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NUTRITION COOKBOOK

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WHICH CUTS ARE MOST NUTRITIOUS?

Lean mince and all lean cuts are sources of 12 essential nutrients. When trimmed of separable fat, the nutritional benefits of lean mince and trimmed cuts are the same.

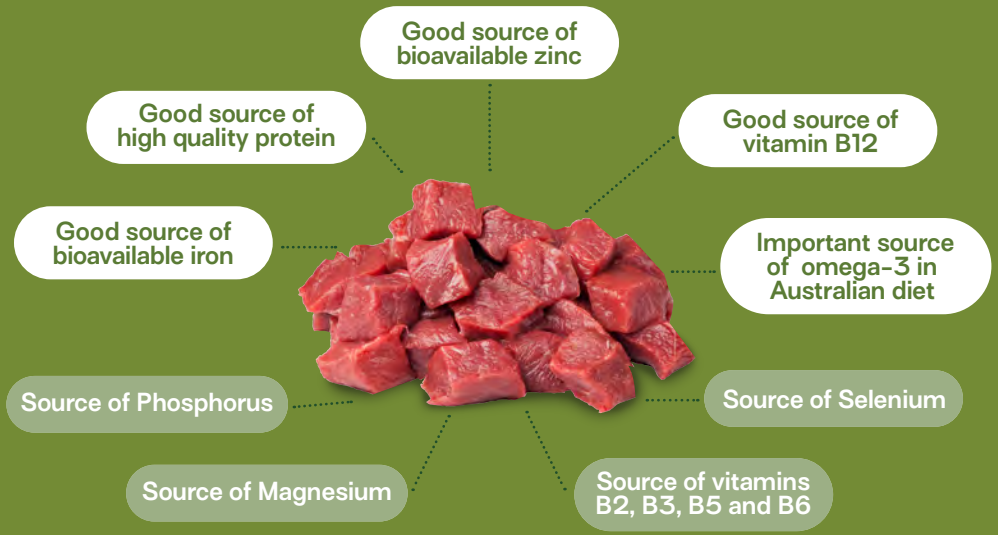
Key nutrients to describe nutritional benefits include:

- Excellent source of bioavailable iron
- Excellent source of bioavailable zinc
- Good source of high-quality protein
- Good source of vitamin B12
- Source of omega-3
- Source of B vitamins (B2, B3, B5 and B6)
- Source of selenium, magnesium and phosphorus

**A detailed examination of available data suggests the nutrient content of lean meat has remained stable over time and differences in the nutrient content of cuts from the hind-, loin and forequarter are within the range of expected natural variability.*

Nutrition Benefits

Lean mince and all trimmed red meat cuts



PROTEIN Why red meat is a good source

- It contains **more protein per serving versus** other food types. For example:

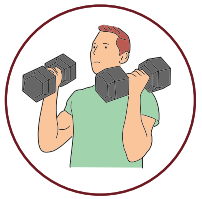
150g beef
33g protein

170g tofu = 15g protein

2 eggs = 12g protein

PROTEIN is very important for

A Growing Person



Physically Active Person

Babies & Toddlers

Mature (Elderly) Person

Studies show that protein can make you feel fuller making it a great choice for people:

Watching their consumption

With small appetites but high nutrient needs e.g. children or the elderly

- 100g of beef delivers nearly half a day's protein needs in "excellent quality," fully absorbable form.
- Red meat is one of the highest-quality protein sources on the planet its amino acid profile is rated as "excellent" (DIAAS ≥100), well above most plant proteins like tofu (DIAAS ~79–91).

Health Benefits

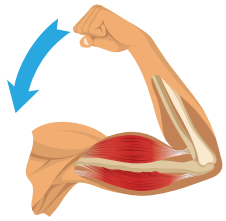
- Builds and maintains muscles
- Supports healthy bone development

[1] DIAAS data: Herreman et al. (2020), Food Sci Nutr, 8(12), 5379–5391 (beef); soy/tofu DIAAS review (2022, quantitative review of soy protein processing).

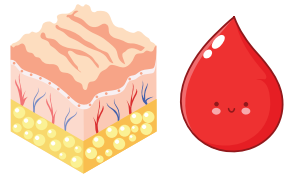
PROTEIN

Age (years)	Protein Recommendation			Suggested frequency of red meat meals/ week	Total/week	
	Tablespoon	Weight (cooked)	Weight (raw)		Weight (cooked)	Weight (raw)
6-11	3	45 gr	65 gr	3-4	135-180 gr	195-260 gr
12-18	4	60 gr	85 gr	3-4	180-240 gr	260-345 gr
19 & above	2-4	30-60 gr	45-85 gr	3	90-180 gr	130-260 gr

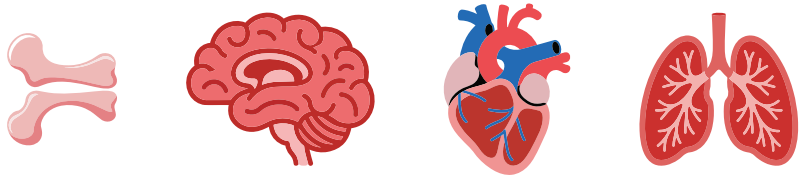
WHERE DOES OUR PROTEIN GO?



