Please take a copy

The Butcher Shop & GRILL

Meat and BBQ Guide





"The secret of cooking a good steak?""Buy a good steak."

A few words from Peter, our Master Butcher



One of the secrets to the success of the Butcher Shop & Grill is the constant monitoring of the quality of the food that is prepared, whether it be a juicy Wagyu steak or a simple side dish. We do not compromise quality by buying inferior raw products, particularity the beef.

The Butcher Shop & Grill sources the best available beef from around the world, only beef that is known for its superior quality and flavour is used for our steaks.

The beef is aged in our chillers until it has reached peak tenderness; this is monitored and checked daily by the butchers. If the meat has not reached its peak then it is simply not served.

So, sit back and enjoy The Butcher Shop & Grill's superior food and atmosphere!

Fillet

The Fillet is found inside the carcass alongside the rib cage, from below the shoulder to the rump. The Fillet is boneless and the most tender of all beef cuts; it is also virtually fat free. Whole Fillets are cut into round steaks or can be roasted or barbequed whole.

Also known as: Tenderloin (US)



Rump

Not as tender as the Fillet but with more flavour. When cut into steaks, it often consists of two pieces of meat loosely joined together. This cut has a layer of fat on one side and is a superb tasting steak, a South African delicacy.

Also known as: Top-butt sirloin (US)



Sirloin

This meat is cut off the bone from the loin. The meat has a covering of fat on one side and is cut like a loaf of bread to produce steaks. Many consider the Sirloin to be the tastiest steak; it is also suitable for roasting.

Also known as: Striploin (US), Entrecote (FR)





T-Bone

Also called Short Loin, it has a Fillet steak on one side and a Sirloin steak on the other. It is connected with a T-shaped bone, hence the name. The meat is fairly tender and has a fine texture. The Fillet gets bigger towards the rump side. It is cut into steaks or can be kept whole for roasting.

Also known as: Porterhouse (US)



Prime Rib

Cut from the fore quarter of the carcass, the whole Prime Rib is a Rib-Eye that is connected to four or five rib bones. The meat is separated by thin layers of fat. Not as tender as other cuts, but packed with flavour. Kept whole, it is a firm favourite for roasting, or it can be cut into a steak with the bone included.

Also known as: Bone-in Rib-Eye (US)



Rib-Eye

It is obtained by removing the 'eye' from the Prime Rib; usually the fat covering the meat is removed as well. The Rib-Eye requires a longer time to mature, but results in a tender steak packed with flavour.

Also known as: Delmonico steak (US)

There are many different techniques to make sure that your steak turns out perfectly.

1 Basting



Before the steak is grilled over an open flame or gas grill, it is dipped into basting sauce. The basting sauce used at the Butcher Shop & Grill is a light barbeque sauce, which is applied during the grilling process to ensure the steak does not dry out during cooking. This process also imparts a flavour into the meat.

2 Pepper Coating



Before grilling, the steak is rubbed with a combination of coarse salt, cracked black pepper and mustard seeds. The seasoning is merely a flavour enhancer and does not alter the taste of the steak.

3 Rubs

Rubs are spice mixes usually added to meat that is pre-roasted and finished on the grill like beef ribs. Rubs can be used to add flavour to the steak prior to grilling them on the open flame.

4 Plain

The steaks are neither basted or pepper coated and to avoid the meat drying out, the steaks are dipped in a clear stock during the cooking process.

Degrees of cooking

When ordering a steak you must decide how you prefer to have your steak cooked. We suggest you order meat either rare or medium rare for a juicy tender steak. The more past medium you go the less moisture remains in the meat and it begins to dry out. We discourage medium well and well done. The steak does not only lose a lot of its moisture, but the texture becomes tighter and the steak will not be as tender.

Rare The meat is basically only warmed on the outside, the inside will still be cool, soft and very juicy. The colour of the center will be blood-red and will become bright pink towards the surface.

Medium rare The colour of medium-rare beef is gray-brown on the outside and still pink in the centre, with no blood-red areas. The meat is tender, juicy and flavoursome.

