

# From the Kitchen



Issue No. Six | May 2015

## Welcome

... to the sixth issue of 'From the Kitchen'. In this issue we bring you information on the new training seminars being put together by Hospitality New Zealand and NZ Chefs Association. We feature beef oxtail and lamb topside including recipes from our Ambassador Chefs, Marc Soper and Reon Hobson and we hear all about Ryan Tattersall's second Ambassador Series dinner and what cuts and flavours he is using on his autumn menu. Enjoy.



## The Ambassador Series

Throughout 2015 our talented Ambassador Chefs will be hosting their own special ticketed event in their respective restaurants. The Ambassador Series is a chance for our Ambassador Chefs to invite diners to experience their skills with beef and lamb firsthand.

First up this year was Ryan Tattersall from Cobar Restaurant in Wellington.

Ryan created a superb five course beef and lamb degustation where he utilised traditional cooking methods with some new and exciting flavour pathways.

[Click here](#) to read about Ryan's dinner

## Beef and Lamb Training Seminars with Hospitality NZ and NZ Chefs Association

Hospitality New Zealand and the NZ Chefs Association have joined forces once again following their very successful 'Food Costing and Menu Engineering' seminars to bring a new seminar series called 'How to get the best out of beef and lamb on your menu'.

This new seminar series will be all about getting the best out of beef and lamb on restaurant menus and will include a booklet of tips and recipes designed to assist chefs and kitchen staff in the preparation and presentation of modern beef and lamb dishes focusing on secondary cuts and cooking methods.

It has been said beef brisket and lamb belly will become the new lamb shank. It's well known the product that comes from the working muscles of Quality Mark beef and lamb carcasses will delight the taste buds with deep intense flavour when cooked correctly.

Slow moist cooking methods such as braising have been around for a very long time, but over recent years have become more appreciated by an increasing number of diners. Whether you serve perfectly cooked secondary cuts as they are, or turn them into tasty additional components adding texture and flavour to your beef and lamb dishes, you will add a whole new dimension to your customers dining experience. The range of options to utilise secondary cuts of beef and lamb are endless.

[Click here](#) to find out more about the up and coming seminars in your region.



## What's Trending Overseas?

It's always a great source of inspiration to read about what's trending on menus overseas. American online magazine *Flavour & The Menu* looks at the restaurant industry through the lens of flavour, and for 15 years has been the trusted authority on flavour trends in the United States and around the world.

[Click here](#) to read about their top ten trends for 2015.

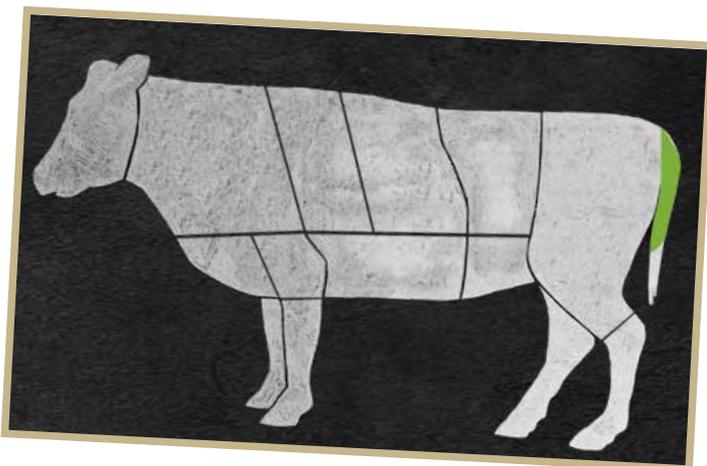


## Spotlight on... Oxtail



Fairly obvious, the oxtail comes from the tail part of the anatomy with a large bone to muscle ratio.

When cooked, the collagen melts down rendering a tender, rich flavour ideal in stews, while long, slow braising in a liquid will achieve the most tender result with maximum flavour.



## Ambassador Chef Tips

The humble oxtail is often regarded as a throw-away or secondary cut, however oxtail is one of my preferred beef cuts. It's full of flavour and just needs a little extra time to draw out the rich meaty flavour it possesses. It's best cooked over a long period of time either in the oven or a slow cooker covered with stock and aromatics. With a large bone to muscle ratio, the collagen melts down rendering a tender rich flavour. Here at Pescatore, we cook oxtail in a water bath for 17 hours until the meat is falling off the bone. We then use the meat in stews, pasta and risotto or use it as an accompaniment to a prime cut to add flavour and texture variation to a dish.