Muscle 5 Kg



Skin & Blood 3.5 Kg



Bone, Brain, Heart & Lungs ~2 Kg

Total protein used to build your body: 12 k

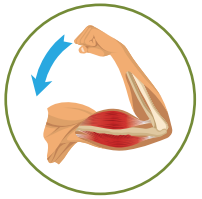
IRON

Why red meat is a good source

- It is **rich in the type of iron (hemeiron)** that is the easiest for the body to absorb
- It contains **more iron than any other meat protein**
- Because **the iron is easily absorbed,** you get much more from a serving than from other food types e.g. leafy green vegetables (which are non-heme iron)

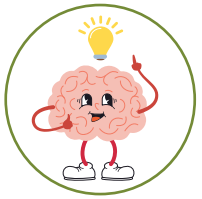
IRON'S JOB

Make Haemaglobin



Muscle Metabolism

Physical Growth



Brain Function

Iron needs are higher in women during their **reproductive years**

Iron-rich foods are recommended from **6 months of age** to support growth and development

Coffee & tea can inhibit the absorption of iron so avoid drinking them during or straight after your meal

Vitamin C can enhance the absorption of iron so try adding citrus fruits or leafy greens to your meals containing beef

- Girls who already had their period has a higher need or iron
- Children with anemia scored about 6% lower on combined academic tests (Chinese, Math, English) than their non-anemic classmates

Health Benefits

- Helps reduce tiredness and fatigue
- Supports the immune system
- Supports brain function

Hu, Y., Mao, Y., & Wang, W. (2024). Health & Social Care in the Community, 2024, 1150608

RED MEAT IS HIGHER IN IRON AND ZINC

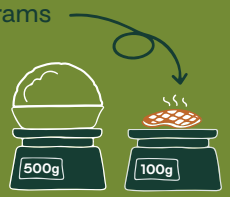
Beef and lamb contain more iron and zinc than pork, chicken & fish

Beef and lamb are higher in iron and zinc and easier for the body to absorb

Beef and lamb contain more iron and zinc than pork, chicken and fish and is easier for the body to absorb than the iron and zinc found in plant foods. Vegetarians and vegans require 180% of the recommended daily intake (RDI) for iron and 150% for zinc, due to lower absorption rates from plant-based sources compared to highly bioavailable red meat.

You would need to eat half a kilo of cooked spinach

to get the same amount of iron that is in 100 grams of cooked meat.



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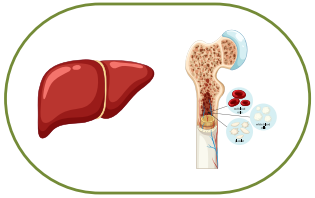
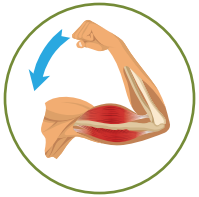
WHERE IS OUR IRON STORED ?

Haemoglobin 2.6 gr



Iron storage in liver & bone marrow 1.2 gr



Muscle 0.15 gr

Eat iron-rich foods, including beef and lamb 3 to 4 times a week to meet iron and zinc needs

week 1	monday	tuesday	wednesday	thursday	friday	saturday	sunday
week 2	monday	tuesday	wednesday	thursday	friday	saturday	sunday

Foods high in iron are also high in zinc, important for growth, development and immunity.

ZINC

Why red meat is a good source

- It contains more zinc per **serving versus** other food types. For example:

150g beef or lamb = 6.2mg Zinc

150g chicken = **1.7mg Zinc**

Zinc helps with fertility and reproduction by maintaining testosterone levels in the blood.

Eating red meat 3-4 times a week helps to meet your iron, zinc and protein needs.

DID YOU KNOW ?

- Zinc from red meat is absorbed up to 3x more efficiently than zinc from plants
- Unlike iron, your body has no dedicated zinc storage organ. There's no reserve tank to draw from — so a steady, daily supply from food matters more for zinc than for almost any other mineral. Red meat is one of the most concentrated, bioavailable sources available.

Health Benefits

- Supports the immune system
- Supports brain function
- Supports healthy bone development
- Important for fertility

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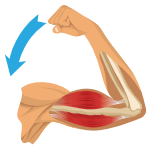
WHERE IS OUR ZINC STORED?



Muscle 1.8 gr

Bone 0.9 gr

Total zinc stored: 2-3 gr

DID YOU KNOW ?

- Zinc-deficient children get sick more often. Studies link low zinc status to more frequent respiratory infections and diarrhea

  Gibson et al. (1989), Am J Clin Nutr, 49(6), 1266-1273.

- Even mild zinc deficiency – not just severe cases – can stunt a child's growth. Studies have identified zinc-deficiency growth syndromes in children who showed no other obvious signs of malnutrition.

  Serum Zinc & Child Health, India (PMC13068400).

Thai DRI 2020

Nutrient DRI / day	Male					Female				
	6-8 y	9-12 y	13-15 y	16-18 y	19-30 y	6-8 y	9-12 y	13-15 y	16-18 y	19-30 y
Protein (g)	24	39	55	61	61	24	40	51	51	53
Vit A (mcg)	350	550	750	750	700	350	550	700	600	600
Vit B1 (mg)	0.6	0.9	1.2	1.2	1.2	0.6	0.9	1	1	1.1
Vit B2 (mg)	0.6	0.9	1.3	1.3	1.3	0.6	0.9	1	1	1.1
Niacin (mg)	8	12	16	16	16	8	12	14	14	14
Vit B5 (mg)	3	4	5	5	5	3	4	5	5	5
Vit B6 (mg)	0.6	1	1.3	1.3	1.3	0.6	1	1.2	1.2	1.3
Folate (mcg)	180	240	300	300	300	180	240	300	300	300
Vit B12 (mcg)	1.2	1.8	2.4	2.4	2.4	1.2	1.8	2.4	2.4	2.4
Choline (mg)	250	375	550	550	550	250	375	400	400	425
Vit C (mg)	40	60	85	100	100	40	60	80	80	85
Vit D (IU)	600	600	600	600	600	600	600	600	600	600
Vit E (mg)	9	13	13	13	13	9	11	11	11	11
Vit K (mcg)	55	60	75	75	120	55	60	75	75	90
Calcium (mg)	800	1000	1000	1000	800	800	1000	1000	1000	800
Phosphorus (mg)	500	1000	1000	1000	700	500	1000	1000	1000	700
Magnesium (mg)	120	170	240	290	310	120	170	220	250	250
Iron (mg)	6.6	11.5	15	11	11.5	6.6	12.5 - 15.6*	16	16	20
Iodine (mcg)	90	120	130	130	150	90	120	130	130	150
Zinc (mg)	6.3	9.5	12.5	12.9	11.6	6.3	9	9.6	9.8	9.7
Selenium (mcg)	30	40	55	55	55	30	40	55	55	55
Copper (mg)	1	1.3	1.3	1.3	1.6	1	1.1	1.1	1.1	1.3
Manganese (mg)	1.1	1.6	2.2	2.3	2.5	1.1	1.6	2.2	2.5	2.5

