

# BOTTOM ROUND ROAST BEEF WITH HATCH CHILE CRUST

For the adventurous. If you don't use a Pit Barrel, you can recreate this recipe in the oven, cooking on a rack placed into a roasting pan at 275f.

## INGREDIENTS



- 1 - 1.5 kg Bottom Round Rump roast
- 1/3 cup yellow mustard
- 1 tbsp seed mustard
- 2 tbsp Worcestershire sauce
- 3 tsp coarse black pepper
- 2 tsp paprika
- 2 tsp onion powder
- 3 fresh Hatch chiles, finely diced
- Salt to taste



## METHOD



1. Light a full charcoal basket for the Pit Barrel cooker and allow the unit to warm up.
2. Trim the roast of any silver skin along the underside.
3. In a bowl, combine both mustards, Worcestershire, paprika, pepper, onion powder and Hatch chiles. Stir with a spatula to combine well.
4. Sprinkle the roast liberally with salt, then apply the Hatch paste with the spatula, making sure the entire surface is well coated.
5. Thread two hooks through the thicker end of the meat, and hang in the cooker for around 1.5 hours, until the internal temperature reaches 140f.
6. Remove from barrel, remove hooks and allow to rest under foil at least 15 minutes. Cut the roast no thicker than 1/4 inch per slice, and serve.

# BEESSERT IN ROOIWYN, PORT EN KOFFIE

## BESTANDDELE



- 1 kg beesstert
- 2 E olyfolie
- 100 gr wortel, blokkies gesny
- 50 gr uie , blokkies gesny
- 50 gr seldery, gekap
- 2 kop rooiwyn
- 1 kop port
- 1 kop sterk swart filterkoffie
- 6 kop beesvleisaftreksel
- Sout en peper
- Vars lourierblaar, tiemie, pietersielie takkies, of bouquet garni.

## METODE:



Verbruin vleis in olie, haal dan uit en verbruin wortels , uie en seldery. Gooi rooiwyn in pot en kook vinnig vir 10 minute. Voeg dan aftreksel, koffie, port en beesstert by. Geur met sout, peper, en kruie. Verlaag temperatuur en kook stadig vir 4-5 ure tot sag en van bene afval. Bedien met kapokaartappels.

**Heerlik verby!**



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# CHILLI BEEF PIE WITH SPICY POTATO WEDGES

**This recipe serves 6. It is one of those recipes that cheers the soul. It's pure comfort food, and perfect for a cold, wet day and a telly supper.**

## INGREDIENTS



### Equipment:

- 1 x 3-litre lidded ovenproof casserole pan

### For the stew:

- 2 tsp cumin seeds
- 1–1½ tsp dried chilli flakes (depends on how hot you like it!)
- 1 tsp ground cinnamon
- 2 tsp dried oregano
- 750g Angus® braising beef, cut into 4cm pieces, excess fat removed
- 3 tbsp olive oil
- 2 onions, finely chopped
- 3 garlic cloves, finely chopped
- 1 small bunch of fresh coriander, leaves and stalks separated and chopped, plus more leaves to serve
- 2 green chillies, deseeded and diced
- 2 tbsp tomato purée
- 200ml red wine (or replace with beef stock if feeding children)
- 1 x 400g tin of chopped tomatoes
- 2 tbsp black treacle

- 200ml hot beef stock
- 1 large red pepper, deseeded and diced
- 1 x 400g tin of black beans, drained and rinsed
- Salt and freshly ground black pepper

### For the wedges:

- 4 large baking potatoes
- 2 tbsp olive oil
- A good pinch of smoked paprika
- A generous handful of grated mature Cheddar cheese

## METHOD



1. Preheat the oven to 180°C/fan 160°C/gas mark 4.
2. Grind the cumin seeds and chilli flakes together with a pestle and mortar, then tip into a large bowl and stir in the cinnamon, oregano and 1 teaspoon of salt. Add the beef and toss to completely coat.
3. Heat a tablespoon of the olive oil in your casserole pan over a medium heat and brown the spiced beef all over in batches, adding more oil if

needed. Be careful, because the spices will become bitter if burned. Put the browned beef into a large bowl. Pour a little water into the empty pan, scrape the bottom with a wooden spoon to loosen the spices, then pour this over the beef.

