

THE
BUTCHER'S BLOCK

BY PETER ✪ AUGUSTUS

Spring 2018

DRY AGEING

An age-old tradition
back on the menu

REVERSE SEAR

The best way to cook
a medium-rare steak

SPRING IS

The season for lamb



Recipe for
Dry-aged
Wagyu
rump cap

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Welcome to the Spring edition of The Butcher's Block - Peter Augustus' seasonal guide to various cuts, new cooking methods and tasty recipes from top chefs to try. Take a copy home and enjoy. If you ever have any questions, you can always ask our friendly staff instore for guidance.

AGE OLD TRADITION BACK ON THE MENU

Dry-aged beef has been the go-to on steakhouse and restaurant menus for years. And there's a good reason why.

The melt-in-your-mouth texture, rich flavour profile, deep red shades and distinct aroma of this aged meat when cooked to perfection make it an unbeatable choice for beef-lovers who want an experience for the senses.

And while dry-aged beef went out of vogue in the 1960s, when the process of wet-ageing meat meant it could be done cheaper and faster, today it is back on the menu as customers seek its unique flavour profile.

At Peter Augustus, we dry-age our beef instore so you can purchase it ready to cook, without having to do any of the work (or waiting).

Our dry-aged beef is stored in a dedicated temperature- and humidity-controlled environment for a minimum of 28 days - the optimum time to develop a delicious, more intense beef flavour and increased eatability (decreased chew resistance).

Choose between either a whole dry-aged loin/primal to take home or simply opt for individual steaks, which can be cut to your weight preference. We primarily do three different cuts: sirloin, rib eye and rump, all with the bone in.

We're also happy to offer dry-aged beef to order for our customers. It's the perfect option for those who wish to experiment and find a very specific flavour profile, custom-aged to taste. You can purchase a primal, weighing in from as little as seven kilograms, and we'll dry-age it in store to your desired timeframes.

Some might like it 50 to 55 days, while others may push it out to a full 70 days. You can drop in and we'll cut a slice off for you at different times in the ageing process, so you can take it home to cook and taste the wonderful variations that dry-ageing offers.

Once you know your preference, you can dry-age your next beef order to perfectly suit your tastes, down to the day.

THE SAME TO COOK, JUST BIGGER ON TASTE

Don't be scared when it comes time to cook dry-aged beef. Just because it's seen as a bit "gourmet", doesn't mean you have to treat it any differently.

You can cook it like any normal steak. Our top tip?

Don't overcook it - ideally not past medium-rare. It's also delicious on the barbecue and as a roast when cooked on the bone.

Try our dry-aged beef and taste the difference today.

HOW TO REVERSE SEAR THE PERFECT MEDIUM-RARE STEAK

By Dean Bradley, from the Nobull BBQ Competition Barbecue Team

Recently the Angus Tomahawk at Black Hide was voted best steak in southeast Queensland and we've sourced it direct from the supplier here at Peter Augustus. Make southeast Queensland's best steak to perfection with this reverse sear recipe.

You've probably heard people talking about reverse searing, and it really is the best way to cook the perfect steak every time. This method will have you cooking steaks better than most steakhouses you've eaten at.

METHOD

You'll need a decent thermometer that takes the internal temperature to check for doneness. Today we are cooking medium-rare 55C/130F.

STEP 1

Find yourself a quality piece of steak worthy of the time you're going to invest in this process. It should be at least one inch thick - the thicker the better. I like tomahawks or bone-in rib eye.

STEP 2

You'll need some of your favourite commercial beef rub, or salt and pepper to taste works great.

STEP 3

Pre-heat your weapon of choice to 135C/275F. You can use your oven but I also like to use a Weber kettle.

STEP 4

Put your steak in the oven or on your cooker/smoker using indirect heat. You can add some smoking wood over the charcoal for extra flavour.

STEP 5

Cook/smoke the steak until it reaches an internal temperature of 52C/125F for medium-rare or just under your desired doneness. The internal temperature will continue to rise from the searing.

STEP 6

Remove and rest for 15 minutes covered with foil in a warm spot.

STEP 7

Get your cooker/smoker (or a cast iron skillet if you've used your oven) as hot as you can get it. Hit your steaks with the dry rub or salt and pepper.

STEP 8

Sear the steaks on both sides. It should only take a minute to get a nice crust.

STEP 9

Because the steak has already rested and been cooked almost up to full temp so gently it doesn't need to be rested again. Take your steak off the heat and eat.

RECIPE: DRY AGED WAGYU RUMP CAP

With beef fat mash, black garlic oil and roasted mushrooms. By Damon Porter - Head Chef at Vaquero Brisbane

INGREDIENTS

2-4 dry aged Wagyu rump caps (dry aged yourself or from any good butcher)

40 medium cloves garlic, minced
1 cup roasted sesame oil

FOR THE BEEF FAT MASH

1kg potatoes
100g butter
100g smoked rendered beef fat
2 garlic cloves
2 sprigs of thyme

FOR THE ROASTED MUSHROOMS

10 Portobello mushrooms
2 sprigs each, rosemary and thyme
150ml olive oil
Sea salt

FOR THE BLACK GARLIC OIL

1 cup canola or vegetable oil

METHOD

For the method head to www.steakschool.com and search 'dry aged'.

THE RECIPE • RECI

SPRING: THE SEASON FOR LAMB

Spring is in the air and it's the perfect time to try some delicious lamb. This tender meat is in season and the moderate weather is ideal for either cooking up a roast inside or stepping out to throw a few cutlets on the BBQ.

At Peter Augustus, our lamb is sourced from the grassy slopes of the Darling Downs, just west of Brisbane. By working with two small local growers who maintain a very high level of quality assurance, we are able to offer you a consistent, more succulent-flavoured lamb on your plate every time.

This also allows us to alternate between two lamb breeds - the Dorper and Texal - both of which have a great reputation for high-quality lamb meat, with well-sized eye muscle which makes great cutlets and good intra-muscular fat promising more moisture, flavour and tenderness.

In-store we offer every cut of lamb that you can possibly imagine - from boneless shoulders ideal for roasting, smoking and braising to succulent pieces of loin that make a great cutlet on the grill or BBQ.

Drop in and pick up a short loin like lamb backstrap, which is great to grill or sous vide, or a leg of lamb for a delicious family roast.

We can help you find the right selection for what you want, and offer tips on the best ways to cook it.

Peter Augustus also offers a wide range of other tasty, top-quality lamb products, including seasoned rolled lamb belly, lamb koftas and lamb sausage rolls, as well as a wide range of sausages, from lamb, mint and rosemary to moroccan lamb flavours.

Of course, shoulder and leg lamb is a great choice for dicing as well, which we can prepare in store to your request. We can also portion up a range of cuts to order, to suit your preferences.

And for the perfect accompaniment to your lamb this season, you'll also find some amazing condiments worth trying too.

Ask our friendly butchers in-store for more information on our large range of succulent lamb products.