BALANCED MEAL CONCEPT
2:1:1 HEALTHY PLATE

กินอิ่ม
แต่ไม่อ้วน
ด้วยหลัก
2:1:1

ผัก
2 ส่วน

ข้าว
1 ส่วน

เนื้อ
1 ส่วน

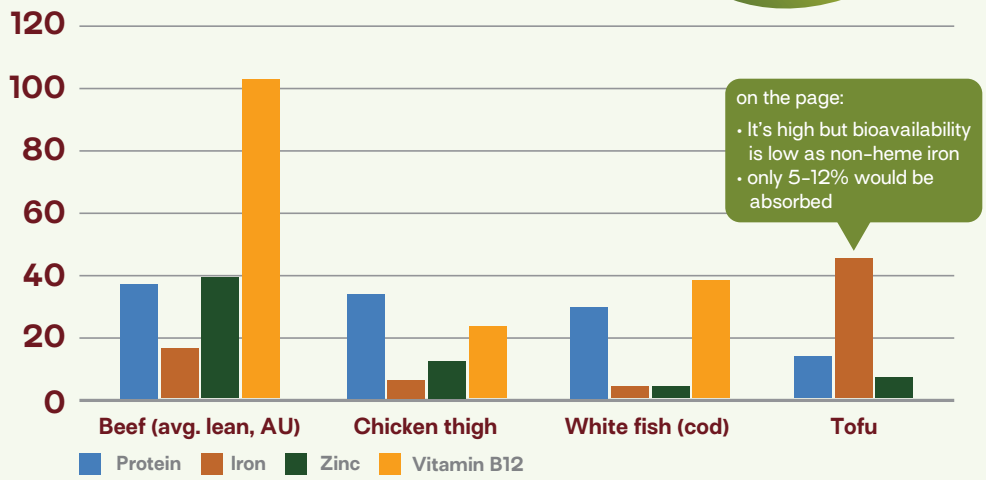
Thai Beef with Oyster Sauce

Lamb Mince Krapao

- Vegetables: 400gr/day (or 4 thuay), rotating choice each day
- Fruit: at least 3 servings/day of fresh fruit (1 serving ≈ 4 rambutans, 1 saba banana, ½ regular banana, 6 bite-sized papaya pieces, or 1 orange)
- Protein portion: ~ 4–6 table-spoons per meal
- Carbohydrate choices: unrefined/whole grains preferred (brown rice, riceberry, husked rice) for extra fibre
- Dairy: 1–2 glasses of milk or dairy products per day
- High-fat meats: limited to 1–2 times per week

RED MEAT: 1 FOOD, 4 ESSENTIAL NUTRIENTS

% of Thai DRI 2020
% of Thai DRI 2020 by Food source



on the page:
- It's high but bioavailability is low as non-heme iron
- only 5-12% would be absorbed

Beef (avg. lean, AU)

White fish (cod)

Chicken thigh

Tofu

HOW MUCH YOU GET FROM

% of Thai DRI 2020

% of Thai DRI 2020 by Food source

Food source	Protein	Iron	Zinc	Vitamin B12
Beef (avg. lean, AU)	38	16	40	104
Chicken thigh	33	6	11	25
White fish (cod)	29	3	3	38
Tofu	13	47	7	0

- % DRI met with 100gr portion of each protein source
- using FSANZ/NUTTAB source
- (same as previous page but in table form)

Recipes & Nutritional Values

Lamb Minced Pad Krapao

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	352 kcal	16%
Protein	14.9 g	24%
Total cabohydrate	5.4 g	2%
Dietary fibre	0.2 g	1%
Total fat	30.2 g	34%
Vitamin B6	0.2 mg	15%
Vitamin B12	2 mcg	83%
Iron	1.7 mg	15%
Zinc	3 mg	26%
Selemium	17 mcg	31%

Lamb Massaman Curry

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	270 kcal	12%
Protein	25.4 g	42%
Total cabohydrate	9.5 g	3%
Dietary fibre	2.7 g	11%
Total fat	15 g	17%
Vitamin B6	0.3 mg	23%
Vitamin B12	2.5 mcg	104%
Iron	3.2 mg	28%
Zinc	4.6 mg	40%
Selemium	17.9 mcg	33%

Lamb Boat Noodle Soup

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	358 kcal	16%
Protein	25.8 g	42%
Total cabohydrate	49 g	13%
Dietary fibre	1.2 g	5%
Total fat	5.8 g	7%
Vitamin B6	0.3 mg	23%
Vitamin B12	2 mcg	83%
Iron	2.3 mg	20%
Zinc	3.2 mg	28%
Selemium	21.6 mcg	39%

