

FROM THE

Kitchen



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Welcome to issue ten of 'From the Kitchen'. With the year racing by it's almost time to call for entries for the 21st annual Beef and Lamb Excellence Awards. Keep an eye on our website and in the mail for an application pack. Also in this issue, we have tips and recipes from our Ambassador Chefs on using raw beef and cooking sous vide style and you can read all about the first Ambassador Series dinner held in Arrowtown earlier this year.

SIGN UP AND WIN!

Did you know Beef + Lamb New Zealand has a regular blog featuring recipes, nutritional information, industry updates and much more?

Sign up to receive our blog during the month of June and go into the draw to win a copy of The Great New Zealand Cookbook. [Click here](#) to sign up.

THE GREAT NEW
ZEALAND
Cookbook



REGISTER YOUR INTEREST NOW!

If you would like an application for the next round of Beef and Lamb Excellence Awards [click here](#) to register your interest. You'll be given the opportunity to join the acclaimed team of restaurants and chefs recognised for their excellence in New Zealand beef and lamb cuisine; currently held by more than 170 restaurants nationwide. If you reach the standard you will receive a gold plate to hang in your restaurant as a promise to your customers to expect exceptional beef and lamb cuisine every time they dine at your restaurant.

APPLICATIONS OPEN 1ST JULY 2016

2016
BEEF AND LAMB
AMBASSADOR SERIES

2016 Ambassador Chef, Andi Bozhiqi kicked off this year's Ambassador Series with an amazing five course degustation in April. The cosy and rustic decor of The Millhouse Restaurant in Arrowtown was the perfect backdrop for Andi to showcase the best of his beef and lamb dishes such as his barrel smoked lamb rump and lamb neck sandwich. Read more about Andi's dinner [here](#).



The next dinner will take place at Logan Brown in Wellington where Shaun Clouston will be presenting his Ambassador Series with a one-off four course tasting menu. [Click here](#) for more details.

NZ CHEFS NATIONAL SALON 2016

With the **NZ Chefs National Salon** fast approaching there will be teams of hospitality and school students around the country planning and practicing for this annual exciting event.

Beef + Lamb New Zealand Inc is delighted to be supporting New Zealand's future chefs once again through the **Toque d'Or** competition, giving students the opportunity to work creatively with New Zealand beef and inspiring them for their future careers in the foodservice industry.

The **Beef + Lamb New Zealand Secondary School Challenge** is another event we are sponsoring this year to encourage NZ high school hospitality students to roll up their sleeves, get creative with beef and lamb and test their skill at competition level.

For further information on all competitions [click here](#).





KEEPING IT RAW

2016 Ambassador Chef, Andrew Clarke of Victoria Street Bistro in Hamilton, recently demonstrated three fantastic ways to use raw beef at the Great NZ Foodshow at Mystery Creek.

Andrew says the key to success when creating dishes such as a carpaccio or tartare is to use a good quality cut such as eye fillet ensuring excellent tenderness. Another tip is to trim and then tightly roll and wrap the eye fillet in cling film and place in the freezer for four hours. This makes it easier to cut even slices for the carpaccio or dice small pieces for the tartare. Serving raw dishes with fresh ingredients and some acidity to cut through the rich beef, brings these dishes together to create some wonderful fusions of flavour and texture.

Click here for three of Andrew's raw beef recipes.

IT'S IN THE BAG

Sous vide is a french word meaning 'under vacuum' and was first credited to French chef George Pralus in 1967. In culinary terms, it has come to mean a process of cooking under vacuum in sealed pouches (oxygen barrier bags), at precise and sometimes low temperatures and often for long times. So what is the advantage of using this method of cooking?

We asked Ambassador Chef, Reon Hobson why he uses sous vide in his kitchen and he said consistency in the cooking of the meat is the biggest reason. Sous vide also locks in the flavour of the meat, as there is no loss of flavour from evaporation and it also produces a better texture as this method does not destroy the protein structures which higher temperature cooking sometimes does.

Reon says any cut of beef or lamb will work well with sous vide and you are only limited by your imagination and budget (a vacuum pack machine big enough to seal a leg of lamb isn't cheap). A general rule of thumb is prime cuts will be cooked at lower temperatures anywhere from 50-65°C and secondary cuts at a higher temperature of 80-90°C.

The most important part of preparation when cooking sous vide is to have the cuts of meat the same size and weight and ensuring the meat is spread out evenly in the bag when vacuum sealing it. Avoid layering the meats on top of one another or you will get different degrees of cooking. Reon also says to avoid using olive oil if you are cooking for more than two hours as it has a tendency to give the meat a metallic taste.

Click here for more tips and a recipe from Reon.



TILL NEXT TIME - *bon Appétit*

We hope you have 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 or call 09-489-7119.

Till next time,

Lisa Moloney

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