

WINTER ANGUS BEEF SPECIALS

FROM OUR FARM BUTCHERY

“The Black Angus cows at Boschendal are free to roam and be social - as nature intended. It’s a little known fact that grazing is as important to beef as terroir is to wine.

Just as you can taste the difference in a wine with impeccable terroir, so with beef where the quality of the grazing and the personality of the farm comes through in the meat.

Boschendal’s beef is all about the subtle flavours of a pasture in perfect harmony with nature. The calves are born and raised in the fields, and all the cows have access to trees for shade and have plenty of space to lie down and chew the cud. These are social, happy cows and happy cows make for tasty beef.”

Farmer Jason and Butcher Juan

POT ROAST ANGUS BEEF BRISKET

Cut from the breast or lower chest of the animal, brisket needs to be cooked slowly to break down the connective tissue. It has a delicious beefy flavour, holds its shape beautifully even after hours of cooking, and should be cut into ½cm slices for serving.

INGREDIENTS

1-1½kg Boschendal Angus beef brisket
30ml olive oil
1 onion, peeled and chopped
2 garlic cloves, peeled and chopped
¾ cup beef stock
Boschendal Asian-style BBQ Sauce
Seasoning rub:
15ml brown sugar
10ml paprika
2½ml cumin
5ml mustard powder
5ml salt
2½ml black pepper

METHOD

Rub the meat with seasoning rub and leave for a minimum of 60 minutes or overnight to penetrate. Heat the olive oil in an ovenproof casserole dish on top of the stove and brown the meat on all sides. Transfer the meat to an ovenproof dish, scatter the chopped onions and garlic at the bottom, add the beef stock, then close the dish with a tight fitting lid. Roast at 140-160°C for 90 minutes per 500g. Remove the lid and brush liberally with Boschendal Asian-style BBQ Sauce then let it stand for 10 minutes before slicing. Delicious served with coleslaw and homemade baked beans.

BRAISED ANGUS BEEF SHORT RIBS

INGREDIENTS

1kg Boschendal Angus beef short rib cuts
(cut along the ribs)
25ml olive oil
1 large onion, chopped
2 carrots, chopped
3 garlic cloves, finely chopped
1 cup tomatoes, chopped
1 cup red wine
3 cups beef stock
5ml brown sugar
4 whole cloves
1ml cayenne pepper
2 bay leaves
1 tbsp fresh rosemary, chopped
5ml sea salt
2½ml black pepper, freshly ground
¼ cup fresh parsley, chopped

METHOD

Preheat the oven to 160°C. Season the ribs with salt and pepper and sear on all sides until nicely browned. Add the ribs in one layer to an oven dish, sprinkle with the vegetables, cloves and garlic. Mix together the stock, wine, sugar, remaining salt and pepper, cayenne pepper, rosemary and the bay leaf. Close with a tight fitting lid and bake for 3 hours. Remove the large bones, break up the meat and adjust the seasoning. Serve on top of mashed potatoes, sprinkled with fresh parsley and alongside steamed green beans.

ANGUS BEEF CHILLI CON CARNE

INGREDIENTS

500g Boschendal Angus beef goulash cubes
1 red onion, chopped
1 red or yellow pepper, chopped
2 garlic cloves, finely chopped
15ml olive oil
5ml ground cumin
5ml ground coriander
150ml red wine
150-200ml beef stock
400g canned tomatoes, chopped
400g canned red kidney beans, drained and rinsed
5ml sugar
2½ml dried oregano
1 bay leaf
2½ml chilli powder
Salt and pepper to taste

METHOD

Heat the oil and sear the meat on all sides until lightly browned. Add the onions and sauté for another 5-10 minutes over medium heat. Add the garlic, cumin, coriander, chilli powder and cook for a further 5 minutes, stirring all the time. Add the peppers, wine, tomatoes, stock, sugar, oregano and the bay leaf and the rest of the seasoning. Bring to a simmer and cook with the lid on for 1-1¼ hours, stirring occasionally. Add the drained beans, heat through, then season to taste. Serve in soup bowls topped with thick Greek yoghurt, chopped coriander or spring onions, and grated cheese.

ANGUS BEEF STIR FRY

INGREDIENTS

500g Boschendal Angus beef stir fry strips
1 red onion, sliced
1 red or yellow pepper, sliced
250g mushrooms, sliced (or long stem broccoli, cut in half lengthwise)
2½ml ginger, finely chopped
1 clove garlic, finely chopped
45ml olive oil
Boschendal Asian-style BBQ Braai Sauce

METHOD

Heat 15ml olive oil, add the beef in a single layer and sauté over a medium heat for 3-4 minutes until cooked. Season with salt, pepper, ginger, and garlic and sauté an additional minute. Drizzle with 75ml of Boschendal Asian-style BBQ Braai Sauce then remove the meat from the heat. Wipe the pan, heat the remaining 15ml oil and sauté the mushrooms (or broccoli) until cooked and add to the beef strips. Add the remaining 15ml oil and sauté the onions and pepper for 6-8 minutes until soft and golden. Add the meat and the mushrooms (or broccoli), drizzle with more of the sauce and heat through. Serve over steamed rice garnished with freshly chopped coriander and a lime wedge.