Lamb Bolognese

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	575 kcal	25%
Protein	26.6 g	44%
Total cabohydrate	55.1 g	15%
Dietary fibre	3.9 g	16%
Total fat	23.5 g	27%
Vitamin B6	0.2 mg	15%
Vitamin B12	0.3 mcg	12%
Iron	2.7mg	23%
Zinc	1.6mg	14%
Selemium	41.4 mcg	75%

Lamb Tom Kha

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	372 kcal	16%
Protein	16.9 g	28%
Total cabohydrate	6.5 g	2%
Dietary fibre	1.5 g	6%
Total fat	31 g	35%
Vitamin B6	0.2 mg	15%
Vitamin B12	1.9 mcg	79%
Iron	1.9 mg	17%
Zinc	2.7 mg	23%
Selemium	19.3 mcg	35%

Green Curry Lamb

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	477 kcal	21%
Protein	21 g	34%
Total cabohydrate	16.3 g	4%
Dietary fibre	4.5 g	18%
Total fat	39.4 g	45%
Vitamin B6	0.3 mg	23%
Vitamin B12	1.9 mcg	79%
Iron	3.6 mg	31%
Zinc	4 mg	34%
Selemium	5.9 mcg	11%

Thai Beef Stir Fry with Oyster Sc

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	251 kcal	11%
Protein	26.6 g	44%
Total cabohydrate	12.3 g	3%
Dietary fibre	1.2 g	5%
Total fat	11.1 g	13%
Vitamin B6	0.75 mg	58%
Vitamin B12	1.8 mcg	75%
Iron	2.7mg	23%
Zinc	4 mg	34%
Selemium	27 mcg	49%

Thai Beef Satay w Peanut Sc

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	356 kcal	16%
Protein	28.6 g	47%
Total cabohydrate	16.2 g	4%
Dietary fibre	1.6 g	6%
Total fat	21 g	24%
Vitamin B6	0.8 mg	62%
Vitamin B12	1.7 mcg	71%
Iron	3 mg	26%
Zinc	4.3 mg	37%
Selemium	26 mcg	47%

Thai Beef Bulgogi

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	193 kcal	9%
Protein	21.1 g	35%
Total cabohydrate	5.3 g	1%
Dietary fibre	0.3 g	1%
Total fat	10 g	11%
Vitamin B6	0.2 mg	15%
Vitamin B12	2.1 mcg	88%
Iron	2 mg	17%
Zinc	4.4 mg	38%
Selemium	2.5 mcg	5%

Roasted Beef w Jaew Mayo

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	333 kcal	15%
Protein	22.1 g	36%
Total cabohydrate	12.8 g	4%
Dietary fibre	0.2 g	1%
Total fat	21.4 g	24%
Vitamin B6	0.6 mg	46%
Vitamin B12	2.7 mcg	113%
Iron	2.2 mg	19%
Zinc	4.7 mg	41%
Selemium	28.7 mcg	52%

Tub Wan

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	80 kcal	4%
Protein	10.9 g	18%
Total cabohydrate	4.3 g	1%
Dietary fibre	0.1 g	0%
Total fat	1.9 g	2%
Vitamin B6	0.4 mg	31%
Vitamin B12	31 mcg	71%
Iron	3.5 mg	1292%
Zinc	2 mg	30%
Selemium	15.4 mcg	28%

Beef & Kidney Tom Saep

Serves 4	Nutrition per serving	
Nutrient	Per serving	% Thai DRI
Energy	107 kcal	5%
Protein	20.1 g	33%
Total cabohydrate	0.8 g	0%
Dietary fibre	0 g	0%
Total fat	2.6 g	3%
Vitamin B6	0.5mg	38%
Vitamin B12	4.6 mcg	192%
Iron	2.5 mg	22%
Zinc	2.5 mg	22%
Selemium	33.6 mcg	61%

LAMB MINCED PAD KRAPAO

4

INGREDIENTS

6	cloves	Garlic
80	ml.	Julienned mild red chilies, optional
30	ml.	Vegetable oil
340	g.	Australian lamb minced
25	ml.	Fish sauce
15	g.	Granulated sugar
120	ml.	Water
2.5	ml.	Ground black pepper
30	g.	Holy basil leaves

METHOD

1. Heat 15ml/ 1 Tablespoon of oil in a wok.
2. After oil is hot, add lamb minced. Stir until it's cooked evenly and browned.
3. Set the lamb minced to the side of the wok.
4. Heat 15 ml oil and sauté garlic & chilies (if using).
5 After the garlic is fragrant, toss together with lamb mince.
6. Add water, fish sauce, sugar and pepper.
7. Turn off heat & toss in basil leaves.
8. Serve with cooked rice and vegetables.

Lamb Minced Shoulder

LAMB MASSAMAN CURRY

4

INGREDIENTS

Braised

600	g.	Australian Lamb Shoulder Boneless
400	g.	Australian Lamb Shank
20	g.	Butter
100	g.	Massaman Curry
20	g.	Orange
10	g.	Pineapple
10	g.	Palm Sugar
10	g.	Tamarind
10	g.	Fish Sauce
10	g.	Yoghurt
100	g.	Coconut Milk
3	g.	Cinnamon
0.1	g.	Cumin Powder
1	roll	Skull Bread
20	g.	Garlic
2	g.	Kafffir Lime Leaf
10	g.	Galangga
10	g.	Lemongrass
10	g.	Flower Of Salt
20	g.	White Pepper
20	g.	Coriender Roots

Lamb Stock

2	g.	Kaffir Lime Leaf
10	g.	Galangga
10	g.	Lemongrass
10	g.	Flower of Salt
20	g.	White Pepper
20	g.	Coriander Roots
0.5	g.	Cinnamon
0.5	g.	Goji Berries
0.5	g.	Angelica Sinensis
0.3	g.	Chinese Yam
10	g.	Pandan Leaf
0.3	g.	Star Anise
300	g.	Lamb Shank
400	g.	Lamb Shoulder

METHOD

1. Boil water and put Lamb stock ingredients into hot pot simmer for 1.5 hours after rest for 1 hours.
2. Put coconut milk into pot middle heat, put massan curry paste and mixed well.
3. Seasoning with orange pine apple juice, palm sugar, Tamarind and fish suace.
4. Put lamb back to pot simmer for 15 minutes.
5. Cut garlic bread spread with butter garlic and grilled.

