



CHEF'S MODERN GUIDE TO

# **SLAYING THE ROAST.**

INSPIRING WAYS TO BRING YOUR WINTER MENU TO LIFE!

**TRENDS  
ON  
PLATE**

## **KILLER CLASSICS**



Unilever  
Food  
Solutions





# LOW & SLOW

With enthusiasm for low-and-slow cooking continuing to surge, the excitement around what's next for winter menus is obvious.

A deeper understanding of the benefits of secondary cuts is unleashing a new wave of winter creativity. Even standards like lamb shanks and beef brisket are enjoying the spirit of reinvention.

In this modern chef's guide, we share the latest trends in low-and-slow cooking and provide you with the recipes, inspiration and product solutions to fill your winter menu with unforgettable flavours.

Join us as  
we put the  
**'WOW'**  
**INTO**  
**WINTER**  
**MENUS!**





# CONTENTS

<b>HOT IDEAS FOR THE COLDER MONTHS</b>	<b>4</b>
<b>FOUR REASONS TO TAKE IT LOW AND SLOW</b> Contemporary takes on classic cuts	<b>9</b>
<b>THE CUTS THAT COUNT</b> Stews and share dishes with secondary cuts	<b>18</b>
<b>LOW AND SLOW: YIELD EXPLAINED</b>	<b>31</b>
<b>NEXT STEPS IN SLOW COOKING</b> Where there's smoke, there's innovation	<b>32</b>
<b>FIRED-UP FLAVOUR</b>	<b>40</b>
<b>LOW-AND-SLOW INSPO: OUR 15 FAVOURITES</b>	<b>41</b>
<b>THE POWER LINE-UP FOR YOUR WINTER MENU</b>	<b>45</b>





# **HOT IDEAS** **FOR THE** COLDER MONTHS

With planning for winter menus in full swing, chefs are focused on the dishes that will bring customers through the door during the colder months.

The top five menu topics from our recent casual dining research, global trend analysis and local chef interviews reveal important themes for operators.





## THE CROWD-PLEASERS DON'T HAVE TO BE PREDICTABLE

While some kitchens bemoan turning out winter standards like lamb shanks year after year, others are digging deep to find new ways of presenting old favourites, with exotic spices and eye-catching formats currently trending.



## SECONDARY CUTS CONTINUE TO SURGE

Price, versatility and flavour are driving demand for slow-cooked dishes, supporting the popularity of braises, stews and pies. Chefs are discovering they can achieve spectacular results with cost-effective secondary cuts.

## FROM HOT TO HEARTY, THE BIG SALAD IS HERE

This winter, we expect an upswing in demand from diners looking for healthy and affordable dishes, with fresh approaches to building a satisfying salad—such as dense and hot salads—coming to the fore.





## SHARING ISN'T JUST FOR SUMMER

The sharing trend offers exciting areas for chefs to explore, with the likes of pulled meats, casserole, ribs and lamb shoulder presenting opportunities for kitchens to create communal dishes for diners to bond over.



## BRISKET IS BRANCHING OUT

Brisket is the perfect base for slow-cooked winter dishes, so it's not surprising to see a new wave of creativity from local chefs. We expect an explosion in brisket-based inventiveness this coming winter.



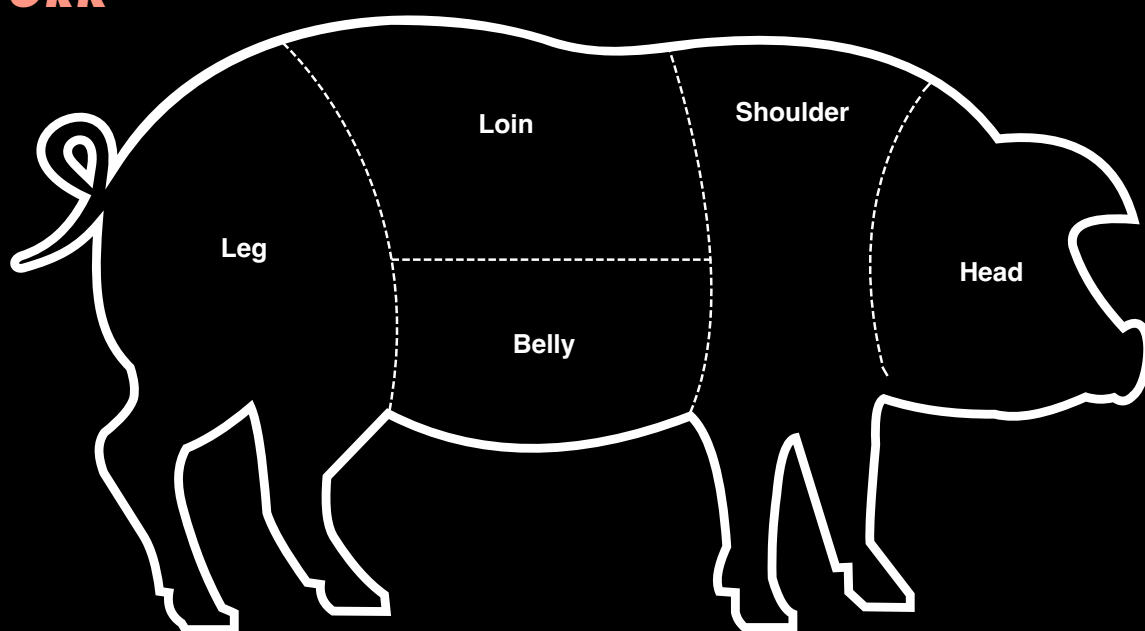




## **THE LOWDOWN ON POPULAR LOW-AND-SLOW CUTS**

These are the cuts we refer to throughout this chef's guide. They are your go-to choices when it comes to slow-cooking your way to super-stardom!

### **PORK**

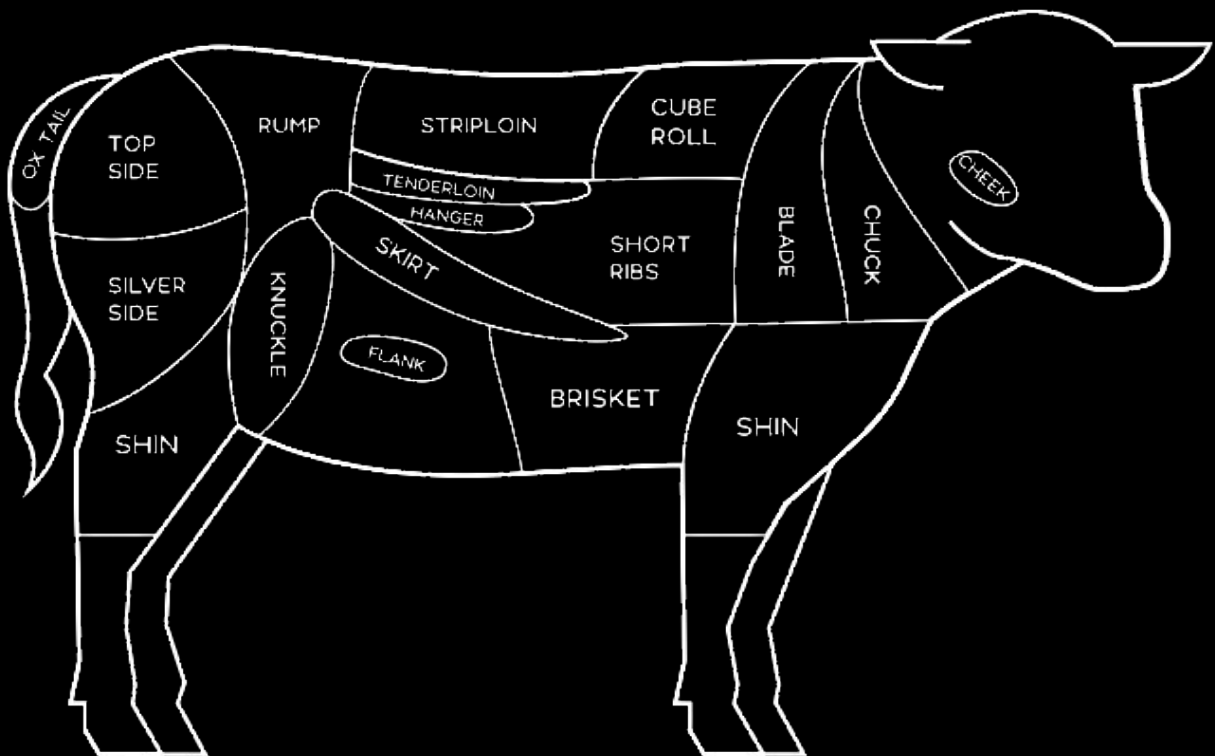


*Pork infographic courtesy of Australian Pork Limited. Visit the Australian Pork website for foodservice industry inspiration.*

