

# THE BUTCHER'S BLOCK

BY PETER & AUGUSTUS

Winter 2019

## RECIPE

Slow-cooked lamb shanks

## WINE TIME

Your guide to wine pairing this winter

*Tips for  
Slow  
cooking  
success*

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Cool weather calls for warm, hearty dishes, and we've got exactly what you need for them at Peter Augustus. Seasonal dishes for winter involve slow-cooked red meats that are full of flavour. Dishes like beef bourguignon, lamb shanks and stews should all be on rotation over the next couple of months. Read on to find out our top tips for slow cooking beef, as well as some recipes to try at home this winter.

#### WHAT BEEF IS BEST COOKED SLOWLY?

If you love the kind of rich, tasty beef that melts in your mouth and leaves you wanting more, slow cooking should be one of your favourite moves in the kitchen.

From simple casseroles and stews packed with flavour to more extravagant curries, a quick chilli, soups and so much more, cooking slowly at low temperatures offers great versatility, convenience and superb depth of flavour every time.

#### WHY SLOW COOK?

One of the greatest things about slow cooking certain cuts of beef is it guarantees tenderness. You can use the tougher cuts of beef - such as chuck steak and topside - which are naturally more robust as they come from well-used muscles on the animal, and still find they'll be transformed into juicy morsels that will literally fall off your fork.

Why? Because the nature of cooking on a low heat for an extended period of time in fluid encourages the breakdown of connective tissues, including the protein collagen, which makes the meat tough when cooked quickly. As the tougher, cheaper cuts of beef can also be fattier, this also helps to ensure the beef won't dry out while adding extra flavour.

Another benefit of slow cooking is the convenience. Unlike a roast which involves prep, checking, turning and sometimes changing temperatures, slow cooking really is the 'set and forget' dinner option. There are some really great slow cookers on the market - you can prep your meal in the morning and come home to dinner, ready to serve.



## THE BEST CUTS OF BEEF FOR SLOW COOKING

To get the most out of the slow-cooking technique, use chuck steak, round steak, blade steak, topside, silverside, skirt steak, or gravy beef for results you'll love.

Another perfect beef cut for slow cooking is brisket, which is great for shredding as it literally pulls apart once cooked – like this slow-cooked pulled beef brisket recipe which tastes great in tacos, rich pastas, brisket bowls and more delicious variations.

Where possible, look for pieces of meat that are on the bone or marbled. And if you have a few snags to use up, you can always throw them into the slow cooker too.



### TIPS FOR SLOW COOKING SUCCESS

To get the best result with your beef in the slow cooker, follow these tips for success:

- **Brown the beef first.** If you're not using a slow cooker, do this in the pot you'll be cooking in (a cast-iron flameproof casserole dish with a tight-fitting lid is best) to ensure you retain all the juices and get achieve maximum flavour.
- **When seasoning, add just a little at the start and then, if still required, adjust to taste before serving.** As slow cooking encourages the reduction of liquid, the flavours can become very concentrated.
- **Don't overfill the pot, as very little steam escapes.**
- **Keep the lid on at all times.** Slow cooking times require the building up of a consistent heat to cook meat and make it deliciously tender. The liquid should just tremble at the centre of the pot – not bubble vigorously.
- **You can always make the dish the day before you plan to eat it to enhance the flavour and tenderness.**

Find more recipes and tips for slow cooking at [www.steakschool.com/slow/](http://www.steakschool.com/slow/)

## RECIPE: BEEF BOURGUIGNON

The trick to making good beef bourguignon is to use all wine instead of stock. Try this recipe for a hearty dish that will keep for months.

**Serves:** 4-6 | **Cook time:** 2 1/2 hours

### INGREDIENTS

- 1.6kg braising steak, cut into large chunks
- 3 bay leaves
- small bunch thyme
- 2 bottles cheaper red wine
- 2 tbsp oil
- 3 large or 6 normal carrots, cut into large chunks
- 2 onions, roughly chopped
- 3 tbsp plain flour
- 1 tbsp tomato purée
- small knob butter
- 300g bacon lardons
- 500g pearl onions or small shallots, peeled
- 400g mushrooms, halved
- chopped parsley

### METHOD

#### STEP 1

Cut 1.6kg braising steak into large chunks and place in large bowl. Add 3 bay leaves, a small bunch of thyme, 2 bottles cheap red wine and some pepper, then cover and leave in the fridge overnight.

#### STEP 2

Heat oven to 180°C.

#### STEP 3

Place a colander over another large bowl and strain the marinated meat, keeping the wine.

#### STEP 4

Heat 1 tbsp oil in a large frying pan, then brown the meat in batches, transferring to a plate once browned. When all the meat is browned, pour a little wine into the now-empty frying pan and bubble to release any caramelised bits from the pan.

#### STEP 5

In a large casserole dish, heat 1 tbsp oil and fry the carrots and onions until they

start to colour. Stir in plain flour for 1 min, then add the tomato purée.