4. In the same pan, heat the remaining oil over a medium heat, then gently fry the onions, garlic, chopped coriander stalks (reserve the chopped leaves) and chillies for 5 minutes or until soft. Add the tomato purée, wine, tinned tomatoes, treacle and stock and stir over a medium heat for a minute or two until well mixed. Add the beef and bring to the boil. As soon as the stew is bubbling, remove from the heat, cover tightly with the lid and cook in the oven for 2 hours.
5. Add the diced pepper and black beans to the pan, give it a good stir, season well with salt and pepper, then put the lid back on and return to the oven for another 20 minutes.



Remove, taste to check the seasoning, and stir in the chopped coriander leaves. Set aside with the lid on tightly.

6. Increase the oven to 200°C/fan 180°C/gas mark 6. Cut the potatoes into chunky wedges and cook in a large pan of boiling water for 8 minutes or until just tender. Drain really well, then tip out on to a shallow roasting tin and drizzle with the oil. Sprinkle over the paprika and some sea salt and bake in the oven for 30 minutes or until crisp and golden. Preheat the grill to medium-high.



7. Now return to your stew, making sure it's still hot – give it a little blast on the hob if necessary. Then scatter the potato wedges over it, top with the grated cheese and pop the dish under the grill, watching until the cheese is melted and bubbling. Garnish with fresh coriander leaves and serve with Fresh Red Salsa, soured cream and guacamole on the side.

### HOME-MADE GUACAMOLE

And now too make your Chilli Beef Pie extra special, go the extra mile and make your own Guacamole. Can also be served with tortilla chips or spicy wedges and sour cream.

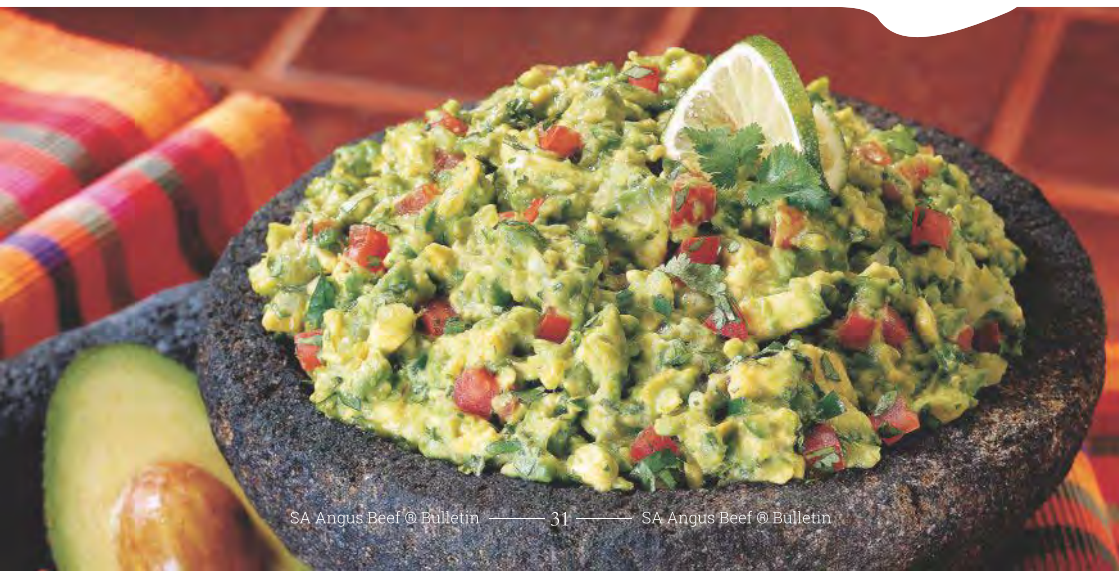
- 1 large ripe tomato
- 3 avocados, very ripe, but not bruised
- juice of 1 large lime
- handful coriander, leaves and stalks chopped, plus a few leaves, roughly chopped, to serve

- 1 small red onion, finely chopped
- 1 chilli, red or green, de-seeded and finely chopped

### METHOD



1. Use a large knife to pulverise the tomato to a pulp on a board, then tip into a bowl. Halve and stone the avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the tomato.
2. Tip all the other ingredients into the bowl, then season with salt and pepper. Use a whisk to roughly mash everything together. If not serving straight away, sit a stone in the guacamole (this helps to stop it going brown), cover with cling film and chill until needed. Scatter with the coriander.