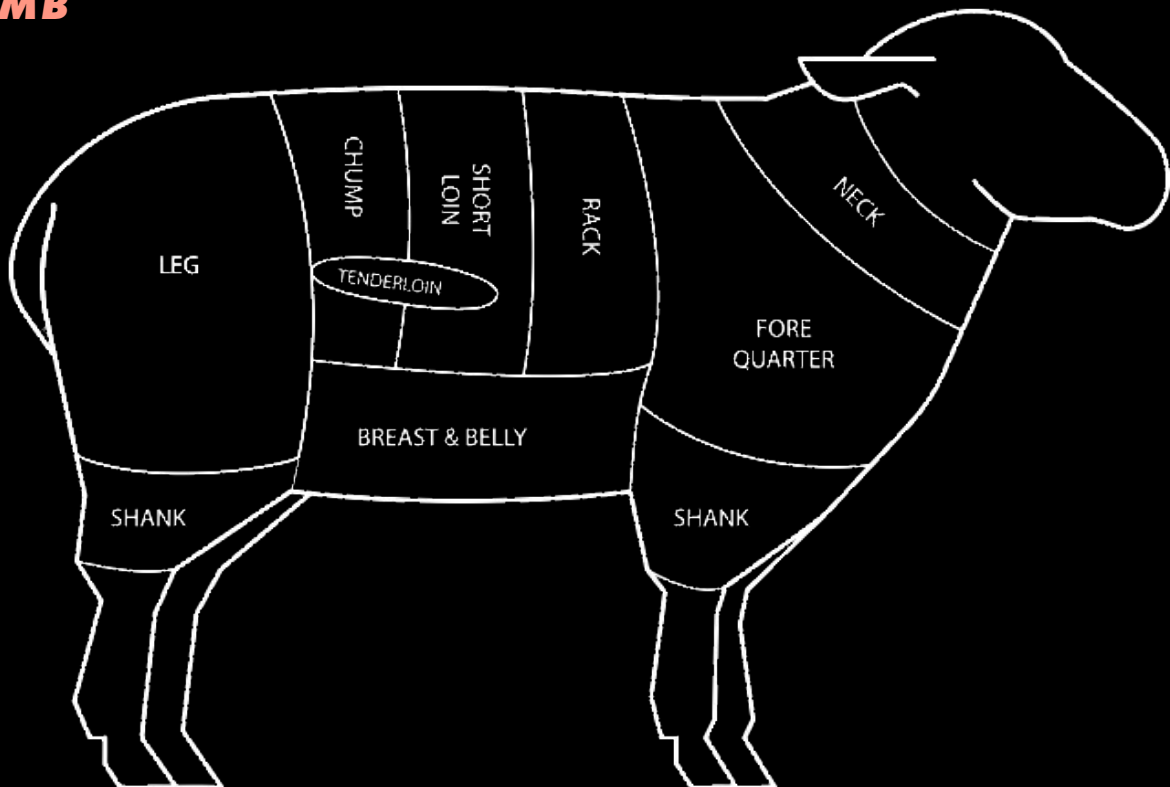




## BEEF



## LAMB



Beef and lamb infographics courtesy of Meat & Livestock Australia. Visit the [Rare Medium](#) website for foodservice industry inspiration.







# 4 REASONS TO TAKE IT LOW & SLOW

Sam Burke, corporate executive chef and product & business development manager at Meat and Livestock Australia (MLA), believes the current attention on low-and-slow cooking is wholly justified, because it comes with a range of tangible benefits to kitchens.







# #1

“We’ve all got labour and efficiency pressures,” says Burke. “So, if you can create your meal around these slow secondary cuts, you’re reducing your cost of goods and adding great diversity to your menu.”



# #2

“Efficiency is also gained: you’ve got time back in your day because you utilised your ovens and slow cooked overnight.”

# #3

“In addition, you have yield retention because you cooked it at a lower temperature, maintaining moisture in the finished product.”

# #4

A fourth benefit of low-and-slow cooking is the nose-to-tail ethos of making full use of the animal.

“Chefs have discovered they can make great dishes out of the cuts that have traditionally been put into trim for mincing. These days, chefs are getting more creative with how they use these products.

“You’re getting the most out of that animal and you’ve got a great story to tell in relation to nose-to-tail dining.”







# **CONTEMPORARY** takes on classic cuts.

Bring new life to your lamb shanks and brisket-based dishes with spicy Middle Eastern and Asian flavours or consider trending formats and cooking methods to meet the needs of a new generation of diners.







# ZA'ATAR AND PANKO CRUSTED BRAISED LAMB SHANKS

Subtly spiced lamb shanks so tender they will easily fall off the bone. The addition of za'atar gives a traditional Middle Eastern flavour to the dish.

## SERVES 10

10 lamb shanks, Frenched (roughly 350g each)  
30ml olive oil (for frying)  
2 onions, chopped  
3 carrots, chopped  
2 celery stalks, chopped  
5 garlic cloves, finely chopped  
10g **Knorr Beef Booster Gluten Free**  
1.5kg **Knorr Italiana Pronto Napoli Gluten Free**  
50g za'atar  
250g panko breadcrumbs  
300g Israeli (pearl) couscous  
10g **Knorr Chicken Booster Gluten Free**  
300g cherry tomatoes, halved  
200g cucumber, seeds removed and chopped  
200g feta cheese, crumbled  
100g rocket leaves  
30ml **Knorr Italian Glaze with Balsamic**  
parsley, to garnish

## 1. LAMB SHANKS

- Add half the olive oil to a large pan and seal lamb shanks over high heat, then place into a gastronorm tray.
- Add remaining olive oil to the pan and cook onions, carrots, celery and garlic over medium heat for 5–7 minutes or until softened. Add to gastronorm with lamb shanks.
- Combine **Knorr Beef Booster** and water (500ml per 10 serves) and pour over lamb along with **Knorr Italiana Pronto Napoli**.
- Bake in oven at 160°C for 3 hours or until lamb is tender.
- Combine za'atar and panko in a bowl and sprinkle over lamb shanks. Return to oven at 200°C and cook for a further 20 minutes or until breadcrumbs are golden.

## 2. PEARL COUSCOUS

- Add couscous, water (500ml per 10 serves) and **Knorr Chicken Booster** in a saucepan. Bring to a simmer then place lid on and turn heat to medium low and cook for 10 minutes or until liquid is absorbed and couscous cooked through.
- Transfer couscous to a large bowl and add cherry tomatoes, cucumber, feta and rocket.
- Combine **Knorr Italian Glaze with Balsamic** and extra virgin olive oil in a small bowl and whisk to combine. Pour over couscous salad.

## 3. TO ASSEMBLE & SERVE

- Spoon couscous salad onto a plate, top with lamb shanks and braising liquid. Garnish with parsley leaves.







# MISO AND TERIYAKI BRAISED LAMB SHANKS

You can't go past lamb shanks in winter. This Japanese twist on an all-time favourite will add more flair to your menu.

## SERVES 10

10 lamb shanks, Frenched (roughly 350g each)  
30ml olive oil (for frying)  
2 onions, chopped  
3 carrots, chopped  
2 celery stalks, chopped  
5 garlic cloves, finely chopped  
100g white miso paste  
10g **Knorr Beef Booster Gluten Free**  
1L **Knorr Japanese Teriyaki Sauce Gluten Free**  
2kg celeriac  
20g butter  
1L milk  
10ml **Knorr Concentrated Liquid Chicken Stock**  
500g broccolini  
30ml sesame oil  
20g red chillies, sliced

## 1. LAMB SHANKS

- Add half the olive oil to a large pan and seal lamb shanks over high heat, then place into a gastronorm tray.
- Add remaining olive oil to the pan and cook onions, carrots and celery and garlic over medium heat for 5-7 minutes or until softened. Add white miso paste and cook for 1-2 minutes. Add to gastronorm with lamb shanks.
- Combine **Knorr Beef Booster** and water (600ml per 10 serves) and pour over lamb along with **Knorr Japanese Teriyaki Sauce**.
- Bake in oven at 160°C for 3 hours or until lamb is tender.

## 2. CELERIAC PURÉE

- In a large saucepan over a medium heat cook celeriac pieces in butter for 5 minutes while covered.

- Add milk and season and cook on a low heat for 10 minutes or until celeriac is soft.
- Remove from heat and strain the celeriac, reserving the liquid. Place celeriac in a blender or food processor and blend with a little milk and **Knorr Concentrated Liquid Chicken Stock** until smooth, adding more as required.

## 3. BROCCOLINI

- Char grill broccolini until tender, top with sesame oil and sliced chillies.

## 4. TO ASSEMBLE & SERVE

- Spoon celeriac purée onto a plate, top with lamb shanks and broccolini and braising liquid.





# CURRIED ROAST LAMB POT PIES

Just when you thought a slow-cooked lamb curry couldn't get any better, it does: as a pie topped with golden puff pastry.

