

**REDEFINE™
MEAT**

A CUT ABOVE THE REST
New-Meat™ Flank Recipes





PRECISELY THE SAME
ENTIRELY DIFFERENT

At Redefine Meat, we love meat.
Really, really love meat.

We believe that the world deserves New-Meat™, plant-based meat, that's not only good for the environment but is also kind to animals. Having studied animal meat's unique components, and perfected cutting-edge technology, Redefine Meat provides a wide range of high-quality products that are just as delicious as the meat you already know and love. New-Meat™ delivers an uncompromised and extraordinary culinary experience with its taste, texture, and aroma.

* All Redefine Meat Ltd. products are based on non-GMO, plant-based ingredients, are antibiotic and cholesterol-free, and do not contain any animal-based ingredients or by-products.

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CONTEMPORARY CUISINE



Redefine Lamb Flank with Pumpkin Textures

Servings 5 | 90 min | Difficulty ●●○

INGREDIENTS

Pumpkin Puree

700g (25 oz) peeled, fresh pumpkin
30g (1 oz) maple syrup
250g (9 oz) coconut cream
salt, to taste
black pepper, to taste

Pumpkin Foam

200ml of pumpkin juice extracted from
350g (12 ½ oz) peeled, fresh pumpkin
1g (1/5 tsp) salt
(0.6%) 1.2g (1/4 tsp) xanthan gum
2 Charges N₂O

Roasted Pumpkin

200g (7 oz) peeled, fresh pumpkin
olive oil, to taste
salt, to taste
freshly ground black pepper, to taste

Garnish

200 g (7 oz) raw, uncooked pumpkin,
peeled, shaved into curls
red shiso

1 **Redefine Lamb Flank** package,
defrosted, at room temperature

PREPARATION

Pumpkin Puree

1. Thinly slice the peeled pumpkin.
2. Place the prepared pumpkin in a steamer basket over simmering water and steam for 25 minutes.
3. Place the steamed pumpkin in the bowl of a food processor fitted with the chopping blade. Add the maple syrup and coconut cream, blend until smooth.
4. Adjust the seasoning with salt & pepper to taste.
5. Reserve until ready for assembly.

Pumpkin Foam

1. Pass the prepared peeled pumpkin through a juice extractor.
2. Pour 200 ml (7 fl. oz) of the extracted pumpkin juice into a blender. Add the salt and xanthan gum. Blend. Strain and pour the liquid into a food whipper.
3. Charge the whipper twice, with two canisters of N₂O. Place the food whipper in a warm water bath heated to 72°C (160°F), hold until ready for assembly.

Roasted Pumpkin

1. Cut peeled pumpkin into 4 mm (0.15 inch) thick rectangles.
2. With a 3 cm (1.18 inch) round cookie cutter, cut out 30, 3cm (1.18 inch) rounds.
3. Using a paring knife, score the flesh of the pumpkin rounds in a diamond pattern.
4. Heat oven to 180°C (360°F).
5. Brush each round with olive oil.
6. Season with salt and pepper
7. Place scored, cut, rounds on a roasting tray lined with baking paper and roast till the pumpkin is cooked al dente - tender with a bit of bite - approximately 20 minutes.
8. Remove from oven and keep warm until ready for assembly.

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Redefine Lamb Flank

1. Remove the defrosted Redefine Lamb Flank from its package.
2. Slice the Redefine Lamb Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1 cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.

Garnish

1. Separate the Shiso leaves and place in a container lined with a damp paper towel.
2. Refrigerate until ready for assembly.

Assembly and Plating

1. Warm a serving plate.
2. Place a dollop of pumpkin puree in the center of the plate.
3. Remove the food whipper from the water bath and carefully dot foam unto three areas, in an uneven pattern.
4. Next to each dot of foam place a circle of roasted pumpkin.
5. Attractively arrange the Redefine Lamb Flank in the center of the plate. Decorate with pumpkin curls and shiso leaves. Season with salt and pepper.
6. Serve.