Medium Beef cooked to medium is still a little pink in the center and gradually becomes gray-brown towards the outside. When beef is grilled to medium doneness, the surface is nicely seared. The texture is firm, but the meat is still tender.

Medium well Beef cooked medium-well is mostly gravy-brown throughout with a hint of pink in the center. The texture is firm and the meat has lost much of its juiciness.

Well done Well-done beef is gray-brown throughout with no sign of pink in the centre. The texture is chewy and fairly dry.

Once the steak has been cooked to the required doneness, it is vital that it is allowed to rest for a few minutes to allow the juices to return to their natural places. Just before serving, brush the steak with melted butter to give it that added sheen.

Roasting is the process of cooking a whole piece or joint in the oven, the best cuts for this are Prime-Rib, Sirloin and Rib-Eye. A whole Fillet can also be roasted but because there is no fat on the outside of the meat it has to be protected while cooking by using tinfoil or some other kind of 'barrier', such as oil or pepper coating.

A couple of points to remember when roasting beef:

✓To cook beef to the required doneness in the oven always use a meat thermometer and place the fat side up

✓You can season the roast with the pepper coating which is available at the Butcher Shop & Grill, together with a little oil to help it stick to the meat

✓Calculate cooking time as follows for roasting (approximate timings):

Rare
15 to 20 minutes per 500g plus an extra 15 minutes or an internal temperature of 60 to 65°C

Medium
20 to 25 minutes per 500g plus an extra 20 minutes or an internal temperature of 65 to 70°C

Well done
25 to 30 minutes per 500g plus an extra 25 minutes or an internal temperature of 70 to 75°C

✓Allow the roasted meat to rest, covered with tinfoil or in the warming drawer for 15 to 20 minutes.This allows the meat to 'relax' and prevents the meat from crumbling while carving and the juices from running out



AGING MEAT



The process of ageing heightens the flavour and breaks down the fibers that are present in the meat.

While some aspects of ageing are still a mystery to scientists, the dominant theory is that freed enzymes attack cell proteins, causing the fibers in the meat to break down and become softer. The proteins in turn, are reduced to strongly flavored amino acids, adding to the flavour of the meat.

For beef, the ideal ageing cycle is 10 to 21 days (depending on the cut) in a temperature controlled environment with controlled humidity.

Storing

When you buy meat we recommend that you either cook or refrigerate it immediately. Ensure sufficient space between items kept in the refrigerator for cold air to circulate freely and always store the raw meat in the refrigerator below cooked food to prevent blood dripping.

For best quality, keep meat in the fridge for no more than two days and in the freezer for maximum one month. Vacuum-packed meat can be stored for up to four months in the freezer.
Never allow raw meat to come in contact with cooked food. To avoid food contamination, wrap meat in plastic bags or place on a plate.



Freezing

Freezing meat almost always has a negative impact on the eating experience – only freeze if you absolutely have to. When the frozen meat is defrosted, thawing causes an inevitable loss in nutritional components, flavour and juices. It is better to consume meat that has only been chilled, and if you have to freeze, do it quickly and efficiently. Meat that has already been defrosted should never be frozen again.

It is a popular misconception that freezing meat helps the aging process. Not so. Freezing meat stops the aging process in its tracks – and aging meat is not something that can be done successfully at home anyway; it is best left to the professionals.

Defrosting

If you did have to freeze your meat, here's what to do: the ideal method of defrosting is to move the meat from the freezer and place it in the refrigerator.

Allow to defrost slowly. This will more than likely take 12 hours or more. Meat loses too much of the meat juices if thawed at room temperature. The fridge-method results in the least amount of moisture being lost, which will in turn result in more succulent meat.

If defrosting in the microwave, leave about 5 centimeters between the food and the inside surface to allow heat to circulate. Smaller items will defrost more evenly than larger pieces of food. Meat thawed in the microwave should be cooked immediately. Do not thaw meat products on the counter or in the sink without the packaging as bacteria multiply rapidly at room temperature.