## SERVES 10

7 lamb shanks, Frenched (roughly 350g each)  
30ml olive oil (for frying)  
2 onions, chopped  
3 carrots, chopped  
2 celery stalks, chopped  
5 garlic cloves, finely chopped  
150g **Knorr Patak's Mild Curry Paste**  
10g **Knorr Beef Booster Gluten Free**  
50g **Knorr Rich Brown Gravy Gluten Free**  
1.5kg **Knorr Italiana Pronto Napoli Gluten Free**  
30g rosemary, chopped  
80g **Knorr Roux**  
5 short crust pastry sheets ready rolled  
5 puff pastry sheets ready rolled  
2 eggs, whisked  
200g Greek yoghurt  
100g **Hellmann's Real Mayonnaise Gluten Free**  
2 Lebanese cucumbers, de-seeded and diced  
20g coriander, finely chopped  
10g **Knorr Lime Powder**  
**Knorr Patak's Sweet Mango Chutney**, to serve

## 1. LAMB SHANKS

- Add half the olive oil to a large pan and seal lamb shanks over high heat, then place into a gastronorm tray.
- Add remaining olive oil to the pan and cook onions, carrots, celery and garlic over medium heat for 5–7 minutes or until softened. Add to gastronorm with lamb shanks.
- Add **Knorr Patak's Mild Curry Paste**, **Knorr Beef Booster**, **Knorr Rich Brown Gravy** and water (500ml per 10 serves) and pour over lamb along with **Knorr Italiana Pronto Napoli** and rosemary.
- Bake in oven at 160°C for 3 hours or until lamb is tender. Remove lamb and break into smaller pieces.
- Add lamb to a large saucepan and add **Knorr Roux** and bring to a simmer until lamb mix thickens adding more **Knorr Roux** as required.

## 2. PIE

- Line the pie dishes with short crust pastry. Blind bake 180°C then cool slightly.
- Spoon in the pie filling and top with puff pastry. Trim and brush pastry with egg wash.
- Bake in oven for 20–25 minutes or until pastry is golden.

## 3. RAITA

- Combine Greek yoghurt, **Hellmann's Real Mayonnaise**, cucumbers, coriander and **Knorr Lime Powder** and mix until combined.

## 4. TO ASSEMBLE & SERVE

- Serve pies with raita and **Knorr Patak's Sweet Mango Chutney**.





# TEXAS-STYLE BEEF BRISKET WITH BOURBON SAUCE

If you have a smoker or a smoking attachment for your combi, you can smoke the brisket. If not, you can still achieve a great result with low-and-slow cooking. The bourbon chipotle sauce makes this dish one your diners won't forget.

## SERVES 10

10g **Knorr Beef Booster Gluten Free**  
100g brisket smoke rub  
2.5kg beef brisket (point end)  
150g yellow cornmeal  
160g plain flour  
1 tbsp baking powder  
130g white sugar  
1 tsp salt  
1 cup corn, canned  
125g butter, melted  
2 eggs  
175ml milk  
300g **Knorr American Chipotle BBQ Sauce Gluten Free**  
200g **Knorr Italiana Pronto Napoli Gluten Free**  
100g brown sugar  
300ml Coca Cola  
100ml bourbon  
250g white cabbage  
250g red cabbage  
200g **Hellmann's Real Mayonnaise Gluten Free**  
20ml apple cider vinegar  
5 corn cobs, husks removed  
50g butter, softened

## 1. BRISKET

- Combine **Knorr Beef Booster** and brisket smoke rub in a bowl. Rub all over the brisket and leave for 1–24 hours in the fridge.
- Place brisket into a gastronorm tray and bake at 120°C, covered for 10 hours. Increase heat to 190°C and cook uncovered for 30 minutes.

## 2. CORN BREAD

- Place yellow cornmeal, plain flour, baking powder,  $\frac{3}{4}$  sugar and salt in a bowl and mix.
- Place canned corn, melted butter, eggs and milk in a separate bowl and mix.
- Pour the wet ingredients into the dry ingredients and mix well.
- Pour into a greased 24cm frying pan and place in an oven at 200°C for around 20 minutes or until top is golden brown and corn bread is cooked.

## 3. BOURBON CHIPOTLE SAUCE

- Place **Knorr American Chipotle BBQ Sauce**, **Knorr Italiana Pronto Napoli**, brown sugar, cola and bourbon into a saucepan and cook over medium heat for 15–20 minutes or until reduced and thickened.

## 4. SLAW

- Combine white cabbage, red cabbage, **Hellmann's Real Mayonnaise**, apple cider vinegar and  $\frac{1}{4}$  sugar in a bowl and mix until combined.

## 5. CHAR GRILLED CORN

- Char grill corn brushing regularly with softened butter until cooked. Slice in half.

## 6. TO ASSEMBLE & SERVE

- Slice beef brisket and serve with warm corn bread, slaw, char grilled corn and bourbon chipotle sauce.







# BARBACOA-STYLE BEEF BRISKET TACOS

Beef barbacoa is a dish of meat often traditionally slow cooked in pits. It's seasoned with spices and cooked with stock until tender. The western version of barbacoa renders a soft, tender meat that can be pulled perfectly for tacos.

## SERVES 10

50ml vegetable oil  
2kg beef brisket  
150g chipotle chillies in adobo sauce  
5 garlic cloves, chopped  
10g **Knorr Beef Booster Gluten Free**  
500g **Knorr Mexican Chunky Salsa Mild Gluten Free**  
100ml apple cider vinegar  
10g ground cumin  
10g oregano, dried  
2 cloves  
1kg red cabbage  
100g shallots, sliced  
100ml red wine vinegar  
50g sugar  
200g **Hellmann's Real Mayonnaise Gluten Free**  
30g **Knorr Thai Lime Powder**  
20g coriander, chopped  
20 roti paratha  
limes, to serve

## 1. BRISKET

- Heat  $\frac{1}{2}$  oil in a large frying pan over high heat. Sear the beef until browned all over.
- Place brisket into a gastronorm tray and add chipotle chillies in adobo sauce, garlic, **Knorr Beef Booster**, water (500ml per 10 serves),  $\frac{1}{2}$  **Knorr Mexican Chunky Salsa Mild**, apple cider vinegar and spices and cook in oven at 120°C, covered for 10 hours. Remove the meat and shred. Add approximately half of the braising liquid to the meat or until it's nice and moist, and stir to combine.

## 2. PICKLED RED CABBAGE

- Place red cabbage, shallots, red wine vinegar and sugar in a bowl and toss well to combine. Set aside.

## 3. LIME CORIANDER MAYONNAISE

- Add **Hellmann's Real Mayonnaise**, **Knorr Thai Lime Powder** and coriander to a bowl and mix well to combine.

## 4. ROTI PARATHA

- Lightly fry the rotis in remaining vegetable oil until golden and slightly crispy around the edges.

## 5. TO ASSEMBLE & SERVE

- Divide the pulled beef between the roti tacos. Top with pickled red cabbage and lime coriander mayonnaise and serve with remaining **Knorr Mexican Chunky Salsa Mild**.





# TURKISH SHAKSHUKA

Shakshuka is an easy, healthy meal that is popular in many parts of the Middle East and North Africa. This recipe is based on a Turkish adaptation and features potatoes and slow-cooked eggplant.

## SERVES 10

500g potatoes, peeled, diced  
50ml olive oil  
2kg eggplant, diced  
2 red capsicums, diced  
2 brown onions, diced  
1L **Knorr Italiana Pronto Napoli Gluten Free**  
2g smoked paprika  
2g ground coriander  
5g sesame seeds, toasted  
3g chilli flakes  
3g thyme leaves  
10 eggs, poached  
10g coriander, fresh, to garnish  
za'atar bread, to serve

## 1. SHAKSHUKA

- Place potatoes in a saucepan covered with water and bring to the boil, simmer until tender and drain. Set aside.
- In a large cast-iron pan heat oil over medium heat, add eggplant and cook for 2–3 minutes before lowering heat and cooking for a further 10–15 minutes or until softened.
- Add capsicum, onion and drained potatoes and cook for 3–4 minutes on high heat until onion and capsicum soften a little.

- Add **Knorr Italiana Pronto Napoli** and stir in paprika, coriander, sesame seeds, chilli flakes and thyme leaves and simmer for 10 minutes.
- Remove from heat and divide into serving dishes.
- Top with poached eggs.

## 2. TO ASSEMBLE & SERVE

- Serve with za'atar bread, fresh coriander and extra spices.








# **THE CUTS THAT COUNT**

We asked Sam Burke from MLA for his opinion on the cuts that can keep our kitchens ahead of the game. Here are four of his favourite secondary cuts.