Redefine Beef Flank, Seared King of the Forest Mushrooms, Portobello Mushroom Sauce

Servings 5 | 75 min | Difficulty ●●○

INGREDIENTS

200g (7 oz) portobello mushrooms, diced
 5 king of the Forest mushrooms
 9g (1 ¾ tsps.) minced garlic
 60g (2 oz) white onion, diced
 30g (2 tbsps.) olive oil
 200g (7 fl. oz) vegetable stock
 120g (4 ¼ fl. oz) cashew milk*
 1 sprig of thyme
 salt, to taste
 freshly ground black pepper, to taste
 10g (2 tsps.) "00" Flour

1 **Redefine Beef Flank** package, defrosted, at room temperature

Garnish

4-5 shimeji mushrooms
 30g (2 tbsps.) olive oil
 2-3 sweet alyssum buds
 2-3 Rosemary sprigs
 5g (1 tsp) vegan caviar

* See appendix

PREPARATION

1. Heat a medium size saucepan and add the olive oil. Sauté the diced onions until they are translucent and start to get a little bit of color. Set aside.
2. Using a paring knife, slice the King of the Forest mushrooms in half and then score each half, on the flat, cut, side, in a cross-hatch pattern.
3. Heat a tablespoon of olive oil in a second medium sauté pan. When the oil is very hot and almost smoking, place the King of the Forest mushrooms in a single layer, scored side down, in the pan. Using a cooking weight, press down and sear the mushrooms until they are golden brown.
4. Remove the seared mushrooms from the pan and keep warm until ready for assembly.
5. Return the onions to the heat, add the diced portobellos and stir. When all the liquid from the mushrooms has evaporated, add the garlic. Continue to cook the garlic, mushrooms and onions till they are uniformly softened.
6. Deglaze using the vegetable stock.
7. Add the sprig of thyme and bring to a boil.
8. Stir in the cashew milk and return to a boil.
9. Reduce heat to a simmer and gently whisk in the flour. Continue to cook, stirring constantly, till the sauce thickens and is smooth. Season with salt and pepper, to taste. Strain the prepared sauce through a fine mesh sieve and keep warm till ready for assembly. Reserve the mushroom solids for another use.
10. Heat 2 tablespoons of oil in a small sauté pan. Add the shimeji mushrooms and cook till the mushrooms brown and are cooked through. Remove from heat and keep warm until ready for assembly.



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Redefine Beef Flank

1. Remove the defrosted Redefine Beef Flank from the package.
2. Slice the Redefine Beef Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.
7. Heat a serving plate.
8. Put a dollop of portobello sauce in the center of the plate.
9. Place the sliced Redefine Beef Flank on top of the sauce. Arrange the seared King of the Forest mushrooms attractively alongside.
10. Spoon the vegan caviar alongside the seared mushrooms.
11. Drizzle a little bit of sauce on top of the sliced Redefine Beef and sprinkle with salt and freshly ground black pepper.
12. Arrange the reserved cooked shimeji mushrooms, alyssum buds and Rosemary sprigs, attractively around the plate, serve.

Redefine Lamb Flank, Grilled Asparagus, Bearnaise Sauce

Servings 5 | 62 min | Difficulty ●●○

INGREDIENTS

Blanched Asparagus

500g (18 oz) white asparagus

Bearnaise Sauce

125g (22 oz) shallots

30g (2 tbsps.) canola oil or other neutral oil

17g (3 ¼ tsps.) red wine vinegar

200g (7 oz) cashew milk*

175g (6 ¼ fl. oz) water

15g (1 tbsp) tarragon oil

0.1g (a pinch) black lava salt

Salt, to taste

freshly ground black pepper, to taste

1 **Redefine Lamb Flank** package, defrosted, at room temperature

* See appendix

PREPARATION

Blanched Asparagus

1. Bring a medium sized pot of salted water to a boil.
2. Fill a large bowl, big enough to contain the cooked asparagus, with ice water.
3. Snap each asparagus stem where it breaks naturally and then using a paring knife even the spears so they are of equal length.
4. Starting from just below the tip, with a vegetable peeler, carefully pare away the fibrous outer skin of the asparagus spears, revealing the tender stalks.
5. Place the cut and peeled asparagus spears in the boiling water and blanch for 30 seconds.
6. Drain and place the asparagus in the reserved ice bath.
7. Remove asparagus from the ice water and place on a tray lined with paper toweling. Chill the asparagus until ready to grill.
8. Just before serving, grill the asparagus over an open flame.
9. Keep grilled asparagus spears warm and proceed to assembling the dish.

