



# Australian Beef & Lamb

*Much More Than a Meat Processor*



# HOW TO COOK THE PERFECT STEAK

1. BRING STEAK TO ROOM TEMPERATURE
2. PREPARE PAN OR BBQ TO HOT
3. DRIZZLE STEAK WITH OIL AND SEASON WITH SALT & PEPPER

## WELL DONE

5-6 MINUTES PER SIDE  
REST FOR 6 MINUTES

## MEDIUM WELL

3½ MINUTES EACH SIDE  
REST FOR 5 MINUTES

## MEDIUM

3 MINUTES EACH SIDE  
REST FOR 4 MINUTES

## MEDIUM RARE

2½ MINUTES EACH SIDE  
REST FOR 4 MINUTES

## RARE

2 MINUTES EACH SIDE  
REST FOR 2 MINUTES







# UNION STATION RUMP STEAKS WITH CHIMICHURRI MARINADE



**SERVINGS: 2**

**PREP: 10 MIN**

**COOK: 10 MIN**

**REST: 10 MIN**

## INGREDIENTS

### STEAK:

- 2 x Union Station Rump steaks
- Salt & cracked black pepper

### MARINADE:

- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbsp finely chopped parsley
- 1 garlic clove, minced

### OPTIONAL SIDES:

- Roasted capsicum
- Roasted potatoes

## DIRECTIONS

### MARINATE THE STEAKS

- In a bowl, mix olive oil, red wine vinegar, parsley, and minced garlic.
- Season steaks with salt and pepper, then coat with marinade.
- Cover and refrigerate for 30 minutes.

### COOK THE STEAKS

- Bring steaks to room temperature before cooking.
- Heat a grill or skillet over high heat.
- Sear steaks for 3–5 minutes per side, depending on thickness and preferred doneness.
- Remove from heat and rest for 5–10 minutes.

### TO SERVE

- Slice steaks against the grain.
- Serve with roasted capsicum and potatoes.
- Optional garnish: chopped parsley or a squeeze of lemon for brightness.

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As Nature Intended*

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# UNION STATION EYE FILLET WITH BALSAMIC GLAZE & ROASTED CARROTS



**SERVINGS: 2**

**PREP: 10 MIN**

**COOK: 20 MIN**

**REST: 10 MIN**

## INGREDIENTS

### STEAK:

- 2 x Union Station Eye Fillet steaks
- Salt & cracked black pepper
- Olive oil

### GLAZE:

- ½ cup balsamic vinegar
- 1 tbsp brown sugar

### VEGETABLES:

- Heirloom or Dutch carrots

## DIRECTIONS

### PREPARE THE CARROTS

- Preheat oven to 200°C (390°F).
- Trim and lightly peel carrots.
- Toss with olive oil, salt, and pepper.
- Roast for 20 minutes or until golden and tender.

### MAKE THE GLAZE

- In a small saucepan over medium heat, combine balsamic vinegar and brown sugar.
- Simmer for 5–7 minutes, or until reduced and syrupy.
- Set aside.

### COOK THE STEAKS

- Bring steaks to room temperature.
- Season with salt and cracked black pepper.
- Heat a skillet over high heat with a little olive oil.
- Sear fillets for 3–4 minutes per side, depending on thickness and doneness preference.
- Remove from heat and rest for 5–10 minutes.

### TO SERVE

- Plate steaks with roasted carrots.
- Drizzle with balsamic glaze just before serving.
- Optional garnish: fresh thyme or parsley.

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# UNION STATION RUMP STEAK SALAD WITH ROCKET & PARMESAN



**SERVINGS: 2**

**PREP: 10 MIN**

**COOK: 10 MIN**

**REST: 10 MIN**

## INGREDIENTS

### BEEF:

- 2 x Union Station Rump steaks
- Salt & cracked black pepper
- Olive oil

### SALAD:

- 2 cups rocket leaves
- 1 tbsp shaved parmesan

### DRESSING:

- Balsamic glaze

## DIRECTIONS

### PREPARE THE SALAD

- In a bowl, toss rocket leaves with a drizzle of olive oil.
- Add shaved parmesan and gently combine.
- Set aside.

