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Beef Pan-Seared Fillet Mignon
香煎菲力牛排



Ingredients:
配料：

4 only 275gms beef tenderloin, 1.5–2 inches thick
4 块牛里脊肉，每块约 275 克，厚约 1.5–2 英寸

Salt & pepper to taste
盐和黑胡椒，适量

Canola oil
菜籽油

Garlic & herb butter
蒜香香草黄油

½ stick of butter, softened
½ 条黄油，软化

1 tbsp chopped fresh rosemary
1 汤匙切碎的新鲜迷迭香

1 tbsp chopped fresh tarragon
1 汤匙切碎的新鲜龙蒿

½ tbsp minced garlic
½ 汤匙蒜末

Method:
做法：

For the herb butter: Leave the butter on the counter to soften or place it in a microwave-safe bowl & microwave until malleable, 10–15 seconds. Use a fork to mash in the herbs & garlic until fully mixed.
制作香草黄油：将黄油放在室温下软化，或放入可用于微波炉的碗中，加热 10–15 秒，直到黄油变软。用叉子将香草和蒜末压入黄油中，充分搅拌均匀。

Store in the refrigerator & remove 10 minutes before adding to the filet.
将香草黄油放入冰箱冷藏，并在加入牛柳前 10 分钟取出。

For the fillets: Preheat the oven to 230°C. Remove the steak from the refrigerator 30 minutes prior to cooking, this is to bring the steak to room temperature & ensure your cooking times are more accurate.
制作牛柳：将烤箱预热至 230°C。烹饪前 30 分钟将牛排从冰箱中取出，使其恢复至室温，以确保烹饪时间更加准确。

Season all sides liberally with salt & pepper.
在牛排的每一面均匀撒上足量的盐和黑胡椒调味。

Add 1–2 tablespoons of oil to a cast iron skillet & turn the heat to high, allowing the skillet to become very hot; distribute oil as it heats & place the filets face down & sear undisturbed for 2 minutes.
在铸铁煎锅中加入 1–2 汤匙油，并开大火将锅烧至非常热。加热过程中让油均匀分布，然后将牛柳平放入锅中，不要移动，煎 2 分钟。

Turn the fillets & sear for an additional 2 minutes giving your filets a nice seared edge.
将牛柳翻面，再煎 2 分钟，使表面形成漂亮的焦香外壳。

Add some herb butter & a whole garlic clove, tarragon & rosemary to the pan before transferring it to the oven. The butter will melt & the herbs will season the pan enhancing the flavour profile of your sauce when we come to make this.
在将煎锅放入烤箱之前，加入一些香草黄油、一整瓣大蒜、龙蒿和迷迭香。黄油会融化，而香草的香味会融入锅中的汁液，为之后制作酱汁增添更丰富的风味。

Transfer your skillet directly to the oven. For rare, bake for 4 minutes. Medium rare, 5–6 minutes.
将煎锅直接放入烤箱。三分熟烤约 4 分钟；五分熟烤约 5–6 分钟。

Medium, 6–7 minutes. Medium well, go & purchase a hamburger instead.
七分熟烤约 6–7 分钟。如果想要接近全熟，那还不如去买一个汉堡吧。

Depending on the size of the steak, the more or less time it will take. Monitor continually during the cooking process.
实际烹饪时间会根据牛排的大小和厚度有所增减，因此在烹饪过程中应持续观察。

Spoon some of the seasoned pan juices over the steak to infuse it with extra flavour.
用汤匙将锅中带有香料味的肉汁淋在牛排上，使其吸收更多风味。

Remove fillets from the skillet & set on a plate & let sit for 5–10 minutes before serving.
将牛柳从煎锅中取出，放在盘中静置 5–10 分钟后再食用。

This is important to bring your steak to its final serving temperature.
这一步非常重要，可以让牛排达到最佳的最终食用温度。

