

AUSSIE MEAT
INTRODUCES



7 *Course*
Christmas
 **Menu**

by *Masterchef*

Heinz Fischer

12, December 2020





Chef Heinz Fischer

Certified as a Chef and Pastry Chef in Switzerland with 30 years' experience as a chef specialising in baking and pastry.

Overseas experience on cruise ships, and 5 star hotels including the Hilton, and as a Production Manager in APF Pastry/Bakery and Lucullus Chocolate Factories.

Chef Fischer has also been teaching Culinary Classes on different levels and topics in schools, academies and private establishments for more than 15 Years and different countries.

Recently founding a Consulting Company, HeinzFischer & Associates, specialising in hands-on teaching, training, presentations, demonstrations, seminars and consulting, in the culinary arts.

Topics include pastry, desserts, chocolate, bakery, cooking, butchery, in both theory and practice.

Chef Fischer's primary goal is to share his joy and passion to all students who are interested to further their know-how and knowledge in food.

In the light of that goal, Chef Fischer is now collaborating with Aussie Meat who wishes to enable him to pass his know-how and knowledge to their customers.

Aussie Meat Group

Aussie Meat, an award-winning grocery store, has sourced premium products from across the globe directly for delivery to your doorstep for your festive celebration!

With its aim of delivering restaurant-quality products, Aussie Meat provides grass-fed, organic, naturally farmed, free-range, hormone and antibiotic-free premium meat, ocean-catch seafood, and BBQ grills, at a fair price, coupled with high-level customer services across Hong Kong.



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SHRIMP SOUP

2 pax



Stock

20g	Olive Oil
400g	Shrimps
30g	Cognac Flame
100g	Water add, boil up
20g	Butter
300g	Macedoine (Onion, Carrot, Celery, Leek)
20g	Dried Tomatoes
15g	Garlic
30g	Tomatoes Paste
50g	Tomatoes Diced
150g	White Wine
750g	Fishstock

Fresh Basil, Thyme, Tarragon Peppercorns crushed, Salt, Cayenne Pepper

Soup

60g	Beurre Manie
50g	Cream (or as needed)
3pcs	Shrimp / Person
Dill fresh	



Instruction

1) Cut the shrimp in pieces and roast them in a pan with the oil, when its color start to change Add Cognac and flame, add water and boil up, remove from heat.

2) Heat butter, add the Macedoine, Garlic, dried Tomatoes and Herbs, sauté.

3) Add Tomato paste, then Tomatoes and the Shrimps from above.

4) Deglaze with the wine and reduce to half.

5) Add the water, boil up, skim off, add seasoning and simmer for 60min

6) Sieve through a cloth or napkin.

7) Add Beurre Manie, boil up again and adjust consistency if necessary

8) Add the cream and serve with the pan-fried Shrimps and Dill



Ocean Catch Premium Australian X-Large Tiger Prawns

(6-8 Prawns per 1lb | 454g, ~14cm long)





HERBED CHICKEN BREAST IN CURRY VELOUTE

2 pax



Soup		
30g	Butter	melt
50g	Onions Diced] add
10g	Garlic Diced] sauté
10g	Turmeric Powder	add
50g	Flour	add
600g	Chickstock	add, simmer 30 min, sieve
75g	Cream	add
20g	Rice cooked al dente	
Salt, White Pepper, Bay Leaf Parsley or Chervil, chopped] add last moment
2pc	Chickenbreast	
Salt, Pepper, Paprika, Olive Oil, Chervil, Parsley chopped		



NZ FREE RANGE
CHICKEN BREASTS
(SKINLESS &
BONELESS, 400G)



