

AROUND THE WORLD
IN 80 WAYS



TOP 10
AUSSOME
RECIPES
FOR THE GRILL



TRUE
AUSSIE®
BEEF & LAMB



40
MINS

SERVES 4



Watch how to
make this dish



Remove noodles and
sugar, replace rice vinegar
with white vinegar.



VIETNAMESE GRILLED AUSSIE BEEF SALAD

RECIPE BY TRUE AUSSIE BEEF & LAMB

A brilliant choice for hot summer nights. It's Aussie grassfed beef tossed with fresh and authentic Vietnamese flavors. Use leftover grilled steak, and you don't even need to cook!

INGREDIENTS

- Four 6 - 8 ounces Australian grassfed sirloin steaks, fat trimmed
- 2 carrots, sliced into ribbons
- 1 tablespoon rice vinegar
- 4 ounces vermicelli noodles
- $\frac{1}{4}$ Wombok (Chinese cabbage), finely shredded
- 1 cucumber, sliced into ribbons
- 5 ounce snow peas, sliced diagonally
- $\frac{1}{4}$ cup mint leaves
- $\frac{1}{4}$ cup plain and unsalted peanuts, chopped
- Salt and pepper to taste

- For the dressing:**
- 1 small red chili, finely chopped
 - 3 tablespoons lime juice
 - 3 tablespoons sugar
 - 1 tablespoon fish sauce
 - 1 garlic clove, crushed
 - 1 teaspoon ginger, finely grated

METHOD

For the steaks: Brush with oil and season with pepper. Place a chargrill pan over high heat and cook steak for 3 minutes on each side for medium rare or until cooked to your liking. Rest steaks on a plate.

For the carrots: Peel carrots into ribbons with a vegetable peeler and toss with the rice vinegar. Leave to pickle for 10 minutes.

For the noodles: Cover vermicelli in boiling water for 5 minutes or until tender, drain and rinse with cold water, drain again. Combine the dressing ingredients.

To serve: Combine cabbage, carrots plus pickling liquid, vermicelli, cucumber, snow peas and mint leaves, and toss with dressing. Top salad with sliced beef and peanuts.



40
MINS

SERVES 4



Click Here

for more diet-friendly variations

TURKISH-STYLE LAMB FLATBREADS

RECIPE BY TRUE AUSSIE BEEF & LAMB

These lamb flatbreads are a take on a classic street food in Turkish cuisine. Look for the Moroccan spice blend ras al hanout at your favorite spice shop.

INGREDIENTS

- 1 pound Australian ground lamb
- 2 tablespoons olive oil
- 1 yellow onion, peeled and finely diced
- 2 tablespoons Moroccan seasoning mix
- 1 cup baby spinach leaves, washed and trimmed
- $\frac{1}{4}$ cup pine nuts, toasted
- 2 tablespoons currants
- Salt and freshly ground black pepper
- 1 large Turkish flatbread
- 2 ounces feta, crumbled
- $\frac{1}{2}$ cup fresh parsley leaves
- Tzatziki for serving

METHOD

Preheat oven to 400°F. Heat the olive oil in a large frying pan, add the onion and cook, stirring until soft and light golden. Add the ground lamb and cook until all the lamb has browned, stirring to break up any lumps. Add the Moroccan mix and cook until aromatic. Add the spinach and cook until wilted, approximately 2 minutes.

Remove from heat and stir in the pine nuts and currants. Season with salt and pepper. Cut bread in half lengthwise, creating two large flat pieces of bread to use as a base. Place bread onto a baking sheet, top with lamb mixture and sprinkle with crumbled feta.

Bake in oven 15 minutes or until crisp and hot. Sprinkle parsley over the flatbread and serve with tzatziki.



40
MINS

SERVES 4



Watch how to
make this dish



Replace rice salad with
your favorite roasted
vegetables.



CYPRIOT-STYLE AUSSIE BEEF AND HALOUMI KEBABS

RECIPE BY TRUE AUSSIE BEEF & LAMB

Cyprus, the inspiration for this dish, is quintessential Mediterranean. Crowd favorite kebabs join up with a healthy grain and lentil salad you can feel good about, too.

