

Getting down to the matter of the meat



food
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example of someone who still has a close association with land and producers, to the point of taking all of his staff to meet them. Would that more chefs would do the same. There are a handful of like-minded chefs and their commitment shows on their restaurant plates.

Gunner's air-aged beef does not cook in the same manner as other beef. The porterhouse comes with a fabulous layer of fat which, if you insist, can be trimmed after, and not before cooking.

Much of this meat comes cryo-vacced (very briefly) for sales convenience and the moment you get it home take it out of the pack and leave it uncovered in your fridge.

We have found that after hot-searing the meat side and slow-rendering the fat, followed by a slow rest at about 100C, it is simply stunning.

Because of the air-aging the meat is very dense and has little moisture loss and portion size can be considerably smaller as there is very little shrinkage. For example, 150g portions will still appear extremely generous after cooking, whereas with normal beef they would be way too small.

Given that this is a 25 per cent saving for a chef it is disappointing not to find this stunning meat listed on more menus and cooked by chefs with skills way above most home or sometime-cooks.

This fabulous rare beef salad



It is disappointing to note that about 90 per cent of Australia's best beef goes to the export market.

So as consumers, we should celebrate those people who supply the domestic market with really good beef.

In a culture that fails to understand how to cook the cheaper cuts it is a constant battle for producers to sell a full carcass. There's not much point selling the fillet, porterhouse, topside and rump if you have to turn the other cuts into sausages. In fact, it's a sure way to go broke.

So when a producer like Richard Gunner (Feast Stores) goes a step further and air-ages beef he shows a commitment to his craft way beyond the average producer.

Chefs, to a large degree, have lost their association with the land. Very few know where their produce comes from or how it is grown or killed.

The Adelaide Hilton's executive chef Simon Bryant is a shining

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