Top with a slice of garlic & herb butter & serve.
最后在牛排顶部放上一片蒜香香草黄油，即可上桌。

Notes
备注

Temperatures for steak
牛排熟度温度参考

Rare: 48°C to 50°C
三分熟：48°C–50°C

Medium rare: 50°C to 55°C
五分熟：50°C–55°C

Medium: 60°C to 65°C
七分熟：60°C–65°C

Lamb Kofta w/ Spiced Coconut Dipping Sauce 香料椰香羊肉丸配蘸酱



Ingredients

配料

700 g lamb mince
700 克 羊肉馅

4 garlic cloves, crushed
4 瓣大蒜，压碎

2 teaspoons ground cumin
2 茶匙 孜然粉

2 teaspoons dried oregano
2 茶匙 干牛至叶

2 teaspoons sweet paprika
2 茶匙 甜红椒粉

1 teaspoon dried chilli flakes
1 茶匙 干辣椒碎

2 teaspoons coconut aminos, plus extra to serve
2 茶匙 椰子氨基酱油，另备适量供上桌时使用

Sea salt & freshly ground black pepper
海盐和现磨黑胡椒，适量

2 tablespoons extra-virgin olive oil
2 汤匙 特级初榨橄榄油

1 handful of mint leaves, roughly torn
1 把 薄荷叶，粗略撕碎

Lemon wedges, to serve
柠檬块，供上桌时搭配

Spiced Coconut Sauce
香料椰子酱

250 g (1 cup) unsweetened coconut yoghurt
250 克（1 杯）无糖椰子酸奶

½ teaspoon ground cumin
½ 茶匙 孜然粉

½ teaspoon sweet paprika
½ 茶匙 甜红椒粉

¼ teaspoon cayenne pepper
¼ 茶匙 卡宴辣椒粉

Finely grated zest & juice of 1 lemon
1 个柠檬的细磨柠檬皮屑和柠檬汁

Sea salt & freshly ground black pepper
海盐和现磨黑胡椒，适量

2 tablespoons coconut aminos
2 汤匙 椰子氨基酱油

2 tablespoons extra-virgin olive oil, for drizzling
2 汤匙 特级初榨橄榄油，用于淋洒

Method

制作方法

For the kofta, combine the lamb mince, garlic, cumin, oregano, paprika, chilli flakes & coconut aminos in a bowl. Season generously with salt & pepper & mix thoroughly with your hands.
制作烤羊肉串时，将羊肉馅、大蒜、孜然粉、牛至叶、甜红椒粉、辣椒碎和椰子氨基酱油放入碗中。加入充足的盐和黑胡椒调味，然后用手充分混合均匀。

Divide the lamb mixture into eight evenly sized portions, then shape each portion around a skewer. Place the skewers on a tray, cover & refrigerate for 30 minutes to firm up.
将羊肉混合物平均分成 8 份，然后将每一份包裹并塑形成长条状固定在烤签上。将肉串放在托盘上，盖好后放入冰箱冷藏 30 分钟，使其定型。

Preheat the barbecue flat plate to medium & brush with the olive oil. Cook the skewers for 2–3 minutes on each side, turning four times, or until golden brown & charred on the outside & cooked through.
将烧烤平板预热至中火，并刷上一层橄榄油。每一面烤 2–3 分钟，共翻转约 4 次，直到肉串外表呈金黄色并带有焦香痕迹，内部完全熟透。

To make the spiced coconut sauce, combine the coconut yoghurt, spices, lemon zest & juice in a bowl & season well with salt & pepper. Spoon into a serving bowl, drizzle over the coconut aminos & olive oil, & give it a swirl to partially combine.
制作香料椰子酱时，将椰子酸奶、香料、柠檬皮屑和柠檬汁放入碗中混合，并用盐和黑胡椒充分调味。将酱料舀入上桌用的碗中，淋上椰子氨基酱油和橄榄油，再轻轻搅动几下，使其部分混合并形成漂亮的纹路。

Arrange the kofta on a platter, scatter over the mint leaves & serve with the spiced coconut sauce & lemon wedges on the side.
将烤好的羊肉串摆放在大盘中，撒上薄荷叶，并搭配香料椰子酱和柠檬角一起上桌。