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| REG. #   | BORN       | FRAME   | BW        | WW        | YW        | SCROTAL     |
|----------|------------|---------|-----------|-----------|-----------|-------------|
| 17649083 | 02/07/2013 | 6.8 yrl | 93 lbs    | 912 lbs   | 1,616 lbs | 39.8 cm yrl |
| 1786857  | 98         | 6.8 mat | Ratio 107 | Ratio 123 | Ratio 121 | 48 cm mat   |



# KOZI

0200AN10722 KOU PAL KOZI 418

O C C UNMISTAKABULL 896U

KOU PAL KOZI 22

KOU PAL ELBA 0187

KOU PAL BRULEE 698

KOU PAL EBONETTE 263

KOU PALS EBONETTE 545

| REG. #   | BORN       | FRAME   | BW        | WW        | YW        | SCROTAL     |
|----------|------------|---------|-----------|-----------|-----------|-------------|
| 17896885 | 01/07/2014 | 6.1 yrl | 83 lbs    | 769 lbs   | 1,366 lbs | 37.7 cm yrl |
| 1835081  | 418        | N/A mat | Ratio 103 | Ratio 120 | Ratio 115 | N/A cm mat  |



# PARKER

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RED TER-RON GOLDIE 240L

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RED TER-RON DIAMOND MIST 295

| REG. #  | BORN       | FRAME   | BW        | WW        | YW        | SCROTAL     |
|---------|------------|---------|-----------|-----------|-----------|-------------|
| 1770965 | 01/24/2013 | 6.5 yrl | 90 lbs    | 780 lbs   | 1,418 lbs | 40.0 cm yrl |
| 1125773 | RPAH 34A   | N/A mat | Ratio 116 | Ratio 107 | Ratio 109 | N/A cm mat  |



# CUSTOM MADE

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RED U-2 RECON 192Y

RED U-2 RECKONING 149A

RED U-2 ANEXA 271Y

RED BASIN EXT 45TS

RED SIX MILE LASSIE 207Z

RED SIX MILE LASSIE 377P

| REG. #  | BORN       | FRAME   | BW       | WW        | YW        | SCROTAL    |
|---------|------------|---------|----------|-----------|-----------|------------|
| -       | 01/04/2015 | 6.3 yrl | 81 lbs   | 893 lbs   | 1,417 lbs | 39 cm yrl  |
| 1858482 | SIXM 505C  | mat     | Ratio 96 | Ratio 128 | Ratio 99  | N/A cm mat |

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# CUTS OF STEAK EXPLAINED AND WHICH ARE THE BEST



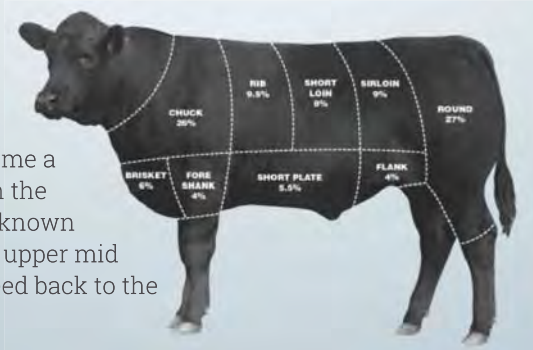
## WHAT CUT OF STEAK?

A lot of people have trouble with meat. They like the idea of a great steak, and they have a general notion that the more expensive the steak, the better it is...but more than that...who knows?! I didn't either until fairly recently when I decided to really get to know the different cuts of meat, where they came from on the cow, and what they each had to offer.

