

Australian strip loin with caramelized onions

Serves: 4
Prep Time: 15 minutes
Cooking time: 15 minutes

- Ingredients:**
* 4 Australian rump eye, 1.5 inch thick
* 3 white onions, sliced
Marinade:
* 1/2-cup dark soy sauce
* 1/4 cup rice vinegar
* 2 tablespoons brown sugar
* 2 tablespoon finely chopped garlic
* Freshly ground black pepper to taste
* 1/2-cup extra-virgin olive oil
Dressing:
* 1/2 cup drained full cream yogurt
* 1 mashed garlic clove
* 1 teaspoon dried lemon thyme
* Salt & freshly ground black pepper
Salad:
* 2 bunch arugula
* 1 beetroot julienne

- Method:**
1. In a blender place all marinade ingredients and blend.
2. Place the steaks into the a suitable dish and spoon half the marinade to coat the steaks
3. Place the onions slices in the bowl with remaining marinade mix well. Set aside alongside the steaks.
4. In a medium bowl mix the Yogurt and horseradish. Stir in the thyme and the mashed garlic; season to taste with salt and pepper. Cover and refrigerate.
5. Heat the grill for direct cooking over high heat on one side of the grill and medium heat on the other side.
6. Place the steaks over the direct heat keeping the lid closed as much as possible until done to your liking.
7. Strain the onions from the marinade, and place on the grill over direct medium
8. After removing the steaks from the grill and resting it for at least 5 minutes place the grilled onion on top the steaks then top with Arugula, beetroot and drizzle with the yogurt sauce.



Chef Tarek on Mashawiy set.



Chef Tarek with big chop.



Pulled lamb sandwiches.



Australian strip loin with caramelized onions.

Pulled Aussie BBQ Lamb Sandwiches

Serves: 4
Prep time: 60 minutes
Cooking time: 30 minutes

- Ingredients:**
* 1 bone-in Australian lamb shoulder roast
* 4 hamburger buns
Rub:
* 2 Tbsp. coffee milled
* 2 Tbsp. pure chilli powder
* 2 Tbsp. kosher salt
* 4 tsp. granulated sugar
* 2 tsp freshly ground black pepper
* 1 tsp dry mustard
Sauce:
* 1 cup ketchup
* 1 cup apple cider
* 2 tsp Worcestershire
* 1 tsp tobacco
* 1 tsp ginger
* 1 tsp paprika
* 1/2 tsp dry mustard
* 1/4 tsp freshly ground black pepper

- Method:**
1. In a glass bowl mix the rub ingredients together. Generously rub the mix all over the lamb shoulder.
2. Prepare your grill for indirect grilling. If using a charcoal BBQ have the coals at the outer rim and if using a gas BBQ have only the outside burners on. Place the shoulder of lamb on indirect heat and close the BBQ lid and keep it closed. Grill until the meat is falling off the bone. (Check after 1 and 1/2 hours with fork to see if meat falls away)
3. Using a cast iron skillet place all sauce ingredients inside and bring to a simmer stirring occasionally. Taste and adjust the seasonings. It should be spicy and tangy.
4. Transfer the lamb roast to a sheet pan and tightly cover to rest the lamb for about 30 minutes.
5. Pull the warm meat apart with your fingers to shred the meat. Place lamb in a large bowl and add as much sauce as you like. Pile the lamb on hamburger buns. Serve warm with fries seasoned with cumin, salt and pepper, if desired
6. Serve with French onion rings

Fried Onion Rings: (This recipe makes very crisp, sweet rings - everything that an onion ring should be. Take care not to over-brown them; they burn and become bitter and black very easily.)

- Ingredients:**
* 2 medium onions
* 2 tsp fine sea salt
* 4 tsp cornflour
* Oil (preferably enough for deep frying)

- Method:**
1. Peel and slice the onions into thin rings discarding the centers. Sprinkle lightly with the salt and leave for 10 minutes then rinse well to remove salt. Pat dry on paper towels.
2. Dust the rings liberally with the corn flour to coat and leave for 5 minutes, then turn them over, packing the corn flour well down onto them.
3. Heat the oil in a deep pan until just smoking. Plunge the onion rings into the oil for a couple of minutes, lift them out, and, while the oil is reheating, sprinkle them with a further teaspoonful of corn flour.
4. Return them to the hot fat and fry them until they are really crisp but do not allow them to become very dark or they will taste bitter. Drain on paper towels and keep warm.

MASTER CHEF TAREK IBRAHIM - TRIP TO AUSTRALIA IN SEARCH OF PERFECTION DOWN UNDER

As a chef, whether I'm creating dishes for TV shows, a special banquet or teaching culinary students, I'm always looking for the very best ingredients. My style of cooking is clean with each ingredient shining through and for me red meat is the hero of the plate. I firmly believe in matching correct cooking methods to each cut, utilizing and respecting the whole animal-in a nutshell nose to tail cooking!

In my quest for culinary perfection and an interest bordering on obsession to see exactly where my food comes from, I swapped chef whites for an Akubra hat and headed to Australia in search of perfect lamb and beef.

