



Full of iron and protein, red meat is a dietary staple

The ultimate guide to cooking with beef

When it comes to cooking with red meat, beef is an Australian favourite. Whether it's a sizzling steak on the barbeque, slow cooked brisket cooking in the oven, or minced beef made into burger patties, the options are endless.

Here's the only guide to cooking with beef you will ever need.

First things first, grass-fed or grain-fed?

In Australia, the type of cattle feed is usually displayed on the label of the meat. This is because the type of feed affects the quality of the meat, and the way it tastes. The good news is that over 90% of Australian cattle is raised on natural pastures, eating a grass-based diet. Grass-fed beef usually has more complex flavours due to the varied pastoral diet. On the other hand, grain-fed beef has a white, brighter fat, with more marbling throughout. This type of meat has a buttery flavour due to the increase in intramuscular fat. [Click here to learn more about grass-fed vs grain-fed beef.](#)

What should you look for when purchasing beef?

Whether you like to buy your beef at a supermarket or local butcher, there are some things that you should look out for before you go to the check-out. This includes:

- The surface of the beef should be bright red in colour
- Meat packages should be well chilled and tightly wrapped.
- Check the fat-content of the beef as it varies from 30% to 90% fat. The leaner it is, the better it will be for your health.

Different cuts of beef and how to cook them

There is a variety of different types of steak. Topside steak is sliced from the inside of the hind leg, great for slow cooking or a hearty casserole. Meanwhile, rump steak is a flavoursome cut of meat that is popular when making a stirfry. And sirloin steaks are best suited to pan-frying. [Click here to learn more about different cuts of beef and how to cook them.](#)

Recipes to make with the beef

When it comes to beef, there are so many recipes to choose from. Whether your feeding the family or entertaining a group of friends there are a number of beef recipes that will help you prepare the ultimate spread.

Some of our favourites are...

- [Roasted ribeye with caramelised onion gravy](#)
- [Beef wellington](#)
- [Basil and mozzarella meatballs](#)
- [Slow roasted beef brisket](#)
- [Beef stroganoff](#)
- [Beef and mushroom pie](#)



How NEFF appliances can help you take your beef to the next level

Multi-point MeatProbe

When it comes to cooking beef, temperature really does matter, but it can be hard to know when your beef is cooked without cutting it in the centre. Luckily, a wide range of NEFF ovens are equipped with a MultiPoint MeatProbe device that monitors the core temperature of your meat and controls the oven temperature accordingly. [Click here to learn more about NEFF's MultiPoint MeatProbe.](#)

Baking and Roasting Assistant

NEFF's baking and roasting assistant provides cooking suggestions at the touch of a button. It recommends the ideal heating mode, temperature and time for a range of dishes to ensure your meal is cooked to perfection. In the roasting category you can choose 'roast beef' to get a tender and juicy result every time. [Click here to see NEFF ovens with the Baking and Roasting Assistant.](#)

Need a casserole or roasting dish that's the perfect size for your beef feast? [Click here to see our most popular pan.](#)