## IMAGINE A COW...

If you imagine a cow, the front section from about just behind the shoulders up to the neck and all the way down, is home to some very tasty and very ornery cuts of meat. From the shoulder area comes your beef chuck, and down south a bit your brisket. Cuts of meat full of connective tissue that melts into flavorful heaven when braised, but makes for an awfully chewy steak.

Most steaks come a bit further back on the cow, and the best known steaks start at the upper mid section, and proceed back to the hind quarters.



## SPICE OPTIONS



Basil, Mint Cilantro  
Shiso, Chervil  
Highly aromatic, fresh green,  
citrusy & minty herbs



Oregano, Thyme, Dill,  
Marjoram, Tarragon,  
Parsley  
Pungent earthy green herbs



Ginger, Galangal,  
Green Cardamom,  
Turmeric  
Perfumed, sharp, citrus-like roots  
and spices



Paprika,  
Cayenne Pepper,  
Ancho Pepper,  
Aleppo Pepper  
Piquant (spicy),  
smoky red pepper

## RIB

Just back from the shoulder is the rib section, and this is the home of the prime rib roast, and not surprisingly, the rib steak and the rib eye. Very well marbled and flavorful, the rib section is about the tastiest of all the steaks, and is tender and succulent enough for a quick treatment on the grill. **Some common cuts of the rib are:** Rib steak, which if you can imagine is just a slice with the bone of a prime rib, Rib eye steak, which is just the boneless interior of the rib steak



## LOIN

Directly behind the rib section is the loin, and the loin meat is the tenderest section of beef. Although not as well flavored or marbled as the rib, the loin accounts for the most expensive and tender of all the cuts of steak. **Some common cuts of the loin are:** The tenderloin, the tenderest cut, the most expensive, and some say less flavorful. T-Bone, A bit of everything, the T bone has a T shaped bone which sub divides a small section of tenderloin, with a larger section of strip steak. Porterhouse, similar to the T-bone, but with a larger section of tenderloin. Strip loin (NY steak), a rectangular strip of very flavorful steak, like a T-bone without the bone or tenderloin!



Sage, Rosemary, Fir,  
Lavender, Bay Leaf  
Dried resinous floral herbs



Garlic, Shallot,  
Chive, Leek, Onion  
Umami-rich, pungent,  
sulfury alliums



Red, White, Pink &  
Black Pepper  
Piquant (spicy, umami-rich,  
rotundone-dominant spices)



Cinnamon, Allspice,  
Mace, Vanilla, Clove,  
Fenugreek, Nutmeg  
Sweet, brown, baking spices

## SIRLOIN

Directly behind the loin is the sirloin. Less tender and cheaper than the loin, sirloin steaks are very tasty. Try to pick sirloin steaks as cut close to the loin if possible (if the bone is flat that means close to the loin, and round means farther back).



## ROUND

The round section is the hind leg of the cow, and although some of these can be very flavorful, all are less tender than even the sirloin. **Some common cuts from the round are:** Top round is an acceptable steak for the grill, inexpensive and flavorful. Bottom round is OK for the grill, but you should probably marinate well as it can be a bit chewy. Eye of round is too tough for quick cooking methods.



## BUY THE RIGHT STEAK

If money is no object, go for the rib eye, the tenderloin, the Porterhouse/T-bone or the strip; but if you're looking for value for money try a flat boned sirloin for a great beefy flavor, or even cheaper, a top round steak.

**Cook it well (hot and fast) and enjoy! ■**



*Angus*



## BESTANDDELE



- 2 klein koolkoppe (1 wit, 1 pers)
- appels • 2 uie • spinasie
- 2 e mayonnaise
- knippie rooipeper
- 100 g biltong
- 1/4 k olyfolie
- 1/4 k rooiwynasyn
- sout en peper

## METODE



1. Sny die koolkoppe, appels, spinasie en uie fyn op en meng dit saam in 'n slaai bak.
2. Voeg die biltong by.
3. Maak dan die sousie deur die mayonnaise, rooipeper, olyfolie en rooiwynasyn saam te meng.