Why Australia you ask? Well apart from being the world's largest exporter of Halal red meat, strict global safety standards and an enviable reputation for a great food producing nation, quite simply I've always wanted to be a cowboy! First stop on my culinary adventure is Malabar farm in Melbourne...

I'm met by Paul and Jenny O'Sullivan, who run Gippsland Food Adventures from their 640 hectares farm, Malabar, near Walkerville. They have 5500 sheep, 1000 cattle and have produced lambs for Coles supermarket for over 16 years. Paul wastes no time putting me to work on the drafting gate to separate ewes from lambs. Whilst hard at work ensuring I didn't miss any lambs, Paul shared his ethos with me:

"It's really important for Australian farmers that we look after our sheep. As you can see they're well fed, well nourished and well cared for. It's important for the sheep, it's important for us and at the end of the day it's going to make a great product. If they have no stress in their life they're going to eat beautifully."

Raising the Baa

On asking why Australia deserves its reputation for food safety Paul showed me the tags on the lambs ears and explained:

"One of the things we're particularly proud of in Australia is our traceability. We can guarantee with great integrity the point of origin of the lambs. Lambs are tagged before they leave the property and it's critical. It has a PIC- Property Identification Code so lambs can be traced back to the source of origin. If there's ever an issue, even if it's been sold a couple of times, its animal health history can be traced. This gives great faith that people can

know where their lamb has been produced"

Now I've seen the farm and know how my lamb is produced it's time to taste the product. Paul handed me, what I can only describe after over 40 years as a chef, the best looking and smelling lamb chops I've ever seen. Beautiful colour and a seasonal size, it was my absolute pleasure to grill the chops, season with salt and pepper and serve to my new friends with some fabulous Arabic salads. Simple. Perfect. Delicious. Now I'm off in search of the perfect steak...

Cowboy Chef

Landing in Brisbane, I travelled to Queensland to visit Josie and Blair Angus's cattle station 'Kimberley'. Over 400,000 acres of prime cattle country, nestled between the Great Barrier Reef and the rugged outback, it's clear the Angus family have a passion for this wonderful land. "What an incredible place", I exclaimed to which Blair responded by handing me a pair of RM Williams boots and introducing me to my horse-unbelievably named Silver. As I saddled up, took in the spectacular scenery, I knew I was somewhere special and that I was going to gain a true understanding of not only where my food comes from but also what it's like to be an Australian farmer.

As my heart was soaring and my culinary curiosity was peaking it dawned on me rather quickly I'd never ridden a professional working horse before. Sensing my sudden unease, Blair quickly informed me I should "show the horse you're in charge and make sure he knows you're the boss"! Putting my kitchen brigade leadership skills in high gear, I set off on my farm to fork adventure.

Raising the Steaks

It quickly became apparent how animal welfare is of great importance and the respect with which I saw the animals being treated was first class. Welfare standards form part of an on-farm program allowing the Angus family to record and declare the welfare, food safety and quality assurance status of their cattle. This has a direct impact on the cattle and coupled with calm handling techniques results in happy cows. Being a chef I know has a major impact on the flavour and tenderness of meat exported to the Middle East. Having seen the cattle moving freely and grazing in their environment of lush

green pastures with clean, fresh air it was now time to find out how they end up on my plate! The traceability system in Australia is the best in the world. Each head of cattle has an ear tag that electronically records everything you may ever need to know about it from birth to slaughter.

As Halal As It Gets

As a strict Muslim halal integrity is incredibly important to me. In 1983, the Australian Quarantine Inspection Service (AQIS) introduced the Australian Government Authorised Halal Program (AGAHP) to control the production of halal meats and products. The AGAHP was put in place to ensure that halal production for both domestic and overseas markets is assured the best in the world. AQIS controls the AGAHP and has recognized a number of Islamic organizations that are responsible for the provision of halal inspection, supervision and certification services for meat and meat products. It is also ensured that only practicing Muslim slaughter men are employed to perform the slaughtering and supervisory work; these organisations provide guidance and expertise on Islamic Shari'ah and interpretation of Halal principles. It doesn't get more Halal than that.

Griller!

After my first hand experience of the paddock it was now time to put my day job to good use. At the end of a long day mustering cattle, we all gathered round a large dining table and enjoyed some incredible steaks. When something is as good as this you keep it simple. My new TV show, Mashawi, is all about grilling and the weather in Australia is just perfect for barbecuing just like the Middle East is now! I simply salted the steaks (when you BBQ don't use pepper as it burns, put pepper on afterwards) and whipped up a fresh salad whilst the steaks were grilling on direct heat (see recipe opposite). Another tip - don't eat the meat straight off the Barbie - let your meat "rest" for up to ten minutes and it will taste even better - I promise! In no time at all we were eating the juiciest, most succulent steaks you could imagine. A true taste sensation shared with new friends.