Bearnaise Sauce

1. Heat the oil in a medium size sauce pan.
2. Finely mince the shallots and add them to the pan. Sauté until the shallots are translucent.
3. Deglaze with the red wine vinegar. Stir until the vinegar has evaporated by half.
4. Add the water and the cashew milk and bring to a boil.
5. Reduce the heat to a simmer and add the tarragon oil and black salt. Season with additional kosher salt and black pepper, to taste. Whisk until the sauce thickens.
6. Keep warm until ready for assembly.



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Redefine Lamb Flank

1. Remove the defrosted Redefine Lamb Flank from the package.
2. Slice the Redefine Lamb Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1 cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.

Dish assembly

1. Warm a serving plate.
2. Place a dollop of sauce on the warmed plate and arrange the Redefine Lamb Flank slices on top. Drizzle with additional sauce.
3. Attractively place the asparagus alongside the Redefine Lamb Flank.
4. Sprinkle the Redefine Lamb Flank with olive oil, salt and pepper.
5. Serve.

Redefine Steak Au Poivre

Servings 5 | 62 min | Difficulty ●●○

INGREDIENTS

10g (2 tsps.) canola Oil
 20g (4 tsps.) pickled green peppercorns
 200g (7 oz) cashew milk*
 100g (3 ½ fl. oz) vegan demi-glace*
 5g (1 tsp) salt

Mashed Potatoes

400g (14 oz) Blue Belle potatoes
 150g (5 fl. oz) cashew milk
 30g (2 tbsps.) olive oil
 salt, to taste
 freshly ground black pepper, to taste

1 **Redefine Beef Flank** package,
 defrosted, at room temperature

Garnish

Chopped chives

*See appendix

PREPARATION

Peppercorn Sauce

1. Heat the oil in a small sauce pan, add the pickled peppercorns, cook, stirring, to release the peppercorns' aromas.
2. Whisk in the cashew milk and bring to a boil. Reduce heat to a simmer and cook, stirring, till the sauce thickens.
3. Add the demi-glace and whisk to combine.
4. Season with salt and pepper, to taste.
5. Remove the sauce from the heat and keep warm until ready for assembly.

Mashed Potatoes

1. Peel the potatoes, place them in a pot and cover with cold water. Place the pot over high heat and bring to a boil. Reduce heat to a simmer and cook the potatoes until they are soft.
2. Strain the cooked potatoes and pass through a food mill into a clean bowl.
3. Add the cashew milk and olive oil to the processed potatoes and stir to combine.
4. Season with salt and pepper and set aside.

Redefine Beef Flank

1. Remove the Redefine Beef Flank from the package.
2. Slice the Redefine Lamb Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.
7. Warm a serving plate.
8. Arrange the slices of Redefine Beef Flank in the center of the warm plate next to the mass potatoes.
9. Attractively spoon some of the mashed potatoes alongside the Redefine Beef Flank.
10. Sauce the Redefine Beef Flank generously.
11. Garnish with chopped chives and serve.



BISTRO



Redefine Beef Flank in Brown Sauce

Servings 2 | 30 min | Difficulty ●●○

INGREDIENTS

Brown Sauce

600 ml vegan demi-glace*
30g (2 tbsps.) corn starch
25g (5 tsp.) water
5g (1 tsp.) ketchup

Mashed Potatoes

400g (14 oz) Blue Belle potatoes
150g (5 fl. oz) cashew milk
30g (2 tbsps.) olive oil
salt, to taste
freshly ground black pepper, to taste

1 **Redefine Beef Flank** package,
defrosted, at room temperature

*See appendix

PREPARATION

Brown Sauce

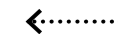
1. Add the prepared vegan demi-glace to a large saucepan and bring to a boil.
2. Reduce heat and allow the demi-glace to simmer.
3. Make a slurry - In a small bowl mix the cornstarch and cold water till smooth.
4. Slowly whisk the slurry into the hot demi-glace. Continue to cook, stirring constantly, until the sauce is smooth and has thickened.
5. Stir in the ketchup.
6. Season with salt and pepper, to taste.
7. Keep warm until ready for assembly.