## BEEF CHUCK

“**Chuck** from the forequarter is quite economical and versatile,” says Burke. “It’s a cut that can be turned into a highly appealing braised pulled beef dish, curry, bourguignon, pie filling or burger blend, and it offers excellent margins and great versatility on menus.”



## BEEF SHORT RIBS

Burke’s favourite emerging secondary cut is **beef short ribs** done in the Korean style Galbi, which involves cutting the short rib across the rib set into thin slices, then marinating it in a sweet and savoury BBQ sauce and pan searing or grilling it.

“Asado short ribs are prepared in a similar method then grilled over a parrilla (a metal grate positioned over wood or charcoal embers and often adjustable in height to control cooking temperature). When finished with sea salt and drizzled with chimichurri, it’s just so good.”





## BEEF BRISKET

One of the best all-round cuts, according to Burke, is the **beef brisket**, which he describes as a perfect base for slow-cooked, braised or smoked winter dishes.

“Being from the lower chest of the cow, just above the front legs, it’s one of those leaner cuts that’s ideal for low and slow cooking,” says Burke. “When those fibres break down, you end up with a wonderful, tender result.”



## LAMB SHOULDER

Burke suggests **lamb shoulder** is a secondary cut that chefs are using in fresh ways, including as the basis of a centre-of-table share dish. “The lamb shoulder has really taken off in the last 10 years and, both at highly respected and casual dining restaurants, it’s definitely become a sharing option.”





# ***STEWES & SHARE DISHES***

with  
secondary  
cuts.

Underused cuts come to the fore with our curry and stew recipe ideas, while kitchens can embrace the sharing trend by bringing social centre-of-table dishes to winter menus.







# BEEF CHEEK STROGANOFF

This modern adaptation of a classic features tender beef cheeks smothered in a delicious sour cream and mushroom gravy sauce.

## SERVES 10

50ml olive oil  
10 beef cheeks, trimmed  
2 brown onions, chopped  
10 garlic cloves, chopped  
80g Dijon mustard  
10g **Knorr Beef Booster Gluten Free**  
75g **Knorr Rich Brown Gravy Gluten Free**  
80g butter  
500g Swiss brown mushrooms  
200ml sour cream  
100ml vegetable oil (for shallow frying)  
500g enoki mushrooms, quartered lengthways  
5g salt  
335ml milk  
165g **Knorr Potato Flakes Gluten Free**  
asparagus, blanched, to serve  
green salad, to serve

## 1. BEEF CHEEKS

- Heat olive oil in a large frying pan over high heat. Sear the beef until browned all over. Place beef cheeks into a gastronorm tray.
- Add onion and garlic and cook over low heat for 4–5 minutes or until softened. Add Dijon mustard and stir to combine. Add **Knorr Beef Booster**, **Knorr Rich Brown Gravy** and water (1.5L per 10 serves) and whisk for 4–5 minutes or until thickened.
- Pour the gravy into the gastronorm tray over the beef cheeks and cook at 120°C, covered for 8 hours.

## 2. MUSHROOMS

- Add butter and Swiss brown mushrooms to a frypan and cook for 4–5 minutes or until golden and softened, add to beef cheeks and cook for

a further 2 hours in oven at 120°C. Add sour cream and stir through.

- Shallow fry the enoki mushrooms in vegetable oil until golden and crisp, set aside.

## 3. MASH

- Bring water (750ml per 10 serves) and salt to the boil.
- Turn off heat and add cold milk.
- Whisk in **Knorr Potato Flakes** until combined. Stand for 2–3 minutes before whisking again. Keep warm.

## 4. TO ASSEMBLE & SERVE

- Spoon mash into a bowl, top with beef cheeks and mushroom gravy. Top with asparagus and fried enoki and serve with green salad.





# SOUTHERN THAI CURRY WITH PORK RIBS

## SERVES 10

2kg whole racks St Louis-cut pork ribs, cut in half lengthwise  
60ml vegetable oil  
300g **Knorr Thai Red Curry Paste**  
60ml fish sauce  
50g palm sugar  
250g **Knorr Thai Coconut Milk Powder**  
jasmine rice, cooked, to serve  
4 long red chillies, sliced, to serve  
6 kaffir lime leaves, finely shredded, to serve  
1 telegraph cucumber, sliced, to serve  
1 red onion, sliced, to serve

## 1. RIBS

- Pat the ribs dry with paper towel. Using a sharp knife, cut through meat between the rib bones to divide into single rib pieces.
- In a large heavy-based pan, heat half the oil over medium heat and add half of the prepared pork ribs. Cook until lightly golden. Remove, set aside and repeat with remaining oil and ribs.
- Add all seared pork ribs back to the pan and add  $\frac{1}{2}$  of **Knorr Thai Red Curry Paste**, stir to coat and cook for 2 minutes. Remove pan from heat and set aside.

Take your tastebuds to Thailand with this modern twist on a traditional Southern Thai pork rib curry. A tasty, warming meal for those cooler winter nights.

- Meanwhile, in a large saucepan, combine remaining **Knorr Thai Red Curry Paste**, fish sauce, palm sugar, **Knorr Thai Coconut Milk Powder** and water (1.5L per 10 serves). Stir and cook over medium high heat to bring to a boil.
- Transfer to a large gastronorm tray, add prepared pork ribs and stir to coat.
- Cover and cook in a combi oven at 160°C for 1 hour. Remove cover and continue to cook for a further 15 minutes.

## 2. TO SERVE

- Serve ribs with jasmine rice, chilli, lime leaves, cucumber and red onion.





# BRAISED OXTAIL HARISSA RAGU WITH TAHINI YOGHURT

Elevate your pasta with this sophisticated comfort food. The creamy tahini yoghurt complements the rich flavour of the harissa ragu and is the perfect pairing of flavours for cold winter's nights.

## SERVES 10

4kg oxtail, cut into 2-inch pieces  
salt and pepper, to taste  
50ml olive oil  
3 brown onions, diced  
3 carrots, diced  
3 celery stalks, diced  
80g harissa paste  
500ml red wine  
10g **Knorr Beef Booster Gluten Free**  
600g **Knorr Italiana Pronto Napoli Gluten Free**  
15g thyme leaves  
3 bay leaves  
200g Greek yoghurt  
100g **Hellmann's Real Mayonnaise Gluten Free**  
50g tahini  
2 garlic, finely chopped  
5g cumin  
20g **Knorr Thai Lime Powder**  
orecchiette pasta, cooked, to serve  
mixed leaves, micro herbs and toasted sliced  
sourdough, to serve

## 1. OXTAIL RAGU

- Heat half of the oil a large heavy-based pan over medium high heat.
- Pat the oxtail dry with paper towel and season well with salt and pepper.
- Add the oxtail to the pan in a single layer, in batches if necessary, and brown on both sides and set aside.
- Add remaining oil to the same pan and add the onion, carrots and celery.
- Stir until softened and slightly caramelised, about 6 minutes, then stir through the harissa paste.
- Continue to cook, stirring, for a few more minutes then add the red wine. Bring to a boil and then reduce to a simmer, stirring occasionally, for around 5 minutes or until reduced by half.
- Add **Knorr Beef Booster** and water (600ml per 10 serves), **Knorr Italiana Pronto Napoli**, thyme leaves and bay leaves
- Add the browned oxtail back into the sauce, season to taste and transfer to a gastronorm, cover with foil and place into the oven at 160°C for 2–2 ½ hours or until the meat is falling away from the bone. Remove from the oven and remove the bones from the meat. Shred the meat with two forks and stir back through the sauce.
- If a thicker sauce is preferred, reduce on the stove over low-to-medium heat or by making a cornflour slurry (optional).

## 2. TAHINI YOGHURT

- In a medium-sized bowl, combine **Hellmann's Real Mayonnaise**, tahini, garlic, cumin and **Knorr Thai Lime Powder**. Whisk well to combine. Set aside, covered, in the fridge for flavours to develop until oxtail is ready.

## 3. TO ASSEMBLE & SERVE

- Plate up the pasta and top with oxtail ragu.
- Garnish with micro herbs and serve with sourdough and salad on the side.





# LAMB DHANSAK

Add authentic Indian flavours to your menu with this fragrant lamb curry that uses fresh herbs and spices to complement the Knorr Mild Curry Paste. It is perfectly balanced when served with a cucumber yoghurt raita.

## SERVES 10

1.2kg lamb shoulder  
100g oil  
250g onion, chopped  
10 cardamom pods  
10g garlic, chopped  
10g ginger, grated  
10g red chilli  
100g **Knorr Patak's Mild Curry Paste**  
25g **Knorr Beef Booster Gluten Free**  
1kg **Knorr Italiana Pronto Napoli Gluten Free**

## 1. LAMB

- Dice lamb into 3 cm cubes. Fry in half the oil until browned. Remove.