### COOK THE STEAKS

- Bring steaks to room temperature.
- Season both sides with salt and cracked black pepper.
- Heat a grill or skillet over high heat with a little olive oil.
- Sear steaks for 3–5 minutes per side, depending on thickness and preferred doneness.
- Remove from heat and rest for 5–10 minutes.

### TO SERVE

- Slice steaks thinly against the grain.
- Plate rocket salad and top with sliced steak.
- Drizzle with balsamic glaze just before serving.
- Optional garnish: extra parmesan or freshly ground black pepper.

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# UNION STATION EYE FILLET MEDALLIONS WITH TRUFFLE BUTTER & ASPARAGUS



**SERVINGS: 2**

**PREP: 10 MIN**

**COOK: 10 MIN**

**REST: 10 MIN**

## INGREDIENTS

### BEEF:

- 2 x Union Station Eye Fillet medallions
- Salt & cracked black pepper
- Olive oil

### TRUFFLE BUTTER:

- 1 tsp truffle oil
- 50g butter

### VEGETABLES:

- 1 bunch asparagus

## DIRECTIONS

### PREPARE THE ASPARAGUS

- Trim woody ends from asparagus.
- Toss with olive oil and a pinch of salt.
- Grill or pan-sear over medium-high heat for 4-5 minutes until tender and slightly charred.

### COOK THE STEAKS

- Bring medallions to room temperature.
- Season with salt and cracked black pepper.
- Heat a skillet over high heat with a little olive oil.
- Sear steaks for 3-4 minutes per side, depending on thickness and desired doneness.
- Remove from heat and rest for 5-10 minutes.

### MAKE THE TRUFFLE BUTTER

- Combine truffle oil and butter in a small bowl.
- Melt slightly until just soft (not fully liquid).

### TO SERVE

- Place steaks on plates and top each with a spoonful of truffle butter.
- Serve alongside grilled asparagus.
- Optional garnish: microgreens or a pinch of sea salt.

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# Ultimate Tomahawk Steak with Garlic Herb Butter & Charred Veg



**SERVINGS: 2**

**PREP: 15 MIN**

**COOK: 40 MIN**

**REST: 10 MIN**

## INGREDIENTS

### STEAK:

- 1 Coorong Black Tomahawk steak (1.2–1.5kg, at least 4cm thick)
- 2 tbsp olive oil
- 1 tbsp sea salt
- 1 tsp cracked black pepper
- 1 tsp smoked paprika (optional)

### GARLIC HERB BUTTER:

- 100g unsalted butter, softened
- 2 garlic cloves, minced
- 1 tbsp fresh parsley, finely chopped
- 1 tsp thyme leaves
- Zest of ½ lemon
- Pinch of sea salt

### CHARRED VEG:

- 1 bunch broccolini
- 1 red capsicum, sliced thick
- 1 zucchini, sliced lengthways
- Olive oil, salt & pepper

## DIRECTIONS

### PREPARE THE STEAK

- Bring the tomahawk to room temperature by removing it from the fridge 1 hour before cooking.
- Rub with olive oil, salt, pepper, and paprika.
- Preheat a BBQ grill or cast-iron skillet to high heat.

### SEAR THE STEAK

- Sear steak for 3–4 minutes per side, plus 1 minute on each edge (bone side, fat cap).
- Transfer to a cooler zone on the BBQ (or into a preheated oven at 180°C).

### COOK TO DESIRED DONENESS

- For medium-rare, continue cooking until internal temp reaches 52–54°C (use a meat thermometer).
- Remove from heat and rest for 10 minutes, tented with foil.

### MAKE THE GARLIC HERB BUTTER

- Combine butter, garlic, herbs, lemon zest, and a pinch of salt.
- Roll in baking paper into a log and chill (or use soft over the steak).

