



AUSSIE
BEEF & LAMB
لحم بقري وحملان
أسترالي™



Find peace of mind in every cut

with our Ramadan recipe collection

Ramadan
Kareem



What makes Aussie beef and lamb special?

A superior choice for both traditional and international dishes, due to it being completely natural, and its ability in producing premium eating and cooking experiences.



Sourced from an ideal home

Australian cattle and sheep are raised on the world's finest ingredients - clean air, green grass, and freshwater, contributing to its tender, juicy and delicious flavour.



Made to share

Incredibly versatile with a range of cuts, Aussie beef and lamb allows for large quantities of food enough to feed the whole family, and perfect for a celebration!



The nutritious choice

Aussie beef and lamb are packed with 13 essential nutrients including protein, iron, zinc and B vitamins, giving your family all the nutrition they deserve.



Australian Lamb Maqluba



SERVES : 4-6



PREP TIME : 10 MINS



COOK TIME : 60 MINS



INGREDIENTS

1kg Australian Lamb Shoulder
1kg basmati rice
4 tsp olive oil
2 onions, medium-sized chunks
2 carrots, medium-sized chunks
5 bay leaves
2 celery stalks, chopped
5-6 raisins
5 cinnamon sticks
1 potato, thickly sliced
3 eggplants, peeled in zebra stripes, thickly sliced
4 cups beef stock
Salt & pepper, to taste

To Garnish

Raisins
Pine nuts, roasted

METHOD

1. In a pressure cooker, sear the lamb in oil for a few minutes. Then, add onions, celery, stock and carrots. Close and cook for 40-60 minutes, until the lamb is tender.
2. Once cooked, reserve some stock. Add pepper, salt, turmeric powder, bay leaves, cinnamon sticks and 5-6 raisins to enhance the flavour of the broth.
3. Next, heat oil in a pan. Add eggplants and fry until softened. Remove from the pan and set aside. Then, add the potatoes to the same pan and cook them until browned.
4. In a pot, start with layering the lamb, followed by a layer of potatoes. Then, add some rice. For the next layer, place the eggplants and top it with the leftover rice.
5. Add the reserved stock slowly on top, without spoiling the layers.
6. Simmer for 20-25 minutes, until the rice is cooked through.
7. To serve Maqluba, remove the lid and place a large serving plate or tray as the lid. Carefully flip the pot using the handles.
8. Garnish with raisins and roasted pine nuts.
9. Serve Maqluba with a delicious and colorful salad on the side.

Chef Tip

Let the Maqluba rest for a few minutes before flipping it onto a serving plate.

Australian Lamb Mandi



SERVES : 10



PREP TIME : 20 MINS



COOK TIME : 40 MINS



INGREDIENTS

For the Lamb

1.5 kg Australian Lamb Leg
2 onions, cut into cubes
4 tomatoes, cut into cubes
1 tsp turmeric powder
3 cinnamon sticks
2 bay leaves
12 whole cloves
1 tsp white pepper
1 tsp black pepper
Salt, to taste

For the Rice

3-4 cups rice, rinsed and strained
2 tbsp ghee, melted
2 onions, cut into cubes
1 bay leaf 1 tsp turmeric powder
Salt, to taste

To Garnish

Raisins
Pine nuts, roasted

METHOD

To Cook the Lamb

1. In a big pot, place the lamb over medium heat. Then, add water and allow to cook for 60 minutes.
2. To the same pot, add tomatoes, onions, spices and salt. Mix well to combine. Then, lower the heat, cover the pot, and cook for another 15-20 minutes.

To Cook the Rice

In a separate pot, melt ghee over medium heat. Add onions and sauté them for a minute. Then, add bay leaf, salt, turmeric powder, and rice. Finally, add water, cover the pot, and allow to cook for 15-20 minutes.

To Serve

Place the rice onto a serving plate. Top with the lamb and garnish with roasted pine nuts and fried onions. Serve hot.

Australian Beef Masabak



SERVES : 6



PREP TIME : 15 MINS



COOK TIME : 90 - 120 MINS



INGREDIENTS

1kg Australian Beef Chuck Roll
3 tsp corn oil
1 cinnamon stick
2 bay leaves
10 cloves
10 cardamom pods
2 green chillies, finely chopped
2 red onions, thinly sliced
1 tbsp ginger, finely chopped
10 garlic cloves, finely chopped
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 tsp red chili flakes
1 tsp ground cardamom
4 tomatoes, cubed
3 tsp rose water
1 cup yoghurt
Salt, to taste

To Garnish

Parsley, finely chopped

METHOD

1. Heat oil in a pot. Add the beef and sear for a few minutes.
2. Add onions and saut for a minute. Then, add garlic, green chillies, tomatoes, ginger along with all the spices. Mix well to combine.
3. Next, add salt and yoghurt. Mix well. Then, add rose water. Close and cook for 1 hours.
4. Once cooked, transfer to a serving plate.
5. Garnish with finely chopped parsley and serve.

Australian Lamb Gursan



SERVES : 5



PREP TIME : 10 MINS



COOK TIME : 60 MINS



INGREDIENTS

For the Lamb

5 Australian Lamb Shanks
3 tbsp vegetable oil
2 onions, finely chopped
3 cloves garlic, crushed
1 tsp ground cinnamon
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground black pepper
1 tsp ground cardamom
1 tsp ground turmeric
2 medium tomatoes, peeled and finely chopped
1 tbsp tomato paste
1 medium potato, cut into large cubes

1 medium carrot, thickly sliced
200g pumpkin, cut into medium cubes
2 medium zucchinis, thickly sliced
1 green bell pepper, thickly sliced
¼ cup coriander leaves, chopped

To Garnish

Parsley leaves, finely chopped

METHOD

1. Heat oil in a pressure cooker, add the lamb and cook for 2-3 minutes over medium heat.
2. Add all the spice powders, tomato paste, garlic and cook with occasional stirring for 2-3 minutes.
3. Next, add chopped onions and two cups of water.
4. Close and cook for 45 minutes to 1 hour until the meat is almost tender.
5. Next add potato, carrot, pumpkin, zucchini, bell pepper, tomatoes, and coriander leaves. Cook for another 10-15 minutes or until vegetables are cooked.
6. Once cooked, transfer to a serving plate and garnish with parsley leaves.
7. Serve with Arabic bread or cooked rice.