Mashed Potatoes

1. Peel and cube the potatoes, place them in a pot and cover with cold water. Place the pot over high heat and bring to a boil. Reduce heat to a simmer and cook the potatoes until they are softened completely.
2. Strain the cooked potatoes and pass through a food mill into a clean bowl.
3. Add the cashew milk and olive oil to the processed potatoes and stir to combine.
4. Add salt and pepper, to taste.
5. Set aside and keep warm until ready for assembly.

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Redefine Beef Flank

1. Remove the Redefine Beef Flank from the package.
2. Slice the Redefine Beef Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
7. Remove the medallions from the pan and slice along the grain into 30 small ½ -1cm (1/5-2/5 inch) thick, slices.
8. Season with flaky salt, crushed black pepper and olive oil.

Dish Assembly

1. Warm a serving plate.
2. Spread a dollop of mashed potatoes into a circle on the warmed plate.
3. Arrange the Redefine Beef Flank on top of the mashed potatoes.
4. Attractively spoon sauce on the Redefine Flank and bed of mashed potatoes. Drizzle with olive oil, salt and pepper.
5. Serve.



Redefine Lamb Flank in Mustard Sauce

Servings 5 | 30 min | Difficulty ●●○

INGREDIENTS

Mustard Sauce

30g (2 tbsps.) olive oil
45g (3tbsps.) Dijon mustard
5g (1 tsp.) whole grain Dijon mustard
10g (2 tsps.) garlic confit
250ml (9 fl. oz) cashew milk*
Salt to taste
Freshly ground black pepper to taste

Sauteed Spinach

300g (11 oz) New Zealand spinach
30g (2 tbsps.) olive oil
Salt, to taste
Freshly ground black pepper, to taste

1 **Redefine Lamb Flank** package,
defrosted, at room temperature

*See appendix

PREPARATION

Mustard Sauce

1. Heat the olive oil in a small sauce pan over low heat.
2. Add the garlic confit and stir.
3. Add the whole grain mustard and stir.
4. Increase the heat to medium, add the cashew milk and the remaining mustard and whisk until smooth.
5. When the sauce starts to simmer, lower the heat to prevent scorching.
6. Adjust seasoning with salt and pepper, to taste.
7. Remove from the heat and keep warm until ready for assembly.

Spinach

1. Warm a serving plate and hold in reserve.
2. Heat the olive oil in a medium sauté pan. Toss in the clipped and cleaned spinach.
3. Sauté till the spinach wilts, season quickly with salt and pepper. Keep warm.

Redefine Lamb Flank

1. Remove the Redefine Lamb Flank from the package.
2. Slice the Redefine Lamb Flank, against the grain, into three medallions, 3cm (1.18 inches) in wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1 cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.
7. Arrange the Redefine Lamb Flank on the reserved warmed plate, place some spinach alongside the Redefine Lamb Flank slices.
8. Generously sauce the Redefine Lamb Flank.
9. Serve.

Redefine Beef Flank in Red Wine Sauce

Servings 2 | 30 min | Difficulty ●●○

INGREDIENTS

Red Wine Sauce

250g (9 oz) Spanish (red) onions
100g (3 ½ oz) brown sugar
2 sprigs of thyme
440ml (15 ¾ fl. oz) red wine
salt, to taste
freshly ground black pepper, to taste

1 **Redefine Beef Flank** package,
defrosted, at room temperature

PREPARATION

Red Wine Sauce

1. Finely mince the onions and set aside.
2. In a medium sauce pan, cook the brown sugar until it melts and caramelizes.
3. Add the onions and stir.
4. Add the red wine and bring to a boil.
5. Add the thyme and reduce the heat to a simmer. Continue to cook till the sauce is reduced by half.
6. Season with salt and pepper, to taste.
7. Remove from heat and keep warm until ready for assembly.

