



## Your Chance to Join Chef Paul & Sam's Brigade

Put your Chef-ready Meal® in the fridge as soon as it arrives home

### Barbecue Pack Top Tips - From Chef Paul

- o MAKE SURE YOUR MEAT IS ROOM TEMPERATURE BEFORE YOU COOK IT

This is an absolute golden rule on barbecue, and indeed **anytime** you cook with meat.

Meat is muscle. Muscle is fibrous. Meaning if the fibres are tense (which they are if they are still cold when you cook them) you will get a tough piece of meat.

- o MAKE SURE YOUR COOKING SURFACE IS RIPPING HOT BEFORE YOU PUT THE MEAT ON/IN IT

Another absolute must. Again, the muscles fibres are the reason here.

When heat is applied to meat the muscle fibres tense up. If you apply the meat to a cold pan/griddle, the temperature increases gradually, and the fibres will continue to contract more and more. This will lead to the meat curling up and becoming tough.

But if the pan/griddle is roaring hot the tense will be fast and short lived, meaning your juices and tenderness are locked in.

- o DON'T FLIP YOUR MEAT TOO OFTEN

You want to create that delicious charred crust, it's what makes barbecue and grilled meat so good. To get this you have to leave your meat alone. Resist the urge to flip your steaks, burgers and sausages more than once.

If you give the meat time to char it will also mean it releases from the pan or griddle naturally without you needing to scrape it off.

- o BASTE THE BURGERS AND STEAKS

Celebrity Chef and amazing writer Anthony Bourdain once said that people eat a stick of butter every time they eat a meal in a restaurant.

This is because butter gives such amazing flavour. It's salty, decadent, indulgent... The list of adjectives goes on. The point is it's delicious.

If you're barbecuing your meat grab a little ramekin or bowl and melt a good-sized knob of butter in it. Then use a pastry brush (or spoon if you don't have a brush) and regularly brush or drizzle the meat. You could even put some garlic or herbs in the butter for extra flavour.

If you're using a frying pan you can just drop your butter in around the edge. When it has melted tilt the pan and use a spoon to drizzle the melted butter back over the meat.

- o USE YOUR HANDS TO DETERMINE DONE-NESS

We all have a built in done-ness checker. On our hand.



Poke your steaks and measure against your hand as above. Use this method and you'll never overdo a steak again.

- o DON'T PUT YOUR MEAT ON THE BARBECUE TOO EARLY

This is for those with charcoal barbecues. Once you've set the coals alight wait until the flames have died down and all of the coals are white/grey before you start cooking. Otherwise your meat will burn and/or taste of smoke (and not the good kind of smoke).

o USE COMMON SENSE FOR COOKING TIMES

Beef is safe to eat at any stage of doneness. Pork needs to be fully cooked through.

Barbecues are all different temperatures so we can't give you exact times for the sausages and pork steaks.

Somewhere around 15 - 20 minutes for the sausages and 10 minutes for the pork steaks should do. But please CHECK before you eat them. And if they do need a little more time just pop them back on the barbecue or in the oven.

*Use within 3 days of collection/delivery. Keep refrigerated below 5°C.*

***We cannot guarantee that nuts or nut traces will not be found in our food.***

*Allergens - Mustard, celery, egg, sulphites*

*The hygienic containers are made from corn starch and are biodegradable. They will clean (even in the dishwasher) and can be reused many times*



## Your Chance to Win a Free Bottle of Wine

**We want to see how your Barbecue Pack turned out!**

Share your plate to your Instagram story and tag us @samschophouse and use #SamsHomeService. Each month we'll pick one lucky winner to receive a bottle of very nice red wine to pair with your dinner!

## Award-winning Wines

We also deliver wine from our world-famous, award-winning wine list selected by sommelier George Bergier at take-home prices too.

You can order these online too in our Sommelier's Selection Shop.

### **Please help Us to Develop This Business & Save Sam's**

- o We're an independent family-owned 150-yr-old local business
- o We plan to expand Our Home Service
- o With a broader Sunday Roast menu
- o And other Chop House Classics prepared as Chef-ready Meals
- o We'd love your feedback & ideas to **sams@vicchopco.com**
- o If there's anything you don't like, tell us so we can change
- o And if there's anything you do, **please tell your friends**