#### STEP 6

Add the beef and any juices, the wine from the frying pan and the rest of the wine and herbs. Season and bring to a simmer. Give everything a good stir, then cover.

#### STEP 7

Transfer to the oven and bake for 2 hrs until the meat is really tender.

Note: You can freeze this dish as is and it will keep for up to 3 months. When you're ready to serve, complete the rest of this method.

#### STEP 8

Heat a small knob of butter in a frying pan and add 300g bacon lardons and 500g peeled pearl onions or small shallots. Sizzle for about 10 mins until the bacon starts to crisp and the onions soften and colour.

#### STEP 9

Add 400g halved mushrooms and fry for another 5 mins, then stir everything into the beef stew. Serve scattered with chopped parsley.



## RECIPE: SLOW-COOKED LAMB SHANKS

Slow-cooked lamb shanks are a winter staple, plus they're easy to prepare and packed with flavour. Please the whole family with this recipe. .



**Serves:** 6 | **Cook time:** 4 hours

### INGREDIENTS

- 1 *tblsp olive oil*
- 6 *frenched lamb shanks*
- 2 *red onions, sliced*
- 2 *red capsicum, seeds removed, thickly sliced*
- 2 *yellow capsicum, seeds removed, thickly sliced*
- 6 *garlic cloves, crushed*
- 300ml *white wine*
- 3 *tablespoons sundried tomato pesto*
- 2 *cups (500ml) beef stock*
- 10 *vine-ripened tomatoes, quartered*
- *Leaves of 1 long sprig rosemary*
- 2 *tablespoons chopped flat-leaf parsley*
- *Creamy mashed potato, to serve*

### METHOD

#### STEP 1

Preheat the oven to 180°C.

#### STEP 2

Heat the oil in a large ovenproof casserole over high heat and brown lamb shanks in batches to seal on all sides. Remove and set aside.

#### STEP 3

Reduce heat to medium and add onion, capsicum and garlic to the casserole. Cook, stirring, for about 5 minutes until vegetables start to soften.

#### STEP 4

Add wine, pesto and stock, then return shanks to pan. Add tomato and rosemary and season with salt and pepper. Bring to the boil, cover, and roast in oven for 2 1/2 hours. Remove lid and cook for a further hour. Stir in parsley, reserving a little to garnish.

#### STEP 5

To serve, dollop mash into 6 deep bowls, sit a shank on top and spoon around some sauce and vegetables. Garnish with parsley.

## WHICH WINE TO CHOOSE?

Want to enjoy the maximum flavour benefits and health benefits that pairing red wine and beef offer? Key things you'll want to consider are the cut of meat you're using, how you're preparing it and what sauces or other flavours may be present. There's a wine to suit every dish.

Follow these general rules to help you decide.

### PAIR BOLD DISHES WITH BOLD WINES

If you're cooking a steak or some other beef dish that's dominated by strong, bold flavours, the key is to pair it with a bold wine to match.

A nice, robust cabernet sauvignon is a great choice for most steaks, while zinfandel is also ideal, with its high acidity and moderate tannins – making it particularly ideal with relatively fatty steaks such as rib eye, T-bone or porterhouse. Malbec is another winning choice, with its big, bold flavour and high in tannins.

### PAIR SIMPLER FARE WITH LIGHTER WINES

If you're cooking a beef dish using leaner, less flavourful cuts, be sure to opt for a lighter red wine so you don't run the risk of it overpowering your fare.

Syrah is a lovely full-bodied red with punchy flavours that taper off, worth trying. Merlot is also great for a more complex red wine that's low in tannins, and so easier to drink than some other reds. And pinot noir is a lovely, light-bodied red ideal with a range of dishes, including beef bourguignon.

**Why do steak and red wine go so well together? Find out more on [www.steakschool.com](http://www.steakschool.com)**



## RECIPE: ITALIAN BEEF RAGOUT

By Simon Street - Executive Chef, The Boatshed Restaurant at The Regatta Hotel

“This ragout is a rustic, peasant dish, which I regularly make at home. I use beef chuck - it’s a very tough part of the cow, and has a lot of good fat in it. Chuck is also great for a casserole or pie mix, and has a real depth of flavour. The recipe calls for Italian style sausages, and loads of wine to create a rich sauce that works really well with the punchy beef flavour. This is a classic, old school dish and real comfort food.”



### INGREDIENTS

- *Salt and pepper for seasoning*
- *1kg beef chuck, diced into chunky cubes*
- *1kg pork and fennel sausage, chopped into chunks*
- *1 onion, chopped chunky*
- *1 tbsp garlic, crushed*
- *2 tbsp tomato paste*
- *200ml red wine*
- *Half a bunch of basil, including the stem, chopped coarsely*
- *1.5kg canned tomatoes*
- *400g pepperonata (sliced red capsicums, garlic and onion, roasted)*
- *2 tbsp sugar*

Get the method at [www.steakschool.com](http://www.steakschool.com) (search: ragout)



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