## 2. CURRY SAUCE

- Heat remaining oil in a large pan. Add onion and garlic, cook for 5 minutes until golden then stir in spices and chilli. Cook for 1 minute before adding **Knorr Patak's Mild Curry Paste**. Cook for 2–3 minutes.
- Mix **Knorr Beef Booster** and **Knorr Italiana Pronto Napoli** sauce, whisking until combined. Add to pan along with browned lamb. Simmer curry over low heat for 2–3 hours or until lamb is extremely tender.

## 3. TO SERVE

- Serve curry with steamed rice accompanied by a cucumber yoghurt raita.

## 4. TIP

- This curry is versatile enough that you can substitute lamb with beef or chicken.







# SPICY LAMB SHAWARMA AND PICKLED VEGETABLE WRAPS

This mouthwatering, tender shawarma is slathered in a delicious spice rub, then slow cooked until the meat falls off the bone. The flavours of this Middle Eastern specialty lamb are superb and even more delicious with the addition of the garlic sauce, pickled veg and pitas. Great for making ahead or to enjoy immediately! Build your own kebab, loaded with veggies to keep the cost down.

## SERVES 10

2kg lamb shoulder, bone in  
100g shawarma spice mix  
3 garlic cloves, minced  
1 lemon, juiced  
40ml olive oil  
300ml **Knorr Italiana Pronto Napoli Gluten Free**  
10g **Knorr Beef Booster Gluten Free**  
20 Greek pitas  
200g toum garlic sauce  
sliced cucumber, red onion and tomato, to serve  
60g pomegranate seeds  
continental parsley, to serve  
assorted pickled veggies, such as turnips, onion and carrots, to serve

## 1. LAMB

- Pat dry the lamb with paper towel.
- In a small bowl, combine the shawarma spice mix, garlic, lemon juice and oil. Rub the mix over the lamb.
- Place **Knorr Italiana Pronto Napoli** in a large roasting pan. Place lamb on top in the roasting pan with the fat side facing up.
- In a large measuring jug, combine the **Knorr Beef Booster** with water (600ml per 10 serves).
- Pour the combined **Knorr Beef Booster** and water around the lamb and cover the dish tightly with foil.
- Roast at 160°C fan-forced for 3 hours, removing from the oven two-to-three times during cooking to spoon the liquid over the lamb.

- Remove the foil, check the meat is tender using two forks. Baste again and return to oven for 30 minutes to get a crust on the lamb.
- Remove roasting pan from oven, then remove the lamb from the pan. Reserve the pan juices.

## 2. TO ASSEMBLE & SERVE

- Shred the lamb, drizzle generously with pan juices.
- Make lamb shawarma wraps by serving with Greek pitas, garlic toum, sliced tomato, onion, cucumber and top with pomegranate seeds and parsley, if desired.
- Serve with a side of assorted pickled vegetables.





# THOR'S HAMMER WITH DUCK FAT POTATOES

This impressive centrepiece dish has the real wow factor. Cooked low and slow, the beef shanks are transformed into fork tender, melt-in-your-mouth bites, even despite the tough name of the dish!



## SERVES 10

3kg bone-in beef shanks, frenched (Thor's Hammer)  
60ml vegetable oil  
2 brown onions, diced  
2 celery stalks, diced  
2 carrots, diced  
4 garlic cloves, finely chopped  
10g smoked paprika  
80g tomato paste  
500ml red wine  
40ml liquid smoke  
20ml Worcestershire sauce  
20g **Knorr Beef Booster**  
**Gluten Free**  
1 bunch fresh rosemary sprigs  
3kg chat potatoes, halved  
300g duck fat  
100g **Knorr Rich Brown Gravy**  
**Gluten Free**  
4 bunch rainbow baby carrots, peeled and roasted, to serve  
2 bunch rainbow chard, trimmed and blanched, to serve

### 1. THOR'S HAMMER

- Bring meat to room temperature, season well with salt and pepper.
- Heat half of the oil in a heavy-based pan over high heat and cook the beef, turning occasionally until all sides are brown. Remove from pan and set aside.
- Heat remaining oil over medium heat in the same pan, add the onion, celery and carrots. Cook for around 5 minutes, stirring occasionally, until soft and golden.
- Add the garlic, paprika and tomato paste, cook, stirring until vegetables are coated, for about 2 minutes.
- Add the red wine, bring to a boil, then reduce the heat to a simmer for about 5 minutes, scraping up any brown bits from the bottom of the pan. Cook until raw alcohol smell is mostly cooked off and liquid has reduced by half.
- Add liquid smoke, Worcestershire sauce, **Knorr Beef Booster** and warm water

(1L per 10 serves). Stir while simmering for a few minutes.

- Stir in the rosemary sprigs, reserving 3 sprigs for garnish.
- Carefully pour the mix into a half gastronorm, place the Thor's hammer on top, then cover tightly with foil.
- Cook at 150°C for 4½–5 hours or until the shank is tender. Remove from oven.
- Remove the Thor's hammer and keep warm. Reserve the cooking liquid and save for another use.

### 2. POTATOES

- Meanwhile, par boil the potatoes in a large pot of salted boiling water for around 10 minutes. Drain potatoes well, shake excess water out of the pot and return potatoes to empty hot pot and stand for 5 minutes to steam out excess water. Cover pot with lid and shake to rough up the potatoes surface.
- Pour the duck fat into a large roasting pan and heat in oven at 220°C fan-forced for 5 minutes or until melted and very hot. Carefully remove from oven and transfer potatoes into the hot duck fat, turning to coat.
- Roast for 20 minutes, turn potatoes and roast for a further 10–15 minutes or until golden and crunchy. Remove, set aside to keep warm.

### 3. GRAVY

- In a large saucepan, heat water (1L per 10 serves) and whisk in the **Knorr Rich Brown Gravy**. Bring to the boil, reduce to a simmer and continue to cook and whisk occasionally, until incorporated and thick, for around 5 minutes.

### 4. TO ASSEMBLE & SERVE

- Serve the Thor's hammer on a bed of roasted potatoes, drizzle with the prepared gravy and sprinkle with reserved rosemary. Serve with sides of baby carrots and rainbow chard.





# Tokyo Taco -INSPIRED FIESTA

Take your tastebuds around the world with this delicious fusion of flavours. Whether you are after a traditional soft taco, a modern take on the fish taco or a combination of Mexican and Japanese flavours, these exciting tacos will not disappoint!

## SERVES 10

### Seaweed Taco

4 nori sheets, cut into four squares  
120g plain flour  
30g cornstarch  
20g baking powder  
30g salt  
10g black pepper  
20g paprika  
20g chilli powder  
10g garlic powder  
250ml cold club soda  
1 large egg  
vegetable oil, for shallow frying  
300g pulled pork  
cooked jasmine rice, to serve  
smashed avocado, to serve  
edamame, to serve  
sesame seeds, to serve  
picked ginger, to serve  
furikake sprinkle, to serve  
micro herbs, to serve

### Black Bean Taco

10 black bean tortillas  
2 corn cobs, husks removed  
1 iceberg lettuce, shredded  
1 red onion, finely sliced  
150g cherry tomatoes  
1 red capsicum, chopped  
300g pulled beef brisket  
3 green onions, sliced  
2 jalapeños, sliced  
200g **Hellmann's Real Mayonnaise Gluten Free**  
100g sriracha  
10ml sesame oil  
10g sugar  
20g **Knorr Thai Lime Powder**

### White Corn Taco

10 white corn small tortillas  
100g **Hellmann's Real Mayonnaise Gluten Free**  
100g red cabbage, finely shredded  
400g confit salmon  
100g **Knorr Japanese Teriyaki Sauce Gluten Free**  
80g coriander sprigs  
micro red vein sorrel, to serve  
lime wedges and sliced long red chillies, to serve

**CONTINUED** →





## 1. SEAWEED TACO

- Make the tempura batter. In a bowl, whisk together the plain flour, cornstarch, baking powder, salt, black pepper, paprika, chilli powder and garlic powder.
- Add the club soda and egg, then whisk again to combine. Set aside.
- Heat oil in a deep-frying pan to 180°C. Dip one side of a nori square into the batter then carefully drop it into the oil, batter side down. Fry until crispy and golden. Fold in half diagonally immediately to create a taco shell shape, and place on a wire rack to drain. Repeat with the rest of the nori squares. Set aside.
- Assemble the taco with the prepared rice, pulled pork, smashed avocado, edamame, sesame seeds and pickled ginger. Sprinkle with furikake and micro herbs.

## 2. BLACK BEAN TACO

- Char the corn on a hot grill pan, remove, cool slightly and slice corn chards from the cob. Set aside.
- Make spicy lime mayo by combining **Hellmann's Real Mayonnaise**, sriracha, sesame oil, sugar and **Knorr Thai Lime Powder** in a bowl, whisking to combine.
- Combine red onion, cherry tomatoes and capsicum in a small bowl.
- Assemble the taco by lightly warming the tortilla in a pan. Spread each tortilla with the prepared spicy lime mayo, tomato mixture, then add shredded iceberg.
- Add the pulled beef and top with green onions and jalapeños.

