

Tastes of the World

The free email newsletter on good food and drink.

Entertaining The Easy Way

It's so easy to host the perfect meal, dinner or party and being the host doesn't mean that you can't enjoy the event every bit as much as your guests.

Tastes of the World's food ordering and catering service lets you entertain without spending hours shopping or cooking. If you are inviting guests let us help you lighten the load

Order just a few dishes or an entire menu including any furniture and equipment you require. Each order is individually prepared to your specific requirements, made with high quality ingredients without any added colors or food additives.

For our full menu, just send me an email request to Tastes of the World: shalet@bezeqint.net

Please forward to all your friends and colleagues so they can register to receive their own copy – see below.

MEAT

Meat may be expensive, but at this time of year having the oven on for a few hours, gives the dual benefit of heating the house and cooking dinner at the same time, making it environmentally friendly and more economical. My first meat shopping experience in Israel was quite bewildering. If you have recently made Aliyah or been here for years but never quite got to grips with all the cuts and names, this newsletter aims to provide a guide for when you are next standing at the meat counter.

Jews have always been passionate about meat, a highly prized food. Many of our traditional meat dishes, such as cholent, can be traced back to peasant food when only the very cheap cuts could be afforded. If you don't have time for all that braising and stewing, let Tastes of the World make your life easier. We have added a new beef dish to our menu: - Beef Stew in Red Wine with Potatoes, Celery and Carrots, a whole meal in one pot. This uncomplicated, yet rich stew includes tender cubes of beef, a delicious sauce and soft flavorsome vegetables; it is just what you need to warm you up on a cold winter's night.

Our strict dietary laws mean that meat must be koshered within 72 hours of slaughter, which is not enough time for it to tenderize (a good hanging time for non kosher meat is 2 weeks). As kosher meat tends to be tough, long slow cooking typify Jewish meat recipes such as hamim, cholent and goulash.

Below, you will find equivalents to beef cuts from home; however each culture cuts its beef differently, so when comparing Israeli cuts to those you are familiar with in your country of origin, expect the equivalents to be approximate. The cut of meat you choose for each dish is partly based on personal preference, hence the saying "one man's meat is another man's poison". There is nothing wrong with the cheaper cuts of meat; you just have to remember that to get them to taste good they need long, slow cooking in a liquid.

When choosing meat in Israel you need to be aware of the different storing methods. When a meat is listed as מיושן it means that it has been vacuum packed, so it is not exactly the same as fresh meat, but much better than frozen. Frozen meat can be 30 – 45% cheaper than its fresh equivalent, but it is not as tasty and you also have to take into consideration that when the meat defrosts a percentage of its weight will be lost from water. If you see fresh meat on special offer it is acceptable to freeze it at home until you are ready to use it, but make sure that it is well wrapped.

Resting time when searing, grilling, frying and roasting

During these cooking methods meat juices are drawn to the surface, resting gives the juices time to go back into the meat so that it is juicy and succulent all the way through. It is better to slightly undercook the meat then double wrap it in foil and leave to rest for 10 minutes. While resting keep the meat away from open windows and place on a wooden board or newspaper for insulation. Beef cooked using these methods need to be eaten straight away since reheating ruins the succulent taste.

Cooking methods

Slow Cooking in a Liquid - pot roasting, stewing, braising and casseroling

These methods are ideal for tenderizing less expensive, less tender cuts of meat and are convenient ways of cooking as they require very little preparation or attention during cooking. Simply put the meat in the oven or on the hob with the liquid and let it cook while you sit and relax. As it is all cooked in one pot you'll save on washing up too!!

These types of cooking methods benefit from being made the day before you wish to eat the dish and then re-heating, in the same way that soup tastes better the day after you have made it.

Pot roasting

Pot roasting uses whole joints of meat - boned and rolled joints are ideal for pot roasting. It is traditionally carried out by browning the joint and then cooking in the oven or on the hob with liquid and vegetables.

Stewing, Braising & Casseroling

Stews and casseroles use cubed meat, while braising traditionally uses whole steaks or chops cooked in a small amount of liquid. As with pot roasting the meat is simmered at a low temperature on the hob or in the oven with added liquid.

Pan-frying

Pan-frying, or 'shallow frying' is a quick cooking method for small, tender cuts using an uncovered pan on the hob. Use a heavy-based frying pan, sauté pan or wok. For best results, use only a small quantity of oil. Ensure that the oil is hot before adding your beef. Sear each side quickly to seal in juices and retain succulence. Only turn your steaks once during cooking; leaving them to cook untouched will produce juicier results.