Lamb Shoulder
Lamb Shank

LAMB BOAT NOODLE SOUP

4

INGREDIENTS

260	g.	Lamb Tenderloin
1	shank (small)	Lamb Shank
40	g.	Galanga
13	g.	Kaffir lime leaf
40	g.	Lemongrass
	add a little	Fish sauce
	add a little	Maggie sauce
13	g.	Sea salt
13	g.	White pepper
26	g.	Coriander root
26	g.	Northern chilli
5	pcs.	Kaffir lime
	add a little	Yellow vinegar
13	g.	Msg
1	pc.	Knorr beef
240	g.	Rice noodle, dry weight

METHOD

1. Slow-cook lamb shank with Thai herbs and seasonings until tender.

2. Shred the meat and strain the broth. Grill lamb tenderloin and slice thinly.

3. Place cooked rice noodles in serving bowls, top with both lamb cuts, and ladle over the aromatic broth.

4. Garnish with kaffir lime leaves and serve hot.

Lamb Tenderloin
Lamb Shank

LAMB BOLOGNESE

4

INGREDIENTS

330	g.	Lamb mince
100	g.	Celery (chopped)
100	g.	Carrot (chopped)
80	g.	Onion (chopped)
2	tsp.	Olive oil
160	ml.	Red wine
60	g.	Tomato
1	pc.	Bay leaf
1	pc.	Thyme
330	ml.	Water
170	ml.	Milk
250-230	g.	Pasta
1¼	tsp.	Salt and Pepper
35	g.	Parmesan cheese
1¼	tsp.	Parsley (chopped)

METHOD

1. Season the lamb mince with salt and pepper and set aside.
2. Sauté the celery and onion in a pan until fragrant. Add the tomato paste and lamb mince, then cook for 10-8 minutes until the liquid has evaporated.
3. Add the mushrooms, bay leaf, and Thyme. Continue cooking for 5 minutes.
4. Pour in the water and milk. Simmer gently, then season with salt and pepper to taste.
5. Cook the pasta in boiling water until al dente. Drain and toss with the Bolognese sauce.
6. Serve topped with Parmesan cheese and chopped parsley.

TIPS

Lamb mince or other lamb cuts can be used in a variety of dishes. Try using it in tacos, burgers, pasta sauces, or meatballs for a delicious and versatile meal.

Lamb Minced Shoulder

LAMB TOM KHA

4

INGREDIENTS

650	ml.	Water
250	ml.	Coconut milk
5	g.	Salt
350	g.	Australian lamb loin, thinly sliced (2-3 mm)
1	stalk	Emongrass, bruised
20	g.	Galangal
5	leaves	Makrut lime leaves, torn
3-4		Thai chilies, to taste
30	ml.	Fish sauce
5	g.	Sugar
150	g.	Oyster mushrooms, torn into bite size pieces
1	lime	Juiced
		Chopped green onion and cilantro, for garnish
		Jasmine rice, for serving, optiona

METHOD

1. Make the broth by boiling water and lemongrass, galangal, lime leaves, fish sauce, sugar and chilies (if using) for 15-10 minutes

2. When the broth has developed aromatics, add om coconut milk and mushrooms.

3. Boil for another 5 minutes and adjust taste with salt and pepper.

4. Lastly, add in sliced lamb loin and directly turn off heat.

5. Serve immediately with chopped green onions, cilantro and rice.

Lamb shoulder makes great lamb mince.

GREEN CURRY LAMB

4

INGREDIENTS

333	g.	Lamb shoulder
13	g.	Oil
67	g.	Green curry paste
333	ml.	Coconut cream
167	ml.	Water
1⅓	tsp.	Fish sauce
1⅓	tsp.	Palm sugar
2	tsp.	Lime juice
2⅔	tsp.	Pea eggplants
1⅓	tsp.	Kaffir lime leaves
2	pcs.	Chili
27	g.	hai basil leaves
1⅓	leaves	Roti

METHOD

1. Cut the lamb shoulder into large chunks. In a saucepan, crack the coconut cream over medium heat until the oil separates. Add the green curry paste and stir-fry until fragrant. Season the lamb with salt and pepper, then add to the curry paste and stir until lightly browned.
2. Add the coconut milk, Thai eggplant, and Oil. Bring to a boil, then reduce the heat and simmer for 1-1½ hours, or until the lamb becomes tender. (A pressure cooker may be used to reduce the cooking time to approximately 30 minutes.)
3. Season with palm sugar, fish sauce, and lime juice. Add the pea eggplants, kaffir lime leaves, and Thai basil leaves. Stir well and simmer briefly until the vegetables are cooked through.
4. Serve the green curry lamb hot with crispy fried roti on the side, garnished with Chili and fresh Thai sweet basil leaves.

TIPS

Lamb shoulder comes from the shoulder cut, making it a versatile option for a wide range of dishes. It can be slow-cooked until tender and easily shredded, roasted for a rich and hearty meal, or grilled for a delicious, flavorful result.