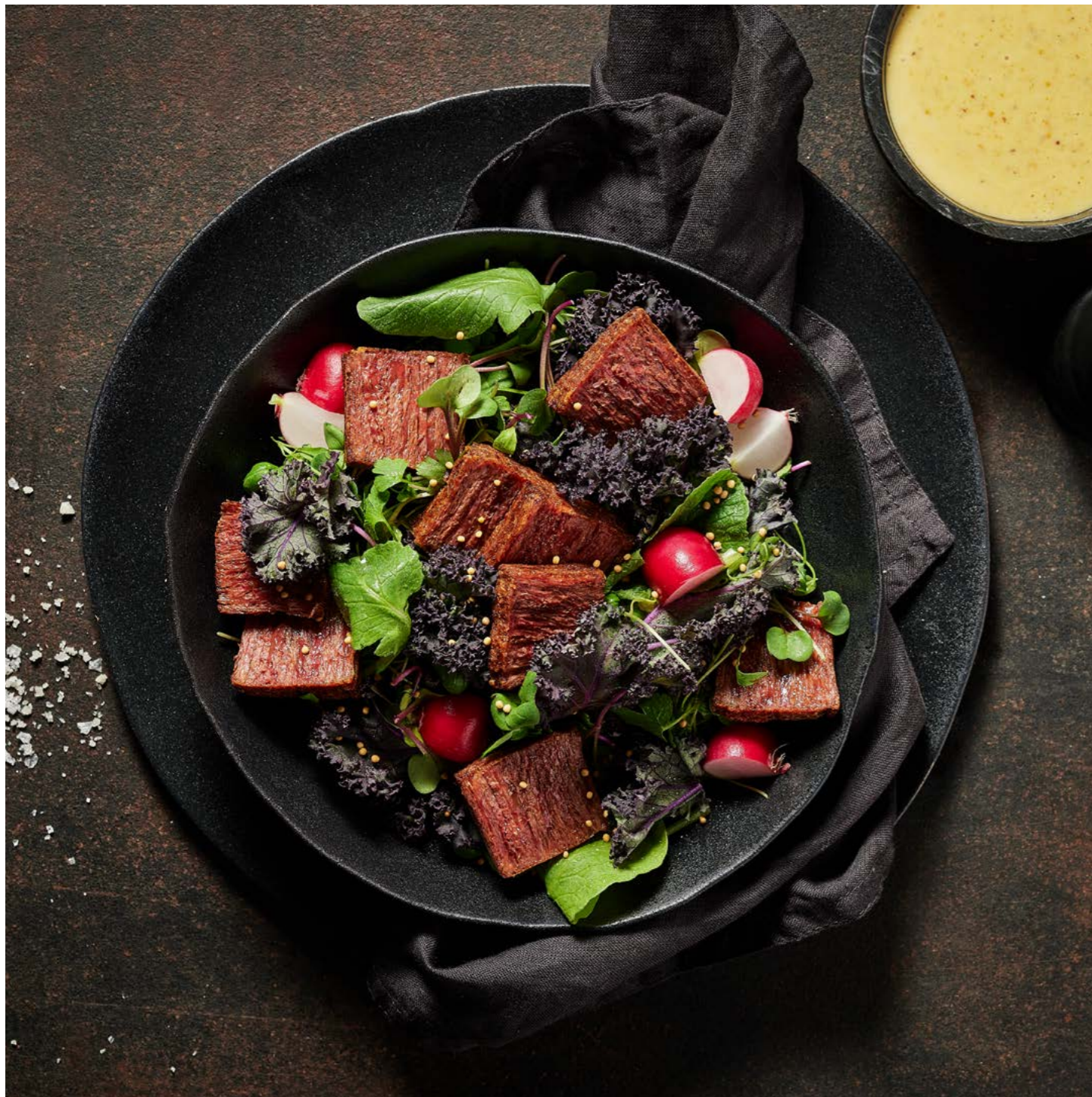
Redefine Beef Flank

1. Remove the defrosted Redefine Beef Flank from the package.
2. Slice the Redefine Beef Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.

Dish Assembly

1. Warm a serving plate.
2. Arrange the Redefine Beef Flank slices on the warmed plate.
3. Pour the wine sauce over the Redefine Beef Flank.
4. Serve.





