

THE MEAT FLAVOR WHEEL

An Interactive Tool for Front and Back of House to:

- Develop new recipes with red meat.
- Create new pairings with red meat.
- Describe red meat to your guests.



How to Use



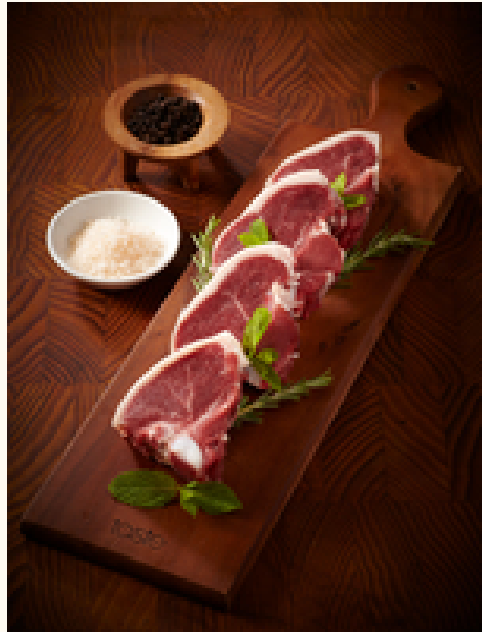
Before you begin watch this quick video tutorial: [The Red Meat Flavor Wheel](#)

1. **Cook a piece of beef, lamb or goat lightly seasoned with salt.**
2. **Choose the primary flavor you taste.**
3. **Use descriptors to describe the red meat to your staff and guests.**
4. **Choose complementary ingredients for pairings that are more familiar.**
5. **Choose contrasting ingredients for pairings that are more unique.**
6. **Search for your ingredient on: [True Aussie Foodservice Recipes](#) for recipe inspiration.**



Starting Your Tasting

Cook a piece of beef, lamb or goat lightly seasoned with salt.



What Flavor Do You Taste?



Choose the predominant flavor below when tasting your sample of red meat:

IRON

BLUE CHEESE

MUSHROOM

BROTH

BUTTER

BRINE

LIVER

CRACKER

GAME

TALLOW



What Flavor Do You Taste? Example

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Descriptors of Your Flavor

Use these descriptors to describe the red meat flavors you taste to your guests or staff.

What did you taste?	Example Flavor Descriptions	
IRON	<i>Meaty</i>	<i>Bitter</i>
BLEU CHEESE	<i>Cellar</i>	<i>Aged Cheese</i>
MUSHROOM	<i>Savory</i>	<i>Earthy</i>
BROTH	<i>Tasty</i>	<i>Caramelized</i>
BUTTER	<i>Buttery</i>	<i>Luscious</i>
BRINE	<i>Sea salt</i>	<i>Seaweed</i>
LIVER	<i>Creamy</i>	<i>Rich</i>
CRACKER	<i>Nutty</i>	<i>Roasted</i>
GAME	<i>Wild</i>	<i>Earthy</i>
TALLOW	<i>Beefy</i>	<i>Fried</i>

Example **MUSHROOM** description: “*This grass-fed beef sirloin has a delicious, savory and earthy flavor*”.



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Choose Ingredients to Pair

Choose either complementary or contrasting ingredient category to pair with your flavor.

What did you taste?	COMPLIMENTARY	CONTRASTING
IRON	SWEET	SOUR
BLEU CHEESE	SALTY	BITTER
MUSHROOM	SALTY	SOUR
BROTH	SWEET	SOUR
BUTTER	SALTY	BITTER
BRINE	SWEET	SOUR
LIVER	SWEET	SOUR
CRACKER	SALTY	BITTER
GAME	SALTY	SOUR
TALLOW	UMAMI	SOUR

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GAME	SALTY	SOUR
TALLOW	UMAMI	SOUR

Choose an Ingredient

Choose an ingredient from your chosen category for inspiration.

	Example Ingredients to Pair with Red Meat					
SALTY	Capers	Anchovies	Fish Sauce	Seaweed	Olives	Caviar
	Pickles	Dashi	Salty Cheeses (i.e feta)		Sea Salt	
SWEET	Honey	Maple	Mirin	Mint	Sugar	Beans
	Sweet Vermouth	Parsnips	Roasted Vegetables		Dried Fruit	
UMAMI	Mushrooms	Soy Sauce	Truffle	Tomato Sauce	MSG	Fish Sauce
	Bonito Flakes	Potatoes	Miso	Walnuts	Aged Cheeses (i.e. Parmesan)	
SOUR	Citrus	Vinegar	Tart Apples	Sour Cherry	Cornichon	Cranberries
	Crème Fraiche	Yogurt	Fermented Vegetables		Sour Cheeses (i.e. Chevre)	
BITTER	Hoppy beer	Bitter Greens	Lima Beans	Dark Chocolate	Coffee	Grapefruit
	Horseradish	Rhubarb	Chicory	Citrus Zest	Brussel Sprouts	Broccoli Rabe

Click [here](#) and **search for your ingredient** for recipe inspiration.



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Click [here](#) and search for **YOGURT**.

Inspirational Recipe Examples

Beef, lamb and goat inspiration using the keyword “yogurt”.



Source: [True Aussie Beef and Lamb Foodservice Recipe Database](#)

Thank You & Feedback



Please provide us with your feedback to help make this tool more useful to:

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Thank you!