### CHAR THE VEGETABLES

- Toss veg in oil, salt, and pepper. Grill until lightly charred but still vibrant.

### TO SERVE

- Slice the tomahawk against the grain.
- Top with slices of garlic herb butter to melt over hot steak.
- Serve with grilled veg or crispy roast potatoes.
- Optional drizzle: balsamic glaze or jus.

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# Coorong Black Scotch Fillet with Peppercorn Cream Sauce



**SERVINGS: 2**

**PREP: 10 MIN**

**COOK: 15 MIN**

**REST: 5 MIN**

## INGREDIENTS

### STEAK:

- 2 x Coorong Black Scotch Fillet steaks
- Olive oil
- Salt & cracked black pepper

### PEPPERCORN CREAM SAUCE:

- 1 tsp green peppercorns (in brine), drained
- 1 tbsp brandy (optional)
- ½ cup cream
- 1 tsp Dijon mustard

### TO SERVE:

- Thick-cut chips
- Rocket salad

## DIRECTIONS

### PREPARE THE STEAKS

- Bring steaks to room temperature 30 minutes before cooking.
- Season generously with cracked black pepper and a little sea salt.
- Drizzle lightly with olive oil.

### SEAR THE STEAKS

- Heat a heavy-based skillet over high heat.
- Sear steaks for 3–4 minutes per side, or until cooked to your liking.
- Remove from pan and rest for 5 minutes, loosely covered with foil.

### MAKE THE PEPPERCORN CREAM SAUCE

- Using the same pan, reduce heat to medium.
- Add drained green peppercorns and brandy (if using); simmer briefly.
- Stir in cream and Dijon mustard. Simmer gently until sauce is reduced and thickened.

### TO SERVE

- Plate steaks and spoon peppercorn sauce over the top.
- Serve with thick-cut chips and a peppery rocket salad.

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# Coorong Black Eye Fillet with Garlic Mushroom Cream



**SERVINGS: 2**

**PREP: 15 MIN**

**COOK: 20 MIN**

**REST: 10 MIN**

## INGREDIENTS

### STEAK:

- 2 x Coorong Black Eye Fillet steaks
- 1 tbsp olive oil
- Salt & cracked black pepper

### GARLIC MUSHROOM CREAM:

- 1 cup sliced mushrooms
- 1 garlic clove, crushed
- ½ cup cream
- 1 tsp Dijon mustard
- Salt & pepper to taste

### OPTIONS SIDES:

- Steamed broccolini or roast carrots

## DIRECTIONS

### COOK THE STEAKS

- Bring fillet steaks to room temperature. Rub with olive oil, salt and pepper.
- Heat a skillet or grill pan over high heat.
- Cook steaks for 3–4 minutes per side (medium-rare) or until desired doneness.
- Remove from pan and rest for 5–10 minutes, loosely covered.

### MAKE THE MUSHROOM CREAM

- In the same pan, add a touch more oil if needed.
- Sauté mushrooms and crushed garlic over medium heat until soft.
- Add cream and Dijon mustard. Simmer gently for 2–3 minutes to reduce slightly.
- Season with salt and pepper to taste.

### TO SERVE

- Plate the rested steaks.
- Spoon mushroom cream generously over each fillet.
- Serve with steamed broccolini or roast carrots for a complete dish.
- Optional garnish: parsley, cracked pepper, or a drizzle of extra cream.

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# Coorong Black Rump Steak Stir-Fry with Ginger Soy Sauce



**SERVINGS: 2**

**PREP: 15 MIN**

**COOK: 25 MIN**

**REST: NIL**

## INGREDIENTS

### BEEF:

- 400g Coorong Black Rump steak, thinly sliced
- 1 tbsp soy sauce
- 1 tsp grated ginger
- 1 garlic clove, crushed

### VEGETABLES:

- Mixed stir-fry vegetables (eg. capsicum, snow peas, carrot)
- 1 tbsp sesame oil or olive oil

### OPTIONAL SIDES:

- Steamed rice or noodles

## DIRECTIONS

### MARINATE THE BEEF

- In a bowl, combine soy sauce, garlic, and ginger.
- Add sliced beef and toss to coat.
- Marinate for 20 minutes.

