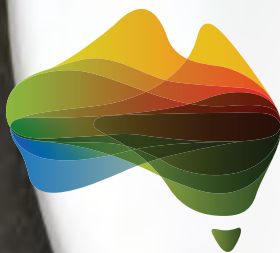


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Grassfed Beef

20
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Delicious
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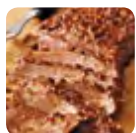
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Introduction

SUMMER SIGNALS THAT IT'S TIME to fire up the grill and enjoy juicy burgers and steaks. Autumn gets you hungry for smoky rib-eyes and hearty tenderloins. No matter the time of year, this collection of recipes will give you delicious ideas. And whether you're grilling, pan-searing, or roasting, you want to cook with beef that's lean and full of meaty flavor that will complement Asian, Latin, French, and all-American ingredients and spices. You also want it to be produced with great care, from farm to table.

Australian grassfed beef is the beef for all seasons, and not simply because the country's temperate climate allows for prime grazing year-round. When cattle are fed solely on pasture, the meat has the flavors of the land it comes from. In Australia, that means rich and natural.

Ranchers in Australia pride themselves on being stewards of the land, with sustainability as

a priority. That means safekeeping and improvement of existing pasture, and innovating with water- and soil-management practices to protect Australia's great natural resources. As a country, it sets the bar high for environmental standards, and its grassfed beef speaks volumes about the results.

We want the beef we cook and eat to be produced from animals that have been treated humanely. Australian grassfed beef is just that, with industry standards that surpass international guidelines and are routinely examined for improvement.

So whether you're firing up the grill with a skirt steak marinated with exotic spices or going straight up with a skillet and a sirloin, you'll be happy you brought healthy, flavorful, and sustainable Australian grassfed beef to the party.

smoky rib-eye steaks with loaded mashed potatoes

All the ingredients in a loaded baked potato—bacon, scallions, cheese, and sour cream—are added to mashed potatoes in this hearty meal. Serves 4

- 2 lb. Yukon Gold potatoes, scrubbed and cut into 1-inch chunks**
- 4 slices thick-cut bacon**
- 2 boneless beef rib-eye steaks (about 2 lb. total), Australian grassfed, about 2 inches thick**
- 1½ tsp. sweet smoked paprika**
Kosher salt and freshly ground black pepper
- ½ cup whole milk**
- 2 Tbs. unsalted butter**
- 3 oz. grated sharp Cheddar (¾ cup)**
- ½ cup sour cream**
- 2 medium scallions, thinly sliced**

Arrange a steamer basket in a large pot with 1 inch of water in the bottom. Spread the potatoes in the basket in an even layer, cover, and bring to a boil. Reduce the heat to medium low and steam until the potatoes are tender, about 15 minutes.

Meanwhile, cook the bacon in a 12-inch cast-iron skillet over medium heat, turning once, until crisp, 7 to 8 minutes total. Transfer the bacon to a paper-towel-lined plate; discard all but 1 Tbs. of the fat from the skillet.

Season the steaks all over with the paprika, 1½ tsp. salt, and ½ tsp. pepper. Heat the skillet with the reserved bacon fat over medium-high heat. Arrange the steaks in the skillet in a single layer. Cook, flipping once, until deep golden brown outside and medium rare inside, 13 to 15 minutes total. Transfer the steaks to a cutting board and let rest for 5 minutes.

Meanwhile, transfer the hot potatoes to a large bowl. Stir in the milk and butter and mash with a potato masher until just combined. Stir in the cheese, sour cream, and scallions, and add salt and pepper to taste.

Slice the steaks across the grain and transfer to dinner plates. Serve the potatoes on the side with the bacon crumbled on top.



sesame steak salad with asian pears

Serves 4

- 1 lb. boneless beef strip steak, Australian grassfed
- 2 medium Asian pears (8 oz. each)
- 2 scallions, white parts minced, green parts sliced on the diagonal
- 2 large cloves garlic, minced
- 1 Tbs. minced fresh ginger
- $\frac{1}{4}$ cup mirin
- 3 Tbs. fresh lemon juice
- $2\frac{1}{2}$ Tbs. reduced-sodium soy sauce
- $1\frac{1}{2}$ Tbs. Asian sesame oil
- 1 Tbs. plus 1 tsp. toasted sesame seeds
- Kosher salt and freshly ground black pepper
- 2 Tbs. rice vinegar
- 2 tsp. fish sauce
- 1 small head Boston lettuce, torn into bite-size pieces
- 1 small romaine heart, torn into bite-size pieces
- 4 large red radishes, thinly sliced
- $\frac{1}{4}$ medium seedless cucumber, halved and thinly sliced
- 1 Tbs. vegetable oil

Trim and freeze the steak until slightly firm, about 1 hour; this makes it easier to slice. Cut the steak crosswise into 4 pieces. Flip each piece onto a cut edge and slice across the grain $\frac{1}{8}$ inch thick.

Cut one of the pears in half. Peel and core one half and then grate it on the small holes of a box grater set in a medium bowl. Add the minced scallions, garlic, ginger, mirin, 2 Tbs. of the lemon juice, 2 Tbs. of the soy sauce, $\frac{1}{2}$ Tbs. of the sesame oil, 1 tsp. of the sesame seeds, $\frac{1}{4}$ tsp. salt, and a few grinds of pepper. Add the beef and toss well. Cover and refrigerate for 45 minutes to 4 hours.