Oven Pork Ribs w/ Barbecue Sauce

烤箱烤猪排配烧烤酱



Ingredients

配料

Barbecue Rub
烧烤干腌料

2½ tsp paprika powder
2½ 茶匙 红椒粉

2½ tsp garlic powder
2½ 茶匙 大蒜粉

1 tsp onion powder
1 茶匙 洋葱粉

1 tsp cayenne pepper
1 茶匙 卡宴辣椒粉

1½ tsp dried thyme
1½ 茶匙 干百里香

1½ tsp dried oregano
1½ 茶匙 干牛至叶

1½ tsp sea salt
1½ 茶匙 海盐

½ tsp black pepper
½ 茶匙 黑胡椒

Ribs
猪肋排

2 kgs pork ribs (2 racks)
2 公斤 猪肋排（2 整排）

1 cup sweet alcoholic apple cider
1 杯 甜味含酒精苹果西打酒

1 tbsp olive oil
1 汤匙 橄榄油

Barbecue Sauce
烧烤酱

1 tbsp vegetable oil
1 汤匙 植物油

½ cup onion, finely chopped
½ 杯 洋葱，切碎

1 tsp jalapeño, minced
1 茶匙 墨西哥辣椒，切碎

2 tsp minced garlic
2 茶匙 蒜末

¼ cup apple cider vinegar
¼ 杯 苹果醋

¼ cup Worcestershire sauce
¼ 杯 伍斯特酱

1 tbsp Dijon mustard
1 汤匙 第戎芥末酱

1 cup pure maple syrup, or dark brown sugar
1 杯 纯枫糖浆，或深色红糖

1 tbsp paprika, or smoked paprika
1 汤匙 红椒粉，或烟熏红椒粉

2 tsp salt
2 茶匙 盐

¼ tsp chipotle pepper powder
¼ 茶匙 墨西哥烟熏辣椒粉

¾ cup tomato paste
¾ 杯 番茄膏

¾ cup orange juice
¾ 杯 橙汁

Method

制作方法

Combine the Rub ingredients & rub onto both sides of the ribs (most on meaty side). Set aside to marinate for 20 minutes (or overnight).
将所有烧烤干腌料混合均匀，然后涂抹在猪肋排两面，肉较多的一面可多涂一些。静置腌制 20 分钟，也可放入冰箱腌制一夜。

Preheat oven to 160°C.
将烤箱预热至 160°C。

Place ribs on a tray in a single layer. Pour apple cider underneath the ribs, cover with foil then bake for 1 hour 30 minutes or until the meat is pretty tender.
将猪肋排单层铺放在烤盘上。把苹果西打酒倒入肋排下方，用铝箔纸盖严，然后烘烤 1 小时 30 分钟，或直到肉质变得十分软嫩。

Remove from oven, turn up to 180°C. Remove foil, drizzle with olive oil, then return ribs to oven for 5 minutes or until rub becomes nice & crusty.
将肋排从烤箱中取出，并将烤箱温度调高至 180°C。移除铝箔纸，在肋排表面淋上橄榄油，然后放回烤箱继续烤 5 分钟，或直到表面的腌料形成香脆外壳。

Line a new tray with foil then baking / parchment paper (you'll thank me later).
另取一个烤盘，先铺一层铝箔纸，再铺上烘焙纸或羊皮纸（这样之后清理会轻松很多）。

Remove ribs from oven, transfer to lined tray. Pour any juices from tray over the ribs.
将肋排从烤箱中取出，移至铺好纸的新烤盘中。将原烤盘中剩余的肉汁淋在肋排上。

Flip ribs so the bonier side is up. Slather with Barbecue Sauce, then bake 10 minutes.
将肋排翻面，使骨头较多的一面朝上。均匀厚涂一层烧烤酱，然后烘烤 10 分钟。

Remove from oven, then turn ribs over so the meaty side is up. Slather with Barbecue Sauce, bake 5 minutes. Repeat 2 or 3 more times until you've got a thick glaze on the ribs.
从烤箱中取出肋排，再翻面，使肉较多的一面朝上。再次厚涂一层烧烤酱，然后烘烤 5 分钟。重复此步骤 2–3 次，直到肋排表面形成浓厚而有光泽的酱汁层。

Cut ribs into individual or multiple rib portions & serve with remaining Barbecue Sauce!
将肋排切成单根或数根一份的大小，并搭配剩余的烧烤酱一起上桌享用！