### Tips to get the best out of oxtail:

- Ask your butcher to cut down the oxtail if it's being sold whole
- Brown the oxtail in a heavy based pan with a little oil first to develop more flavour before covering it in your stock
- Cook low and slow - begin with 3 hours in the oven at 160°C or use a slow cooker
- Pull the meat from the bone while it's still warm
- If possible vacuum-seal, if not it will last in the fridge for around five days
- Use the meat in stews, pasta and risotto
- Reheat the meat in the sauce or soup you serve it in, however for a textural variance you can pan fry it on a high heat to crisp the meat before using
- The remaining stock can be used for making soups and sauces

[Click here](#) for Reon's Oxtail recipe

Recipe courtesy of Reon Hobson, Pescatore, The George, Christchurch



## Spotlight on... Lamb Topside



The lamb topside is found in the short cut leg area above the silverside and near the rump. With a slightly coarser grain than the thick flank, lamb topside is a medium tender cut.



## Ambassador Chef Recipe

**Wharekauhau Farm lamb topside steak and braised shank bon bon with roasted carrot, citrus and garden bean salad, feta cheese, roasted almonds and olive oil dressing.**

Serves 4

### Lamb

2 pieces Quality Mark lamb topside, trimmed (approx. 300g each)

Oil for cooking

4 tsp flaky salt

1 tsp toasted cumin seeds, crushed

1 tsp fresh rosemary chopped

### Cooking the lamb

Mix together flaky salt, toasted cumin seeds and fresh chopped rosemary. Cut the lamb into steaks and sprinkle the seasoning over the lamb. Heat a pan with a little oil and seal and caramelize on both sides before finishing in the oven approximately 6-10 minutes at 175°C. Remove from the oven and allow to rest for several minutes before slicing across the grain.

[Click here](#) for the full recipe and all other elements



*Recipe courtesy of Marc Soper, Wharekauhau Estate, Wairarapa*

## What's Coming Up?

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The next **Ambassador Series Event** will be hosted by Reon Hobson, Pescatore, The George, Christchurch. Reon will be serving a five course beef and lamb degustation dinner to indulge your senses on Wednesday 10th June. [Click here](#) for more information.

**Hector's Restaurant** at the Heritage Hotel in Auckland have held the Beef and Lamb Excellence Award for several years now and this year have decided to showcase chef Jinu Abraham's skills by holding a beef and lamb degustation dinner on **Saturday 13th June**. This is a great way for any of the Excellence Award restaurants to promote their achievement and we are happy to help promote any beef or lamb celebration you may wish to hold throughout the year, if you are a current holder of the Beef and Lamb Excellence Awards. [Click here](#) for more information on dinner at Hector's Restaurant.

The **Nestle Toque d'Or** competition will be held on Thursday 30<sup>th</sup> July at the Showgrounds in Auckland. Teams are sharpening their knives and polishing their silver service to take out the top award in the 25th anniversary year of the competition. Beef + Lamb Platinum Ambassador Chef, Darren Wright has been appointed chief judge for the competition and will also be demonstrating his talent with beef cuts at a special cooking demonstration on Friday 31<sup>st</sup> July as part of the NZ Chefs National Salon. [Click here](#) to follow Nestle Toque d'Or on facebook.

Applications open for **The 2016 Beef and Lamb Excellence Awards** on 1st July. As New Zealand's longest running culinary awards, Beef + Lamb New Zealand will be celebrating 20 years of recognising and rewarding New Zealand chefs and restaurants for their excellence in beef and lamb cuisine. [Click here](#) to register your interest in entering.

We hope you've enjoyed this issue of 'From the Kitchen'. If you have any feedback for future issues or any further questions on the content in this issue, please contact me at [lisa@beeflambnz.co.nz](mailto:lisa@beeflambnz.co.nz) or call 09 489 7119.

'Til next time,

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TOUGH STANDARDS.  
TENDER RESULTS.