Grilling

A fast and dry alternative to pan-frying for cooking tender cuts, using intense radiant heat either above or below the meat. Char-grilling or barbecuing seals the meat juices by forming a crust on the surface of the meat. The meat must be basted with a prepared glaze, oil or reserved marinade mixture. This gives a distinctive flavour to your beef and keeps the meat moist and succulent. Only turn your steaks once during cooking; leaving them to cook untouched will produce juicier results.

Stir-frying

This is an ideal quick method of cooking meat as the thin strips cook in only a few minutes. It is only necessary to use a very small amount of oil. Use a vegetable based oil which can be heated to higher temperatures. Use a non-stick wok or large frying pan and always ensure that it is really hot before adding the meat a little at a time - it should sizzle when the pieces are added. The meat should ideally be trimmed of excess fat and cut into approximately 1cm strips, cut across the grain to help tenderize the meat and prevent shrinkage.

Baking and roasting

This method employs dry cooking in the oven – either in a roasting tin or in a sealed container or cooking bag. For wonderfully tender meat, choose a clay or terracotta 'brick' which effectively creates a clay oven within your oven. As the oven heats, steam condenses in the pot, basting the meat in its own juices. The end result is moist, tender, full of flavour and naturally cooked with no extra fat. The calculation for the cooking time for roasting beef is 20 minutes per 450g, plus add on another 20 minutes regardless of the weight.

Nutrition

In recent years, beef has got a lot of bad press. There are many who claim that consuming beef can endanger your health, but of course this claim can be made for anything in excess. It is important to know that there are in fact nutritional benefits to keeping beef in your diet. Beef is an important and useful part of any well-balanced diet, especially lean meat. Beef has an excellent source of protein, zinc, iron, niacin, vitamin B12, B6, vitamin D and phosphorus.

Prices are approximate and for fresh meat

Number & price	Hebrew name	Pronounced	Known as	Good for	Suitable cooking method	Additional notes
1 80 NIS	ורד הצלע, סטייק עין, אנטריקוט	entrecote, steak Ayin, vered hatzela	rib	steaks and roast beef	roasting and grilling	Tender, does not need marinating
2 46 NIS	צלעות, ריפעו	rifaan, tzlaot	chuck or blade	pot roast, cholent goulash	slow cooking at low temp	Flavorsome and economical
3 35 NIS	חזר ברוסט, בריסקט	brust, chazeh, brisket	skirt, short plate, steak roll	pot roast, oven roast, soup, goulash & pickled e.g salt/corned beef	Slow roast, picked	Very lean
4 60 NIS	כתף מרכזי כתף	katef, katef mercazi.	rib or back rib shoulder	pot roast, cooking in a sauce, goulash, mince	slow cooking at low temp	Similar to 5 and 6
5 70 NIS	צלי כתף, צלי	tzli, tzli katef	cross rib	pot roast, cooking in sauce	slow cooking at low temp	Similar to 4 and 6
6 80 NIS	פילה מדומה, פאלש	falshe, fillet medumeh	Shoulder Chuck tender	pot roast and cooking in sauce	slow cooking at low temp	Similar to 4 and 5
7	מכסה הצלע	mechse hazavah	chuck cover	pot roast	slow cooking at low temp	
8 39 NIS	שריר הזרוע, אוסובוקו, פולו	shrir hazroa, shrir, osso bucco,polo	shin	goulash, soup, cholent,osso bucco	slow cooking at low temp	
9 50 NIS	קשתית, שפונדרה	shpundra, kashtit,	top rib, cube roll, flank, poitrine, short plate	cholent, goulash, soup, spare ribs, mince	soup or boiling	
10	צואר	tzavar	neck	goulash, soup	slow cooking at low temp	
11 90 NIS	סינתה, מתן	sinta, moten	sirloin or porterhouse	roast beef and steaks.	roasting and grilling	tender and expensive
12 90 NIS	פילה	filley	Fillet, tenderloin, loin	steaks and carpaccio	roasting and grilling	tender and expensive
13	שייטל, כנף העוקץ	shaitel, kanaf haoketz	loin, sirloin	schnitzel, steak, skewering, roasting	roasting and grilling	
14	קאצ'קע, אוזית	katchke, ozit	tip	goulash, pot roast, mince	braising	Similar to 15 and 16
15	צ'אק, ירכה	yarcha	chuck, round	pot roast	braising	Similar to 14 and 16

16	כף	kaf	chuck, round, rump	steak, schnitzel and roast	braising	Similar to 14 and 15
17	פלדה, כסליים	plada, kislaim	flank	goulash	braising	
18 40 NIS	פולי, שריר אחורי	poli, shrir achori	round	goulash, soup and cholent	braising	
19	ויסבראטן, ראש ירכה	weisbraten, rosh yarcha	round	pot roast	braising	

Enjoy your next meat shop!

Warm regards

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