Saleeg with Pulled Australian Beef Brisket



SERVES : 4



PREP TIME : 10 MINS



COOK TIME : 40 MINS



INGREDIENTS

750g Australian Beef brisket
2 tsp pepper
2 tsp ground cumin
2 tsp ground coriander
2 tsp ground cardamom
2 tsp whole cloves
2 tsp whole cardamom
3 cinnamon sticks
3 tsp ghee
1 cup chicken stock
1 onion, chopped
2 garlic cloves, minced
3 tbsp tahini
1 cup short-grain rice
1 cup full fat milk
2 small pearls of mastic tear

Garnish

Salt to taste
Green onions,
to garnish

METHOD

1. Melt ghee in a pressure cooker and then add onions. Place the beef.
2. Add water and cook for 15–20 minutes.
3. In a separate pot, melt ghee and add rice along with cinnamon, cloves, and cardamom.
4. Add chicken stock to the rice along with pepper, coriander, cumin, cardamom powder, garlic, and salt.
5. Next, pour milk and stir well. Cook for 15 minutes.
6. Add mastic and pour a ladle of beef broth into the Saleeg. Stir well.
7. To prepare tahini sauce, combine tahini, water, salt, cumin, garlic, lemon juice and mix well.
8. For garnish, toss the green part of the onions in olive oil and finely trim using a scissor.
9. Top the rice with Beef Brisket accompanied with tahini sauce and garnish with green onions.

Australian Beef Saloona



SERVES : 4



PREP TIME : 15 MINS



COOK TIME : 60 MINS



INGREDIENTS

500g Australian beef striploin, cut into chunks
2 tbsp coriander powder
2 tsp cinnamon powder
1 cup onions, chopped
5 cups of broth
1 cup potatoes, roughly chopped
1 cup butternut squash, roughly chopped
1 cup carrots, roughly chopped
1 cup zucchini, roughly chopped

1 cup tomatoes, roughly chopped
1 cup fresh coriander leaves, roughly chopped
1 bag frozen okra
Up to 3 teaspoons tomato paste
1 tbsp turmeric powder
2 tbsp oil
Salt and black pepper to taste

METHOD

1. Heat oil in a large pot. Add the striploin to the pot and sear it on all sides.
2. Once browned well on all sides, add coriander powder, cinnamon powder and turmeric powder. Mix until the spices are coated well on the meat.
3. Next, add onions, tomato paste, potatoes, carrots, coriander leaves and broth. Stir well to combine. Add salt and pepper to taste. Cover and simmer.
4. After 3 minutes, add the butternut squash, tomatoes, and zucchini. Cover and cook for another 50 minutes until the meat is tender. Keep stirring every once in a while. Add the okra and cover for few minutes.
5. Once the meat is tender, garnish with coriander leaves and serve.

Australian Beef Bamieh



SERVES : 4



PREP TIME : 10 MINS



COOK TIME : 60 MINS



INGREDIENTS

900g Australian Beef cubes	2-3 cups
2-3 cups okra	tomato puree
1 cup rice	Lemon
1 cup chopped onion	Coriander
2-3 cloves of garlic	Salt
2 tbsp paprika	
Beef stock	

METHOD

1. Add oil and onions to a pressure cooker, mix until brown then add half of the garlic portion a pinch of salt then add Australian beef and mix well.
2. Add paprika powder and beef stock to the pot, close the lid and let the beef broil.
3. Add tomato puree to the pot, close the lid and let it cook, once cooked add the okra and mix well then close again and let it all cook together well.
4. Add the remaining portion of the garlic, juice of a lemon.
5. To serve, add white rice to a bowl, then add the Bamieh and Australian beef in a different bowl, top with chopped coriander and juice of a lemon to taste.

Australian Lamb Tharid



SERVES : 5



PREP TIME : 10 MINS



COOK TIME : 20 MINS



INGREDIENTS

750g boneless Australian Lamb shoulder, cut into large chunks
2 tsp Baharat (mixed spices)
3 medium-sized onions, chopped
2 tsp ghee
2 garlic cloves, minced
2 cups of tomatoes, peeled and chopped
30ml tomato paste
2 medium-sized potatoes
1 medium-sized zucchini, cut into medium chunks

1 cup carrot, oblique
2 medium-sized eggplants, cut into medium chunks
Salt
Parsley leaves, to garnish

METHOD

1. Melt ghee in a pressure cooker.
2. Add onions, garlic, and sauté until browned.
3. Add lamb, tomatoes, tomato paste, salt, and 1 tsp Baharat.
4. Close and cook for 25 minutes.
5. Next, add carrot, potato, eggplant, zucchini, salt, and 1 tsp Baharat.
6. Cook for another 15 minutes until the lamb is tender.
7. Garnish with parsley leaves and serve with Arabic bread or rice.

TIP

1. To ease the process of peeling tomatoes, immerse in boiling water until the skin shows cracks.
2. When each tomato looks about ready, remove, and immediately transfer it to a bowl filled with cold water.
3. Once the tomatoes have chilled, remove them, and peel the skins off with your hands.