What to grill?

When barbequing - or 'braaing' as South Africans call it - the most important thing to remember is: "If you want a good steak, buy a good steak"

Beef
The best cuts of beef to put on the BBQ are the cuts that can handle the direct heat from the coals, so preferably a steak that has some fat to protect it from drying out too quickly such as the Rump, Sirloin, Rib-Eye, T-Bone or Prime-Rib. The Fillet can be used as well, but due to the lack of fat it must be protected from the heat by using some sort of barrier - either liquid such as a marinade, basting or something more substantial such as tinfoil.

Lamb
Lamb is especially good on the BBQ, with the best cuts being the chops cut from either the loin or the shoulder. A light brushing of olive oil, a heavy seasoning of rock salt and some rosemary are all that is needed to bring out the flavour of the meat.

Chicken
Whole birds can be put on the BBQ and cooked over indirect heat, but the best way to barbeque chicken is to use pieces that have been marinated overnight to get as much flavour into the meat as possible. Chicken needs to be turned frequently, especially if a marinade is used to prevent the skin from burning.

Seafood
Whole fish wrapped in tinfoil is a fantastic alternative to red meat, mixed seafood on skewers also work really well on the BBQ. Salmon and Tuna steaks can be grilled at a low heat as well, just be careful to turn the steaks carefully to prevent the fish from breaking up.

Vegetables
Potatoes and onions wrapped in tinfoil (with a little olive oil and seasoning) and placed directly in the coals are delicious. Alternatively, grilling sliced vegetables such as aubergines, courgettes and capsicums with a little olive oil on the grill also works well.

Top tips… for a happy BBQ!

- A little olive oil and some pepper coating is all that is needed to bring out the flavour of a good cut of beef.
- When the coals have burnt down and there are no visible flames, put the grill rack on so it can pre-heat before the meat is put on.
- Cut an onion in half and rub it over the grill rack to clean it before putting the meat on.
- To check the heat of the BBQ place your hand about a foot above the fire and count to 10, if you pull away before 10 it is too hot and if you can count way past 10, add more charcoal or turn up the gas!
- If using meat that has been marinated, baste the meat with the leftover marinade while cooking to prevent from drying out.
- To check if chicken is thoroughly cooked, make a small incision in the thickest part of the meat with a knife and if the juice that comes out is clear the chicken is cooked.
- After the meat has been cooked, cover it in tinfoil and allow it to rest for at least 10 minutes while keeping warm, so the meat juices return to their rightful places ensuring the meat is tender.





Gas or Charcoal?

This comes down to personal preference and what kind of meat you are using. Gas is good for consistent indirect heat used for roasting and is far quicker and easier to use then an old school charcoal fire. A charcoal fire, however, does impart a slight smokiness to the meat and some purists say this is the only way to barbeque!

Getting your BBQ started

If you are using gas make sure the gas cylinder is full and the connections are not leaking; once the burners are lit you can virtually start grilling straight away. When using charcoal always use a good firelighter, either solid or liquid, and do not pour more firelighter liquid onto the fire once it is lit! Do not under any circumstances use petrol or diesel to start the fire, the fumes will be highly toxic and will impart a terrible taste to the meat.

Equipment

If using a charcoal BBQ make sure there is enough ventilation in the bottom where the coals are so the coals burn evenly and you do not have to fan the fire to keep it going. If using a gas BBQ clean the BBQ regularly and check that the gas is not leaking. A sturdy pair of tongs, skewers, spatula and knife are some of the necessary tools needed for a successful BBQ.

Bastings, spices, rubs & marinades

The use of bastings and marinades is twofold: they protect the meat from burning and increase the flavour. Spices are used either by themselves or as an ingredient in the marinade. Be careful not to over-season the meat - rather add some seasoning at the end if necessary.

Rubs are very popular and easy to use; the meat can be rubbed with the spice mixture just before it is put on the grill.