Lamb Shoulder

BEEF STIR-FRY WITH OYSTER SAUCEAND VEGETABLES

4

INGREDIENTS

For marinating the beef :

340	g.	Australian Sirloin Steak, remove fat & sliced thinly
1	tsp.	Baking Soda
3	tsp.	Oyster Sauce
½	tsp.	White Pepper
¼	tsp.	Sesame Oil
1	tsp.	Cornstarch

(from above)		Marinated Beef
2	tbsp.	Oil
1	tbsp.	Soy Sauce
1	tbsp.	Black Soy Sauce
2	tbsp.	Oyster Sauce
1	tbsp.	Chinese Wine
2	tbsp.	Sugar
2	tbsp.	Water
2	tbsp.	Cornstarch
50	g. of each	Broccoli, carrot, capsicum & button mushroom

METHOD

1. Marinate the beef for 15 minutes
2. Mix the sauce: soy sauce, black soy sauce, oyster sauce, chinese wine and brown sugar
3. In a separate bowl, mix water and cornstarch
4. Heat oil in a pan and sear the beef for 3-2 minutes
5. Pout in the sauce mix and vegetables and cook for another 3-2 minutes. Adjust taste.
6. Add the cornstarch mixture last, quick mix until sauce is thickened and serve.
7. Serve with rice.

THAI BEEF SATAY WITH PEANUT SAUCE

4

INGREDIENTS

For marinating the beef :

680	g.	Australian beef rump, thinly sliced
6	cloves	Garlic
1	g.	Lemongrass
2	ml.	Ground coriander seeds
1	g.	Cumin seeds
8	ml.	Yellow curry powder
24	ml.	Palm sugar
5	g.	Salt
120	g.	Coconut milk

For peanut sauce:

70	g.	Roasted peanuts
10	cloves	Garlic
100	g.	Shallots
75	ml.	Oil
30	g.	Massaman/red curry paste
100	ml.	Coconut milk
30	ml.	Tamarind sauce
40	g.	Palm sugar
5	g.	Salt

METHOD

1. Make marinade by combining the garlic, green onion, soy sauce, sugar, water, sesame oil, sesame seeds, and ground black pepper in a large bowl. Mix it well with a spoon until the sugar is well dissolved.

2. Add the sliced beef and mix everything by hand until the beef is covered in the marinade. Keep in the fridge at least 30 minutes.

BEEF BULGOGI

4

INGREDIENTS

800	g.	Aussie Beef Oyster Blade
19	g.	Garlic
32	g.	Green Onion
80	ml.	Soy Sauce
40	g.	Sugar
22	ml.	Toasted Seame Oil
11	g.	Toasted Seame Seeds Coarsely Ground
3.6	g.	Ground Black Pepper
160	g.	Korean Pear

METHOD

1. Make marinade by combining the garlic, green onion, soy sauce, sugar, water, sesame oil, sesame seeds, and ground black pepper in a large bowl.
   Mix it well with a spoon until the sugar is well dissolved.

2. Add the sliced beef and mix everything by hand until the beef is covered in the marinade. Keep in the fridge at least 30 minutes.

BEEF SALAD JAEW MAYO

4

INGREDIENTS

175	g.	Aussie beef knuckle
½	tbsp.	Vinegar
1	tbsp.	Garlic (Chopped)
1.5	tbsp.	Olive oil
1.5	tbsp.	Soy sauce
15	ml.	Pineapple juice
½	tbsp.	Pepper, Coriander and Garlic
½	tbsp.	Basil (Chopped)
1	tsp.	Pepper
1	tsp.	Salt

Jaew Mayo Dressing

1.5	tbsp.	Brown sugar
1	tbsp.	Soy sauce
1	tbsp.	Lime juice
1	tsp.	Chili powder
1/½	tbsp.	Mayonnaise
½	tsp.	Toasted rice powder
		Mixed salad
		Tomato
		Basil
		Coriandar

METHOD

1. Using a sharp knife or meat slicer, trim the beef and cut it into thin slices. Marinate the beef with salt and olive oil. Add the beef to a hot pan and sear on both sides. Set aside and let it rest for 15-10 minutes.
2. Place the sliced onion in a bowl and soak it in 2300 ml of water for 15 minutes. Then rinse with 1600 ml of clean water for another 10 minutes. Drain and set aside.

For the Salad Dressing:

1. In a bowl, combine lime juice, salt, brown sugar, soy sauce and chili powder. Mix well until the sugar has completely dissolved. Add the salad cream and stir until smooth. The dressing should have a slightly thick consistency.

TIPS

Knuckle is a flavorful cut from the hip with a natural fat cap that helps keep the meat juicy. Best suited for grilling or roasting, it delivers rich flavor and good moisture when cooked properly.

TUB WAN

4

INGREDIENTS

200	g.	Australian beef liver, thinly sliced (3-2 mm)

For the sauce :

1	tbsp.	Roasted rice
1	tbsp.	Ground chili
2	tbsp.	Lime juice
1	tbsp.	Fish sauce
1	tbsp.	Chopped green onion
½	cup	Mint leaves
4	shallots	Thinly sliced

METHOD

1. Bring a pot of water to boil
2. Cook the beef liver in the water for 4-3 minutes until just cooked
3. In a bowl, mix all the sauce ingredients and boiled liver.
4.. Serve with steamed or sticky rice and extra vegetables.