INGREDIENTS

For beef skewers:

- 1½ - 2 pounds Australian grassfed beef sirloin, trimmed
- 9 ounce haloumi
- 1 of each pepper - yellow, red and green
- 12 button mushrooms
- Olive oil to taste

For dressing:

- 2 oranges
- 1 cup fresh mint leaves

- Salt and pepper
- 1 tablespoon extra virgin olive oil

For the salad:

- ½ cup brown rice
- ½ cup canned lentils, rinsed and drained
- 1 tablespoon red wine vinegar
- 1 cup peppers, finely diced
- 2 stalks celery, sliced
- ¼ cup raisins

METHOD

For the skewers: Cut beef, haloumi and peppers into 3-cm pieces and thread onto skewers with mushrooms. Reserve 1 cup finely diced peppers for the salad. Brush skewers lightly with oil and set aside.

For the salad: Place brown rice in a small saucepan and add 4 cups of water. Bring to a boil and then reduce to a simmer. Cook rice for 25 minutes. Drain and place in a bowl. Finely zest and juice one orange into a bowl and combine with oil, salt and pepper, and half the mint leaves, finely chopped. Whisk to combine the dressing and pour half of it over rice and lentils with the vinegar. Reserve other half for brushing the skewers. Top rice mixture with peppers, celery, raisins and remaining mint leaves. Segment the remaining orange into the bowl and toss to combine.

To cook: Preheat a grill. Cook skewers on each side until golden and cooked to your liking, about 15 minutes for medium. Baste with the reserved dressing as you go.

To serve: Serve with rice and lentil salad.



75
MINS

SERVES 4



THAI-GLAZED AUSSIE LAMB LOIN CHOPS WITH SWEET CORN SLAW

RECIPE BY CHEF ADAM MOORE

Just a few authentic ingredients for the glaze on quick-grilling Aussie lamb loin chops, and a colorful, fresh and summery corn-cabbage-cucumber slaw...makes a weeknight meal spring-tastic.

INGREDIENTS

- 8 Aussie lamb loin chops, trimmed
- 2 tablespoons finely chopped palm sugar (or brown sugar)
- 2 tablespoons fish sauce
- 2 tablespoons tamarind puree
- 2 corn cobs, husks removed
- $\frac{1}{4}$ head thinly sliced red cabbage
- 1 cucumber, halved lengthways and sliced on the diagonal
- $\frac{1}{2}$ cup mint leaves
- 1 lime, juiced, plus wedges to serve
- TT, salt

METHOD

To prep: Place lamb loin chops on a plate or tray in a single layer. Combine palm sugar, fish sauce and tamarind in a jug and use a pastry brush to coat the lamb chops on both sides with the glaze.

To cook: Preheat a BBQ or chargrill pan and cook corn for about 15 minutes, turning occasionally, until grill marks appear. Allow to cool slightly and cut kernels off the cob. Place in a large bowl with cabbage, cucumber, mint and lime juice. Season with salt and pepper and toss to combine. Cook lamb chops on BBQ or chargrill pan for 5-6 minutes per side, then turn and cook edges until crispy. Rest for 5-10 minutes. Sprinkle with a few flakes of salt to serve.

To serve: Serve lamb with slaw and lime wedges.



40
MINS

SERVES 4



Learn how to
grill a better
burger

THE AUSSIE GRASS-FED BEEF “BETTER BURGER”

RECIPE BY CHEF ADAM MOORE

Here's an indulgence you can feel good about - with grassfed beef and a flavorful yogurt-mustard spread, this burger is big on flavor but not the calories!

INGREDIENTS

- 1-pound Australian grassfed ground beef
- Kosher salt, for seasoning
- Black pepper, for seasoning
- Extra virgin olive oil, as needed
- 4 whole wheat burger buns
- $\frac{1}{2}$ cup whole grain mustard
- $\frac{1}{4}$ cup non-fat Greek yogurt
- 1 ripe tomato, sliced thin
- 1 seedless cucumber, sliced thin
- 1 red bell pepper, sliced thin
- 1 red onion, sliced thin
- Fresh herbs, as desired
- 1 head butter lettuce

METHOD

Preheat grill over high heat. Portion the ground beef into $\frac{1}{4}$ pound patties. Season with salt and pepper cook to desired doneness. Meanwhile, in a small bowl, mix together the mustard and yogurt. Set aside. In another bowl, toss together the remaining vegetables and herbs, except for the lettuce.

Season with salt and let sit over a strainer to release excess water while the burgers finish cooking- about 5 minutes. To serve, toast buns and layer in the following order: bun heel, mustard-yogurt sauce, lettuce, burger, vegetable salad and the bun top. Serve with your favorite side dish.



