

SUGGESTED REHEATING TIMES

POTATO GRATIN

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 8-10 minutes.

BRAISED RED CABBAGE

Re-heat in bag, suggested microwave time 1 minute.

BROCCOLINI

Re-heat in bag, suggested microwave time 1 minute.

BEEF RIBS

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 12 minutes.

Add B.B.Q sauce and cook for another 4 minutes to caramelize the sauce.

CHICKEN WINGS

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 8-10 minutes.

DRY AGED MEATBALLS

Suggested reheating method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 5-8 minutes.

BARRAMUNDI FILLET

Suggested cooking method is to remove from bag, place onto a baking tray and heat in a preheated oven at 180°C for 12-15 minutes.

PEPPER SAUCE

Remove lid and re-attach loosely, microwave for 1 minute and stir thoroughly.

SPICED DATE PUDDING

Re-heat in bag, suggested microwave time 1 minute

Remove lid and re-attach loosely, microwave for 30 seconds and pour over the pudding.

MUSHROOM SAUCE

Remove lid and re-attach loosely, microwave for 1 minute and stir thoroughly.



A HEREFORD BEEFSTOUW
at home

STEAK COOKING INSTRUCTIONS

INDIVIDUALLY PACKED STEAKS

1. Pre-heat pan or griddle to a medium to high heat
2. Oil the steak and season as preferred
3. Place steak in the pan and cook for an equal length of time on both sides, flipping the steak more than once can help with accuracy. This ensures even cooking throughout.
4. Using your forefinger push into the centre of the steak then observe the reaction as follows below

RARE SOFT MED-RARE SPRINGY MEDIUM FIRM WELL-DONE HARD

5. Once the desired cooking temperature is achieved, remove from pan, season with a generous amount of salt, and rest for approximately half of the cooking time. Then serve.

For best results use a heavy bottomed frying pan or cast iron griddle.

These instructions also apply to a hot B.B.Q grill.



To achieve the cooking temperature you desire, we suggest you use the touch method. This can be done throughout the cooking process.

LARGE CUT COOKING INSTRUCTIONS

RIBEYE ON THE BONE & 500G EYE FILLET

1. Sear for 3-4 minutes on both sides
2. Place in a pre-heated oven at 190°C
3. Cook to your preference, as listed below

RARE 4-5 MINS

MED-RARE 6-8 MINS

MEDIUM 10-12 MINS

4. Season with a generous amount of salt, and rest for approximately 4-6 minutes. When carving the steak cut across the grain for best results.

TOMAHAWK 1.5KG

1. Sear for 3-4 minutes on both sides
2. Place in a pre-heated oven at 190°C
3. Cook to your preference, as listed below

RARE 8-10 MINS

MED-RARE 12-16 MINS

MEDIUM 20-24 MINS

4. Season with a generous amount of salt, and rest for approximately 4-6 minutes. When carving the steak cut across the grain for best results.