



# RECIPE

“The most flavourful and tender quail we have ever tasted! What’s more, it comes deboned which is perfectly convenient for home cooks who want to lessen their prep work.”

The Meatmen Channel

## GLUTINOUS RICE STUFFED QUAIL WITH PEACH COMPOTE

SERVES 4-6 PAX • COOKING TIME: 1HR 30MIN • SKILL LEVEL: EASY

### INGREDIENTS

6 Jumbo Quails (bone-less, leg & wing bone-in)  
3 tbsp Olive oil  
Butter

### GLUTINOUS RICE STUFFING

400g Glutinous rice, soaked in water 2 hrs or longer  
400ml Water  
2 tbsp Oyster sauce  
1 tbsp Dark soy sauce  
1 tbsp Light soy sauce  
1 tsp Sesame oil  
1 tbsp Shallotoil  
4 Dried mushrooms, soaked and diced  
100ml Mushroom stock (from soaking mushrooms)  
2 sticks Lap cheong, diced  
2 tbsp Dried shrimp, soaked in hot water  
4 Shallots, sliced

### PEACH COMPOTE

1 no. Large peach  
3 tbsp Sugar  
Juice from 1 lemon  
3-4 tbsp Oolong tea

### METHOD

Cut *lap cheong* and rehydrated mushrooms into cubes. Slice shallots.

In a wok pan over medium heat, add shallots, *lap cheong*, mushrooms, dried shrimp and stir fry until fragrant,

Add in glutinous rice, oyster sauce, light soy sauce, dark soy sauce, sesame oil and mix evenly.

Transfer to a rice cooker, add water, mushroom stock and mix evenly. Set to cook.

Cut peach into cubes. In a pan over medium heat, add cut peach, sugar and sauté for about 5 minutes.

Add lemon juice and oolong tea to deglaze and cook down for another 10 minutes until peaches are soft and sauce is slightly thick.

Once rice is done, open quails up, salt and stuff quails with glutinous rice mix. Close the cavity and seal with a skewer. Turn quails over and tie body and legs together to secure.

Drizzle olive oil and salt over prepared quails.

In an oven safe pan over high heat, add olive oil and heat until before smoking. Sear quails on both sides until nice and browned. Turn off heat and add 2 tbsp of butter per quail, baste.

Transfer to a 180°C and cook for 10 minutes. Remove from oven and leave quails to rest for about 5 minutes.

Plate quails over a bed of glutinous rice and serve peach compote on the side.



x

MEATMEN  
group

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# RECIPE

## COFFEE PRIME RIB STEAK

SERVES 3-4 PAX • COOKING TIME: 1HR • SKILL LEVEL: EASY

### INGREDIENTS

1.2kg Angus Prime rib  
2 tbsp Coffee powder  
2 tbsp Brown sugar  
1 tbsp Salt  
1 tbsp Black pepper  
1 tbsp Gochugaru  
½ tbsp Smoked paprika  
Dijon mustard

### COFFEE RUM AU JUS

2 tbsp Butter  
2 tbsp Flour  
1 tbsp Coffee spice rub  
1-2 tbsp Rum

100ml Beef stock

Serve with crispy roasted potatoes.



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### METHOD

In a small mixing bowl, add coffee powder, brown sugar, salt, black pepper, gochugaru, smoked paprika and mix well. Set aside 1 tablespoon for later.

Brush dijon mustard over prime rib, and coat rib with coffee dry rub.

Marinate overnight in the refrigerator.

Remove rib 2 hours before cooking and let it come to room temperature.

Roast at 120°C for 30 minutes.

Turn heat up to 200°C, and roast for another 10 minutes.

Remove from the oven and leave to rest.

Transfer fat drippings into a saucepan over medium-low heat.

Add butter and melt, add flour and mix until a roux forms.

Add rum, beef stock and coffee spice rub. Mix well. Adjust consistency with beef stock.

Slice beef and serve with roasted potatoes and coffee rum au jus.