85
MINS

SERVES 6



GREEK-STYLE BUTTERFLIED AUSSIE LEG OF LAMB

WITH ROASTED VEGETABLES AND GRILLED LEMON

RECIPE BY TRUE AUSSIE BEEF & LAMB

INGREDIENTS

For the lamb:

- One 3 lbs. boned, butterflied, fat-trimmed Aussie leg of lamb
- 6 each roughly chopped garlic cloves
- 1 small bunch roughly chopped oregano, fresh
- 2 tablespoons olive oil
- 2 lemons, quartered

For the vegetables:

- 14 ounces wedges kipfler potatoes (or other waxy potato)
- 14 ounces wedges butternut pumpkin

For the salad:

- 4 large thickly sliced, ripe tomatoes
- 2 each cubes Lebanese cucumbers
- ½ each finely sliced red onion
- 4 ounces crumbled feta cheese, reduced fat
- 1 tablespoon olive oil
- 3 teaspoons red wine vinegar

METHOD

For the Aussie lamb: Pound the garlic and oregano in a mortar and pestle to a coarse paste. Add 2 tablespoons olive oil and rub well into the Aussie lamb.

To cook: Cover with cling film and marinate for 30 minutes. Preheat the oven or lidded barbecue to 350°F / 180°C. Season the Aussie lamb with salt and pepper and place in the middle of a large a roasting pan. Toss the potatoes and pumpkin with the remaining olive oil and season with salt and pepper. Scatter the wedges around the Aussie lamb and cook for 45 minutes for medium, turning the vegetables over halfway through. Take the Aussie lamb out and set it aside to rest for 10 minutes, loosely covered with foil. Turn off the oven or barbecue and keep the vegetables in to stay warm.

For the salad: Lay the tomato, cucumber and onion out on a platter and top with the cheese. Season with pepper and drizzle with the oil and vinegar.

For the grilled lemon: Preheat a chargrill to hot and cook the lemon quarters for 1½ minutes on each side or until lightly charred. If you are using the barbecue, you can simply cook them on the grill plate.

To serve: Carve the Aussie lamb and squeeze some of the grilled lemon on top. Serve with the vegetables and salad.



60
MINS

SERVES 4



INDONESIAN-STYLE AUSSIE BEEF WITH GADO GADO SALAD

RECIPE BY TRUE AUSSIE BEEF & LAMB

Your foodie word of the day: **Gado-Gado!** It's a street-food dish from Indonesia, featuring a variety of veggies, quick-seared protein like Aussie grassfed beef, and always a spicy peanut dressing.

INGREDIENTS

For the sauce:

- 1.3 pounds Aussie grassfed beef tenderloin
- 4 oz. coconut cream
- 1 tbsp kecap manis (sweet soy sauce)
- 2 each crushed garlic cloves
- 1 tbsp lime juice
- ½ cup crunchy peanut butter

For the salad:

- 1 each sliced red bell pepper
- 2 each cucumbers, cut into batons
- 2 each carrots, cut into batons
- 5 oz. 5cm lengths, blanched green beans

To serve:

- Steamed himalayan red rice

METHOD

Before cooking: Place tenderloin on a plate and truss with cooking string at 2 cm intervals.

For the sauce: Place coconut cream, kecap manis and garlic in a small saucepan and bring to the boil, simmer for 5 minutes until slightly thickened. Add lemon juice and mix to combine. Spoon half the sauce over the beef and use a brush to coat the beef with the sauce. Mix peanut butter into the remaining sauce in the pan and reserve for gado gado salad.

To cook: Preheat a lightly oiled flat BBQ plate or non-stick frying pan to medium high heat and sear beef on all sides for 5 minutes or until browned. Preheat oven to 400°F / 200°C (180°C fan-forced) and cook in the oven for 20 to 25 minutes or until cooked to your liking. Rest for 10 minutes, then slice.

To serve: Serve with gado gado salad, peanut sauce and rice.



2.15
HRS

SERVES 4



LAMB KEBABS

WITH LEBANESE CRACKERS AND TOMATO SAUCE

RECIPE BY CHEF TAREK IBRAHIM

INGREDIENTS

- 1 ¾ pound boneless lamb shoulder, cut into strips 1 in. x 2 in.
- 14 ounce tin crushed peeled tomatoes
- 1 ¼ ounces onion, minced
- ¾ ounce chilies, minced
- ¾ ounce fresh basil, minced
- 8 slices Lebanese bread, crisped in oven
- 1 cup of fresh Greek yogurt

Ingredients for Marinade:

- 1 cup olive oil
- 5 tablespoons lemon juice
- Bunch fresh basil, chopped
- Salt and pepper to taste

Ingredients for Tomato Sauce:

- 3 cloves of garlic
- 1 cup water
- 1 tablespoon sugar

METHOD

Mix all the marinade ingredients, add the lamb and marinate for two hours. Thread the marinated lamb onto skewers and grill gently until cooked.