Grilled Chicken Breast Fillet with Italian Herbs

意式香草烤鸡胸柳



Ingredients

配料

2 kgs boneless skinless chicken breasts
2 公斤 去骨去皮鸡胸肉

Italian Seasoning Mix
意大利香料混合料

1 tbsp dried basil
1 汤匙 干罗勒

1 tbsp dried thyme
1 汤匙 干百里香

1 tbsp dried rosemary
1 汤匙 干迷迭香

1 tbsp dried marjoram
1 汤匙 干马郁兰

1 tbsp dried parsley
1 汤匙 干欧芹

2 tbsp dried oregano
2 汤匙 干牛至叶

1 tsp red pepper flakes, optional
1 茶匙 红辣椒碎，可省

1 tsp garlic powder, optional
1 茶匙 大蒜粉，可省

1.5 tsp paprika
1.5 茶匙 红椒粉

1.5 tsp red pepper flakes (optional)
1.5 茶匙 红辣椒碎（可省）

15 large garlic cloves, minced
15 瓣大蒜，切末

6 lemons, zested & juiced
6 个柠檬，取柠檬皮屑并榨汁

Extra virgin olive oil, plus more for oiling the grill
特级初榨橄榄油，另备适量用于涂抹烤架

Kosher salt
犹太盐，适量

Italian parsley leaves, for garnish
意大利欧芹叶，用于装饰

Method

制作方法

Tenderize the chicken breasts: Place one chicken breast in a large zip-top bag. Push out any air & fasten the bag shut. Use a kitchen mallet to pound the chicken until it's evenly flattened to about ½-inch. Repeat with the remaining chicken breasts, pounding one at a time.
拍松鸡胸肉：将一块鸡胸肉放入一个大型密封袋中，挤出袋内空气并封好袋口。用厨房肉锤轻轻敲打鸡胸肉，直到厚度均匀至约 ½ 英寸（约 1.3 厘米）。将剩余的鸡胸肉逐块按照相同方法拍至均匀厚度。

Mix marinade: Combine extra virgin olive oil, lemon juice or red wine vinegar, minced garlic, salt, black pepper, and a generous amount of Italian seasoning blend (oregano, basil, thyme, rosemary).
调制腌料：将特级初榨橄榄油、柠檬汁或红酒醋、蒜末、盐、黑胡椒以及适量的意大利综合香料（牛至、罗勒、百里香、迷迭香）混合均匀。

Marinate: Submerge the chicken in the mixture and refrigerate for 30 minutes up to 4 hours.
腌制：将鸡肉完全浸入腌料中，放入冰箱冷藏腌制30分钟至4小时。

Grilling Method

烧烤方法

Heat grill: Preheat your grill to medium-high heat and oil the grates to stop sticking.
预热烤架：将烤架预热至中高温，并在烤网上刷一层油，以防鸡肉粘连。

Sear first side: Place the chicken on the hot grill and cook undisturbed for 6 to 8 minutes to build a good crust.
煎烤第一面：将鸡肉放在热烤架上，不要移动，烤6至8分钟，使表面形成漂亮的焦香外壳。

Flip and finish: "Once it pulls away, that's when you can give it a good flip."
翻面并继续烤："当鸡肉能够轻松脱离烤架时，就可以将它漂亮地翻面了。"

Grill the second side until the internal temperature reaches 74°C.
烤另一面：继续烧烤，直到鸡肉内部温度达到74°C。

Rest: "Rest chicken for 5 minutes after grilling so juices stay inside."
静置："鸡肉烤好后静置5分钟，让肉汁充分保留在鸡肉内部。"

Serve with Italian Salad.
享用：搭配意大利沙拉一起食用。

Prawn Cocktail

虾仁鸡尾酒杯



Ingredients

配料

400g cooked King shell-on prawn
400 克 熟带壳大明虾

3 lettuce leaves, trimmed
3 片生菜叶，修整好

5 heaped tbsp mayonnaise
5 满汤匙 蛋黄酱

5 tbsp tomato chutney
5 汤匙 番茄酸辣酱

2 tsp Worcestershire sauce
2 茶匙 伍斯特酱

2 tsp creamed horseradish
2 茶匙 奶油辣根酱

Tabasco sauce, a splash only
塔巴斯科辣椒酱，少许

Squeeze of lemon juice
少许柠檬汁

Paprika, for dusting
红椒粉，适量，用于撒面

4 tsp snipped chive
4 茶匙 细切香葱

Method

制作方法

Peel & devein all but three of the prawns (reserve these to top each cocktail). Break the lettuces into individual leaves & place on a large serving platter evenly spaced.
将大明虾去壳并去除虾线，但保留 3 只完整的虾，用于最后装饰每份虾鸡尾酒。将生菜分成单片叶子，并均匀摆放在一个大上菜盘中。