In a small bowl, whisk the rice vinegar and fish sauce with the remaining 1 Tbs. lemon juice, $\frac{1}{2}$ Tbs. soy sauce, 1 Tbs. sesame oil, and 1 Tbs. sesame seeds.

In a medium bowl, toss the lettuces with 3 Tbs. of the dressing and a sprinkle of salt. Divide among 4 dinner plates. Core and thinly slice the remaining $1\frac{1}{2}$ pears. Put the pears, radishes, and cucumber in the bowl and toss with the remaining dressing. Scatter over the lettuce.

Drain the beef and gently pat dry. Heat a 12-inch cast-iron skillet over medium-high heat until hot. Add the oil, swirl to coat the pan, and then scatter half of the beef evenly in the pan. Cook, flipping once, until the beef is nicely browned and barely cooked through, about 2 minutes total. Transfer to a bowl and repeat with the remaining beef.

Top the salads with the beef and any accumulated juices. Garnish with the scallion greens and serve.





sirloin steaks with garlicky swiss chard

Sear the steaks, and then finish it in the oven while you cook the chard. Serve with roasted potatoes or rice pilaf. Serves 4

- 2 lb. sirloin steak, Australian grassfed, 1 inch thick**
- 1½ tsp. dried rosemary, coarsely chopped**
- Kosher salt and freshly ground black pepper**
- ¼ cup extra-virgin olive oil**
- ¾ cup dry red wine, such as merlot**
- 4 large cloves garlic, minced**
- 2 Tbs. red wine vinegar**
- 1 tsp. granulated sugar**
- ½ tsp. Dijon mustard**
- 2 large bunches Swiss chard (about 1½ lb. total), stems very thinly sliced and leaves roughly chopped**
- 2 oz. pecorino romano, thinly shaved with a vegetable peeler (¾ cup; optional)**

Position a rack in the center of the oven and heat the oven to 400°F. Trim and cut the steak into 4 portions. Season the steaks all over with the rosemary, 2 tsp. salt, and ½ tsp. pepper.

Heat 1 Tbs. of the oil in a large (12-inch) skillet over medium-high heat. Arrange the steaks in the skillet in a single layer and cook, turning once, until nicely browned, 3 to

4 minutes per side. Remove the skillet from the heat, transfer the steaks to a rimmed baking sheet, and roast until medium rare (130°F to 135°F), 4 to 6 minutes more. Set the steaks aside to rest.

Meanwhile, return the skillet to medium-high heat. Carefully add the wine and cook, scraping up any browned bits with a wooden spoon, until reduced by about half, 3 to 4 minutes.

Add the garlic to the skillet and cook until fragrant, about 10 seconds. Whisk in the vinegar, sugar, mustard, ¼ tsp. salt, and ½ tsp. pepper. Drizzle in the remaining 3 Tbs. oil while whisking constantly.

Add the chard stems and cook, stirring occasionally, until beginning to soften, 5 minutes. Add the chard leaves in batches and cook, tossing, until the leaves are wilted enough to fit comfortably in the skillet, about 2 minutes. Cover the skillet and cook, tossing once or twice, until just tender, about 6 to 8 minutes.

Transfer the steaks to plates and top with the chard. Sprinkle with the pecorino romano, if using, and serve.

pan-seared steak with caper-anchovy butter

Don't skip this easy-to-make flavored butter. It elevates the dish from ordinary to elegant.

Serves 2

- 1 anchovy fillet, rinsed and chopped**
- ¼ tsp. chopped garlic**
- Kosher salt**
- 3 Tbs. unsalted butter, cut into 3 pieces**
- 2 tsp. finely chopped fresh parsley**
- ½ tsp. capers, rinsed and finely chopped**
- ¼ tsp. finely grated lemon zest**
- Freshly ground black pepper**
- 1½ Tbs. canola oil**
- 2 6- to 8-oz. tri-tip steaks, Australian grassfed**

Mash the anchovy fillet into a paste on a cutting board with the side of a chef's knife. Sprinkle the garlic with a pinch of kosher salt and mash it into a paste.

Put the butter in a small microwave-safe bowl and microwave it on high in 10-second bursts until it just begins to melt. Mash the butter with a fork and stir in the anchovy, garlic, parsley, capers, lemon zest, and a few grinds of black pepper.

Heat the oil in a 10-inch skillet (preferably cast iron) over medium-high heat. Pat the steaks with paper towels. Season the steaks generously with salt and pepper. Sear the steaks on all sides until a meat thermometer reads 120°F for rare or 125°F for medium rare, 7 to 9 minutes total. Serve each steak topped with a dollop of the butter.





marinated steak with grilled scallions

The intense flavor of this homemade marinade adds a special touch to steaks. The grilled scallions make a perfect accompaniment. Serves 4

- 4 1-inch-thick top loin (New York strip) steaks, Australian grassfed (8 to 10 oz. each), trimmed**
Kosher salt and freshly ground black pepper
- 5 Tbs. canola oil**
- 2 Tbs. reduced-sodium soy sauce**
- 4 tsp. chopped fresh thyme**
- 1 Tbs. Worcestershire sauce**
- 1 Tbs. Dijon mustard**
- 1 Tbs. red wine vinegar**
- 1 large clove garlic, minced**
- 10 scallions, bulbs split in half lengthwise if large**

Sprinkle the steaks with $1\frac{1}{4}$ tsp. salt and 2 tsp. pepper.

