

# her about barbecue meats

cuts to make your barbie sizzle.

to sunshine! And welcome to longer days and weekends  
entertaining friends. At this time of year, there's a  
mon theme to the questions I'm being asked by my  
tomers, and by far the number one question is: "What's  
id for a barbecue?"

these days, with the advent of the well-constructed sealed  
beques, this is a very easy question to answer. Just about  
out of meat you would normally fry, grill, or roast can  
ressfully translate to a good barbecued meal.

uble of brushing off the barbecue, we should also go  
inating the meat. The internet is a great tool for sourcing  
t different combinations of flavours for marinades. Some  
and spicy, some passed on from generation to generation  
y to tenderise a cheap cut of meat. Whatever your choice,  
tasty meal. This summer, sweet coriander is a favourite.

## barbecue tips:

eat once, and once only. Let the meat cook on one side  
in it over. But don't stab it! Always use tongs – never  
Personally, I don't even like to cut the meat to check if it  
small cuts like chops, cutlets and steaks. You'll always  
meat that's tough and dry. A thermometer is always a

barbecue plate, brush the oil lightly, or even rub it, onto  
ures the meat does not stick to the grill or barbecue  
y meat that has good colour and juiciness. Use a neutral-  
ood vegetable oil, and make sure the barbecue is hot  
as it comes into contact with the plate or grill.  
ore serving. This lets the juices, which have been driven  
the surface, resulting in juicier, tastier steaks. As a guide,  
about three to five minutes covered loosely with foil.

the barbecue. Keep your eyes on the sassy butterflied leg  
ch. But for beef, my barbecue favourite, the top five cuts  
ellon, t-bone, increasingly the New York and for sure  
ndied flavour and is tender every time. It may look like a  
steak in *The Flintstones*, but it is the sexiest cut of meat  
what summer is all about!

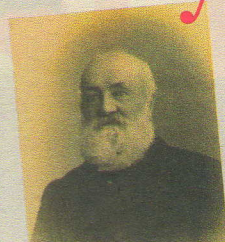
her email us at [editorial@foodinfofocus.com.au](mailto:editorial@foodinfofocus.com.au)  
Bull Butchery, Shop 4, 50-58 Macleay St, Potts Point

on festive season meats at least three weeks in advance.  
out FoodInFocus next month for some great festive ideas.

# A slice of History

The key to great bread is to get the environmental conditions right.

Text: Jo Stubberfield



**A**uthentic sourdough used to be hard to find. Luckily, bakers Allison and Stephen Arnott, of Morpeth Sourdough have resurrected the traditional sourdough process in Morpeth, in the Hunter Valley, and distribute bread at the Kings Cross Organic Food and Farmers Markets on Saturdays. As Allison says, "It's the only regular market we go to."

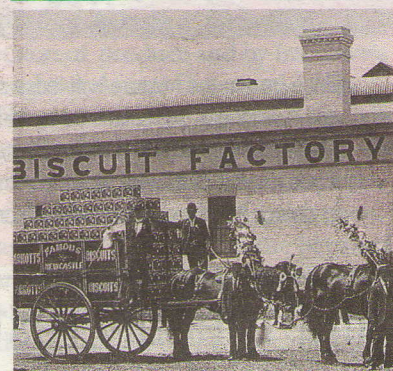
The two met in their twenties in Sydney through a friend. They didn't cross paths again until their thirties, when they struck up a friendship. As Stephen says, "one thing led to another," and they were married in 2000.

Stephen's family has been in the baking business for six generations, and he's proud to have purchased the original old bakery they used in the 1860s. "It still sends shivers down my spine!" he says. Allison has a degree in microbiology, and has plenty of technical knowledge about the culture of sourdough. "Sourdough has a mix of microorganisms – wild yeasts and lots of types of lactobacillus species – that form the signature flavour of a baker's sourdough."

Prior to the 1900s, all bread produced was sourdough, until baker's yeast started to be commercially produced, drastically shortening the bread-making process. The Arnott's process takes 30 hours from start to finish, but the resulting loaves are worth it. "The best thing about my job is the feedback from customers who have been unable to source sourdough in the region – they say they have come out of the woodwork to find us," says Allison.

The two make ciabattas, baguettes, fruit and nut, 5-seed, organic ryes, and traditional casalingas – around 12,000 loaves a week. They even make sourdough crisps and sourdough stuffing mix! And while you can make a sourdough starter at home, of just flour and water, the time it takes is the drawback. So make a visit to Morpeth Sourdough at the markets, and grab a loaf from traditional bakers whose family has been in the business for 150 years.

For more information on Morpeth Sourdough, visit [www.morpethsourdough.com.au](http://www.morpethsourdough.com.au)



From top to bottom: William Arnott in 1896; cutting the sourdough; the original steam biscuit factory; shelves of rising sourdough; the bakery in Morpeth.