A Salad of Redefine Beef Flank with Mesclun, Radishes and Peach Vinaigrette

Servings 5 | 30 min | Difficulty ●●○

INGREDIENTS

Peach Vinaigrette

100g (3 ½ oz) sundried peaches
 200g (7 fl. oz) boiling water
 15g (1 tbsp.) red wine vinegar
 5g (1 tsp.) sugar
 75g (5 tbsps.) grapeseed oil
 Salt, to taste
 Freshly ground black pepper, to taste

Salad

500g (18 oz) Mesclun
 6-8 small radishes, washed and trimmed
 50g (1 ¾ fl. oz) peach vinaigrette
 Salt, to taste
 Freshly ground black pepper, to taste
 5g (1 tsp) whole yellow mustard seed,
 toasted

1 **Redefine Beef Flank** package,
 defrosted, at room temperature

PREPARATION

Peach Vinaigrette

1. Place the dried peaches in a medium bowl with the 200g (7 fl. oz) of boiling water and allow to soak for about 15 min.
2. Place the rehydrated peaches along with the soaking water and the rest of the vinaigrette ingredients in a blender or processor and blend until completely smooth.
3. Taste, and adjust the seasoning if needed.
4. Set aside until ready for assembly.

Salad preparation

1. Wash, trim and quarter the radishes.
2. Add the Mesclun and radishes to a large bowl and toss with the peach vinaigrette, making sure that all the leaves and radishes are nicely dressed.
3. Set aside until ready for assembly.

Redefine Beef Flank

1. Remove the defrosted Redefine Beef Flank from the package.
2. Slice the Redefine Beef Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).

Dish Assembly

1. Using tongs, place approximately 100g (3.5 oz) of dressed salad on a plate or in a salad bowl.
2. Attractively arrange the Redefine Beef Flank slices atop the dressed salad.
3. Sprinkle with toasted yellow mustard seed and serve.

STREET FOOD





Redefine Beef Flank “Brisket” Sandwich

Servings 5 | 30 min | Difficulty ●○○

INGREDIENTS

Sandwiches

- 5 long sandwich rolls
- 1 (500g/ approx. 1 lb.) container of ready to eat coleslaw or vegan coleslaw (You may prepare your own coleslaw either with a mayonnaise or vegan mayonnaise dressing)
- 1 (448g/16 oz) jar of dill pickles
- 1 small onion, thinly sliced (optional)
- Lettuce (optional)

The “Brisket”

- 1 Redefine Beef Flank package, defrosted, at room temperature
- 150g (5 ¼ oz) prepared BBQ Sauce (off the shelf)
- 60g (4 tbsps.) water
- Salt, to taste
- Freshly ground black pepper, to taste

PREPARATION

The “Brisket”

1. Remove the defrosted Redefine Beef Flank from the package.
2. Slice the Redefine Beef Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1 cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.
7. When the Redefine Beef Flank has been prepared, gently chop the slices to give them a “shredded” look.
8. Place the shredded Redefine Beef in a medium size pan over moderate heat, add the BBQ sauce and water.
9. Mix well and cook slowly, for a few minutes, until all the Redefine Beef is hot and dressed evenly in sauce.
10. Season with salt and freshly ground black pepper, to taste.
11. Set aside and keep warm until ready for assembly.

Assembly

1. Slice the rolls in half and gently toast.
2. Slice the pickles lengthwise into 0.3 mm (1/10 of an inch) thick strips.
3. Spread each toasted roll, top and bottom, with BBQ sauce.
4. Build your sandwich.
5. Place 2 strips of pickle on the toasted bottom of a roll.
6. Cover the bun bottom with the prepared coleslaw, layer with lettuce and mound with the reserved, hot, Redefine Beef.
7. If you choose, add the thinly sliced onions on top of the Redefine Beef.
8. Cap your sandwich with the reserved toasted bun top.
9. Serve.

Redefine Lamb Flank and Pear Sandwich with Sumac Vinaigrette

Servings 5 | 30 min | Difficulty ●○○

INGREDIENTS

Sumac Vinaigrette

75g (5 tbsps.) sumac
 10g (2 tsps.) red wine vinegar
 20g (4 tsps.) Dijon mustard
 50g (1 ¾ oz) date syrup (Silan)
 0.5g (2 pinches) xanthan gum
 100g (3 ½ oz) water
 200g (7 oz) vegetable oil
 Salt, to taste
 Freshly ground black pepper, to taste
 10 slices of Rye bread
 3 ripe pears
 1 bunch of Arugula
 small radishes, trimmed and thinly sliced
 30 g (2 tbsps.) pine nuts (optional)

1 **Redefine Lamb Flank** package, defrosted, at room temperature

PREPARATION

Sumac Vinaigrette

1. Place all the ingredients for the vinaigrette in a blender. Blend until emulsified.
2. Set aside until you are ready to prepare the sandwich.