In a medium bowl, mix 4 Tbs. of the oil with the soy sauce, 3 tsp. of the thyme, the Worcestershire, mustard, vinegar, and garlic. Put the steaks in a large bowl and coat them with the soy sauce mixture. Cover the bowl and marinate the steaks in the refrigerator, turning occasionally, for at least 4 hours and up to 1 day.

Clean and oil the grill grates. For a gas grill, light the front burner to medium high and the back burner to medium low. For a charcoal grill, light a medium fire (about 350°F to 375°F) with two-thirds of the coals banked to one side. While the grill heats, set the steaks out at room temperature. Toss the scallions with the remaining 1 Tbs. oil and $\frac{1}{2}$ tsp. each salt and pepper.

Set the steaks over the hotter part of the fire and the scallions over the cooler zone. Cook, covered, until the scallions brown, about 3 minutes per side for medium rare meat, and the steaks have good grill marks. Flip both the scallions and steaks. Cook the steaks until they're just firm to the touch, pink when you slice into a thicker part, and register 135°F on an instant-read thermometer for medium rare, about 4 minutes. Grill the scallions until browned and softened, about 3 more minutes. Transfer the steaks to dinner plates, top with the remaining 1 tsp. thyme, and serve with the scallions.



thai steak salad

When you're in the mood for a light-feeling yet satisfying supper, try this bright, boldly flavored salad. Serves 4

- ⅓ cup fresh lime juice (from 3 medium limes)**
- 2 Tbs. minced jalapeño**
- 1½ Tbs. packed dark brown sugar**
- 2 tsp. fish sauce**
- 2 tsp. minced garlic**
- 2 tsp. minced fresh ginger**
- 3 Tbs. canola oil; more for the grill**
- 2 Tbs. Asian sesame oil**
- 1 lb. flank steak, Australian grassfed, cut in half lengthwise**

Kosher salt and freshly ground black pepper

- 1 ripe mango, cut into medium dice**
- ½ small red onion, thinly sliced**
- 10 oz. romaine lettuce, sliced crosswise 1 inch thick (about 9 cups)**
- 3 Tbs. chopped fresh cilantro**

Combine the lime juice, jalapeño, brown sugar, fish sauce, garlic, and ginger in a small bowl. Whisk in both oils in a slow stream; set aside.

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

Pat the steak dry and season well with salt and pepper. Oil the grill grate and grill the steak, turning once, until medium rare (135°F), about 6 minutes total. Transfer to a cutting board, let rest for 5 minutes, and then thinly slice across the grain.

Meanwhile, in a large bowl, combine the mango, onion, lettuce, and 2 Tbs. of the cilantro. Toss with enough dressing to coat, divide the salad among 4 plates, and top with the steak. Drizzle the remaining dressing over the steak, sprinkle with the remaining cilantro, and serve.



TIP

When a recipe calls for both citrus zest and juice, be sure to zest the fruit before you juice it.

honey-chipotle glazed flank steak

When you're craving a little barbecue flavor in winter, this recipe does the trick. **Serves 4**

- 2 tsp. olive oil
- 2 tsp. minced garlic
- ½ tsp. ground cumin
- Kosher salt
- 1½ Tbs. minced canned chipotle in adobo sauce
- 1 Tbs. honey
- 1 Tbs. fresh lime juice
- 1 tsp. finely grated lime zest
- 1 lb. flank steak, Australian grassfed

Position an oven rack 6 inches below the broiler and heat the broiler on high. Line a large rimmed baking sheet with foil.

Combine 1 tsp. of the oil, the garlic, cumin, and ½ tsp. salt in a 1-quart saucepan over medium-low heat; cook, stirring occasionally, until the garlic is golden, about 2 minutes. Add the chipotle and honey and stir until heated through, about 1 minute. Remove from the heat and stir in the lime juice and zest.

Rub the flank steak with the remaining 1 tsp. oil and season generously with salt. Transfer to the prepared baking sheet and broil, turning once, until slightly browned and cooked to your liking, about 3 minutes per side for medium rare.

Spread the glaze over the top of the steak and broil until it begins to bubble and darken in places, 1 to 2 minutes. Transfer to a cutting board and let rest for 5 minutes. Slice against the grain and serve.

grilled steak tacos with spicy slaw

The ingredients in the slaw—cabbage, jalapeños, and onions—are traditional toppings for tacos. Grilling the latter two and then combining the lot creates an intensely flavored, crunchy counterpoint to the spice-rubbed steak. Serves 4

- 1½ tsp. pure ancho chile powder**
- 2 tsp. granulated sugar**
Kosher salt and freshly ground black pepper
- 1¼ lb. flank steak, Australian grassfed**
 - 1 large red onion, cut into ½-inch-thick rounds**
 - 1 to 2 medium jalapeños, stemmed**
 - 2 Tbs. olive oil**
 - 3 cups thinly sliced green cabbage**
 - 1 Tbs. fresh lime juice; more as needed**
 - 8 corn tortillas**
 - ½ cup sour cream**
 - Lime wedges for serving**

In a small bowl, mix the ancho powder with 1 tsp. of the sugar, 2 tsp. salt, and ¾ tsp. pepper. Pat the steak dry, sprinkle the ancho mixture on both sides, and let sit at room temperature about 30 minutes. Meanwhile, prepare a medium-high (400°F to 475°F) gas or charcoal grill.