Mix the mayonnaise, tomato chutney, Worcestershire sauce, horseradish & Tabasco together.
将蛋黄酱、番茄酸辣酱、伍斯特酱、辣根酱和塔巴斯科辣椒酱混合均匀。

Season to taste with lemon juice & salt & pepper, then spoon sparingly over the prawns. Dust the top with a little paprika & garnish with chives. Top with the remaining prawns & serve immediately.
根据个人口味加入柠檬汁、盐和黑胡椒调味，然后将少量酱汁淋在大明虾上。表面撒上少许红椒粉，并用香葱装饰。
最后放上预留的大明虾作为点缀，立即上桌享用。

Chocolate Kangaroo Tail Stew 巧克力袋鼠尾炖菜



Ingredients

配料

1 kg kangaroo tail
1 公斤 袋鼠尾

75 gms (½ cup) plain flour
75 克（½ 杯）普通面粉

1 tsp smoked paprika
1 茶匙 烟熏红椒粉

Salt & black pepper, to season
盐和黑胡椒，适量调味

80 mls (1/3 cup) olive oil
80 毫升（1/3 杯）橄榄油

2 onions, peeled & roughly chopped
2 个洋葱，去皮并粗切

4 carrots, peeled (1 roughly chopped, 3 cut into 5-cm lengths)
4 根胡萝卜，去皮（1 根粗切，3 根切成约 5 厘米长段）

1 celery stalk, roughly chopped
1 根西芹，粗切

5 garlic cloves
5 瓣大蒜

50 g butter
50 克 黄油

2 tbsp tomato paste
2 汤匙 番茄膏

1 tbsp cocoa powder
1 汤匙 可可粉

1 tbsp ground wattle seed
1 汤匙 金合欢籽粉

500 mls red wine
500 毫升 红葡萄酒

1 litre vegetable stock
1 升 蔬菜高汤

2 bay leaves
2 片月桂叶

30 g dark chocolate
30 克 黑巧克力

1 tbsp red wine vinegar
1 汤匙 红酒醋

2 tbsp finely shredded parsley, to serve
2 汤匙 细切欧芹，上桌时使用

Method

制作方法

Combine flour, paprika & salt & pepper & mix thoroughly. Add the kangaroo tail & toss to coat. Shake to discard excess flour from the tails.
将面粉、红椒粉、盐和黑胡椒混合均匀。加入袋鼠尾并翻拌，使其表面均匀裹上面粉混合物。轻轻抖掉多余的面粉。

Heat the olive oil in a large frying pan over medium heat & cook the kangaroo until well browned all over. Remove from the pan & set aside.
在大煎锅中以中火加热橄榄油，放入袋鼠尾煎至各面呈深金黄色。取出后放在一旁备用。

Place the onions, roughly chopped carrot, celery & garlic in a blender & process into a smooth puree.
将洋葱、粗切的胡萝卜、西芹和大蒜放入搅拌机中，搅打成细滑的蔬菜泥。

Heat a large, lidded, heavy-based baking dish over medium heat. Add the half butter & fry the vegetable puree for about 10 minutes or until fragrant. Add the tomato paste & stir for 1–2 minutes.
用中火加热一个带盖的厚底烤锅。加入一半的黄油，再加入蔬菜泥翻炒约 10 分钟，或炒至香味充分释放。加入番茄膏，再翻炒 1–2 分钟。

Add the kangaroo, cocoa powder, wattleseed, red wine, stock & bay leaves.
加入袋鼠尾、可可粉、金合欢籽粉、红葡萄酒、蔬菜高汤和月桂叶。

Bring to the boil over high heat, then reduce the heat to low, cover & simmer for 2 hours. Add the chocolate & the remaining carrots & butter. Simmer for another 30 minutes or until the meat is very tender & the sauce is glossy & thick.
以大火煮沸，然后转小火，盖上锅盖炖煮 2 小时。加入黑巧克力、剩余的胡萝卜和黄油，再继续炖煮 30 分钟，或直到肉质非常软嫩，酱汁浓稠且富有光泽。

