

INGREDIENTS



BRAISED BEEF

4 tbsp olive oil
1.6kg beef brisket
Salt and pepper for seasoning
2 carrots roughly chopped
2 celery sticks roughly chopped
6 cloves of garlic peeled and roughly chopped
2 bay leaves
1 bunch of thyme roughly chopped
3L chicken stock
1L red wine
100ml soy sauce

CARAMELISED ONION

180ml extra virgin olive oil
8 brown onions finely sliced
100g butter
80ml port
80ml apple cider vinegar
1 bunch of thyme finely chopped
Salt and pepper for seasoning

VINEGAR SALT

100g salt
100ml white wine vinegar

INGREDIENTS



PORK BELLY

1.2kg pork belly, skin on bone removed
2 tbsp salt
200ml extra virgin olive oil
½ bunch of sage roughly torn
½ bunch of thyme chopped
Pinch of nutmeg
1 tsp of cinnamon
5 Desiree potatoes skin on, sliced 1.5 to 2cm thick
1L of cold tap water
1 Granny Smith apple for garnish

APPLE SAUCE

6 Granny Smith apples skin on, core removed & roughly chopped
1 tbsp of sugar
1 tsp of nutmeg
100g butter
100ml white wine vinegar
200ml water
Juice of 2 lemons
Salt to taste

THYME SALT

100g salt
100g dried thyme finely chopped

INGREDIENTS



CHICKEN

6-8 chicken thigh fillets, skin on
260ml buttermilk
2L vegetable or sunflower oil
Sea salt
Freshly ground black pepper
Hot sauce to serve
Green salad leaves to serve

HOT SAUCE

1 Onion Chopped
3 cloves Garlic
8 Birds Chilli Chopped
20g Ginger
1 tsp salt
1 tsp Cayenne Pepper
1 tsp Smoked Paprika
1 tbsp white sugar
100mls water
200mls White wine vinegar
400g chopped ripe Tomatoes

FRIED CHICKEN SPICE MIX

300g plain flour
100g cornflour
1 tbsp smoked paprika
2 tsp onion powder
2 tsp garlic powder
2 tsp cayenne pepper
1 tbsp ground cumin
2 tsp ground turmeric
2 tsp ground coriander
1 tsp dried Italian herbs

BRAISED BEEF BRISKET (serves 6 people)

WITH CARAMELISED ONION

1. Preheat oven to 140°C
2. Heat oil in a large casserole dish or oven proof pan on high and season the brisket with salt and pepper. Add brisket to the dish/pan and brown on all sides.
3. Remove brisket and add in carrots, celery, garlic, bay leaves and thyme. Stir until coloured before returning brisket to the dish/pan.
4. Add in red wine and bring to the boil. Then add chicken stock and soy sauce.
5. Bring to the boil and remove from heat.
6. Cover the dish with a lid or tinfoil - if using foil, place some baking paper down first so the foil doesn't stick. Cook in the oven for 4 hours*. If required, cook for an additional 30 minutes to ensure the beef falls apart with a fork.
7. Remove from the oven and allow to rest in the stock for 30 minutes prior to serving. The sauce can be reduced by half to thicken if required.

VINEGAR SALT

1. Massage salt and white wine vinegar together.

CRISPY PORK BELLY (serves 6-8 people)

WITH APPLE SAUCE

1. Score the skin of the pork belly and salt the skin. Place on a tray with a cloth or chux underneath. Place in the fridge and leave uncovered for 2 to 4 days ideally.
2. Blend the olive oil together with the sage, thyme, nutmeg and cinnamon.
3. Remove pork from the fridge and rub the skin with the olive oil mix at least one hour prior to cooking.
4. Preheat oven to 200°C.
5. Add the sliced potatoes to a roasting tray before pouring in water.
6. Place marinated pork on top of potatoes and cook for 25 minutes at 200°C.
7. Reduce oven temperature to 160°C and cook for a further 25 to 30 minutes*. Using a meat thermometer inserted into the pork, the meat should reach 60°C. Remove from the oven and allow to rest for 15 minutes before serving

THYME SALT

1. Massage salt and dried thyme together.

CRISPY FRIED CHICKEN (serves 6-8 people)

WITH HOT SAUCE

1. Place the chicken in a large bowl and cover with buttermilk. Cover and set aside in the fridge to marinate for at least 6 hours or overnight.
2. Heat the oil in a deep-fryer or large saucepan to 180°C on a kitchen thermometer.
3. Combine all the chicken spice mix ingredients in a small bowl, then spread the mixture out on a clean tray.
4. Remove the chicken from the fridge and drain away the excess buttermilk. Roll each chicken thigh through the spice mix until well-coated, then leave to sit in the spice mix for 30 minutes to absorb the flavours.
5. Working in batches, gently lower the chicken into the hot oil and cook, occasionally turning for 5 minutes or until golden and crisp. The internal temperature is 60°C on a kitchen thermometer.
6. Using a slotted spoon, remove the chicken from the hot oil and drain on a wire rack with paper towels underneath to soak up the excess oil.
7. Transfer the fried chicken to a serving bowl and serve with hot sauce on the side for dipping and green salad leaves for freshness.
8. Season with salt and pepper, to taste.

CARAMELISED ONION

1. Heat oil in a large saucepan over a high heat.
2. Add the finely sliced onions to the oil with the thyme. Cook the onion, stirring constantly for about 4 to 5 minutes or until golden brown.
3. Reduce heat to low and add the butter.
4. Stir regularly for 30 minutes or until darker brown in colour.
5. Add the port and apple cider vinegar and bring to the boil, before simmering for 3 minutes.
6. Season to taste.

Serve with the Caramelised Onion and a sprinkling of Vinegar Salt.

*Cooking time may vary depending on oven.
For optimal results cook until beef falls apart with a fork.

APPLE SAUCE

1. Place all ingredients aside from the lemon juice into a pot and simmer over a low to medium heat, until the apples are soft, about 30 to 40 minutes. Stir occasionally.
2. Blend the apple mixture together with the lemon juice and season with salt to taste.

Garnish with 1 Granny Smith apple grated over the pork along with a sprinkling of Thyme Salt. Serve with the Apple Sauce.

*Cooking time may vary depending on oven.

HOT SAUCE

1. Heat pan over low heat with a splash of olive oil and add onions, garlic, chilli and ginger, cover to keep moist.
2. Remove cover and stir occasionally - do not allow onions to brown.
3. Cook until the onions are translucent and soft but have not started to brown, approx 5 minutes.
4. Add chopped tomatoes when soft.
5. Add vinegar, sugar, spices and water.
6. Blend and add back to the pan and reduce to consistency.





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