

# THE BUTCHER'S BLOCK

BY PETER & AUGUSTUS

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*Inside*

The secret  
behind pan  
frying the  
perfect steak

## RECIPE

Lamb kofta the  
kids will love

## TOP TIPS

How to cook your  
lamb perfectly

**As the weather warms up it makes sense that we lean towards lighter and refreshing meals, and here at Peter Augustus we stock all the meat you'll need for your favourite spring dishes. As the season for fresh produce, the menu in spring should be simple and pared back to let the ingredients really shine.**

**Keep reading to find our top tips for spring cooking and recipes that you can easily recreate at home.**

WHAT ARE SOME OF THE BEST INGREDIENTS FOR SPRING?

Spring means fresh and in-season produce, but we aren't just talking about fruits and vegetables. Meat is seasonal too. While we're lucky that the climate in Australia means we have access to fresh and delicious meat year round, lamb in particular has become synonymous with spring. This time of year is when lamb supply is high and the most tender lamb becomes available.

And during spring is the perfect time for beef to shine. As the weather warms up the barbecue beckons, and whether it's a few tomahawks shared among friends or a delicately grilled eye fillet paired with a rich Aussie red wine, there's no doubt this season brings out the best in beef.





## TIPS FOR COOKING WITH LAMB

### Picking your lamb

The main cuts of lamb available include the leg, rack, chops, shoulder, top round and shank. If you're unsure which cut you need for your dish make sure you ask one of our knowledgeable Peter Augustus butchers. When selecting your lamb you want to look for pink or pink-red meats as they will be the freshest and most tender.

### How to tell when your lamb is cooked

There are two popular methods when it comes to telling if your lamb is cooked. The first involves using a meat thermometer. While a meat thermometer is a foolproof way to guarantee your meat is cooked just right, you don't necessarily need to have one on hand. A quick and simple alternative is using what is called the finger test. When nearing the end of your cook, lightly press the outside centre of your lamb. The softer the meat the rarer it will be. When the meat becomes springy this is when you have a medium piece of meat.

If you are keen to use a meat thermometer you'll want to measure from the centre of your cut for the most accurate reading. Use these temperatures as a guide.

**Rare = 60°C**

**Medium-rare = 60°C-65°C**

**Medium = 65°C-70°C**

**Medium-well = 70°C**

**Well done = 75°C**

### Resting

Rest is always best. Once your lamb is cooked you want to rest it to let the juices redistribute throughout the meat. Place your cooked lamb on a warm plate or serving dish and cover loosely with foil. Don't wrap too tightly or the meat will sweat the juices we want to preserve. Allow one minute of rest for every 100g of lamb.

### What to pair with lamb

Lamb has a robust, gamey flavour and can be paired with strong ingredients. For classic lamb dishes pair your cuts with:

- Rosemary
- Garlic
- Mint
- Cumin
- Oregano
- Citrus
- Artichokes
- Potatoes
- Peas
- Carrot

## RECIPE: LAMB LOIN CHOPS

Lamb loin chops are a crowd pleaser and are an easy dish to whip up. Try this versatile dish at your next dinner party or when you're stuck for a mid-week meal idea.



*Add a drizzle of Greek yoghurt with chopped mint leaves*

### INGREDIENTS

*Lamb loin chops, allow 2-3 per person  
3 tbsp olive oil  
5 garlic cloves, minced  
Pinch of thyme  
Salt and pepper to taste*

### METHOD

1. Combine the olive oil, minced garlic, thyme, salt and pepper in a bowl.
2. Rub the lamb loin chops with the prepared mixture.
3. Heat a large skillet over medium to high heat with olive oil, and once hot place the chops in, ensuring they don't overlap.
4. Cook for 3-4 minutes on one side before flipping over and cooking for an additional 3-4 minutes on the other side for medium doneness.

5. Rest the lamb before pairing with your favourite side dishes.

*Pairing Tip  
Put together a simple salad of rocket, walnuts, shaved parmesan cheese and pear slices dressed with olive oil and balsamic vinegar.*



**Not sure which lamb cuts to choose? Speak to one of our friendly Peter Augustus butchers for assistance.**



## RECIPE: LAMB KOFTAS FOR THE KIDS

As the ideal addition to your springtime barbecue, this quick recipe will win over your little ones. While delicious served fresh, they are just as good served cold the next day.

### INGREDIENTS

*500g lamb mince*  
*1 small chopped onion*  
*2 garlic cloves crushed*  
*2 tsp ground cumin*  
*1 tsp paprika*  
*2 tbsp fresh chopped coriander*  
*2 tbsp fresh chopped parsley*  
*Salt and pepper to taste*  
*Skewers*  
*Oil for cooking*

### METHOD

1. Combine mince, onion, garlic, spices and herbs in a mixing bowl.

2. Separate the mixture into sausage shaped portions and insert a skewer through the centre - if you are using wooden skewers you can soak them in water for up to 30 minutes prior to pre-serve them during cooking.

3. Grill on the barbecue or on a chargrill pan over high heat for 8-10 minutes or until brown on all sides and cooked through.

4. Let rest before eating by themselves, or pairing with your favourite mediterrian sides - we love pita bread, tabouli and dips.

## HOW TO PAN FRY THE PERFECT STEAKS

It doesn't have to be an ordeal to get that perfect medium-rare steak on to the plate in record time.

A good piece of steak speaks for itself in terms of flavour and texture, so try a sirloin, ribeye or a piece of rump steak for an even cook, and of course differing thicknesses will vary the cooking time.

Check out our super simple method for pan-frying a great medium-rare steak.

### Step 1

Remove the steak from its packet and let it sit for a few minutes. If it's vacuum sealed it may be a bit of an odd, darker colour. Letting it hit oxygen for a few minutes restores its full red colour and brings it closer to room temperature, which delivers a more even cooking result.

### Step 2

Pre-heat your pan to a medium-high heat.

### Step 3

Season one side of the steak with salt and pepper, and splash a bit of olive oil on if desired. No need to season both sides (but you can if you want).

Cook your steak to perfection with a Peter Augustus Meat Thermometer, available now



### Step 4

Bang it in the pan and don't touch. No need to poke or prod.

### Step 5

When moisture starts to appear on top of the steak (2-3 minutes) flip it over.

### Step 6

Give it another 2-3 minutes before removing from the pan.

### Step 7

Let it rest for a few minutes. And then eat and repeat!



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A close-up photograph of a plate of lamb chops. The chops are cooked to a medium-rare doneness and are served with golden-brown fried potatoes. A fresh salad with green and red leafy vegetables and a yellow dressing is also on the plate. The background is a plain, light-colored surface.

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