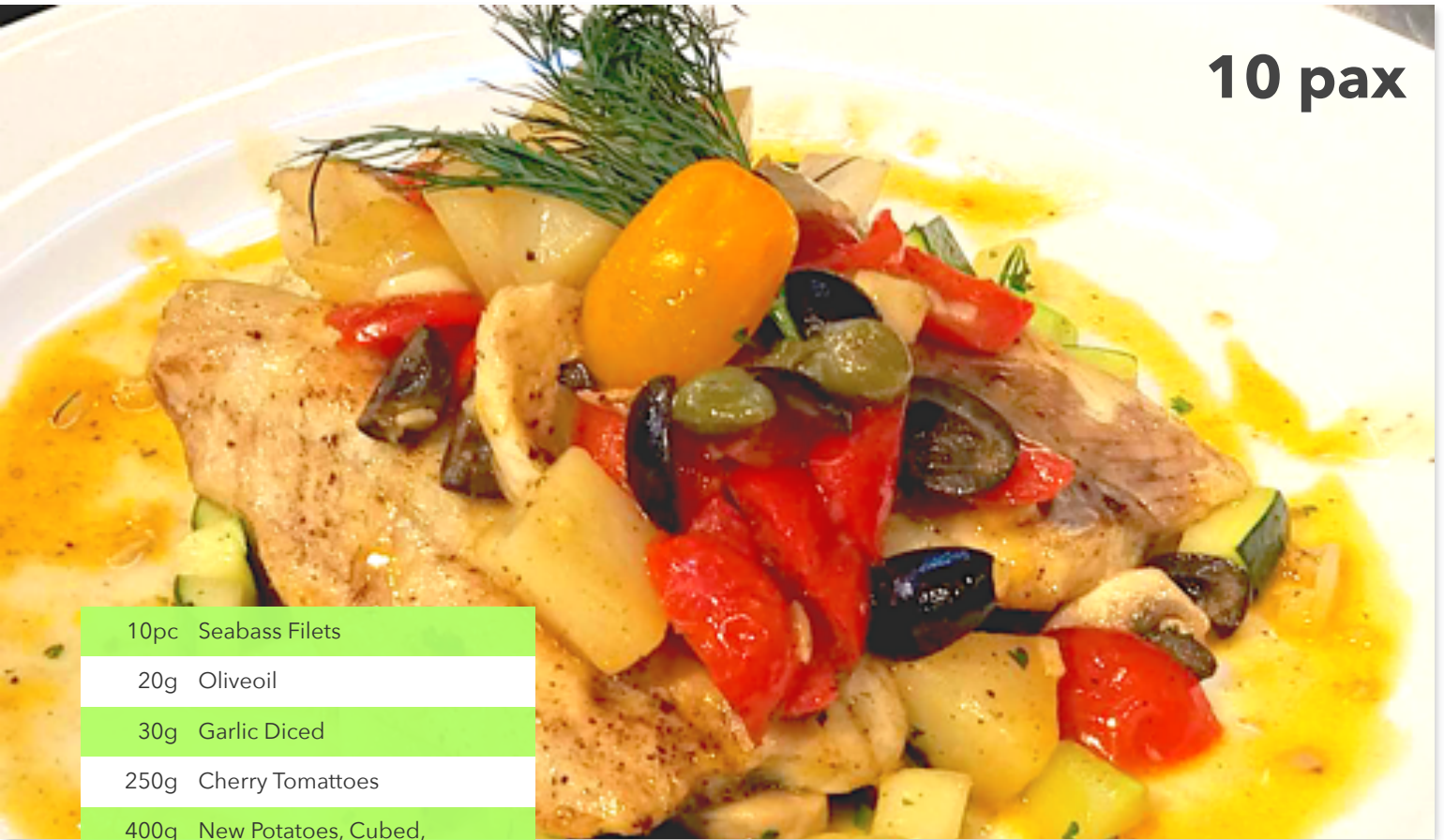
Instruction

1. Trim breast, cut open lengthwise.
2. Fill with the herbs, salt and pepper, marinade with other ingredients.
3. Panfry, allow to rest a few minutes.
4. Slice in 45° angle.
5. Pile up in centre of a soup plate, pour Veloute around.
6. Finish with whole chervil on top.



OVENBAKED SEABASS FILETS ON POTATOES AND SAUTEED SPRING VEGETABLES

10 pax



- 10pc Seabass Filets
- 20g Oliveoil
- 30g Garlic Diced
- 250g Cherry Tomattoes
- 400g New Potatoes, Cubed, Parcooked
- 40g Capers
- 50g Black Olives
- 60g White Wine
- 20g Parsley Chopped
- 2pc Lemon
- 30g Butter
- 250g Zucchini
- 250g Asparagus
- 250g Champignon Mushrooms in quarters
- 80g Dill

Salt, Pepper



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OCEAN CATCH
HOLLAND SEABASS
FILLETS BONELESS
AND SKIN-ON
(2 PIECES, FROM 284G)

Instructions

1. Season Fish with salt, pepper, Worchester sauce and lemon juice.
2. Parcook potato in saltwater.
3. Sauté Olives, Garlic, Capers, Tomato and Potato in olive oil, put in tray.
4. Sear Seabass fillets, place on top.
5. Bake in the oven by 180 degree for about 10 min.
6. Deglaze with white wine and reduce slightly.
7. Add Parsley and half of the Dill and some lemon juice.
8. Blanch Vegetables, drain, sauté in Butter, season with Salt and Pepper
9. Put on the centre of the plate, arrange Fish on the top.
10. Pour sauce over plated fish, garnish with Dill





SALMON TARTAR, SCALLOPS & BABY CUCUMBER

**2 Portion
Tartar**



200g Fresh Salmon (Sushi Grade) dice to small cubes

100g Scallops (Sushi Grade) dice to small cubes

20g Shallots, finely chopped

20g Chive

20g Dill fresh
Lemon Juice + Zest > to taste
Salt, Pepper

40g Extra Virgin Olive Oil

400g

Fresh Dill
Lemon Juice

150g Baby Cucumbers

Toast bread, skinned, toast, cut in half, serve warm on the side
Fresh Butter



JAPANESE HOKKAIDO X-
LARGE SCALLOPS
(21/25 PER 1KG)