Set the onion rounds and jalapeños on a large plate and sprinkle with 1 Tbs. of the oil, ½ tsp. salt, and ½ tsp. pepper.

In a large bowl, toss the cabbage with the lime juice, the remaining 1 tsp. sugar, and ½ tsp. salt. Add the remaining 1 Tbs. oil and toss again.

Put the steak, onion, and jalapeños on the grill. Grill the steak, flipping once, until cooked to your liking, 4 to 5 minutes for medium rare (130°F to 135°F). Grill the vegetables, flipping once, until grill marks appear and they're just tender, 5 to 6 minutes for the jalapeños and about 8 minutes for the onion. (Move the onion to a cooler part of the grill or lower the heat if the slices start to burn.) Transfer the steak and vegetables to a cutting board; let the steak rest for 5 minutes.

Chop the onion and finely chop the jalapeños, add to the cabbage mixture, and toss well. Season to taste with salt, pepper, and lime juice.

Spread 4 tortillas on the grill and heat, flipping once, until warm and softened, about 1 minute. Stack the warmed tortillas in a kitchen towel; repeat with the remaining tortillas.

Thinly slice the steak and put a few slices on each of the warm tortillas. Top with the slaw and a dollop of sour cream. Serve with the lime wedges.





korean-style spicy steak lettuce wraps

We love lettuce wraps: so tasty and so fun to assemble. The zesty flavors in this one make it a standout. Serves 4

- 1½ lb. skirt steak, Australian grassfed**
- ¼ cup gochujang (Korean red chile-bean sauce)**
- 2 Tbs. Asian sesame oil**
- 2 Tbs. soy sauce**
- 2 medium cloves garlic, minced**
- 1 Tbs. rice vinegar**
- 4 medium scallions, thinly sliced**
- 2 medium carrots, peeled and grated**
- 1 large head Boston or butter lettuce, leaves separated**
- 1¼ cups prepared cabbage kimchi, coarsely chopped**
- Kosher salt**

Position a rack 6 inches from the broiler and heat the broiler on high. Line a large heavy-duty rimmed baking sheet or broiler pan with foil. Cut steak in half and put on foil.

Whisk the gochujang, sesame oil, soy sauce, and garlic in a small bowl. Rub 3 Tbs. of the mixture all over the steak and let marinate at room temperature for 10 minutes. Whisk the vinegar into the remaining gochujang mixture and set aside in a small serving bowl.

Arrange the scallions, carrots, and lettuce on a large serving platter in individual mounds. Place the kimchi in a serving bowl.

Broil the steak, flipping once, until medium rare (125°F to 130°F), 4 to 5 minutes total. Let rest for 5 minutes, then slice thinly against the grain. Season to taste with salt and mound on the serving platter. Bring all the components to the table for everyone to assemble their wraps as they like.

Gochujang

Gochujang (pronounced kind of like GO-choo-jahng) is a fermented soybean and red chile paste that's sweet with just the right amount of heat. The Korean condiment comes in a red plastic box or squeeze bottle and lasts indefinitely in the refrigerator. Look for it at Asian markets and online. Then try a little in your next stir-fry, marinade, or sauce.



steak salad with grilled red onions

This meaty main-course salad has loads of full flavor thanks to a glaze on the steak, a mustardy vinaigrette, and a generous sprinkling of blue cheese. Serves 4

- 1 tsp. Worcestershire sauce**
- ¼ cup plus 3 tsp. extra-virgin olive oil**
- 1 lb. skirt steak, Australian grassfed, trimmed and cut in half**
- 4 tsp. sherry vinegar**
- 1 tsp. Dijon mustard**
- 1 tsp. honey**
- ½ tsp. minced garlic**
- Kosher salt and freshly ground black pepper**
- 1 medium red onion, sliced crosswise in ¼-inch-thick rounds**
- 6 oz. baby greens (6 loosely packed cups)**
- 1 cup cherry tomatoes, halved**
- 3 oz. blue cheese, crumbled (about ¾ cup)**

Heat a large grill pan over medium-high heat or prepare a medium-high (400°F to 475°F) gas or charcoal grill fire.

In a baking dish just large enough to hold the steak, combine the Worcestershire sauce and 1 tsp. olive oil. Add the steak and turn to coat both sides.

Combine the vinegar, mustard, honey, garlic, ½ tsp. salt, and several grinds of black pepper in a small bowl. Slowly whisk in the ¼ cup olive oil.