Place all the tomato sauce ingredients in a blender and blend to smooth. Pour into a saucepan and simmer 10 minutes until thickened slightly.

Serve lamb kebabs alongside your favorite salad or on rice, topped with the tomato sauce and crisp Lebanese bread spread with Greek yogurt.



30
MINS

SERVES 4



SIMPLE CAMPsite AUSSIE GRASSFED BEEF KABOBS

RECIPE BY MERRY GRAHAM

INGREDIENTS

For the sauce:

- 1.3 pounds Aussie grassfed beef tenderloin
- 4 oz. coconut cream
- 1 tbsp kecap manis (sweet soy sauce)
- 2 each crushed garlic cloves
- 1 tbsp lime juice
- 1/3 cup crunchy peanut butter

For the salad:

- 1 each sliced red bell pepper
- 2 each cucumbers, cut into batons
- 2 each carrots, cut into batons
- 5 oz. 5cm lengths, blanched green beans

To serve:

- Steamed himalayan red rice

METHOD

For camp cooking: The night before you go camping, cut beef and divide into two large resealable containers or plastic bags. Divide dressing into both bags. (Freeze meat in dressing IF you are not going to cook within 48 hours. If planning to cook at campsite within 2 days, refrigerate then transfer to ice chest the next morning. Pack with ice.)

To cook: Thread beef cubes, peppers, and onions onto two side-by-side skewers to ensure the peppers and onions do not fall off! Prepare the fire or charcoal briquets for grilling. Oil the cooking grate. Pat the meat to remove any excess dressing. Lay the skewers on top of a hot grate and let them cook for approximately 3-5 minutes. Use tongs to flip the the kebobs over for an additional 3-4 minutes or until desired doneness. Let rest 5 minutes.

Chef Note: Don't cram the beef, peppers, and onions too close so you can have even cooking throughout. Make some skewers with beef cubes only so that you can control the doneness of the beef. Serve both medium rare and medium well cubes to suit all types of eaters!



40
MINS

SERVES 4



AUSSIE LAMB SMASHBURGER

RECIPE BY JUSTIN MCCHESENEY, SALTPEPPERSKILLET.COM

Kudos to our mate Justin at SaltPepperSkillet, winner of our Big Green Egg sweepstakes this summer. You'll love his Aussie Lamb Smashburger!

INGREDIENTS

For the lamb burgers:

- 1 lb ground Australian lamb
- 4 buns (brioche recommended)
- ½ tsp ground cumin
- ½ tsp ground cinnamon
- canola oil for cooking
- kosher salt & pepper
- 1 avocado

For the pickled red onions and baby cucumbers:

- 1 sliced small red onion (about 2 cups)

- 2 - 3 thinly sliced baby cucumbers (about 2 cups)
- 2 cups white vinegar
- 1 tsp kosher salt
- 1 tsp sugar

For the yogurt-mint sauce:

- ½ cup whole milk greek yogurt
- zest from 1 lemon
- 2 tbsp lemon juice
- 2 tbsp chopped fresh mint
- ½ tsp garlic powder
- ¼ tsp kosher salt

METHOD

To make the pickled veggies: Rinse sliced onions with almost boiling water. This is optional, but it helps mild out the onion. Combine all pickling ingredients in a water-tight sealable container. Shake vigorously to dissolve the salt and sugar in the vinegar. Let it sit at room temperature for at least 30 minutes to quick pickle the veggies. Pickling will stop once you place them in the refrigerator.

To make the Lamb smash burgers: Gently mix the ground cumin and cinnamon with the ground lamb in a bowl. Let it sit while you are making the pickles. Gently form 4 equal portion meat balls with the lamb. Heat a thin layer of canola oil in a heavy cast iron skillet or griddle pan over medium-high heat. Generously season the outside of the lamb meat balls with kosher salt and freshly ground pepper. Place the meat balls in the hot pan leaving plenty of room between, working in batches if necessary. Immediately smash down on the meat balls with a large spatula to form thin patties. Cook for 2 to 3 minutes per side, or until the desired doneness is reached. Make the yogurt-mint sauce by combining all sauce ingredients in a small bowl.

Serve burgers on toasted buns with the pickled veggies, yogurt-mint sauce and sliced avocado.