we will be adding to our range will be New Zealand grown and produced, such as honey, cheeses, chutneys, nuts, wines etc. Just like you see at the Farmers Markets.

03

"We value and practice exceptional customer service, you can expect efficient service with a smile."



04

WAGYU BEEF SPECIALS

MINCE & SAUSAGES



EYE FILLET, SCOTCH FILLET, SIRLOIN STEAK, PRIME RIB ROAST

\$40
per kg.

ALL OTHER WAGYU BEEF CUTS

\$20
per kg.

BE OUR REGULAR
CUSTOMER
AND
GIVE YOUR DOGS A
TREAT..

FREE
BRISKET
BONES

GRAB IT WHILE THEY LAST!

CLICK THIS CART TO START SHOPPING



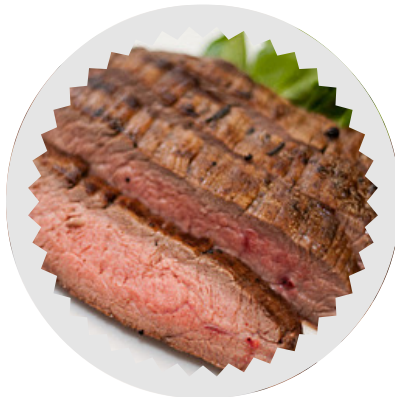
Jeannie's Corner

Recipes & Tips

Ingredients:

1/2 teaspoon whole coriander seeds
1/2 teaspoon whole cumin seeds
1 1/2 tablespoons ground ancho chile powder
Pinch hot red pepper flakes
1/4 cup olive oil
600 to 1 kg Flank Steak
Salt and pepper to taste

FLANK STEAK



Cooking Method:

Toast coriander and cumin in a skillet over medium heat until fragrant, around 5-8 minutes. Let cool, then grind in a spice grinder. Combine with ancho chile, pepper flakes and olive oil, stir then coat meat with it. Cover and refrigerate for 2 to 3 hours or overnight.

Prepare a grill. If using a grill pan, heat over high heat for a minute or two. Season meat well on both sides with salt and pepper. Grill until thickest part is medium-rare.

cooking time will depend on the thickness of the cut. if you press your finger on the meat it should be springy

Let meat rest for 10 minutes, then slice thinly against the grain.

Ingredients:

Wagyu Beef-
Corned Silverside
Brown sugar
Salt
Cider vinegar
Garlic
Paprika
Onion
Carrot

CORNE SILVERSIDE



Cooking method:

The corned silverside is particularly tender and tasty. It has been cured with only brown sugar and salt, so no nasty chemicals or dyes.

Fill the pot with enough water to cover the meat and add a tablespoon of Cider Vinegar, 1 tablespoon of brown sugar, a few cloves, paprika (smoked paprika if preferred), one finely chopped onion and carrot, crushed clove of garlic (you can add more if you want to increase the garlic taste).

Cook in a pot on the stove or in a slow cooker.

Simmer very gently until tender usually about 1.25 hour. When I cook this on a gas stove I bring the water to the boil then I cook on the smallest element at the lowest flame.

When gently cooked it can be left in the cooking brine to rest until ready to serve.

If any is left over I usually pop the unused meat back in a bowl with a few tablespoons of cooking liquid over night.

Great for cold cuts the next day maybe that salad picnic at the beach.