

Complementing Aussie red meats with **UPCYCLED FLAVORS**

RECIPE INSPIRATION BY FLASHPOINT INNOVATION



Beef Bacon AMINOS

A speed-scratch recipe for flavored aminos utilizing Australian Wagyu beef bacon.

This is a scenario where we struggle to find too much of a good thing. Australian Wagyu beef bacon, already an incredible ingredient on its own, is cooked and crushed before joining a bath of coconut aminos for a long infusion.

While not a requirement, you can absolutely make use of irregular or offcuts produced from slicing your bacon for this recipe. By extracting flavor into the aminos, you produce a sauce that is easily applied to a multitude of dishes, with very little quantity needed to be effective.



YIELD: 1 pint (475 ml)



PREP TIME: 12-24 hours
Sous Vide, 1-2 hours Stovetop



Ingredients

1lb (450g) Australian Wagyu beef bacon, roasted and chopped



2 ½ cups (590 ml) coconut aminos



Directions

FOR SOUS-VIDE METHOD

1. Heat a water bath using an immersion circulator to 140°F (60°C).
2. Combine all ingredients in a half gallon or larger sous-vide bag and seal under full vacuum.
3. Cook the bag of aminos and crispy beef bacon in the water bath for 12–24 hours, then strain through a fine chinois or muslin cloth. Press or squeeze the bacon as needed to maximize yield.
4. Refrigerate for up to 14 days or freeze in an airtight container for longer storage.

FOR STOVETOP METHOD

1. In 2-quart pot, combine the roasted bacon and coconut aminos, then bring the mixture to a gentle simmer over LOW heat.
2. Adjust the heat or location of the pot as necessary to keep the contents just below a simmer, then cover with a tight-fitting lid or aluminum foil.
3. Allow the ingredients to meld together and infuse for 1–2 hours (or longer as desired).
4. Periodically check for evaporation, adding stock or purified water or as needed to maintain the original volume of liquid.
5. When the bacon has infused into the aminos and the flavor of the liquid is to your liking, strain the mixture through a fine chinois or muslin cloth. To maximize yield, you may press or squeeze the solids as needed.
6. Refrigerate for up to 14 days or freeze in an airtight container for longer storage.

Chef's Notes

1. This recipe is presented in its simplest form. Once you're comfortable with the process, customize it with aromatic ingredients like herbs, caramelized onions, cooked mirepoix, garlic, or toasted spices. Keep a ratio of about 1 lb. (450g) of solid aromatics to 20 fl. oz. (590 ml) of coconut aminos to maintain the intended yield.
2. This recipe uses coconut aminos for slightly sweet flavor with moderate saltiness. You can substitute other amino sauces, such as soy or wheat-based varieties, following the same process.
3. For the greatest aromatic impact, use this sauce as a finishing touch or add it late in cooking. Adding it too early may reduce the intensity of its aroma in the final dish.
4. If you wish to remove any rendered bacon fat produced during cooking, chill the strained mixture until the fat solidifies, then skim or strain it off. Note that a small amount of fat can enhance the overall beef flavor in the sauce, so consider leaving some to incorporate when reheating.

Koginut Miso BUTTER

A speed scratch recipe for sweet and vegetal miso butter made by combining roasted Koginut squash purée and white miso with cultured butter.

Having handy a small assortment of koginut squash grown on Chicago's rooftops, we looked for a way to prolong their culinary contributions. Drawing inspiration from the items in our cellar, we made this butter.

At its core, cultured butter and white miso form the backbone. The simple pairing delivers nothing less than the strong functionality of amino acids, lactic acid, and salt. The koginut purée, for its part, lends vaguely familiar aromas and the sweetness of sugars concentrated through sunlight and heat.

By now, miso is no stranger to the broader culinary world. Many chefs have experimented with it themselves. Even more have savored dishes where it was a critical ingredient.

Take this butter as inspiration and consider how fundamentally sound recipes can serve as platforms. From these tested foundations it is easiest to be creative, develop identity, and tell a story.

Along the way, be sure to share your journey with others. The conversations surrounding the creative process can often be as meaningful as the final dishes.



YIELD: 3 cups (700 ml)



PREP TIME: 15 minutes –
1 ½ hours (if starting from
scratch)



Ingredients

1 cup (235g) Koginut squash
purée, thick and smooth,
room temp



$\frac{2}{3}$ cup (175g) white miso,
room temp



2 cups (400g) cultured butter,
softened granulated honey or
powdered sugar, optional



Directions

1. Using a mixing bowl and rubber spatula, cream together the Koginut squash purée and white miso until well combined.
2. In a separate bowl, use a whisk (or whisk attachment on a stand mixer) to vigorously mix the butter while slowly adding spoonfuls of the Koginut miso mixture. Be sure to incorporate and fully emulsify the ingredients together in-between additions.
3. When all the Koginut purée, miso, and softened butter has been brought together, you may continue whisking to incorporate air.
4. Taste the butter for sweetness as your miso and squash purée will vary. If you wish, you can add granulated honey or powdered sugar in small increments to adjust the sweetness to your liking and final application.
5. Shape the finished butter into logs, or transfer to your preferred storage container.
6. Keep covered for up to 7 days in refrigeration, or for several months if frozen in an airtight container.