BEEF & KIDNEY TOM SAEP

4

INGREDIENTS

50	g.	Australian beef kidney
200	g.	Australian sirloin, sliced thinly
1.5	litres	Water
350	g.	Beef bones
12.5	g.	Galangal
1.5	lemongrass stalks	Bruised
2	shallots	Thinly sliced
2	leaves	Makrut lime leaves
1.5	roots	Cilantro roots, Reserve leaves for garnish
1	clove garlic	Pickled garlic lightly crushed
2.5	g.	Sugar
3	g.	Salt
45	ml.	Fish sauce
½	lime	Juiced
½	tbsp.	Chili flakes
1	tbsp.	Toasted rice powder

For garnish :

1 handful	green onions thinly sliced
1 handful	culantro thinly sliced
1 handful	Thai basil leaves

METHOD

1. Bring water, beef bones, galangal, lemongrass, shallot, lime leaves, cilantro roots, garlic and sugar into a boil, cover and let simmer for 45-30 minutes to develop flavor.
2. Trim off the white membrane/core of kidney, slice, and soak in salted water or milk for 30–15 minutes, then blanch briefly and rinse. This is to remove the strong flavor.
3. When the broth has develop flavour, adjust taste with the fish sauce, chili flakes, lime juice, salt and toasted rice powder.
4. Add sliced kidney and boil for 5 minutes only.
5. Add sliced sirloin just before turning off the heat.
6. Serve immediately with rice.

FAQ & MYTHS

WHEN CAN I START INTRODUCING BEEF AND LAMB TO MY CHILD?

Beef and lamb are source of high quality protein and iron. The WHO 2023 Guideline recommends that animal protein such as meat, fish or eggs should be consumed daily for babies starting from 6 months of age.

Recommendation

Dietary diversity

Infants and young children 23–6 months of age should consume a diverse diet.

a. Animal source foods, including meat, fish, or eggs, should be consumed daily (strong, low certainty evidence).

b. Fruits and vegetables should be consumed daily (strong, low certainty evidence).

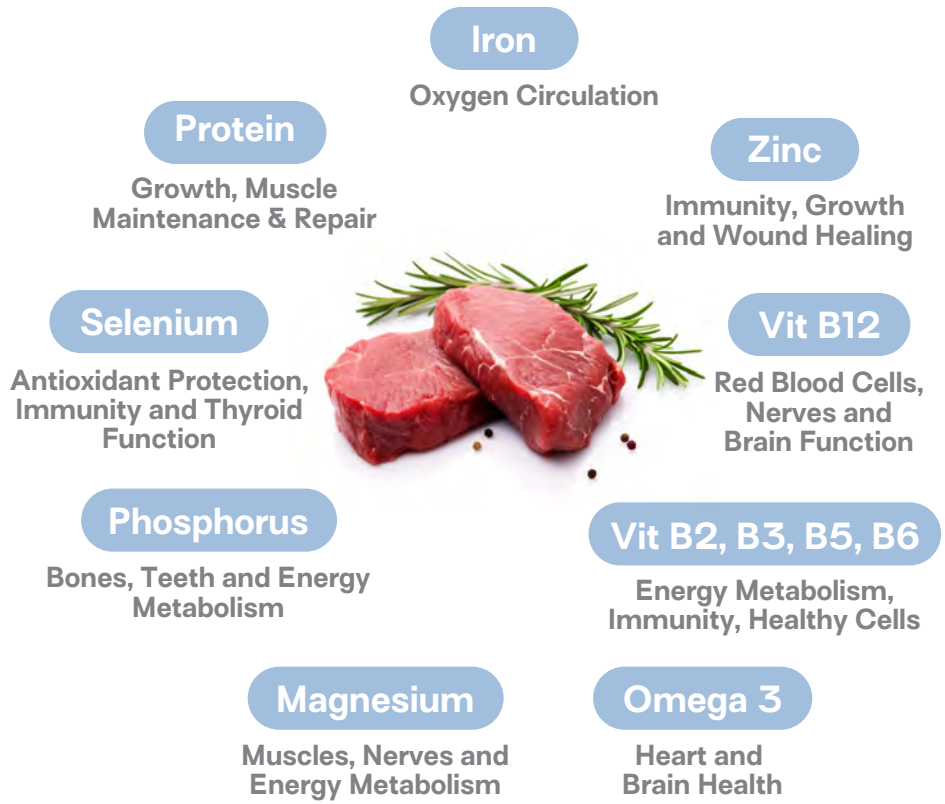
c. Pulses, nuts and seeds should be consumed frequently, particularly when meat, fish, or eggs and vegetables are limited in the diet (conditional, very low certainty evidence).

WHO Guideline for complementary feeding of infants and young children age 23-6 months. 2023

IS ALL FAT BAD FOR YOU?

No. Actually, our bodies need fat for energy, brain development, hormones, and absorbing certain vitamins. The key is to choose mostly healthy fats, such as those from fish, nuts, seeds, avocado, and vegetable oils, while limiting foods high in saturated and trans fats. Lean red meat can also be part of a balanced diet, providing high-quality protein, iron, zinc and vitamin B12. Just remember to trim visible fat and you will get lean red meat suitable for healthy

WHAT ARE THE 12 ESSENTIAL NUTRIENTS FOUND IN RED MEAT?



WHAT IS HAEM IRON AND WHY IS IT IMPORTANT?