# RECIPE

## ROASTED LAMB CHAR SIEW

SERVES 4-6 PAX • COOKING TIME: 1HR • SKILL LEVEL: EASY



### INGREDIENTS

1.2kg Hubers Bone-in Lamb Shoulder

#### MARINADE

2 tbsp Five spice powder  
2 tbsp Cumin  
2 tbsp White pepper  
3 tbsp Sugar  
4 tbsp Light soy sauce  
2 tbsp Dark soy sauce  
3 tbsp Oyster sauce  
2 tbsp Chinese rice wine  
6 tbsp Honey  
2 tbsp Hoisin Sauce

Serve with creamy mashed potatoes.  
Garnish with coriander.



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“Taste was not gamey and there was nice marbling through it. The flavour was really good.”

**Chef Shannon, Executive Chef at Hilton Singapore**

### METHOD

In a mixing bowl, add all ingredients under marinade into a mixing bowl and mix evenly.

Coat lamb shoulder with marinade and refrigerate overnight, flipping over halfway through, 24 hours would be best.

Remove lamb 2 hours before cooking to let it set to room temperature.

Roast in a 220°C oven for 15 minutes.

Remove from the oven and turn the heat down to 175°C. Brush lamb with remaining marinade.

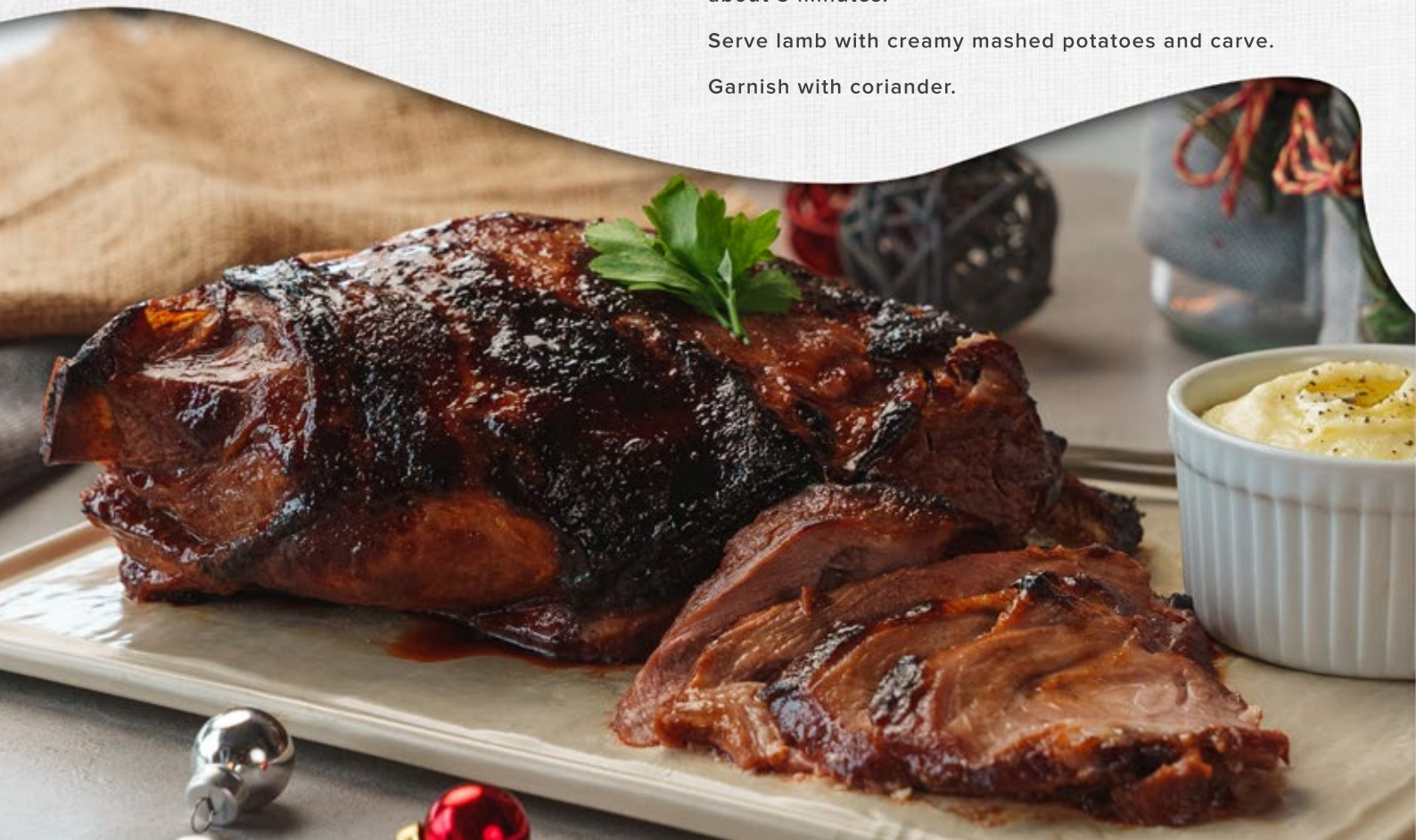
Roast lamb for another 25-30 minutes measuring internal temperature of 60°C.