### STIR-FRY

- Heat a wok or large pan over high heat with a little oil.
- Add mixed vegetables and stir-fry for 2–3 minutes until just tender. Remove and set aside.
- Add marinated beef to the wok and stir-fry until browned (2–3 minutes).
- Return vegetables to the pan and toss to heat through.

### TO SERVE

- Serve immediately with steamed rice or noodles.
- Optional garnish: sesame seeds, sliced spring onions, or a dash of chili oil for heat.

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# AUSTRALIAN BEEF CUTS



## 1 Beef Shin

CODE Fore 1682/Hind 1683

Boneless shin/  
gravy beef

Shin bone-in/  
osso bucco



## 2 Beef Silverside

CODE 2030

Corned silverside

Silverside minute  
steak/Girello

Eye round/Girello



## 3 Beef Topside

CODE 2000

Topside roast

Topside steak



## 4 Beef Knuckle

CODE 2070

Round steak

Round/minute steak

Knuckle medallion



## 5 Beef Rump

CODE 2100

Rump steak

Rump roast

Rostbif



Rump cap

Rump medallion

Rump centre steak



## 6 Beef Shortloin

CODE 1532

T-bone



## 7 Beef Tenderloin

CODE 2150

Fillet/tenderloin  
steak

Eye fillet  
centre cut

Butt fillet



# BEEF

## LEGEND



Stir-fry



Barbecue



Pan-fry



Oven  
Roast



Hotpot/  
Casserole



## 8 Beef Flank

CODE 2210

Flank steak



## 9 Beef Striploin

CODE 2140

Sirloin steak/  
porterhouse/  
New York

Sirloin roast



## 10 Beef Cube Roll

CODE 2240

Rib eye/scotch  
fillet steak

Rib eye/scotch  
fillet roast

Standing rib  
roast

Rib cutlet



## 11 Beef Blade

CODE 2300

Blade steak

Blade roast



Oyster blade  
steak

Blade minute  
steak

Bone in blade steak/  
"Y bone" steak



## 12 Beef Chuck

CODE 2270

Chuck steak

Diced chuck



## 13 Beef Brisket

CODE 2320

Navel end Brisket (a)

Point end Brisket (b)





# AUSTRALIAN LAMB CUTS

## 1 Lamb Leg CODE 4620

Easy carve leg roast    Lamb steaks (round or topside)    Leg knuckle mini roast

Boneless rolled lamb leg    Leg bone in

## 2 Lamb Chump CODE 4790

Chump chop    Lamb rump

## 3 Lamb Tenderloin CODE 5080

Fillet/tenderloin

## 4 Lamb Shortloin CODE 4880

Boned and rolled loin roast    Loin chop

Eye of Shortloin

## 5 Lamb Rack CODE 4932

Frenched cutlet    Frenched rack of lamb (8 rib)

Frenched lamb rack (13 rib)

## 6 Lamb Forequarter CODE 4972

Forequarter chop    Forequarter rack (4 rib)    Forequarter boned and rolled

## 7 Lamb Shoulder CODE 4995

Easy carve shoulder roast    Boned and rolled shoulder

## 8 Lamb Eye of Shoulder CODE 5151

Neck fillet roast

## 9 Lamb Shank CODE Fore 5030/Hind 5031

Foreshank    Hindshank frenched

## 10 Lamb Neck CODE 5020

Neck chop

## 11 Lamb Breast & Flap CODE 5172

Riblets

# LAMB

### LEGEND

Stir-fry

Barbecue

Pan-fry

Oven Roast

Hotpot/Casserole

THE  
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