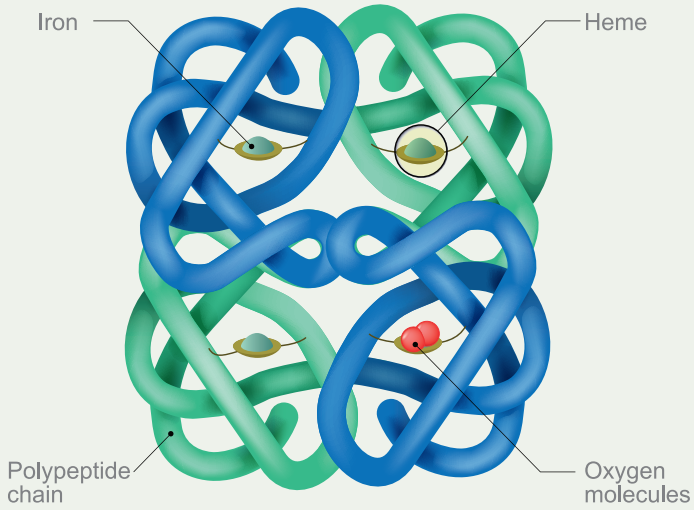
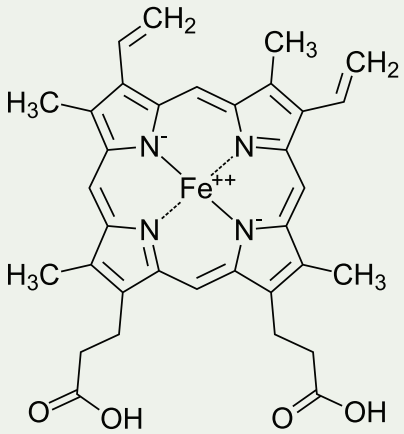


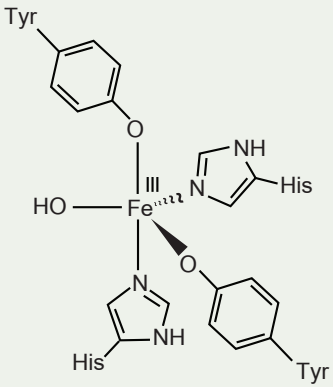
Figure © 2002 by Griffiths et al.

Haem iron is needed to make Haemoglobin and red blood cells.
In 1 haemaglobin cell, we need 4 haem iron.

WHAT'S THE DIFFERENCE BETWEEN HAEM IRON AND NON-HAEM IRON?



Haem iron



Non haem iron

Haem iron is the type of iron we get from animal products. It is readily absorbed by our body and the absorption rate is about 18-14% in a omnivorous diet (mix diet).

Non-haem iron is usually supplied by plant-based sources. It is not easily absorbed in the intestine and only 5 to 12% got absorbed.

HOW MUCH RED MEAT SHOULD I EAT AS PART OF A HEALTHY DIET?

Thai DRI 2020 encourage Thai people to enjoy wide variety of protein sources such as red meat, fish, poultry, legumes and soy. Eating 350 to 500 gr cooked lean meat per week (equivalent to approximately 3 to 4 moderate portions) would meet requirements for key nutrients in your diet, including protein, iron, zinc, selenium and vitamin B12.

IS RED MEAT SUITABLE FOR YOUNG CHILDREN?

Yes. Well-cooked lean red meat can be a nutritious food for young children. It provides protein, iron, zinc, and Vit B12 which are especially important for growth, brain development and immunity. Serve it in an age-appropriate texture and as part of a varied diet

DO WE NEED TO WASH OFF THE BLOOD FROM THE MEAT BEFORE COOKING?

The blood is actually not blood but myoglobin, a reserve of iron inside muscle cells. When cooked, it turns into meat juice which makes the meat juicy and soft. Washing it off will make the meat less juicy and lose its iron content.

NSW Food Authority also prohibit washing off meat to reduce food contamination risk.

"I wash beef, lamb, everything. Wash it because bacteria, people touching. I want it a bit cleaner. I 100% wash chicken, it's the most important. It's the most trouble with food poisoning – Salmonella. Some people say it's going to cook anyway but I prefer to wash everything."

– Male, Empty nester, Sydney

DID YOU KNOW?

Washing meat and poultry increases the risk of foodborne illness as the juices can be spread to other foods, utensils, and surfaces during this process. Within this study, households that have experienced a foodborne illness within the last 12 months were also significantly more likely to say they washed chicken (43%).

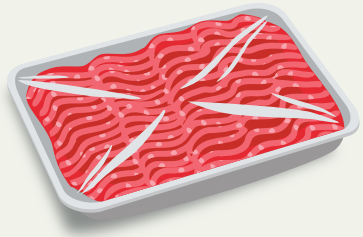
NSW Food Authority. NSW consumer food safety behavioural research. 2020

WILL PROLONGED COOKING TIME REDUCE THE IRON CONTENT OF THE MEAT?

No. If anything, iron will diffuse into the cooking liquid but will not be destroyed. So, use the cooking liquid in your recipe when opting for braising meat

HOW TO MAKE BEEF EASIER TO CHEW?

1. For young children, use beef mince for easier texture
2. You can thinly slice beef and use them for quick cooking. Recommended beef cut for thinly sliced: sirloin, striploin, tenderloin, ribeye, topside, and eye round.
3. Slow cooked/braised meat for a hearty meal



DOES EATING RED MEAT MAKE YOU GAIN WEIGHT?

Gaining or losing weight is mainly determined by your caloric intake and physical activity. Choosing lean red meat as part of a balanced diet and being active for 150 minutes/week are part of healthy lifestyle.

WHY IS RED MEAT ESPECIALLY USEFUL DURING ADOLESCENCE?

Growth increases the need for protein, iron and zinc, and teenage girls have particularly high iron needs after menstruation begins.

IS FROZEN BEEF LESS NUTRITIOUS THAN FRESH BEEF?

Generally no. Freezing preserves most of the protein and minerals very well.

เรียนรู้เพิ่มเติม

BEEF AND LAMB WEBSITE

AUSSIE MEAT HANDBOOK

AUSSIE MEAT TRADE HUB

FACEBOOK
aussiebeeflambth

INSTAGRAM
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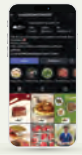

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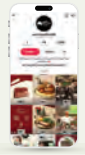
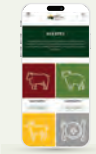
RECIPE