Chef's Notes

1. For the best Koginut miso butter, a thick, dense squash purée is key. To achieve this, roast the squash just until tender. It should cook long enough to coax out its natural sweetness and tenderness, but not so long that it turns watery and loose. If the purée seems too wet, spread it on a non-stick baking mat and return it to the oven. Continue roasting to evaporate excess moisture, concentrating the flesh until it's lush and thick.

When blending, you can help keep the purée dry by avoiding added liquids. A food processor may be better suited for this task than a blender, as it can usually handle denser textures with ease.
2. If you would like to experiment with this process but are looking for a quick way to replicate the Koginut component, you may use canned pumpkin purée as an alternative. Be sure the purée is not spiced or sweetened unless it will suit your final application.
3. Freezing Koginut miso butter extends its shelf life but may disrupt its emulsion. This won't impact its flavor for the basting of proteins, most sauce work, or baked goods. If however, you plan to serve it as a spread for warm bread, you'll want to maintain its creamy texture.

To maintain versatility, consider freezing the Koginut miso mixture and butter separately, or even as individual components. When you're ready to use them, allow the ingredients to thaw completely in the refrigerator, then pat away any excess moisture that may have separated during freezing. From there, prepare up the recipe as usual.

Shiitake AMINOS

A speed-scratch recipe for flavored aminos utilizing roasted shiitake mushroom stems.

Looking to make use of the immense flavor left behind in the often-overlooked parts of our ingredients, we crafted a simple method for extracting flavor that would otherwise go unappreciated. By using high quality coconut aminos as a starting point, we can easily produce a nuanced finishing sauce.

A small amount of this prepared amino sauce applied just before plating or serving can enhance the savoriness of dishes and contribute meaningfully to that happy and elusive “je ne sais quoi” element that so many of us strive for in our cooking.

This recipe draws complexity from fibrous shiitake stems, seared or roasted to deepen their flavor. You could easily add or substitute woody herb stems, roasted vegetable trimmings, or cooked scraps from beef, goat, lamb, or mutton. The final product is sweet, salty, and naturally complex. In our findings, this sauce is well worth the minimal time needed to produce it.

The infusion process outlined below works seamlessly for amino sauces, vinegars, liquid sweeteners, fats, and even prepared sauces like demi-glace. In the case of infused fats, we encourage you to consider whether the flavorful elements of the chosen ingredients are fat-soluble. Most herbs and spices will yield great results.

With so many possibilities to explore, we invite you to use this method as a starting point, experiment freely, and share your creations.



YIELD: 1 pint (475 ml)



PREP TIME: 12-24 hours
Sous Vide, 1-2 hours Stovetop



Ingredients

2 cups (475 ml) shiitake stems,
roasted or seared



2 ½ cups (590 ml) coconut
aminos



Directions

FOR SOUS-VIDE METHOD

1. Heat a water bath using an immersion circulator to 140°F (60°C).
2. Combine all ingredients in a half gallon or larger sous-vide bag and seal under full vacuum.
3. Circulate the bag of aminos and shiitake stems for 12–24 hours before straining through a fine chinois or muslin cloth. To maximize yield, you may press or squeeze the mushroom stems as needed.
4. Keep refrigerated for up to 14 days or freeze in an airtight container for long-term storage.

FOR STOVETOP METHOD

1. In 2-quart pot, combine the shiitake stems and coconut aminos, then bring the mixture to a gentle simmer over LOW heat.
2. Adjust the heat or location of the pot as necessary to keep the contents just below a simmer, then cover with a tight-fitting lid or aluminum foil.
3. Allow the ingredients to meld together and infuse for 1–2 hours (or longer as desired). Periodically check for evaporation, adding stock or purified water or as needed to maintain the original volume of liquid.
5. When the mushroom stems have infused into the aminos and the flavor of the liquid is to your liking, strain the mixture through a fine chinois or muslin cloth. To maximize yield, you may press or squeeze the mushroom stems as needed.
6. Keep refrigerated for up to 14 days or freeze in an airtight container for long-term storage.

Chef's Notes

1. This recipe is written in its most basic form. Once you feel comfortable with the process you should customize it to suit your preferences.

