

## MEAT KNOW-HOW

### for casserole dishes

*Meat is the life-force of all great casserole dishes. Here are a few points to remember when selecting and preparing meat for your casseroles.*

<b>1</b>	<b>Choose tougher cuts</b> of meat. They have connective tissues that become tender and so they don't disintegrate when cooked slowly. They provide the best taste to casseroles.
<b>2</b>	<b>Coat the meat</b> in flour just before cooking. If you coat it too early, the moisture in the meat absorbs the flour and spoils the texture of the casserole.
<b>3</b>	<b>Begin by browning</b> the meat or chicken, first before adding vegetables, liquids & herbs. This seals in the juices and adds flavour. Make sure you add the herbs half way though cooking to ensure the herb is not a burn herb note.
<b>4</b>	<b>Work in batches</b> when browning meat or chicken. If you add too much to the pan at once, it will cook in its own juices and become tough.

### PERFECT CASSEROLE CUTS

*The long, slow and moist method of cooking casserole cooking results in sensational flavour and texture, especially when you use tougher cuts of meat & chicken on the bone. This is a handy guide for selecting the best cuts.*

BEEF	Chuck / blade steak, round steak, topside, silverside (fresh cut), skirt steak & boneless shin beef.
VEAL	Diced veal, veal shoulder, shanks & osso bucco.
LAMB	Forequarter, boneless shoulder, neck, shanks & diced lamb.
CHICKEN	All chicken pieces are ideal for casseroles. For a fuller flavour, select chicken pieces on the bone especial leg & thigh.
PORK	Forequarter chops, collar, belly cuts & diced shoulder.