Leave meat to rest for 15 minutes.

Add marinade into a saucepan and reduce until thick for about 5 minutes.

Serve lamb with creamy mashed potatoes and carve.

Garnish with coriander.





# Recipe



## SALTED GAMMON HAM



## Method

Remove the ham from the vacuum bag.

Take a cooking pot that is large enough to hold the salted ham comfortably.

Place the ham (still in the netting) on a trivet and add sufficient water (or any other liquid your personal recipe may call for) to cover it. At this stage, you may add cloves, bay leaves, fresh thyme, and then bring it to a boil.

When the water boils, reduce the heat so it barely simmers. From time to time, use a spoon to remove any froth.

The cooking time required is about 40 minutes per kilogram. If you have a temperature probe, the core should read 72°C when fully cooked.

When cooked, take the pot off the stove and promptly stop any further cooking by adding some ice cubes to the broth to bring the temperature down. Let the ham cool in the broth so it stay juicy.

At this point, the ham is cooked and may be served. If you plan to roast/glaze the ham.

If you have cooked the ham the day before, keep it (still in the broth) in the refrigerator overnight. If space is an issue, discard the broth and keep just the ham in the refrigerator. If you cook the ham in the morning, let it cook in the broth until you are ready to roast/glaze it.

Before you place the ham in the oven, remove the net by cutting it with a pair of scissors or a knife and tearing it away from the ham slowly.

If you have your ham skin-on, score it diamond or straight before placing it in the oven. Alternatively, you could remove the skin at this stage (while retaining the fat) and score it. If you score it diamond, you may stick a whole clove into every intersection.

Place it on a roasting tray/tin with the skin or fat facing up.

To crisp the skin, start with 180°C and increase to 220°C for the last 20 minutes.

To glaze the ham, brush it with honey, pineapple juice or any other glaze of your choice and put it into the oven at 170°C. Baste it every 10 minutes until its core temperature reaches 70°C. If the colour of the ham gets too dark, reduce the heat or cover with aluminium foil.

When the ham is cooked, turn off the oven and let it rest in the oven until it is served.

Our salted gammon ham is mildly salted therefore it does not need to be soaked in water. A quick rinse under running water will help to wash off the egg white and protein on the surface.

To hold the ham together during cooking, both the bone-in and bone-less salted gammon ham come in a net.

## Ingredients

Huber's salted gammon ham

Water

Glaze (honey, pineapple juice, or any glaze of your choice)

Cloves, bay leaves, fresh thyme (optional)