Stir in the red wine vinegar & scatter with parsley to serve.
加入红酒醋搅拌均匀，上桌前撒上细切欧芹即可。

Corsican Style Rabbit

科西嘉风味兔肉



Ingredients

配料

2 rabbits, approximately 1.5kgs, cut into 4 to 6 pieces
2 只兔子，约 1.5 公斤，切成 4–6 块

500gms sliced onion
500 克 洋葱，切片

6–8 garlic cloves
6–8 瓣大蒜

100gms mixed black & green olives
100 克 黑橄榄和绿橄榄混合

4 tbsp capers in brine
4 汤匙 盐水浸泡的刺山柑

100gms pancetta, cut into lardons
100 克 意式培根，切成粗条

200mls white wine
200 毫升 白葡萄酒

200mls chicken stock
200 毫升 鸡高汤

3 tbsp red wine vinegar
3 汤匙 红酒醋

3 tbsp tomato paste
3 汤匙 番茄膏

¼ cup fresh parsley
¼ 杯 新鲜欧芹

1 sprig fresh thyme
1 枝 新鲜百里香

1 sprig fresh rosemary
1 枝 新鲜迷迭香

3 tbsp olive oil
3 汤匙 橄榄油

Salt & pepper, to taste
盐和黑胡椒，适量调味

Method

制作方法

Heat the olive oil in a Dutch oven over medium heat, add the rabbit pieces & lightly brown on each side for 5 to 6 minutes. Once browned, remove the rabbit pieces & transfer to a slow cooker.
在荷兰锅中以中火加热橄榄油，加入兔肉块，每面煎约 5–6 分钟，直至表面微微金黄。煎好后取出兔肉，放入慢炖锅中。

Still on medium heat, add the pancetta lardons to the Dutch oven, stir & cook for 2 minutes until lightly coloured & aromatic. Add the sliced onions & garlic, adjust the heat to low & continue to cook the onions & pancetta until the former are well caramelized & the pancetta has rendered its fat, stirring occasionally. Transfer to the slow cooker with the rabbit.
保持中火，将意式培根条加入荷兰锅中，翻炒约 2 分钟，直到微微上色并散发香气。加入洋葱片和大蒜，调至小火，继续翻炒，期间偶尔搅拌，直到洋葱充分焦糖化，培根中的油脂也被煸出。然后将其全部倒入装有兔肉的慢炖锅中。

Add the vinegar, white wine, tomato paste, olives, capers & herbs & deglaze the Dutch oven. Stir thoroughly & add to the slow cooker with sufficient stock until the liquid covers the meat.
在荷兰锅中加入红酒醋、白葡萄酒、番茄膏、橄榄、刺山柑和香草，搅拌并刮起锅底的焦香物，使其充分融入酱汁中。搅拌均匀后倒入慢炖锅，再加入足够的鸡高汤，使液体能够覆盖兔肉。

Cover & let cook on low heat for 4 hours or until fork tender, stirring occasionally.
盖上锅盖，以低温慢炖约 4 小时，或直到兔肉软嫩至可以用叉子轻松分开，期间偶尔搅拌。

Remove rabbit from slow cooker & set aside. Cool liquid & pass through a chinois, discarding all solids.
将兔肉从慢炖锅中取出，放在一旁备用。让炖煮液稍微冷却后，用锥形细筛过滤，并丢弃所有过滤出的固体材料。

Place rabbit & stock back into the Dutch oven & replenish capers, olive mix & fresh parsley, thyme & rosemary; bring back to a slow simmer & reduce stock until desired consistency has been achieved.
将兔肉和过滤后的汤汁重新放入荷兰锅中，再加入适量刺山柑、黑绿橄榄混合物、新鲜欧芹、百里香和迷迭香。以小火重新煮至微沸，并继续收汁，直到酱汁达到所需的浓稠度。

Adjust seasoning if necessary & serve on a bed of pasta with parmesan, or just as is with a side of potato puree.
根据需要调整盐和黑胡椒的用量。可将兔肉放在意大利面上，并撒上帕玛森奶酪一起享用；也可以直接搭配土豆泥作为配菜上桌。



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