## 3. WHITE CORN TACO

- Spread each tortilla with **Hellmann's Real Mayonnaise**, then add red cabbage. Top with salmon, drizzle with **Knorr Japanese Teriyaki Sauce** and sprinkle with coriander sprigs and micro red vein sorrel.
- Serve tacos with lime wedges and garnish with sliced chilli.







# BEEF SHORT RIBS WITH ESPRESSO GLAZE

Liquid smoke and espresso coffee may seem like an unexpected combination, but together with Knorr American Chipotle BBQ Sauce, they add a unique and incredible depth of flavour to these delicious beef short ribs.

## SERVES 10

600g Knorr American Chipotle BBQ Sauce Gluten Free  
60ml liquid smoke  
150ml espresso coffee, cooled  
4kg beef short ribs  
4g salt  
250ml milk, full cream  
125g Knorr Potato Flakes Gluten Free

### 1. BEEF RIBS

- Combine **Knorr American Chipotle BBQ Sauce** with liquid smoke and espresso coffee.
- Pour over the beef ribs and allow to marinate for 1 hour.
- Cook the ribs using the sous vide method.
- Once cooked, empty the cooking juices from the sous vide bag into a pan and reduce for 5 minutes. Brush ribs liberally with the reduced glaze.
- Char grill or roast the ribs until deep rich brown.

### 2. MASH

- Bring water (500ml per 10 serves) and salt to the boil in a pot. Once boiling, remove from heat.
- Add milk and **Knorr Potato Flakes**, whisking to combine.
- Let the prepared mash sit for 2 minutes, then whisk again. Set aside.

### 3. TO SERVE

- Divide the ribs between serving plates. Drizzle with extra glaze and serve with mash.







# **SAM BURKE** **EXPLAINS THE** IMPORTANCE OF YIELD

**“When you cook slow, you retain the moisture,  
but you also retain yields.”**

“If you’re cooking at a higher temperature, you can dehydrate the meat, and water evaporates from the cut. If you’re cooking slower, you can retain yield by keeping that moisture in the cut.

“So, if you’re cooking in a 20-tray combi oven with, say, 150 kilos of meat, whether it be a lamb shoulder or a braised brisket, you can get up to 10-20 percent more yield from low-and-slow braising.

“Suddenly you’re talking big dollars. By cooking slower, you retain that moisture/weight yield in the product, and that puts dollars back in your pocket.”

*Sam Burke is the corporate executive chef and product & business development manager at Meat and Livestock Australia (MLA)*







# NEXT STEPS IN SLOW COOKING

**In our recent survey about winter menu planning, chefs expressed an eagerness to explore trending techniques and modern twists to winter dishes.**

The versatility of today's kitchen machinery means there are many more low-and-slow cooking options available. Chefs can also consider traditional methods of slow cooking, with clay pot ovens, the hāngī and fire-based cooking returning to prominence.

Try these specially developed recipes that use new tricks with existing kitchen devices and employ emerging cuisines and flavours to give your winter menu a fresh complexion.





# PRESSED PORK HOCK WITH BOSTON BAKED BEANS

This pork dish is an elegant and tasty starter. It combines tender, slow-cooked meat with aromatic vegetables and herbs, so it's packed with flavour and is economical, too. Paired with the warm, ultimate comfort side of Boston-style baked beans, this the perfect dish for winter dining menus.

## SERVES 10

2 ham hock, 1.5kg  
2 red onion, chopped  
4 celery stalks, chopped  
3 carrots, chopped  
3 bay leaves  
10g thyme sprigs  
5g peppercorns  
40g **Knorr Concentrated Liquid Chicken Stock**  
60ml white wine vinegar  
80g flat leaf parsley, chopped  
250g unsalted butter, at room temperature  
40g seeded mustard  
400g dried navy beans or other white beans, soaked overnight  
200g speck, rind removed, finely chopped or bacon  
1 brown onion, chopped  
80g brown sugar  
80g golden syrup  
30g Dijon mustard  
20g smoked paprika  
20ml Worcestershire sauce  
40g **Knorr Chicken Booster Gluten Free**  
600g **Knorr Italiana Pronto Napoli Gluten Free** sauerkraut, to serve



## 1. PORK HOCK

- Place the hocks in a large pot and cover them with cold water. Then add the onion, celery, carrot, bay leaves, thyme, peppercorns and **Knorr Concentrated Liquid Chicken Stock**.
- Bring to the boil, then reduce to a simmer. Cover and slow cook for around 3 hours or until the meat is tender and falling off the bone.
- Approximately 30 minutes before cooking is complete, add the white wine vinegar. Once cooked, remove the hocks from the pot and set aside to cool.
- Strain the stock into a clean saucepan, discard the vegetables and aromatics. Set stock aside to cool.
- Remove the skin from the hocks and shred the meat, discard bones and any fat.
- Place meat into a bowl and mix in half of the parsley.
- In a separate bowl, combine the butter and mustard, then mix this into the shredded pork bowl. Stir well to combine.
- Line a loaf tin or terrine mould with two layers of cling film, leaving excess over the sides.
- Press the pork mixture into the mould, pressing down firmly to make sure it is compact and even. Pour some of the cooled stock over the pork to just cover the meat. Then cover the meat with the excess cling film. Place a weight on top to press it down.
- Refrigerate for 4 hours or overnight to allow flavours to infuse and the terrine to set. Remove the terrine from the mould using the cling film.
- Slice the pressed pork with a sharp knife and lightly fry each slice in a little oil until golden.

## 2. BOSTON BEANS

- Drain the beans from soaking liquid and set aside.
- In a large heavy-based pot, cook the speck over medium heat until lightly browned and the fat renders, about 5 minutes. Add the chopped onion and cook for a further 5 minutes until the onion has softened.
- Stir in the brown sugar, golden syrup, Dijon mustard, paprika and Worcestershire sauce. Season to taste.
- Add the drained beans to the pot and stir.
- Combine **Knorr Chicken Booster** with warm water (1l per 10 serves) in a large jug and pour over the beans, stir to combine, then add **Knorr Italiana Pronto Napoli** and stir again.
- Cover the pot with a lid and bake in the oven at 150°C for 4–5 hours, checking occasionally there is enough liquid. Add more water if needed.
- Once beans are cooked, they should be tender and the sauce thickened, remove from the oven. Season to taste and garnish with remaining parsley.

## 3. TO SERVE

- Serve sliced pressed pork with a side of the Boston beans and sauerkraut.





# EL ASADO OYSTER BLADE ROAST WITH CHIMICHURRI

Asado is a technique used in South America for cooking cuts of meat, and it goes hand-in-hand with chimichurri. The meat is reverse seared after a slow cook, giving it a melt-in-your-mouth perfection.

## SERVES 10

1.5-2kg oyster blade roast  
20ml vegetable oil  
50g flat leaf parsley, chopped  
2 coriander bunches, chopped  
3 garlic cloves, crushed  
60ml brown or white wine vinegar  
40ml balsamic vinegar  
150ml olive oil  
30g chilli flakes  
80g **Knorr Jus Gluten Free**  
heirloom baby carrots,  
roasted, to serve  
potatoes and pumpkin,  
roasted to serve

## 1. OYSTER BLADE

- Bring meat to room temperature.
- Place beef in a large gastronorm, drizzle with oil and season well. Cover the gastronorm tightly with foil. Cook beef at 56°C for 4 hours or until it reaches an internal temperature of 55–60°C. Remove from the oven and rest for 10 minutes.
- Meanwhile, increase oven temperature to 230°C and return the rested meat to the oven for 5–10 minutes. Alternatively, the meat can be seared in a very hot heavy-based pan.

## 2. CHIMICHURRI

- Blend parsley, coriander, garlic, vinegars, oil and chilli flakes in a blender or food processor until combined and finely chopped. Season to taste. Set aside.

## 3. JUS

- Combine **Knorr Jus** with warm water (500ml per 10 serves) in a saucepan and bring to the boil, whisking. Reduce to a simmer, whisking occasionally for 5 minutes.

## 4. TO ASSEMBLE & SERVE

- Serve the el asado oyster blade with roasted vegetables, **Knorr Jus** and chimichurri on the side.







# CRISPY SKIN BUTTERFLIED CHICKEN WITH LIME AND APPLE SLAW

This succulent butterflied roast chicken features a crispy skin and tender juicy meat on the inside. The cooking method ensures the chicken cooks evenly and has golden and crispy finish. Plus, it is much faster than the traditional roasted method!