**RYAN HUBER**  
Managing Director



# Recipe

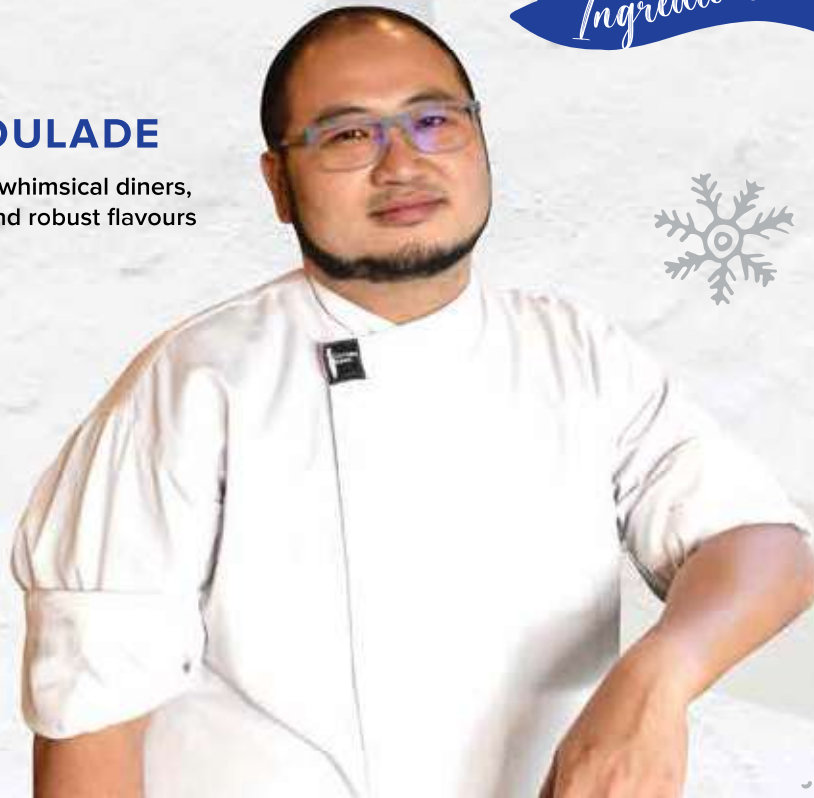


## BACON WRAPPED TURKEY ROULADE

Inspired by old-style butcheries and whimsical diners, The Market Grill celebrates hearty and robust flavours using fresh, honest ingredients.

**THE MARKET GRILL**

**KENNETH LIN**  
Head Chef of  
The Market Grill



### TURKEY ROULADE

Turkey breast	800 g
Black trumpet mushrooms	100 g
Chestnut (precooked)	10 pcs
Garlic, finely minced	1 clove
Shallots, finely minced	2 pcs
Streaky bacon	8 - 10 slices

### CREAMED CORN MASH

Corn	2 pcs
Russet potatoes, peeled	4 pcs
Heavy cream	100 ml
Milk	100 ml
Butter	100 g

### SEASONING

Salt	to taste
Black pepper	to taste

## Ingredients



## Method

### Prepare the Turkey Roulade

Sauté black trumpet mushrooms season with salt and pepper. Add some butter for more flavour. Add minced shallots and garlic towards the end to avoid burning them. Roughly chop the mushrooms and set aside to cool down.

Butterfly the turkey breast carefully to make a sheet. Arrange the bacon strips side by side on cling film to make an area large enough to cover the butterflied turkey breast. Lay turkey breast on top.

Spread mushrooms and whole pieces of chestnuts to cover approximately  $\frac{1}{3}$  from the bottom of the sheet.

Roll the bacon and turkey over mushrooms and chestnut filling making sure to roll tightly. Remove cling film and wrap the roulade in aluminum foil and twist both ends like a sweet wrapper, this will hold the roulade in place.

Place turkey roulade in an oven preheated to 180°C for 45 minutes to an hour. If you have a temperature probe, it should read about 64°C at the core.

### Creamed Corn Mash

Sauté corn kernels till slightly browned. Add heavy cream and season to taste, cook till cream thickens.

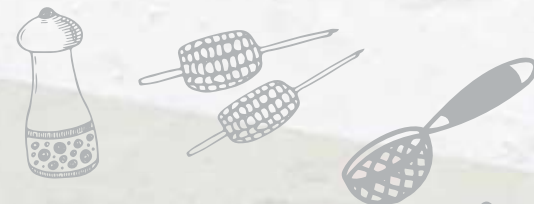
Boil potatoes in salted water until soft. Drain potatoes, add in butter and mash till smooth. Transfer mashed potatoes into a pan and set it over low fire. Season with salt, then add in creamed corn, do not add in too much of the liquid at first. If consistency is dry, stir in milk a little at a time. Set aside.

### Assembly

After 45 minutes, the turkey should be done (core temperature should hit 64°C). Always check first. The roulade should now be set and you can remove the foil.

Return roulade into the oven for another 5 to 10 minutes for the bacon to get a nice colour. Let it rest for 10 minutes before slicing.

Serve immediately with creamed corn mash and a side salad.