Chef Tarek's new TV show Mashawi is playing now on Fatafeat TV. For more Chef Tarek recipes go to www.lambandbeef.com



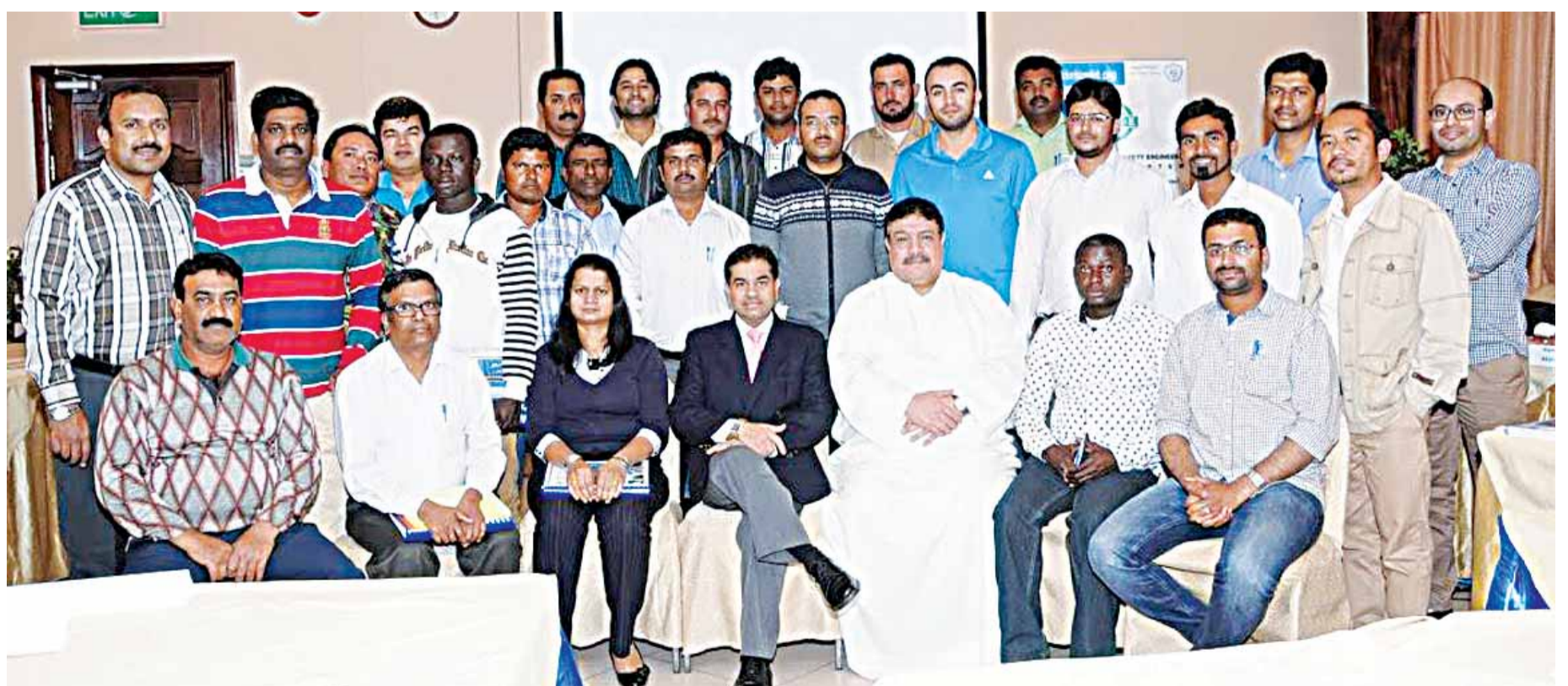
Artist Johnarts Kalabhavan is conferred a doctor in record breaking by World Records University for 'most number of caricatures presented on stage' yesterday. Johnarts who is based in Jleeb Al-Shuyoukh has presented about 500 caricatures drawn by him to various celebrities who are visiting Kuwait.

Greetings



2nd Birthday Greetings - Shayan Rehman.

I know we live far away now but you're always in my thoughts, especially on occasions like this on your birthday. You were the smallest miracle I had ever seen, and as you grow older every day, you become the biggest. Best Wishes from Uncle Rihab Thondiyil & Grandfather Ummer Thondiyil



ASSE ORGANISES TRAINING PROGRAM

American Society of Safety Engineers, Kuwait Chapter organized a one day training program on "Scaffolding Competent Person" at Kohinoor Banquets Hall, Fahaheel, on 13th March. The training session was commenced with a welcome note by Sanjay Jaiswal, Head of Training committee and the speaker Mohamad Riaz Shareef, was introduced. Mohamad Riaz Shareef, Scaffolding Train-the-Trainer

stated his lecture by briefing and elaborating the below topics:

1. General Safety requirements of Scaffolds (OSHA Standard)
2. Erection and dismantling of Frame Scaffold.
3. Erection and Dismantling of Tube & Clamps Scaffolds.
4. Erection and Dismantling of System

Scaffold (Cuplock).

5. Inspection of all types of Scaffolds
6. Calculating Scaffold Loads
7. OSHA Scaffold Standards

He has explained with examples that how the companies can benefit by having trained employees with them. There were 28 ASSE members who participated in this training program.

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