To do so, consider the addition of other aromatic ingredients like herbs, garlic, onions, cooked mirepoix, or toasted spices. Maintain a ratio of about 2 cups (475 ml) of solid aromatics to 20 fl. oz (590 ml) of coconut aminos to preserve the intended yield and intensity.

2. This recipe uses coconut aminos for a balanced, slightly sweet flavor with less saltiness. You can substitute other amino sauces, such as soy or wheat-based varieties, following the same process.
3. For the greatest aromatic impact, use this sauce as a finishing touch or add it late in cooking. Adding it too early may reduce the intensity of its aroma in the final dish.
4. If you wish to remove any oil you may have used in the roasting or searing of the mushroom stems, chill the strained mixture until the fat solidifies or floats to the surface, then strain or skim it off.

Tokyo Deli SEASONING

A speed-scratch recipe for a versatile savory seasoning utilizing furikake, everything bagel seasoning, and leftover onion peels.

Inspired by the everything bagel craze but motivated by the complexity of various furikake seasonings, this simple recipe was developed for the light-hearted and easy application of texture, seasoning, and flavor.

By blending them together, this seasoning takes the most direct approach to bridging the positive qualities and addictive nature of everything bagel seasoning and Japanese furikake. Use it liberally to top spreads, incorporate into sauces, encrust bread doughs, garnish finished dishes, or sprinkle anywhere else you deem appropriate.

This recipe uses vegetable trim, in the form of onion scraps and peels, to create a unique seasoning distinct from store-bought options while making use of what would otherwise be waste.

The result is a topical seasoning with slightly more story and flavor, and a waste bin with slightly less food.



YIELD: 1 pint (475 ml)



PREP TIME: 30 minutes



Ingredients

$\frac{2}{3}$ cup (150ml or 50g) nori komi furikake, lightly toasted



$\frac{2}{3}$ cup (150ml or 190g) everything bagel seasoning, toasted



$\frac{2}{3}$ cup (150ml or 50g) dehydrated onion trim and skin, toasted and flaked



Directions

1. Bring together all prepared components in a large mixing bowl. Toss or stir to combine.
 2. Take note of any overly large pieces of vegetable trim that may need to be broken apart further or removed.
 3. Store the seasoning in an airtight container. For best results, store with large and easily identifiable silica packets and keep in a cool and dark place. This mix will keep for weeks or months in an airtight container without losing quality but can easily be kept for longer if stored in a freezer.
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Chef's Notes

1. You can substitute nori komi furikake for almost any other variety of furikake. There are many varieties of furikake seasoning, some include dried egg while others incorporate crispy salmon or shellfish pieces. The nori komi blend is one of the simplest and as a result, one of the most versatile, but you should feel free to explore variations.

2. Ensure all starting ingredients are toasted and dry. If the vegetable trim has residual moisture, you should bake or dehydrate it until fully dry.

Adding furikake, bagel seasoning, or vegetable trim that is not already dry and crispy will result in moisture migration to all other components of the recipe. The result will be a seasoning blend that feels stale in texture and is otherwise not as crispy as it could be.

3. Should your prepared mixture ever lose its crisp texture, you can safely dehydrate at temperatures between 140-175°F (60-80°C) for several hours or until crispy when cool.
4. Onion skins and other allium scraps are a natural fit for this blend as they are already a component of the bagel seasoning, but you should consider what other items in your kitchen could be of value here.

Discarded citrus peels can yield zest, stale bread corners make great breadcrumbs, wilted kale and potato peels are begging to become chips. As with anything, you will have to ask yourself if the effort is worth the output.

The greatest contribution of this recipe is the one it makes to your mindset. Having the headspace of waste reduction will undoubtedly allow you to see new possibilities in your creative process.

Black Eggplant **CARAMEL**

A speed scratch recipe for a savory caramel to be used in the enhancement of grilled meats and vegetables.

This savory caramel is more like a low-acid BBQ sauce than a sweet confection. Use it to build a well-browned, caramelized layer on smoked meats, grilled steaks, or charred vegetables. Starting with a thick caramel base, like dulce de leche or salted caramel dip, skips the long process of cooking ingredients with sugar to reach the right temperature.

Brushing thin layers onto meats as they grill creates a surface that captures smoke and char from the coals or flames, while the blend of caramelized onions, smoked soy sauce, and roasted eggplant impart a slightly smoky flavor of their own.