# Recipe



## STUFFED LAMB SADDLE

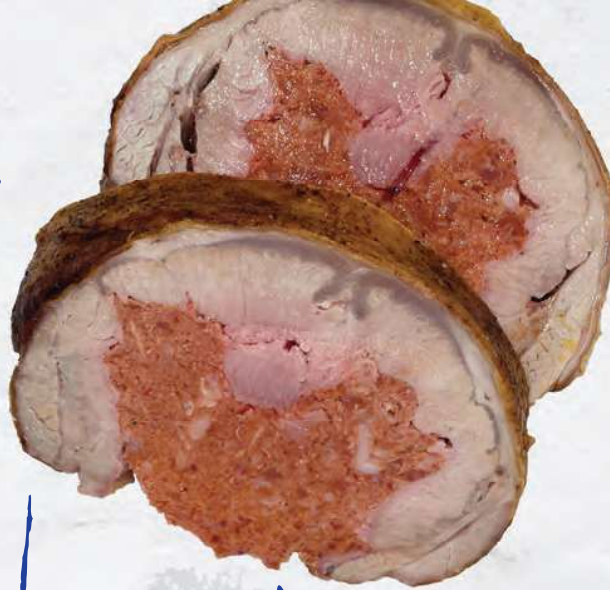
with roasted brussels sprouts

Meating Place is located in Duo Galleria. The restaurant is the amalgamation of Chef Jerome's decade-long journey in the F&B industry and life-long love affair with food.

A blank canvas for him to continually experiment, to dream up and share dishes that focus on meat, seafood and vegetables, unbound by any cuisine or rules.



**JEROME LIM**  
Chef-Owner of  
Meating Place



## Ingredients

### LAMB SADDLE

Lamb saddle, bone-in	1450 g
Sea salt	to taste
Freshly ground black pepper	to taste

### STUFFING

Merguez sausage	240 g
Lamb saddle trimming <i>belly flat &amp; loin</i>	380 g

### LAMB AU JUS

Lamb saddle bone	-
Chicken stock	500 ml
Yellow onion	1 pc
Fresh thyme	2 sprigs
Fresh rosemary	1 sprig
Bay leaves	2 pcs

### ROASTED BRUSSELS SPROUTS WITH BASIL PESTO & CRANBERRY

Brussels sprouts	360 g
Dried cranberries	40 g
Basil pesto	70 g
Sea salt	to taste

## Method



### Preparing the Lamb Saddle

Lay the lamb saddle skin-side down on the cutting board. Using a sharp boning knife, follow along the bones to remove the saddle loins. Save the trims from the belly flap and loins, which loosen from the deboning process, so that it can be used for the stuffing. With the saddle now de-boned, season generously on both sides.

### Stuffing

Combine trims and merguez sausage in a food processor, blending it all into a paste.

Stuff the deboned saddle with the paste and fold to encase the stuffing. Secure the saddle with butcher strings at 3cm intervals to hold the joint together.

### Cooking the Lamb Saddle

Pre-heat the oven to 200°C.

Slice the onions and spread them evenly in the roasting pan. Layer the thyme, rosemary and bay leaf above the onions and rest the lamb and saddle bone on it.

Cook at 200°C for 20 minutes then turn the oven temperature down to 160°C for a further 30-40 minutes to reach an internal temperature of 50 to 52°C for medium rare plus doneness. (If your oven has a temperature probe, use it to achieve a more accurate doneness.)

Once the lamb saddle is at the desired doneness, remove it from the roasting pan onto a cooling rack.

### Lamb Au Jus

Release the fond with the chicken stock and reduce it by half. Strain the chicken stock and store till ready to serve.

### Roasted Brussels Sprouts with Basil Pesto & Cranberry

Heat a pan over medium high heat, drizzle a little oil over the brussels sprouts and sauté them cut side down.

While cooking, hit them with a generous amount of sea salt before adding a splash of water to steam them up.

Once all the water has evaporated, remove the brussels sprouts from the pan and into a bowl containing the cranberry and basil pesto.

Toss to mix the brussels sprouts evenly.

### Assembly

Carve the stuffed lamb into chunky slices and rest it over the roasted brussels sprouts on a large serving platter.

Reheat the lamb au jus and serve it on the side in a sauce boat.