1 Never leave the fire unattended!

2 Make sure you have all the necessary equipment you will need before lighting the fire.

3 Place the BBQ in a well ventilated area with no overhead obstructions that can catch fire.

4 While the meat is cooking, fat and juices will drip into the fire causing flames. If the flames do not die down on their own, the fire is too hot and your meat will burn. Remove the meat and let the flames die down, do not throw water on the fire as this will create smoke and the fire might go out!

5 Don't over-season the meat before cooking, rather season later.

6 Baste the meat frequently.

7 Most meat on the grill, especially steaks, do not need constant turning. The more the meat is moved around the more juices will escape leaving the meat dry and tasteless.

8 If cooking steaks put them onto the grill when it is still very hot to sear the meat on both sides. This will seal the juices inside and the meat will not dry out.



MEAT SPECIALITIES AT THE BUTCHER SHOP & GRILL

One of the advantages of having an in-house butchery at the Butcher Shop & Grill is that we also offer some meat specialities not easily found anywhere else and which have been freshly made on the premises.

Biltong

This snack food originated from the early Dutch settlers in South Africa. Because there was no refrigeration, the pioneering settlers had to find a way to preserve their meat. The process consisted of cutting the meat into strips, pickling it in a brine solution and hanging it in the wagon to dry. This resulted in strips of dried Biltong.

Although it extends the shelf life of the meat it is very prone to humidity which means once the bag of biltong has been opened, it should be eaten straight away. For most South Africans, these strips of salted, dried beef still remain their favourite snack. Various forms of Biltong are found in other countries as well, for example it is called Beef Jerky in the US. But it is found nowhere in exactly the same form as we know it in South Africa!



Boerewors

Boerewors is a South African favourite and is a popular part of any South African BBQ - or 'braai' as this favourite past-time is called in South Africa. The Boerewors is a coarse, loosely-filled beef sausage which is flavoured with spices such as coriander, cloves, nutmeg and allspice. Rest assured that any Boerewors available at any of our restaurants is pork free.



The Butcher Shop & Grill offers a wide range of products and equipment to make your BBQ stand out:

Bastings
You can purchase both the Butcher Shop & Grill's very own Rib as well as Steak Basting at the butchery counter to use when grilling at home. The Rib Basting can be used for chicken as well as ribs. Read the instructions on the label and you cannot go wrong. Any unused basting can be kept in the refrigerator for up to 1 month.



BBQ essential tools
We offer a complete case with BBQ essentials containing: spatuala (used for turning burgers), tong (for turning steaks), knife, fork and basting brush.



Pepper coating
This ever popular mix of crushed black pepper, rock salt and mustard seed is also available from the butchery counter.

Steak knife sets
The Butcher Shop & Grill offers three kind of steak knives: Executive, Beef Master and Elite. All sets are also available with matching forks.

Carving knife & fork
Perfect for carving any kind of roast





The Butcher Shop & GRILL

UAE - Dubai
Jumeirah Beach Residence- +971 4 4281 375
Mall of the Emirates - +971 4 3471 167
City Walk - +971 4 3441 311
Mirdif City Center - +971 4 2840 740

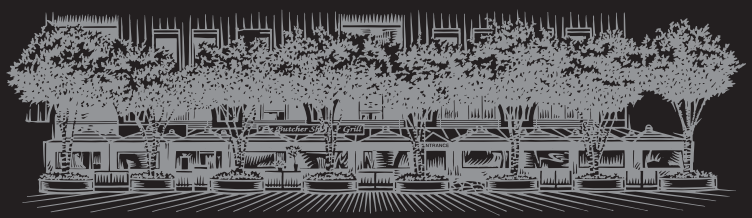
Bahrain
City Center Bahrain - +973 17172323 Ext. 323

Qatar
Villagio Mall - +974 4495 9847 Ext: 247

KSA - Riyadh
Tahlia Street – +966 (11) 288 5156
RestaRose – +966 (11) 4101229

KSA - Jeddah
Rawdah Steet - +966 (12) 6115947

UAE | Bahrain | Qatar | KSA | South Africa



www.butchershoparabia.com

ButcherShopAR