Instructions

- 1. Skin Salmon, cut in small pieces, keep cool and covered until needed.**
- 2. Wash, dry Scallops, dice.**
- 3. Just before serving mix with the other Ingredients.**
- 4. Slice the Cucumbers very thin, arrange in a circle on a Appetizer plate.**
- 5. Using a matching Ring, arrange the Tartar in the centre.**
- 6. Mix the Scallops and place on top of Salmon.**
- 7. Garnish with fresh Dill and Chive.**
- 8. Serve the Toast bread still warm on the side with the Butter**



OCEAN CATCH
CANADIAN BONELESS
SKIN-ON SOCKEY
SALMON FILLET, SASHIMI
GRADE (400G, 4 PIECES)



LAMBCHOPS ON MUSTARD SAUCE, BRUSSEL SPROUTS

10 Portion



Brussel Sprouts			
1000g	Brussel Sprouts] trim, wash
	Salt] partook, drain
30g	Butter] melt
80g	Shallots	diced]
40g	Garlic	diced] add, sauté
	Salt, Pepper]
1150g			

Lambchops	
1800g	Lamb Chops = 10 x 3 pcs @ 60g Clean bones
	Salt, Pepper, Paprika Thyme fresh Olive Oil Panfry
Sauce	
20g	Butter
300g	Matignon, add in Frying Pan, sauté
40g	Tomato Puree add
200g	Red Wine, deglaze, reduce
500g	Beef Stock, add boil up, reduce a little, sieve Salt, Pepper,
50g	Beurre Manie
50g	Meaux Mustard, Thyme fresh
1160g	



NZ PREMIUM GRASSFED 2 LAMB RACKS CAP OFF FRENCHED (2 X RACKS, 16 CUTLETS)

1. Cut and trim the Lamb Chops, marinate.
2. Prepare the sauce with adding the ingredients in sequence, add as much Beurre Manie as needed at the end, to get a smooth velvety texture.
3. Trim and wash the Brussel Sprouts, parcook to 80%, drain, add to the pan with the sauteed. Shallots and Garlic, add a little of the cooking water, season to taste.
4. Peel and dice potatoes, cook in salted water, drain, allow to dry out, puree. Finish with the other items.
5. Place in the centre of the plate, top with the Brussel Sprouts. Panfry Chops, arrange on top.
6. Coat with the hot sauce. complete with a sprig of Rosemary.



EUROPEAN BRUSSELS SPROUTS (900G)



BEEF BOURGUINONE

2 pax



20g	Vegetable Oil	heat
400g	Beef Tenderloin Trim and cut in 2" pieces	add , saute, remove
75g	Bacon Diced]
100g	White Button Mushrooms in half]
30g	30g Shallots cut lengthwise] add, sauté
10g	Garlic chopped	
100g	Carrots in 1" pieces]
20g	Tomato puree]
2pc	Thyme] add, stir well
25g	Flour]
300g	Burgundy Red wine] add, reduce a little
150g	Beefstock brown Bayleaf, Clove Salt, Pepper] add, mix, boil up, simmer 20 minutes]
10g	Parsley English - chopped] add last minute
1210g		

100g	Tagliatelle Pasta, cook in Saltwater
15g	Butter, Salt
115g	





NZ PREMIUM GRASS-FED TENDERLOIN WHOLE PIECE (EYE FILLET)

Instructions

- 1. Heat the oil in a wide bottomed pot. Season and pan fry the beef until browned on all sides. Remove and set aside for later.**
- 2. In the same pot, add the bacon, shallots, mushrooms, carrot, garlic and thyme, cook until lightly browned.**
- 3. Add the tomato puree and flour and cook for 1-2 minutes.**
- 4. Add the red wine and beef stock along Spice and seasoning. Simmer for 10 minutes**
- 5. Add the beef back in and cook for another few minutes until the beef reaches desired doneness.**
- 6. While the beef is finishing, cook the pasta in salted boiling water until al dente. Strain, add Salt and Butter**
- 7. Check Beef and adjust seasoning, add chopped Parsley.**
- 8. Garnish with Thyme sprig, Olive Tomato, Parsley**

BAKED CHEESECAKE WITH WARM BLUEBERRY COMPOTE



Crust		
180g	Walnuts crushed	
70g	Sugar	
50g	Cake Crumbs	
110g	Bread Crumbs	
180g	Butter melted	
590g		
Filling		
1000g	Cream Cheese] beat smooth
250g	Sugar]
250g	Eggs] add one by one
500g	Cream]
10g	Vanilla Oil]
2010g		
Warm Blueberry Compote		
50g	White Wine	
50g	Water	
75g	Sugar	
25g	Lemon Juice	
400g	Blueberries washed, dried] add, slowly bring to just Before the boil
50g	Blueberry Puree] add
650g		

Instructions

1. Very Important: The Blueberries cannot boil to ensure they stay nice.
2. Slowly move the pan around on the stove until the Berries are soft.