



Cooking Guide



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Cooking Guide

How to cook the perfect steak



1. Heat a frying pan over medium-high heat before adding the steak (this seals the surface, trapping in juices).
2. Rather than oiling the pan, brush the steak with oil to prevent it sticking. Cook a 2cm-thick piece of steak for 2-3 minutes each side for rare, 4 minutes each side for medium, and 5-6 minutes each side for well-done.
3. Turn the steak only once, otherwise it will dry out. Always use tongs to handle steak as they won't pierce the meat, allowing the juices to escape.
4. To test if your steak is done, press the centre with the back of the tongs. The steak will feel soft if it's rare, slightly firmer and springy when it's medium and very firm when it's well-done.
5. Transfer steak to a plate, cover with foil and set aside for 3-5 minutes to rest. This allows the juices to settle and the muscle fibres to relax, which ensures the steak is tender.

Cooking a Roast



Preheat oven to 180°C. Cook beef and lamb for 25 mins per 500gm. Cook pork, chicken, and turkey for 30 mins per 500gm. Allow meat to stand for 10 mins before carving.

Pork Crackling



Score the skin with a sharp knife to help the fat escape during cooking, but don't cut all the way into the meat. Pat skin dry then rub with salt and oil to help the fat render and the skin to puff and crisp. Weigh and roast the meat for 25 mins at 240°C (fan 220°C). Then turn the oven down to 190°C (fan 170°C) and roast for 25 mins per 450g. Rest the meat for 10 to 15 mins before carving.

Cooking Guide for our products*



*These directions are a guide only as appliances vary

Product	Cooking Guide
Chicken Kiev Chicken Enchiladas Chicken Steaks Filos Pinwheels Parcels Sausage Rolls Stuffed Mushrooms	Oven bake for 35 mins at 180°C
Beef Wellingtons Chicken Mini Roasts Chicken Mignon Chicken Wings Stuffed Chicken Breasts Pies Pork Belly Bites Olive and Feta Lamb Rump Roasts	Oven bake for 45 mins at 180°C
Half Birds Lamb Shoulder Racks Stuffed Lamb Rumps	Oven bake for 50 mins at 180°C
Beef or Lamb Strudels Chicken Breast Roasts Meatloafs Italian Beef & Pork Meatballs	Oven bake for 1 hours and 15 mins at 180°C
Chicken Rolls	Oven bake for 1 hour and 25 mins at 180°C
USA Ribs	Oven bake for 1.5 to 2 hours at 140°C
Beef Ribs	Oven bake for 6 hours at 140°C
All burgers All rissoles Chicken Schnitzels Crumbed Steak Chops Koftas Kebabs Lamb Cutlets Pork Cutlets Shashliks	Pan fry for 10mins each side on medium heat OR Oven bake for 30 mins at 180°C
Stirfry	Pan fry for 20mins
Sausages	Pan fry for 25 mins on medium heat, turn regularly