## SERVES 10

2 whole chicken, 1.5-2kg, butterflied  
40ml olive oil  
20g paprika  
20g **Knorr Chicken Booster Gluten Free**  
500g red cabbage, finely shredded  
200g wombok, finely shredded  
2 green apple, finely sliced  
150g shallots, sliced  
200g **Hellmann's Real Mayonnaise Gluten Free**  
20g **Knorr Thai Lime Powder**  
75g **Knorr Golden Roast Gravy Gluten Free**  
2 lemons, halved

## 1. CHICKEN

- Place the chicken on a chopping board, drizzle the olive oil and sprinkle with paprika combined with **Knorr Chicken Booster**. Rub into the chicken skin evenly.
- Cook the chicken skin-side down on a hot char grill, turning once, for 8 minutes or until charred and golden brown.
- Transfer chicken to the oven and roast at 200°C for 25 minutes or until cooked through.

## 2. SLAW

- Combine red cabbage, wombok, apple and shallots in a large bowl.

- In a separate bowl, combine **Hellmann's Real Mayonnaise** and **Knorr Thai Lime Powder**. Mix well and transfer to slaw. Stir the mayonnaise through to combine.

## 3. GOLDEN ROAST GRAVY

- Combine **Knorr Golden Roast Gravy** with warm water (600ml per 10 serves). Whisk together, bring to boil, then simmer, whisking, for 2-3 minutes.

## 4. TO SERVE

- Grill the lemon halves on the char grill pan.
- Carve the chicken into large pieces and serve with the slaw, **Knorr Golden Roast Gravy** and charred lemon halves.





# REVERSE-SEARED ROST BIFF WELLINGTON

This Beef Wellington is made with a different cut of meat to the traditional recipe, and a reverse sear takes this recipe to the next level. The result? A decadent, tender and juicy rost biff, wrapped in a soft buttery pastry. The method combines the benefits of reverse searing for even cooking and a juicy interior with the traditional flavours of Beef Wellington.



## SERVES 10

1.5kg rost biff  
40ml vegetable oil  
30g Dijon mustard  
20g unsalted butter  
20ml olive oil  
1 brown onion, finely chopped  
2 garlic cloves, minced  
10g thyme leaves  
200g button mushrooms, finely chopped  
60ml dry white wine  
8 prosciutto slices  
120g pâté  
2 puff pastry sheets  
1 egg, whisked  
150g **Knorr Jus Gluten Free**  
1.6L fresh milk  
340g **Knorr Instant Mashed Potato Mix Gluten Free**  
80g unsalted butter  
broccolini, steamed, to serve

### 1. BEEF

- Drizzle half of the oil over the beef, season well with salt and pepper and rub over all the meat to coat evenly.
- Place the beef on a gastronorm and cook in oven at 120°C for 1½–2 hours or until internal temperature reaches 48°C. Remove from the oven and rest for 15 minutes.
- Heat remaining oil in a large heavy-based pan over medium high heat. Sear the beef on all sides until a brown crust forms, about 2 minutes per side.
- Remove from heat and cool the beef completely. Brush the beef with the mustard on all sides. Set aside.

### 2. DUXELLES

- Melt the butter and olive oil in a large frypan over medium heat. Add the chopped onion and cook, stirring, until softened. Add the garlic and thyme, continue to cook for another minute, then add the mushrooms. Cook until the mushrooms release their moisture, and it evaporates, about 10 minutes.
- Add the wine, stir, and cook until the mixture becomes

thick and most of the liquid evaporates. Season to taste and set aside to cool completely.

### 3. ASSEMBLE THE WELLINGTON

- Lay prosciutto slices, slightly overlapping, on a sheet of cling film. Spread the mushroom duxelles evenly over the prosciutto.
- Place the seared beef on top and spread the pâté over the top of the beef.
- Using the cling film, roll the beef tightly, wrapping it completely. Refrigerate for 30 minutes to set the shape.
- Roll out puff pastry on a lightly floured surface, press the two sheets together to form a long rectangle. Unwrap the beef from the plastic and place in the centre of the pastry, then fold the pastry over the beef, and seal all the edges.
- Brush the pastry with the beaten egg and place back in the fridge for 30 minutes.

### 4. COOK THE WELLINGTON

- Remove Wellington from the fridge and place on an oven tray lined with baking paper. Bake at 200°C for 25 minutes or until the pastry is golden and internal temperature is 52°C for medium rare. Rest the Wellington for 10 minutes before slicing.

### 5. JUS

- Heat water (1L per 10 serves) in a saucepan, then add **Knorr Jus**.
- Bring to a boil while whisking, then reduce heat to a simmer until thickened and smooth. Keep warm.

### 6. MASH

- Bring the milk to a boil, remove from heat and whisk in **Knorr Instant Mashed Potato Mix**. Add the butter and whisk to combine.

### 7. TO SERVE

- Slice the Wellington and serve with steamed broccolini, **Knorr Instant Mashed Potato Mix** and **Knorr Jus**.







# STICKY ASIAN HONEY SOY LAMB RIBS

Try this standout finger-licking Asian-inspired lamb ribs recipe. Lamb ribs are a cheaper alternative to lamb cutlets and are a super delicious dinner or easy snack. These ribs are a little bit sweet and a little bit spicy, so a perfect recipe for young and old alike.

## SERVES 10

2kg lamb ribs

800g **Knorr Chinese Honey Soy Sauce**  
**Gluten Free**

150g **Knorr Thai Sweet Chilli Jam**

20g **Knorr Beef Booster Gluten Free**

pak choy, halved lengthwise, steamed, to serve

Japanese seaweed salad, to serve

radish, finely sliced, to serve

cucumber, finely sliced, to serve

pickled ginger, to serve

furikake sprinkle, to serve

## 1. LAMB RIBS

- Combine **Knorr Chinese Honey Soy Sauce** and **Knorr Thai Sweet Chilli Jam** and pour over lamb ribs. Marinate for 1 hour.
- Drain the ribs, reserve marinade.

## 2. TO COOK

- Sous vide at 56°C for 18 hours.

## 3. GLAZE

- Once the ribs are cooked sous vide, drain juices from the bag into a large saucepan.
- In the same large saucepan, mix **Knorr Beef Booster** with warm water (400ml per 10 serves), whisking until combined. Reduce until thickened for a glaze.

- Brush ribs with the reduced glaze. Char grill until golden brown. Alternatively, ribs can be finished in the combi oven after sous vide, rather than on the char grill. Cook at 180°C for 15 minutes, basting a couple of times during cooking.

## 4. TO SERVE

- Divide the ribs into portions. Brush with glaze again and serve with steamed pak choy, Japanese salad, radish, cucumber and pickled ginger, and sprinkle with furikake.





# OKONOMIYAKI WITH STICKY SOY PORK BELLY

A Chinese go-to gets a sticky Japanese makeover with this delicious delight.

## SERVES 10

1.5kg pork belly, boneless  
150ml vegetable oil  
20g **Knorr Concentrated Liquid Chicken Stock**  
210g **Knorr Chinese Honey Soy Sauce**  
**Gluten Free**  
10g ginger, freshly grated  
1 orange, thinly peeled rind and juice  
900g flour, plain  
6g baking powder  
8 eggs, lightly beaten  
580g Chinese cabbage leaves, coarsley torn  
140g spring onions, thinly sliced,  
plus extra to serve  
120g Sebago potato, coarsley grated

## 1. STICKY SOY PORK BELLY

- Score the pork belly with a sharp knife and rub generously with  $\frac{1}{4}$  oil and salt. Place in a large baking dish on top of the cooling rack.
- Bake in a combi oven at 220°C for 20 minutes until the skin is crispy.
- In a small bowl, combine **Knorr Concentrated Liquid Chicken Stock** with water (500ml per 10 serves), **Knorr Chinese Honey Soy Sauce**, fresh-crushed ginger and orange rind with juice. Once combined, pour into the tray with the pork belly (note: do not allow any moisture on the top of the pork as it will prevent a nice crackle).
- Reduce the heat and continue cooking for 2–2½ hours.
- Remove the pork belly from the oven and set aside.

## 2. OKONOMIYAKI

- While the pork is cooking, combine flour, baking powder and sea salt in a large bowl, make a well in the centre, add eggs and gradually pour in cold water (500ml per 10 serves), stirring until smooth and combined. Mix in cabbage, spring onion and potato. Set aside to rest for 30 minutes.
- Heat a little of the remaining oil in a non-stick frypan and cook the okonomiyaki mix in batches until you have about ten pancakes.

## 3. STICKY HONEY SOY SAUCE

- Simmer half the braising liquid from the cooking tray (discard remainder) in a pot over medium heat until it is reduced to a glaze.

## 4. TO SERVE

- Slice the pork belly and serve with sticky honey soy glaze over the top.





# WHERE THERE'S SMOKE, THERE'S INNOVATION

Despite being an ancient practice, there's as much discussion today about meat smoking methods than there's ever been.

Flavour experimentation through wood chips is one of the most exciting areas for chefs to explore, with different timbers providing distinctive flavour profiles.