Oil the grill grate. Brush the onion slices with the remaining 2 tsp. olive oil, and grill until tender, about 4 minutes per side. Season the steak with salt and pepper and grill alongside the onion, flipping once, 3 to 5 minutes total for medium rare. Transfer the steak to a cutting board, tent with foil, and let rest 5 minutes. Toss the greens and tomatoes with just enough of the vinaigrette to coat lightly and divide among serving plates. Slice the steak across the grain, separate the onion into rings, and arrange both over the greens. Sprinkle the blue cheese over the salad, drizzle with additional dressing, if you like, and serve.

margarita-marinated skirt steak with grilled tomatillo salsa

Serves 4 to 6

FOR THE STEAK

- 2 limes
- ½ cup tequila
- ¼ cup canola oil
- 2 Tbs. chopped fresh cilantro
- 1 Tbs. Cointreau
- 2 medium cloves garlic, minced
- ½ tsp. crushed red pepper flakes
- 2 lb. skirt steak, Australian grassfed
- Kosher salt

FOR THE SALSA

- 1 Tbs. extra-virgin olive oil; more for the grill
- 1 lb. tomatillos (10 to 15), husked and rinsed
- 1 medium yellow bell pepper
- Kosher salt
- ½ ripe medium avocado, diced
- 2 Tbs. minced red onion
- 1 Tbs. chopped fresh cilantro
- 1 jalapeño, seeded and minced
- Freshly ground black pepper

MARINATE THE STEAK

Finely grate the zest from 1 lime and put it in a 9x13-inch baking dish. Finely grate 1 tsp. zest from the second lime and set aside for the salsa. Juice the limes. Add ¼ cup juice to the zest in the baking dish and mix 1 tsp. juice into the zest for the salsa.

To the baking dish, add the tequila, oil, cilantro, Cointreau, garlic, and pepper flakes; whisk to combine. Season the steak all over with 1 tsp. salt. Add it to the marinade and turn to coat. Cover with plastic wrap and refrigerate for 3 hours, turning the steak after 1½ hours.

MAKE THE SALSA

Prepare a medium gas or charcoal grill fire. Scrub the grill grate with a wire brush and then wipe clean with a paper towel dipped in oil.

Rub the tomatillos and yellow pepper all over with the 1 Tbs. oil and season with ½ tsp. salt. Grill the tomatillos, turning occasionally, until they have good grill marks and are starting to collapse, about 6 minutes. Grill the pepper, turning occasionally, until charred all over, 8 to 10 minutes. Transfer the tomatillos to a plate and let cool. Put the pepper in a small bowl and cover with plastic wrap. Let sit until cool enough to handle.

Roughly chop the tomatillos and put them in a medium bowl. Peel the skin from the pepper, remove the seeds, and cut into small dice. Add the pepper to the tomatillos along with the avocado, onion, cilantro, jalapeño, and the reserved lime zest and juice. Season to taste with salt and pepper.

GRILL THE STEAK

Remove the steak from the marinade and pat it dry. Clean and oil the grill grates again. Grill the steak, covered, over medium heat until grill marks form on one side, about 5 minutes. Flip and cook until medium rare (130°F on an instant-read thermometer), 4 to 5 minutes more. Transfer to a cutting board and let rest for 5 minutes. Cut each steak crosswise into 2 or 3 pieces, and then thinly slice across the grain. Serve with the salsa on the side.

Make ahead: The salsa may be prepared up to 2 hours ahead.



skirt steak tacos with spicy sour cream

A chipotle chile is a smoked and dried jalapeño. Ground to a powder, it adds a fiery kick to the creamy sauce for these tacos. Look for ground chipotle in the supermarket spice section. If you don't have a grill, you can cook the steak on a grill pan over medium-high heat.

Serves 4

- ½ cup sour cream**
- ¼ tsp. ground chipotle chile**
- Kosher salt**
- 1 Tbs. extra-virgin olive oil**
- 1 tsp. ground cumin**
- Freshly ground black pepper**
- 1 lb. skirt steak (½ to ¾ inch thick),
Australian grassfed**
- 8 6-inch flour or corn tortillas**
- ¼ small head iceberg lettuce, shredded
(2 cups)**
- 2 medium ripe tomatoes (8 oz. each), cored
and chopped (2 cups)**
- 1 medium ripe avocado, pitted, peeled, and sliced
¼ inch thick**
- ½ cup chopped red onion**

Prepare a medium-high charcoal or gas grill fire (400°F to 475°F).

Combine the sour cream, chipotle, and ¼ tsp. salt in a small bowl. Set aside at room temperature to let the flavors meld.

In a small bowl, mix the olive oil, cumin, 1 tsp. salt, and ¼ tsp. pepper. Rub this mixture on all sides of the steak. Oil the grate. Grill the steak, covered, flipping once, until medium rare, 3 to 4 minutes per side. Transfer the steak to a large plate to rest for at least 5 minutes.

Meanwhile, warm the tortillas on the grill for about 30 seconds per side. Slice the steak across the grain into very thin slices. Fill each tortilla with some of the steak, lettuce, tomato, avocado, and onion. Drizzle with the sauce and serve.





grilled asian skirt steak

This recipe is a riff on kalbi, Korean pear-and-soy-marinated short ribs. It's delicious wrapped in lettuce leaves with rice and a drizzle of the marinade.

Serves 4

- | | |
|---|--|
| <ul style="list-style-type: none"> ½ medium Asian pear or medium ripe pear, peeled, cored, and cut into chunks 6 Tbs. soy sauce ¼ cup sake 3½ Tbs. granulated sugar 3 medium cloves garlic, coarsely chopped Kosher salt and freshly ground black pepper 3 scallions, thinly sliced | <ul style="list-style-type: none"> 1 Tbs. Asian sesame oil 1 Tbs. toasted sesame seeds 1 to 1¼ lb. skirt steak, Australian grassfed, trimmed 2 cups cooked short-grain rice, for serving 1 head red- or green-leaf lettuce, separated into leaves, for serving |
|---|--|

In a blender, combine the pear, soy sauce, sake, sugar, garlic, ¼ tsp. salt, and ¼ tsp. pepper and process until smooth. Transfer to a medium bowl and stir in the scallions, sesame oil, and sesame seeds. Set aside ½ cup of the marinade in a small bowl for serving.

