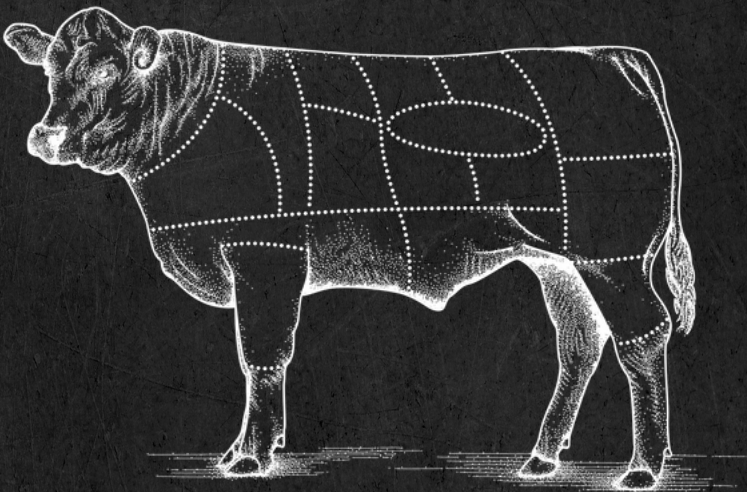




GREEN MEADOWS  
• BEEF •

HOW TO COOK YOUR  
**ANGUS**  
**BEEF**  
GUIDE BOOK

A simple guide to help you choose the best cooking method(s) for your Angus Beef.












# COOKING METHODS FOR YOUR ANGUS BEEF

'We believe that with the right cooking method, every Angus Beef cut can be turned into a mouth wateringly delicious meal.

Over the next few pages, we have collated and listed our popular Angus Beef cuts in alphabetical order. Next to each cut, we have selected icons from the below key, that represent the cooking methods we think will help you get the best flavour and texture out of your 100% Grass-Fed Green Meadows Angus Beef . We hope this helps, and enjoy!

From the team at Green Meadows Beef

## KEY:

METHOD	ICON	METHOD	ICON
<b>MARINATE/ DRY RUB</b> (Before cooking)		<b>AIR FRYER</b>	
<b>SEAR FIRST</b> (On each side in a hot pan)		<b>SMOKING</b>	
<b>GRILL</b> (Slow on low heat)		<b>BBQ</b> (Quick on High Heat)	
<b>OVEN BAKE / ROAST</b>		<b>SLOW / PRESSURE COOK</b>	
<b>PAN FRY</b>			

# HOW TO COOK YOUR ANGUS BEEF

## CUT

## METHOD

### BEEF CHEEK

(a muscled cut, best when cooked slowly)



### BLADE STEAK

(from the chuck (shoulder), best when braised in the oven)



### BOLAR ROAST

(from the shoulder blade, can be tough, so needs long slow cooking for rich flavour and tenderness)



### BRISKET

(from the lower chest, get the best out of this cut with low and slow cooking)



### BURGER PATTIES



### CHUCK STEAK

(can be a tough cut suitable for low and slow cooking methods. Has minimal fat)



### CUBE ROLL (RIBEYE)

(a tender, moist and flavourful cut of beef. Perfect for roasts, steaks or stir fries)



### DICED

(from the chuck, although tough in it's raw form, has good fat marbling, and is very tender and tasty when cooked slowly)



### EYE FILLET (STEAK) TENDERLOIN

(an incredibly tender and succulent cut, ideal for the BBQ)



#### KEY:



## CUT

## METHOD

### EYE FILLET (WHOLE) TENDERLOIN

(an incredibly tender and succulent cut, ideal for steaks on the BBQ or roasted whole)



### MEATBALLS



### MINCE



### OX-TAIL

(Flavourful with a good amount of fat and collagen when cooked low and slow, this also breaks down the 'toughness')



### POINT-END BRISKET

(the fatty part of the brisket, best results when cooked low and slow)



### RUMP CAP (PICANHA)

(a cut from hindquarter, that has a thick layer of creamy fat on top, which adds rich flavour when cooked properly)



### RUMP STEAK

(a tender cut from the hindquarter, has a thick layer of fat on top, which adds rich flavour)



### RUMP (WHOLE/ROAST)

(a cut from the round (hindquarters), most tender when cooked for long periods of time)



### SAUSAGES

(Family favourite, full of flavour and best cooked on med heat, turning regularly, to cook evenly)



### SCHNITZEL

(typically from the thick flank, sliced thinly and can be cooked quickly)



### SCOTCH FILLET (STEAKS) RIBEYE

(regarded as the most flavoursome cut of steak with a middle seam of fat marbling)



### SCOTCH FILLET (WHOLE) RIBEYE

(cut from the boneless eye of the rib, flavorsome with good fat marbling. Great for roasts, stir frying or steaks)



#### KEY:



## CUT

## METHOD

### SHIN BEEF

(The connective tissue breaks down with low and slow cooking, resulting in moist, tender, flavoursome meat)



### SHORT RIBS

(From the forequarter, made up of bone and layers of meat and fat. Rich and tasty when cooked low and slow)



### SIRLOIN (STEAK) PORTERHOUSE STEAK

(from the loin, this steak is flavoursome, tender and fine and has a nice covering of fat.)



### SIRLOIN ROAST / PORTERHOUSE

(from the loin, flavoursome, tender and fine, has a nice covering of fat. Ideal for roasting or as steaks on the BBQ.)



### SKIRT STEAK

(A relatively lean and thin cut. Has a great beefy flavour. Marinating before cooking helps to tenderize the meat )



### STIR FRY

(perfect to use in stir fry meals, quick and easy to cook )



### TOMAHAWK

(Bone in ribeye (scotch fillet) steak, that results in a cut with a wonderfully rich flavour)



### TRI-TIP

(from the bottom of the sirloin, offers good flavour. Most commonly grilled, roasted or smoked)



#### KEY:



## FEELING INSPIRED?

For recipe ideas, head to our blog on [greenmeadowsbeef.co.nz](https://greenmeadowsbeef.co.nz)



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