Our wood chip ready reckoner is your handy guide to accessible local options, including Australian hardwoods like ironbark or redgum for beef or fruit woods like cherry or apple for lamb.







# **FIRE**-UP **FLAVOUR**

The right wood chips can take your slow-smoked feast from good to legendary—let’s break down the flavours that’ll fire up your BBQ game.

	LAMB	SEAFOOD	BEEF	POULTRY	PORK	
APPLE						Mild, fruity and versatile. Good burn time.
BEECH						Burns hot and long with a sweet smokiness.
CHERRY						Fast burning, fruity with a subtle aroma.
HICKORY						Classic smoking wood, sweet and aromatic.
IRONBARK						Burns hot and delivers a strong smokiness.
MESSMATE						Nutty and versatile with a long burn time.
PEACH						Medium burn time with a hint of sweetness.
PLUM						Sweet, light smoke ideal for white meats.
REDGUM						A strong smoky flavour and long burn time.



## RECOMMENDED USE







# **LOW-AND-SLOW INSPO:** OUR 15 FAVES

Check out this sensational collection of our top picks of slow-cooked dishes from local menus across Australia and New Zealand.







### 01. Slow-Cooked Braised Beef Cheek

Topped with crispy bacon, served with mash, seasonal veg and red wine jus

[The Empire Hotel](#)

2 Orr Street,  
Queenstown, Tasmania

### 02. Brisket Steak Sandwich

Slow-cooked beef brisket between toasted local bread, smoked tomato chutney, bacon jam, rocket and aioli with chips and house-made pickles

[Settlers Tavern](#)

114 Bussell Highway,  
Margaret River, Western Australia

### 03. Slow-Cooked Kiewa Lamb Shoulder

Summer zucchini, citrus tahini yoghurt, dukkha spice & mint

[The Victoria Hotel](#)

90 Main Street,  
Rutherglen, Victoria

### 04. Slow-Roasted Scottsdale Pork Belly

With cider jus and braised red cabbage

[Clarendon Arms](#)

11 Russell Street,  
Evandale, Tasmania

### 05. Roast Beef and Gravy Roll

Slow-roasted beef, Swiss cheese, horseradish mayo, beef dripping sauce and crispy potatoes

[The Royal Hotel](#)

531 Wellington Street,  
Perth, Western Australia

### 06. Bushman's Lamb Shank

12-hour braised bushman's lamb shank in a traditional red wine, rosemary and tomato sauce served on a creamy mashed potato with a side of sautéed greens

[Diamond Creek Tavern](#)

29 Main Hurstbridge Road,  
Diamond Creek, Victoria





## 07. Hickory Smoked Limestone Coast Lamb Cutlets

Roasted pumpkin, herb and caramelised onion cous-cous, charred broccolini, tamarind and date chutney, whipped feta and jus

[The Morphett Arms](#)

138 Morphett Road,  
Glengowrie, South Australia

## 08. Moroccan Lamb Rump

Slow-cooked lamb rump with Moroccan spice, mash potato, broccolini and Moroccan spice sauce

[Bribie Island Golf Club](#)

7 Links Court,  
Woorim, Queensland

## 09. Premium Beef Shin Pie

Tender, slow-cooked beef, tangy beetroot chutney, smoky honey-baked ham and melted cheese encased in golden, flaky pastry

[Mairangi Bay Bakery](#)

366 Beach Road,  
Mairangi Bay, Auckland, NZ

## 10. Traditional Trencher

Slow-cooked beef and vegetable casserole served in a cob loaf and topped with a fried egg, sour cream and melted cheese

[King Henry's](#)

320 Mt Dandenong Tourist Road,  
Sassafras, Victoria

## 11. New Porker

Succulent slow-roasted pork belly with crispy crackling, roasted pumpkin mash, feta and pine nut crumble, seasonal greens and finished with a cider jus

[Lone Star](#)

25 Manchester Street,  
Christchurch, NZ

## 12. Drunken Pork Spare Ribs

Slow-cooked ribs, drowned in a bourbon sauce and served with wedges and sour cream

[Darfield Hotel](#)

South Terrace,  
Darfield, NZ





### 13. Rattle Steak

Mild-to-medium heat signature 18-hour slow-cooked rib eye dipped in jalapeño beer batter, crumbed in spiced panko, flash fried and served with chipotle béarnaise

[Texas Bar-B-Q Grill](#)

32 Industrial Drive, Mayfield,  
New South Wales

### 14. Beef Brisket Plate

Premium beef brisket rubbed with a secret blend of spices, smoked for 14 hours, topped with house-made Memphis BBQ sauce and served with fries, slaw and cucumber salad

[Albion Smokehouse](#)

10 Albion Road,  
Albion, Queensland

### 15. Walnut, Pomegranate & Chicken Stew

Slow-cooked chicken, pomegranate sauté, spices, pomegranate kernels and walnuts with saffron rice

[Divan](#)

552 Pacific Highway, Killara,  
New South Wales





# BOOSTERS, SAUCES AND MORE **TO POWER YOUR WINTER MENU**

Knorr Professional gives your menu the support it needs when things get hot in the cold months. From sauces to seasonings, Knorr's premium ingredients and rich flavours save you time while delivering authentic taste and texture.







# Gravy

## KNORR JUS

Made from Australian beef for a rich and authentic taste, with distinct caramelised notes, our jus is top-shelf quality to help you add a premium touch to your finest creations with consistency. Plus, it is totally gluten free.

[Learn more —](#)



## KNORR RICH BROWN GRAVY

Made for modern palates, our full-flavoured gravy has a rich and balanced taste, glossy sheen, smooth, silky texture and a great consistency. Being entirely gluten free, it is designed to be a go-to-gravy for the professional kitchens of today.



[Learn more —](#)



## KNORR GOLDEN ROAST GRAVY

A gluten-free, golden gravy with a balanced and versatile taste profile for modern, light palates as well as vegetarians.

[Learn more —](#)



## KNORR DEMI GLACE

A gluten-free, decadent sauce with roasted beef and red wine notes that differentiates and elevates dish flavours for a signature touch. Delivers a rich and smooth texture that enhances dish appeal.

[Learn more —](#)



## KNORR ROUX

A classic white sauce base or thickener for your sauces. Delivers excellent cost and portion control and is bain-marie stable.

[Learn more —](#)





# Tomato

## **KNORR ITALIANA PRONTO NAPOLI**

Bursting with Italian aroma and freshness, our lightly seasoned, rich and chunky sauce is made from ripe Italian tomatoes, harvested in the fields of Emilia Romagna region, from vine to can in 24 hours to lock up that beautiful, authentic flavour.

[Learn more](#) —





# Boosters

Our range of boosters is made with real, natural ingredients, without compromise on taste. Versatile across bouillons, stocks, soups, sauces, casseroles, gravies and pies.



**KNORR  
BEEF BOOSTER**

[Learn more](#) —



**KNORR  
CHICKEN BOOSTER**

[Learn more](#) —



**KNORR  
VEGETABLE BOOSTER**

[Learn more](#) —





# WORLD CUISINE Twists



**KNORR  
AMERICAN  
CHIPOTLE  
BBQ  
SAUCE**

[Learn more](#) —



**KNORR  
AMERICAN  
TOMATO  
CHILLI  
RELISH**

[Learn more](#) —



**KNORR  
MEXICAN  
CHUNKY  
SALSA  
MILD**

[Learn more](#) —



**KNORR  
PORTUGUESE  
PERI PERI  
SAUCE**

[Learn more](#) —



**KNORR  
JAPANESE  
TERIYAKI  
SAUCE**

[Learn more](#) —



**KNORR  
MALAYSIAN  
SATAY  
SAUCE**

[Learn more](#) —



**KNORR  
THAI  
SWEET  
CHILLI  
SAUCE**

[Learn more](#) —





# WORLD CUISINE Twists



**KNORR  
CHINESE  
MONGOLIAN  
SAUCE**

[Learn more](#) —



**KNORR  
CHINESE  
HONEY  
SOY  
SAUCE**

[Learn more](#) —



**KNORR  
CHINESE  
SWEET  
& SOUR  
SAUCE**

[Learn more](#) —



**KNORR  
ITALIANA  
TUSCAN  
VEGETABLE  
SAUCE**

[Learn more](#) —



**KNORR  
ITALIANA  
PRONTO  
NAPOLI**

[Learn more](#) —



**KNORR  
ITALIANA  
PARMIGIANA  
SAUCE**

[Learn more](#) —



**KNORR  
ITALIANA  
NAPOLITANA  
SAUCE**

[Learn more](#) —



**KNORR  
ITALIANA  
BOLOGNESE  
SAUCE**

[Learn more](#) —







DISCOVER MORE  
**KILLER  
CLASSICS**  
TOOLS AND GUIDES  
**HERE.**



Unilever  
Food  
Solutions