# Recipe



## TRADITIONAL ROAST BEEF

If you want a protein other than turkey, how about a hunk of succulent, juicy roast beef? Slice them as thinly or as thick as you wish, and serve them with some grated horseradish, yorkshire pudding and gravy!



**THOMAS KREISSL**  
General Manager



### Ingredients

Tasmanian Beef Sirloin, whole	1 kg
<b>MARINADE</b>	
Dijon mustard	2 tbsps
Balsamic vinegar (of good quality)	2 tbsps
Red wine	2 tbsps
Olive oil	2 tbsps
Worcestershire sauce	2 tbsps
Garlic, finely chopped / mashed	4 cloves
Fresh rosemary, leaves only, finely sliced	2 tsp
Fresh thyme leaves, finely sliced	2 tsp
Coarse salt	to taste
Freshly ground black pepper	to taste
Clarified butter or olive oil	for cooking

### Method

#### Marinate the Beef

Combine all the ingredients thoroughly and brush the meat with marinade.

Cover, refrigerate for at least 12 hours. Remove meat from refrigerator and brush off the marinade, save it and set it aside.

#### Roasting the Beef

Pat the meat dry and season with salt and pepper, heat up the oil / butter in a pan and sear the meat on all sides for about 4 minutes in total and place it on a baking tray with rack and brush with a bit of the marinade.

Pre-heat oven to 180°C. If available, insert a meat thermometer halfway through the meat, at the thickest part.

Roast for 20-25 minutes and brush just once more with the remaining marinade after half the roasting time.

Core temperature should reach 52°C, remove from the oven. Cover the meat and let it rest for about 10 minutes before carving.



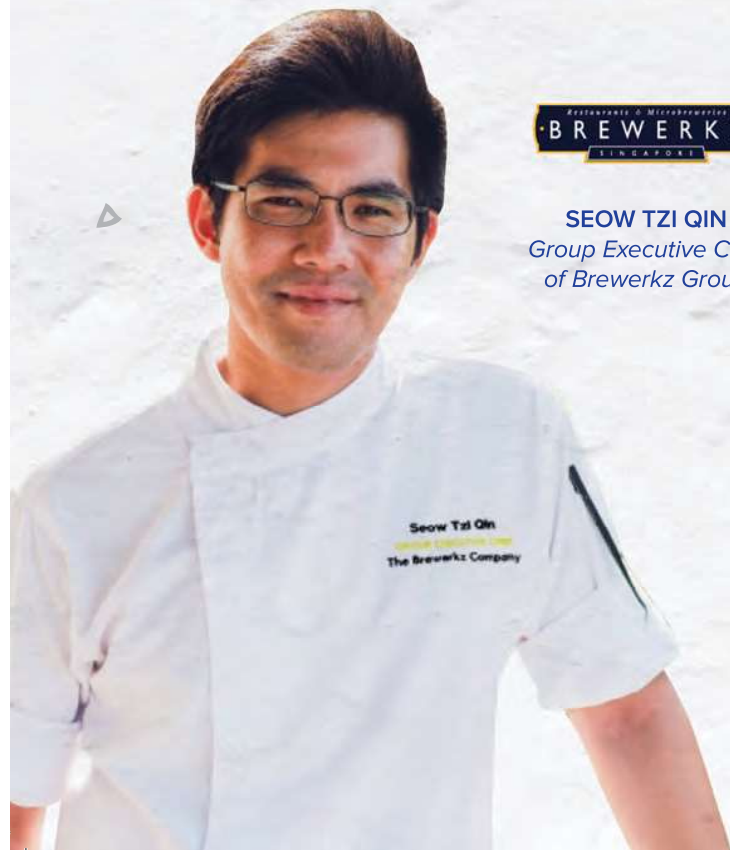


# Recipe



## BRAISED WAGYU BEEF SHORT RIBS

Chef Seow Tzi Qin, the Group Executive Chef now leads and manages the five restaurants in the Brewerkz family, including opening the newest Brewerkz One Fullerton melding his signature Asian-European style of cooking with Brewerkz's traditional American bar food. His dishes are creative and imaginative, yet honest and not pretentious all at the same time.