With the tip of a paring knife, poke the steak all over, and then slice it crosswise into 3 or 4 even pieces. Submerge the meat in the remaining marinade and refrigerate for one hour. Remove from the refrigerator and let sit at room temperature for 30 minutes while preparing the grill.

Prepare a grill for direct grilling over medium-high heat (400°F to 475°F). Grill the steak, flipping once, until browned on both sides and medium rare, 6 minutes total. Let the steak rest for about 5 minutes, then thinly slice on the diagonal. Arrange the steak on a large platter with the rice and lettuce leaves for wrapping. Serve the reserved marinade on the side for drizzling.

steak salad with shaved fennel and dried cherries

Seared steak, crisp greens and fennel, tart dried cherries, and salty cheese come together in this company-worthy main-course salad. While you're prepping the ingredients, let the steak sit at room temperature, which will help it cook more evenly. You can substitute flank steak or strip steak for the skirt steak, if you like.

Serves 4

- | | |
|---|--|
| 2 Tbs. sherry vinegar | 3½ oz. mâche or 1 small head Bibb lettuce, trimmed and torn into bite-size pieces |
| 2 tsp. chopped fresh thyme | 1 large fennel bulb (about 1½ lb.), trimmed, quartered, cored, and thinly shaved with a mandoline or vegetable peeler (reserve some fronds for garnish) |
| 1 tsp. Dijon mustard | 4 oz. ricotta salata or feta, crumbled (about ¾ cup) |
| ½ tsp. granulated sugar | ⅓ cup dried tart cherries |
| Kosher salt and freshly ground black pepper | |
| ½ cup plus 2 Tbs. extra-virgin olive oil | |
| 1 small shallot, finely diced (about 2 Tbs.) | |
| 1 lb. skirt steak, Australian grassfed | |

Combine the vinegar, 1 tsp. of the thyme, the mustard, sugar, ¾ tsp. salt, and ½ tsp. pepper in a small bowl. Slowly drizzle in ½ cup of the oil, whisking constantly, until emulsified. Whisk in the shallot and season to taste with salt and pepper.

Sprinkle the steak with the remaining 1 tsp. thyme and season generously with salt and pepper. Heat the remaining 2 Tbs. oil in a 12-inch skillet over medium-high heat until shimmering hot. Add the steak and cook undisturbed until it starts to brown at the edges and easily releases from the pan, about 2 minutes. Flip and continue cooking until the steak is done to your liking (make a nick in a thicker end to check), 2 to 3 minutes more for medium rare. Transfer to a cutting board and let rest for 5 minutes.

While the steak rests, in a large bowl, toss the mâche, fennel, ricotta salata, and cherries with enough of the vinaigrette to coat lightly. Season to taste with salt and pepper.

Thinly slice the steak across the grain. Fan the steak across the center of 4 large plates, drizzle with some of the remaining vinaigrette, and then top with a mound of the fennel and mâche salad. Drizzle with the remaining vinaigrette, scatter the fennel fronds on top, and serve.



beef kebabs with cherry peppers and oregano

These grilled marinated beef skewers are based on a traditional appetizer at many Boston pizzerias, most famously Santarpio's in East Boston. Spicy-tangy cherry peppers give the dish a delicious kick. Serve with crusty bread.

Serves 4 as an appetizer

- ¼ cup plus 2 Tbs. extra-virgin olive oil**
- 3 Tbs. chopped fresh oregano**
- 2 Tbs. soy sauce**
- 2 Tbs. red wine vinegar**
- 1 Tbs. Worcestershire sauce**
- 2 tsp. granulated sugar**
- 2 medium cloves garlic, chopped (2 tsp.)**
- 1½ lb. sirloin tip steaks (about 4), Australian grassfed, cut into 1½-inch chunks**
- Kosher salt and freshly ground black pepper**
- ¼ cup seeded and chopped jarred Italian hot cherry peppers**

In a medium bowl, mix ¼ cup of the oil, 2 Tbs. of the oregano, the soy sauce, vinegar, Worcestershire, sugar, and garlic. Season the beef with 1 tsp. salt and 1 tsp. pepper and transfer to the bowl, tossing to coat. Refrigerate, covered, for at least 8 and up to 24 hours.

Prepare a gas or charcoal grill fire for direct grilling over medium-high heat (400°F to 475°F). While the grill heats, thread the beef onto 3 long metal (or soaked wooden) skewers, leaving a little space between the pieces, and let sit at room temperature. Oil the grill grate.

Grill the beef until grill marks form, about 2 minutes. Flip and continue cooking until grill marks form on the other side, about 2 minutes more. Continue to cook, flipping occasionally, until cooked to your liking, about 4 minutes more for medium rare (130°F to 135°F).

