

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

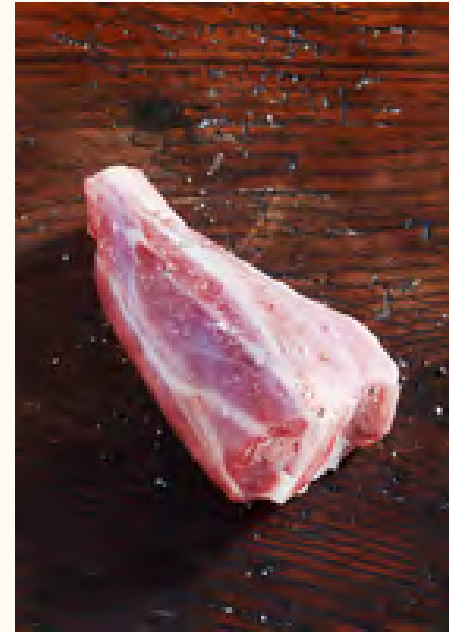
Before you begin watch this quick video tutorial: [The Red Meat Flavor Wheel](#)

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



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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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.



Choose an Ingredient Example

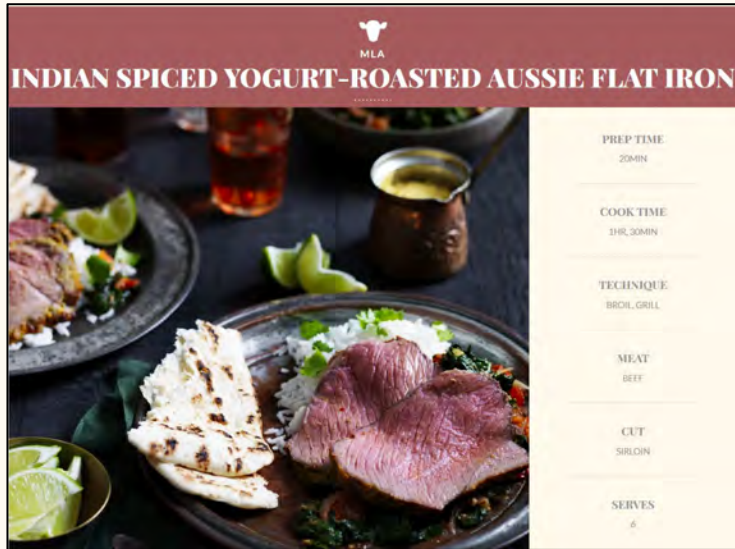
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Click [here](#) and search for **YOGURT**.

Inspirational Recipe Examples

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



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

Thank You & Feedback

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

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Thank you!

