

THE  
**BUTCHER'S BLOCK**

BY PETER AUGUSTUS

Autumn 2019

**MAKE AUTUMN CRACKLE**

How to cook the perfect pork  
and get the best crackling ever

*Become a  
Barbecue  
Master*

Peter Augustus'  
Top Tips

[WWW.PETERAUGUSTUS.COM.AU](http://WWW.PETERAUGUSTUS.COM.AU)

Welcome to the autumn 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 in store for guidance.

In this edition, we welcome in autumn with dishes focusing on pork and its versatility. But we're not quite ready to let go of summer, so we've included some top barbecue tips to help you perfect those crisp autumn evening barbecues.

Speaking of crisp, we've included a classic recipe and how-to guide for the perfect pork crackling.

## DELIVER PORK PERFECTION THIS AUTUMN

As the season changes and the weather cools (finally), we look to warmer dishes and comfort food for our family. At Peter Augustus, we find the autumn months the perfect time to include more pork in our dishes.

Pork is the culinary name for the meat from the domestic pig. It's the most commonly consumed meat in the world, which is surprising as it's often the forgotten protein.

Pork has changed significantly over the past 50 years as breeding techniques have been introduced to produce pork that is leaner and lower in calories, saturated fat and cholesterol. This makes pork a healthier option.

At Peter Augustus, we source our pork from Gooralie Free Range Pork near Goondiwindi on Queensland's Darling Downs. Gooralie Pork is Free Range APIQ certified and approved by the RSPCA. The pigs are fed a natural, nutritiously balanced diet free of chemical residue, antibiotics and hormone growth promotants.

We know meat raised with care is better for animals, for farmers, and for you too. And when it gets to your plate, you know the difference in quality.

Pork is a really versatile meat, too. Whether it's bacon for breakfast, ham for lunch, or roast, gourmet sausages or delicious pork chops for dinner - there's a cut to suit every dish.

## RECIPE: HOW TO COOK PERFECT PORK CRACKLING

Perfecting crispy pork crackling is both a science and an art. It's the cherry on the top of a delicious roast meal and when done well, turns a simple dish into a delight.

### INGREDIENTS

*Pork loin roast with rind*  
Oil  
Salt



### METHOD

1. Remove the pork roast from the packaging and place on to a plate lined with paper. Place into the fridge overnight to help dry out the skin. Moisture is the enemy of good crackling. After removing the roast from the fridge, pat it dry with a paper towel to remove any moisture that has come to the surface.
2. Make sure the roast is perfectly scored - this is what ensures you get really good crackling. Scoring is the process of adding uniform cuts to the surface or the food using a sharp knife.
3. You can ask our butchers to pre-score it for you in store, but always check that the rind can pull apart in the scoring. If it's just scratched on the surface, it will hinder the crackling process. You may like to deepen the scores, just be careful not to cut into the meat.
4. Rub a generous amount of olive oil into the roast, making sure it's nice and deep in the roast.
5. Sprinkle salt on top and work it in well so it gets into all the score marks on the rind. Salt and oil is the secret.
6. Cook for 220°C for 20 minutes.
7. Turn the oven down to 180°C and cook for 45 minutes per kilogram.
8. Once cooking time is complete, check the crackling. If it's not fully crackled, turn the grill up to about 220°C and pop the roast back in for 4-5 minutes. Keep a close eye on it so it doesn't burn.
9. Taste test a piece for the crunch factor, then serve it up.

For more info and tips, check out the Pork Australia website:  
[www.pork.com.au/how-to-videos/](http://www.pork.com.au/how-to-videos/)

## PETER AUGUSTUS' TOP BARBECUE TIPS

Brisbane's long summer is an opportunity to continue dining outdoors, especially using the barbecue. In the previous edition we touched on cooking the perfect steak on the barbecue, but this guide will help you master the art of barbecuing in general.

Although seen as a relatively easy form of cooking, the perfect barbecue meal is actually a highly orchestrated event requiring a reasonable amount of concentration and planning. The following tips are designed to help you become a barbecue master so you'll never cremate another sausage, overcook a steak or have different parts of the meal ready at different times.

### PREPARING THE BARBECUE

- Always make sure your grill and cooking surfaces are clean. A dirty grill will affect the flavour and cooking quality of your meat – and it will often end up sticking to the surface.
- 10 minutes before you want to cook, pre-heat the grill on high heat.
- At this point, you may want to oil the grill. We'd recommend you don't do this and instead apply the oil to the meat directly. The reason for this is that most cooking oils have a low smoke point, so applying them directly to grill will mean they burn off quite quickly.

### TEMPERATURE CONTROL

Controlling the heat is important and many barbecues have built-in thermometers. If yours doesn't, pour a few drops of water on to the plate and if they sizzle off quickly, it's ready to go.

If you're cooking a thick steak or a big piece of meat, you should consider a thermometer to check the internal heat of your steak.

Rare: 52°C/125°F      Medium-well: 66°C/150°F  
Medium-rare: 55°C/130°F      Well done: 72°C/160°F  
Medium: 60°C/140°F

**For the perfect cook every time, purchase a Peter Augustus Meat Thermometer in store.**



### PLAN THE COOK

- Ensure you have all the utensils you need at hand prior to cooking. Above all, the most important tool is a quality set of long tongs. These will keep enough distance between your hand and the grill to give you the most control when turning.
- Ensure you have all the items you need to in the order you are going to use them. This will ensure everything is finished cooking at the same time.
- Meats should be taken out of the fridge in advance so they have time to come to room temperature before cooking - this will ensure an even cook.
- All items should be ready for the grill i.e. steaks seasoned, items marinated etc.
- For the cook, start with items that take the longest time to cook or that are suitable to be kept in a warming tray. We recommend starting with onions and sausages first as they take the longest and are ideal for resting in a tray while you cook other items. You can then move on to cooking steaks so that they can rest while you finish items that don't take long like kebabs, skewers and chicken.

**Just like mastering meals in the kitchen, practice makes perfect when barbecuing. For more barbecue inspiration, articles and recipes, check out [www.steakschool.com](http://www.steakschool.com)**

Follow Peter Augustus on Facebook to find out about in-store events.

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