Transfer to plates or a serving platter and let rest for a few minutes. Drizzle with the remaining 2 Tbs. olive oil and sprinkle with the remaining 1 Tbs. oregano and the cherry peppers.



mini burgers with roasted red pepper relish

These juicy little burgers get a double dose of roasted red pepper flavor: The chunky spicy-sweet relish that's spooned on top is also mixed into the meat. To serve as a party snack, double the recipe. Yields 9 mini burgers

- 6 Tbs. sherry vinegar**
- 3 Tbs. granulated sugar**
- 1 Tbs. extra-virgin olive oil; more as needed**
- 1 large shallot, finely chopped (about ¾ cup)**
- 1 serrano chile, seeded and minced**
- Kosher salt**
- 1½ cups small-diced roasted red peppers, patted dry (2 to 3 peppers)**
- 1½ tsp. chopped fresh thyme**

Freshly ground black pepper

- 1 lb. ground beef, Australian grassfed**
- 9 small soft dinner rolls or mini burger rolls, split**

Mix the sherry vinegar and sugar in a small bowl until the sugar dissolves.

Heat the oil in a 1-quart saucepan over medium heat. Add the shallot, serrano, and a pinch of salt and cook, stirring occasionally,

until the shallot is tender and translucent, 3 to 4 minutes. Add the roasted red peppers and cook for 1 minute. Add the vinegar mixture and simmer until most of the liquid evaporates, 7 to 9 minutes. Stir in the thyme, season to taste with salt and pepper, and let cool to room temperature.

Position a rack 6 inches from the broiler element and heat the broiler on high.

Put the ground beef in a mixing bowl and add ½ cup of the relish, 1 tsp. salt, and ½ tsp. pepper. Mix gently and briefly to avoid overworking the meat. Shape the beef into nine ½-inch-thick patties.

Lightly oil a broiler pan. Arrange the burgers on the pan and broil until lightly browned, 2 to 3 minutes. Flip the burgers and broil until lightly browned and cooked to medium doneness (140°F), about 2 minutes.

Serve the burgers in the rolls, topped with the remaining relish.



beef burgers with blue cheese and onions

Salty blue cheese, sweet onions, and juicy beef are a classic and addictive combination. Cooking the onions is the most time-consuming part of this recipe, but be patient: It's worth it to coax out their deep, earthy flavor. Serves 4

- 2 Tbs. unsalted butter
- 2 medium yellow onions, chopped (about 2 cups)
- 1½ lb. ground beef, Australian grassfed
- 1 Tbs. chopped fresh tarragon
- 1 Tbs. Dijon mustard
- 1 Tbs. Worcestershire sauce (preferably Lea & Perrins)
- Vegetable oil, for the grill
- 4 oz. blue cheese, crumbled (about 1 cup)
- 4 brioche or challah rolls, split

Prepare a medium-high gas or charcoal grill fire (400°F to 475°F).

Melt the butter in a 12-inch skillet over medium-low heat. Add the onions and cook, stirring often, until golden and soft, about 20 minutes; reduce the heat to low if the onions begin to brown too quickly.

Meanwhile, in a large bowl, thoroughly mix the beef, tarragon, mustard, and Worcestershire sauce with your hands. Form the mixture into four ½-inch-thick patties.

Oil the grill grate. Grill the burgers, covered, for 3 minutes. Flip the burgers and top with the cheese. Cover and continue to cook until an instant-read thermometer inserted into a burger registers 130°F for medium rare, 3 to 4 minutes more, or 145°F for medium, about 5 to 6 minutes more.

When the burgers are nearly done, toast the rolls cut side down on the grill until browned and heated through, 1 to 2 minutes. Serve the burgers in the rolls, topped with the caramelized onions.





beef picadillo

A Latin American and Caribbean favorite, picadillo is a savory-sweet ground beef filling that's delicious wrapped in lettuce leaves. It's also good in tacos, quesadillas, and omelets. **Serves 4 to 6**

- 3 Tbs. extra-virgin olive oil**
- 1½ lb. ground beef, Australian grassfed**
- ½ cup dry red wine**
- 1 small yellow onion, minced**
- 3 cloves garlic, minced**
- 1 cup canned crushed tomatoes**
- ½ cup golden raisins**
- Kosher salt and freshly ground black pepper**
- 2 large hard-cooked eggs, finely chopped**
- 6 Tbs. chopped pimiento-stuffed green olives**
- ¼ cup minced fresh cilantro**
- 1 small head Boston lettuce, cored and leaves separated**

Heat the oil in a 12-inch skillet over medium heat. Add the ground beef and cook, stirring occasionally and breaking up the meat with the edge of a spoon, until done, about 4 minutes. Add the wine, onion, and garlic and cook, stirring occasionally, until the liquid is almost evaporated, about 4 minutes.

Add the tomatoes and raisins and simmer, stirring occasionally, until the liquid has almost evaporated, 2 to 3 minutes. Season with 1½ tsp. salt and a few grinds of pepper.