YIELD: 3 cups (700 ml) –
1 quart (950 ml)



PREP TIME: 45 minutes



Ingredients

1 large purple eggplant (500g)



14 oz. (400g) dulce de leche or salted caramel dip



8 oz. (225g) caramelized onions, charred or caramelized onion jam



¼ cup (60ml) smoked soy sauce or smoked coconut aminos, optional

½ cup (120ml) black garlic flesh, optional



Directions

1. Roast or grill the eggplant using any available method, until the exterior is deeply charred and entirely black with carbon. Ensure the interior of the eggplant is tender and fully cooked.
2. Combine the charred eggplant and all remaining ingredients in the pitcher of a high-speed blender. Blend on LOW speed to incorporate, then gradually increase the speed to MEDIUM and finally HIGH to ensure a smooth consistency.
3. Pass the resulting liquid through a fine mesh chinois and transfer to a storage container.
4. Keep covered for up to 7 days in refrigeration, or for several months if frozen in an airtight container.



Chef's Notes

1. The sugars in this recipe make it ideal for roasted or grilled foods exposed to dry air. When searing in a pan or on a stovetop, the sauce may burn or stick if it touches a hot surface. Instead, apply it generously at the end of searing and, if possible, finish cooking in a hot, dry convection oven to reduce and set the caramel onto the food's surface.
2. The smoked soy and black garlic are optional in this recipe but add significant depth to the sauce. For simple variations, you can swap the soy sauce or aminos with tamari or white soy. Confit garlic cloves can replace the ½ cup of black garlic, or you can use extra caramelized onions if you have them.
3. If you like, add salt and vinegar to fully season this caramel. As it stands, it's versatile, adding a layer of sweetness and flavor that won't overpower existing seasonings. To use it as a standalone seasoning, you'll need to boost its intensity significantly.

Aged Kimchi **BALSAMIC**

A speed scratch recipe for a sweet and acidic hot-sauce-like product made from the juice of prepared kimchi.

Fermenting foods for flavor and preservation has a long history, but small-scale commercial use in independent restaurants is still developing. To capture these bold flavors without needing complex HACCP plans or added liability, we turned to existing fermented products.

Fresh kimchi juice, already a standout ingredient, becomes even more intense when reduced. This recipe capitalizes on its potency, then uses agave, vinegar, and wood chips to mimic the effects of time.



YIELD: ½ cup (120 ml)



PREP TIME: 30 minutes
active, up to 3 days total



Ingredients

2 cups (500g) spicy cabbage kimchi, fresh



3 tablespoons agave or honey

2 tablespoons vinegar

¼ cup wood chips, soaked in vinegar



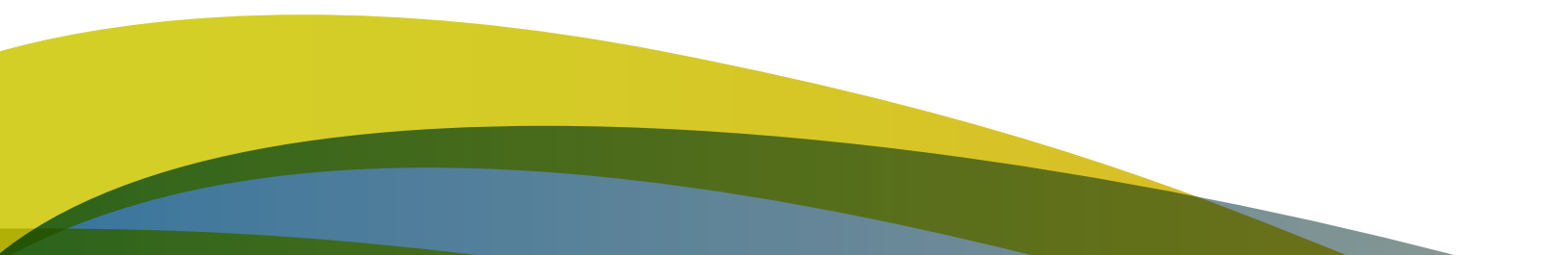
Directions

1. Juice the fresh kimchi, pressing or squeezing the pulp to extract as much liquid as possible. You should get about 50% juice from the original kimchi volume.
2. Set aside ¼ cup of the kimchi juice. Combine the remaining ¾ cup with the other ingredients, including the wood chips, in a small saucepan.
3. Quickly bring the ingredients to a simmer over HIGH heat, then adjust to LOW and cook until reduced by half.
4. Once reduced, let the mixture cool, then stir in the reserved ¼ cup of kimchi juice.
5. The sauce is ready to use as is but will develop deeper wood flavor if refrigerated with the wood chips.
6. Refrigerate for up to 14 days or freeze for longer storage.

Chef's Notes

1. The wood chips called for in the recipe are soaked in vinegar, not the traditional water typically used in preparation for smoking. This maintains the sauce's acidity which in turn extends the shelf life and resiliency of the final product.
2. To deepen the sauce's flavor, try using aged ingredients like barrel-aged vinegars or sweeteners. If you're making a large enough batch, consider barrel ageing the entire mixture.

Notes

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