**SEOW TZI QIN**  
Group Executive Chef  
of Brewerkz Group

## Ingredients

Wagyu Beef Short Ribs, bone-less	1 kg
Serrano Ham, diced	35 g
Yellow Peeled Onion, diced	200 g
Sugar	6 g
Carrots, rondelle	60 g
Crushed Black Pepper	¼ tsp
Sweet Paprika Powder	½ tsp
Red Wine (Merlot)	150 ml
Veal Stock	400 ml
Piquillo Pepper, strained	100 g

## NOTE

Cooking time is 2¼ to 2½ hours, depending on size of short rib.

To tell whether it is cooked to perfect doneness, there should be no resistance from testing needle when poked. Once you are happy with the texture, leave it covered in the pot for carryover cooking.

If the meat was cut to different sizes, take out the smaller pieces after they cooked to desired texture, and continue to cook the bigger pieces.

Leave the braised beef to rest overnight to enhance the flavour.

## Method

### Prepare The Beef

Remove sinew from short ribs and cut it in half.

Season well with fine salt and pepper on both sides.

Sear meat over high heat until caramelised.

Remove the meat place it in an ovenproof pot large enough for all the ingredients.

### For Braising Liquid

Render the serrano ham and sweat onions until translucent. Add in sugar to facilitate osmosis and cook onions until soft.

Moisture should be released to cook the onions due to a differential in concentration of solute.

Sauté carrots, black pepper and paprika till fragrant.

Deglaze with red wine and reduce till almost dry and au-sec.

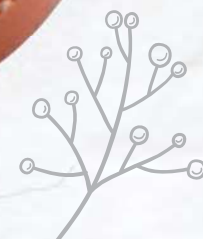
Add veal stock, bring to a boil and then simmer for 5 mins.

Lastly, add the strained piquillo pimento peppers.

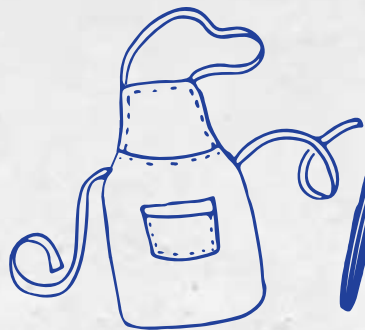
### Oven Braise

Pour the braising liquid over the seared short ribs and lay a piece of parchment paper over the top.

Cover and braise the short ribs in the oven preheated to 180°C for 2¼ hours.







# Recipe

## YORKSHIRE PUDDING

Yorkshire pudding is a classic English side that makes the perfect accompaniment to your Christmas meat dishes. These little cups are great for holding gravy and they are always a crowd pleaser so make sure you make extra!

### Ingredients

#### BATTER

Large eggs	4
Milk	1½ cup
Plain flour	1¼ cup
Salt	½ tsp
Olive oil or beef drippings	1 - 2 tbsp

#### SIMPLE GRAVY

Beef / chicken glaze	250 g
Garlic, crushed	1 clove
Red onion, thinly sliced	1 pc
Fresh rosemary	1 sprig
Freshly ground black pepper	2 tsps



### Method

#### Prepare the Batter

Break eggs into a bowl and whisk. Keep whisking and slowly add in milk.

Add half the flour, mixing thoroughly before adding the other half.

Add salt and pepper to taste.

Transfer to a pouring jug, cover and store batter mixture in fridge for a minimum 1 hour.

#### Baking the Yorkies

Take a standard size muffin tray and add just a penny size amount of olive oil or beef drippings from roast beef (recipe can be found on page 14) into each slot.

Place muffin tray into the oven and set oven to 220°C. Heat up until the oil is roasting hot (very important).

Take batter mixture out of fridge and muffin tray out of oven.

Fill each slot halfway – you should hear a satisfying sizzle when you do this.

Put tray back in oven (still at 220°C) for 21 minutes. Do not open the oven door.

#### Simple Gravy

Sweat the onions, garlic, rosemary and thyme in butter and a little olive oil until soft and fragrant.

Add beef/chicken glaze and black pepper. Simmer for 10 minutes.

Remove the sprigs of rosemary and thyme, and transfer to a gravy boat. Serve warm.

The gravy can be made ahead of time, reheat it before serving.

**RICHARD BROWN**  
*Football Fanatic  
& Homecook*

