

# ONLINE FOODS

ISSUE 2  
APRIL 2016

Beef Cuts & Cooking Method

**WAGYU BBQ**

New & Exciting Recipe  
from Jeannie

**AUTUMN  
SEASON  
RECIPES**

PROMO PRICE  
FOR ALL OUR  
PRODUCTS  
EXTENDED!

Until  
30.04.2016



# Autumn Slow Cook BBQ Season

This is one of the best times of the year for BBQs.

Our focus this month is all about the great cuts you can use for your slow cook BBQ.

We feel that there is a growing awareness to use lower grade cuts in BBQs.

The resulting flavour and tenderness from the slow cooking is really worth the time and effort.

These lower cost cuts are remarkably good when prepared and cooked correctly.

Summer BBQs traditionally focus on cuts such as sirloin, scotch, rump and sausages.

For Autumn, you may want to look at different cuts such as flank, skirt, blade steak, short ribs or brisket.

The Slow Cook style includes bringing, rubs, marinades, grinds, basting, and careful smoking. Slow cooking creates dishes with juicy tenderness and full caramelised flavours.

## AUTUMN SPECIALS

Fillet, Scotch & Sirloin \$40/kg.

**All the rest \$20/kg**

Mince & Sausages \$12

*On our Website there are a good selection of low cost Wagyu cuts great for Autumn BBQs.*

*Wagyu has a very unique taste and texture.*

*The blade steak casserole on our website is amazing, it melts in your mouth as you eat it, full of juicy flavour and that rich Wagyu oils and texture.*

*If you can make it a day before you serve it is even better.*

**SHOP NOW**

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# Jeannie's

corner

*"The blade steak casserole on our website is amazing, it melts in your mouth as you eat it, full of juicy flavour and that rich Wagyu oils and texture."*

## INGREDIENTS

- 2 cloves crushed Garlic
- 1 cup (250ml) light soy sauce
- 1/4 cup (55g) brown sugar
- 1 tablespoon Worcestershire sauce
- 1/4 cup (60ml) cider vinegar or 1/4 cup red wine
- 1 teaspoon fresh chilli flakes
- 2 teaspoons hot mustard
- 1kg waygu skirt or flank steak
- Coriander relish
- 1 bunch coriander leaves, chopped, plus extra sprigs to serve
- 1/4 cup (60ml) Olive oil
- 2 tablespoons lime juice, plus lime wedges to serve
- 1 long red chilli, seeds removed, chopped
- 1 Tbs plum sauce
- 1 teaspoon grated palm sugar or brown sugar

## METHOD

- 1 Combine the garlic, soy, sugar, Worcestershire sauce, cider vinegar, chilli and mustard in a shallow, non-metallic dish, whisking to dissolve the mustard, then season with sea salt and freshly ground black pepper. Add the beef and marinate in the fridge, turning occasionally, leave over night. If the marinade needs a top up add wine.

## Barbecue Skirt Recipe



# BEEF CUTS



## COOKING METHOD

### CHUCK

Blade Chuck Roast: Slow Cooking  
Blade Chuck Steak: Grill or Broil/ Slow Cooking

Chuck Eye Steak: Grill or Broil/ Skillet/ Stir fry  
Flat Iron Steak: Grill or Broil/ Skillet/ Stir fry  
Short Ribs, Bone-in: Slow Cooking

### RIB

Ribeye Roast: Roast  
Ribeye Steak: Grill or Broil/ Skillet  
Ribeye Roast Boneless: Grill or Broil/ Skillet  
Ribeye Fillet: Grill or Broil/ Skillet-to-Oven

### SIRLOIN

Top Sirloin Steak: Grill or Broil/ Skillet/ Stir fry  
Sirloin Steak: Grill or Broil/ Skillet/ Stir fry

### BRISKET

Brisket Flat: Slow Cooking

### PLATE & FLANK

Skirt Steak: Grill or Broil/ Skillet/ Stir fry  
Flank Steak: Grill or Broil/ Stir fry  
Short Rib, Bone-in: Slow Cooking

### OTHER

Ground Beef & Patties: Grill or Broil/ Skillet