Remove the skillet from the heat and stir in the chopped eggs, olives, and cilantro. Season to taste with salt and pepper. Serve hot with the lettuce leaves for wrapping.

caramelized onion cheeseburgers

*Burgers just got better with the addition of tender sweet onions, melted cheese, and tangy lemon-Dijon mayonnaise. **Serves 4***

- 2 Tbs. extra-virgin olive oil; more as needed**
- 1 large sweet onion, thinly sliced (about 2 cups)**
- Kosher salt and freshly ground black pepper**
- ⅓ cup mayonnaise**
- 1 Tbs. Dijon mustard**
- 1½ tsp. fresh lemon juice**
- 1 tsp. finely chopped fresh rosemary**
- 1 small clove garlic, minced**
- 1½ lb. ground beef, Australian grassfed**
- 4 slices Comté or Gruyère cheese**
- 4 good-quality hamburger buns or rolls, split**
- 12 fresh arugula leaves**

Prepare a medium-high (400°F to 475°F) gas or charcoal grill fire. Alternatively, position an oven rack 5 to 6 inches from the broiler and heat the broiler to high. Line the bottom of a broiler pan with foil and lightly oil the perforated part of the pan.

Meanwhile, heat the oil in a 10-inch skillet over medium-high heat. Add the onion, ¼ tsp. salt,


and ⅓ tsp. pepper; reduce the heat to medium low and cook, stirring occasionally, until deeply golden brown and tender, 15 to 18 minutes.

Combine the mayonnaise, Dijon, lemon juice, rosemary, and garlic in a small bowl. Season to taste with salt and pepper and set aside.

In a medium bowl, gently combine the beef with ¼ tsp. salt and ⅓ tsp. pepper. Form the beef into 4 patties (3½ inches in diameter) and make a deep depression in the center of each patty so the burgers keep their shape during cooking. Lightly sprinkle the patties with ¾ tsp. salt and ½ tsp. pepper. Grill or broil them on the prepared pan for about 4 minutes per side for medium, or until desired doneness. Top each burger with 1 slice of the cheese and grill or broil until melted, 30 to 60 seconds.

Toast the buns on the grill or under the broiler until golden, 30 to 60 seconds. Serve the burgers on the toasted buns with the caramelized onions, mayonnaise, and arugula.





sear-roasted beef tenderloin

Tenderloin has a wonderful texture, but its flavor can be a bit bland. This recipe brings out its natural goodness by salting ahead to concentrate flavors, searing to develop a rich crust, and glazing with ingredients that add depth. Serves 8

- 1 trimmed whole beef tenderloin , Australian grassfed (3½ to 4 lb.)**
- Kosher salt**
- 1 Tbs. Dijon mustard**
- 1 Tbs. Worcestershire sauce**
- 1 medium clove garlic, mashed to a paste**
- 1 tsp. honey**
- 1 tsp. soy sauce**
- 1 tsp. finely chopped fresh thyme**
- Freshly ground black pepper**
- 2 Tbs. olive oil**

Fold the thinner end of the tenderloin under to create an evenly thick roast; secure with twine. Rub the beef all over with 1 Tbs. salt. Wrap it in butcher's paper or plastic wrap, put it on a platter or rimmed baking sheet, and refrigerate for at least 2 hours and up to 2 days.

Remove the beef from the refrigerator and let sit for about an hour before roasting. Meanwhile, position a rack in the center of the oven and heat the oven to 475°F.

In a small bowl, combine the mustard, Worcestershire sauce, garlic, honey, soy

sauce, thyme, and a few grinds of pepper; set aside.

Heat a flameproof roasting pan over medium-high heat, using 2 burners if necessary. Add the oil, swirling the pan to coat, and then add the beef. Cook, turning with tongs, until well browned on all sides, about 12 minutes total. Transfer to a cutting board; wipe out the pan.

Brush the glaze over all of the beef, return it to the roasting pan, and roast to an internal temperature of 120°F for rare, 16 to 20 minutes, or 125°F for medium rare, 22 to 26 minutes. Transfer to a cutting board, tent with foil, and let rest for at least 15 minutes (and up to 1 hour if serving at room temperature). If serving warm or at room temperature, slice the tenderloin ½ inch thick and pour any juice that has accumulated over the sliced beef, if you like. If serving cold, wrap the tenderloin in plastic wrap once it has cooled and refrigerate it for up to 24 hours.

cornichon-caper herb sauce

Capers and cornichons add briny flavor to this pesto-like sauce.

Yields about 1 ½ cups; serves 8

- 2 cups (2 oz.) packed fresh flat-leaf parsley**
- ½ cup (½ oz.) packed fresh basil**
- 3 whole scallions, sliced**
- 1 small clove garlic, lightly crushed**
- 1 tsp. finely grated lime zest**
- Kosher salt**
- ½ cup extra-virgin olive oil**
- ¼ cup cornichons, coarsely chopped**
- 1 Tbs. drained capers, rinsed**
- 1 Tbs. fresh lime juice; more as needed**
- Few drops hot sauce, such as Sriracha**

Pulse the parsley, basil, scallions, garlic, zest, and ¾ tsp. salt in a food processor until finely chopped.

With the motor running, add the oil through the feed tube and process until well blended. Add the cornichons, capers, lime juice, and hot sauce and pulse until finely chopped. Season to taste with more salt, lime juice, or hot sauce.



PERFECT RECIPE FOR A SENSATIONAL GRASSFED STEAK



12 months pure Aussie
sunshine



1000s of acres of natural
grass pastures



A sprinkling of
rainfall



Directions

Add family ranch-reared cattle.
Mix with unlimited free-range grazing.

Cooking instructions

Grill until mouth waters.