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# SMOKED STANDING RIB ROAST

**For special occasions, it's hard to go wrong with a standing rib roast, especially if it has been marked down at the grocery. It's easy to prepare, feeds a crowd, and will please just about anyone who likes steakhouse quality prime rib. Smoking the roast takes it to the next level, adding a crisp bark on the outside and a juicy, savory-sweetness within.**

## INGREDIENTS



- 1 - 3 kg Rib Roast
- Extra Virgin Olive Oil
- 1 tsp Sea (or Kosher) Salt
- 2 tsp Freshly Ground Pepper
- 1/4 to 1/2 tsp Chile Powder

## METHOD



### Prepare the rub:

1. Into a bowl, mix salt, pepper, and chile powder.
2. Apply olive oil all over the roast, then add rub mixture.
3. Let the roast stand at room temperature for 1 hour.
4. Heat smoker to 225 to 250 degrees F.
5. Smoke for 20 minutes per pound (2 hours and 15 minutes for a 3 kg roast) or until internal temperature reaches 125 degrees F.
6. Remove roast from smoker, wrap in foil, and rest for 30 minutes. Garnish with parsley.
7. Serve with roasted vegetables.

## Roasted Vegetables

1. Par-boil small potatoes for 15 minutes or until you can pierce them with a fork.
2. Drain, cool, and cut in half. Slice red bell peppers and zucchini.
3. Place vegetables in a baking pan. Toss with olive oil.
4. Salt and pepper.
5. Bake 350 degrees for 30 minutes or until fork-tender.





*Nie Chris  
of sy broer nie...*

# ANGUS-TELER CHRIS METELERKAMP SKRYF SO:



"My broer toer bietjie in Europa. Saterdag stuur hy vir my die foto vanaf Parys waar Angusvleis teen 38 euro verkoop word. Soos ek dit uitwerk beloop dit ongeveer R532/kg. Ons kan dus bly wees om Kersfees in SA te kan geniet! Alles wat mooi is."

**Chris Metelerkamp**

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# BEEF AND BACON CASSEROLE WITH CRISPY POTATO TOPPING

A little planning and imagination can go a long way with this budget-friendly beef and bacon casserole.

## INGREDIENTS



- 1/4 cup (40g) plain flour
- 1kg beef chuck steak, cut into 3cm pieces
- 50g butter
- 1 tablespoon olive oil
- 12 pickling onions, peeled
- 250g button mushrooms
- 100g piece speck, cut into 1cm pieces
- 4 garlic cloves, crushed
- 2 cups (500ml) dry red wine
- 2 cups (500ml) Beef Stock
- 2 tablespoons tomato paste
- 4 sprigs thyme
- 1 dried bay leaf
- 80g butter, melted
- 2 garlic cloves, crushed
- 2 teaspoons thyme leaves
- 4 pontiac potatoes, thinly sliced
- Steamed green beans, to serve

## METHOD



1. Preheat oven to 160°C. Place the flour in a large bowl and season with salt and pepper. Add the beef and gently toss to lightly coat.
2. Heat half the butter and oil in a flameproof casserole dish over high heat. Add one-quarter of the meat and cook, turning, for 5 minutes or until brown all over. Transfer to a plate. Repeat in batches with remaining beef.
3. Heat remaining butter and oil in the pan. Add onions and mushrooms and cook, stirring occasionally, for 5 minutes or until onions are golden brown. Add speck and garlic and cook for 2 minutes or until heated through. Return beef to the pan and pour over the wine, stock and tomato paste. Bring to a simmer. Remove from heat. Add the thyme and bay leaf.
4. Bake, covered, for 2 hours or until beef is tender. Remove from oven and increase heat to 200°C. Season with salt and pepper.
5. Combine butter, garlic and thyme in a bowl. And the potato and toss to combine. Season with salt and pepper. Arrange potato evenly over the beef mixture. Bake, uncovered, for 30 minutes or until potato is golden brown and tender. Serve immediately with beans.

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