The Redefine Lamb Flank

1. Remove the defrosted Redefine Lamb Flank from the package.
2. Slice the Redefine Lamb Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1cm (1/5-2/5 inch) thick, slices.
6. Season with flaky salt, crushed black pepper and olive oil.

The Sandwich

1. Peel, core and thinly slice the pears, set aside.
2. Wash, trim and thinly slice the radishes.
3. Spread a generous amount of Sumac vinaigrette on two slices of Rye bread.
4. Place some pear slices interspersed with the sliced radishes on one of the prepared slices of bread. Top with slices of prepared Redefine Lamb Flank.
5. Layer with fresh arugula and cap with the second prepared slice of rye to close the sandwich. Sprinkle with pine nuts.
6. Press the sandwich to flatten a little.
7. Serve.





Redefine Beef Flank “Philly Cheesesteak”

Servings 5 | 30 min | Difficulty ●○○

INGREDIENTS

- 5, white, hero, hoagie or other type, of soft, long, sandwich rolls
- 1 (354 ml/12 oz) jar of vegan mayo*
- 2 (227g/8 oz) packages of shredded vegan provolone or vegan American cheese
- 1 (196g/7 oz) jar of pickled Jalapenos, thinly sliced

1 Redefine Beef Flank package, defrosted, at room temperature

*See appendix

PREPARATION

1. Remove the defrosted Redefine Beef Flank from the package.
2. Slice the Redefine Beef Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into the center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1 cm (1/5-2/5 inch) thick, slices. Season with flaky salt, crushed black pepper and olive oil.
6. Heat a griddle or plancha.
7. Place the prepared Redefine Beef on the griddle/plancha, top with sliced jalapenos and smother with the shredded vegan cheese.
8. Continue to cook on the griddle till the vegan cheese has melted.
9. Slice the rolls lengthwise and spread with vegan mayo.
10. “Scoop” the prepared Redefine Beef and vegan cheese onto each roll.
11. Wrap each roll in greaseproof paper, slice in half and serve.

Redefine Lamb Shawarma

Servings 5 | 30 min | Difficulty ●○○

INGREDIENTS

Shawarma

- 1 **Redefine Lamb Flank** package, defrosted, at room temperature
- 7g (1 ½ tsps.) sumac
- 7g (1 ½ tsps.) cumin
- 7g (1 ½ tsps.) garlic powder
- 4.5g (1 tsp.) ras el Hanout (spice blend)
- 7g (1 ½ tsps.) black pepper
- 50g (3 tbsps.+1 Tsp.) olive oil salt, to taste
- freshly ground black pepper, to taste
- 15g (1 tbs) water

Tahini

- 100g (3 ½ oz) raw tahini
- 120g (4 ¼ fl. oz) water
- 30 g (2 tbsps.) lemon juice or to taste
- 2g salt

Chopped salad:

- 1 small, ripe, tomato, deseeded and finely chopped
- 1 small cucumber, deseeded and finely chopped
- 1 small onion, finely chopped
- 30-45g (2-3 tbsps.) fresh lemon juice
- Sale and freshly ground pepper, to taste

PREPARATION

Tahini

1. Mix all the tahini ingredients together, either by hand, with an immersion blender, or in a processor or blender, to form a smooth paste. Set aside until ready to serve.

Chopped Salad

1. Place the chopped tomato, cucumber and onion in a small bowl.
2. Dress with the lemon juice and season with salt and pepper, to taste.
3. Reserve.

Shawarma

1. Remove the defrosted **Redefine Lamb Flank** from the package,
2. Cut the **Redefine Lamb Flank** against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Thinly slice, with the grain, each of the three medallions.
4. Heat a sauté pan with olive oil and add the sliced **Redefine Lamb Flank**.
5. Sauté the **Redefine Lamb Flank** until it crisps, colors and turns a nice golden-brown.
6. Add the sumac, garlic, garlic powder, Ras el Hanout and black pepper, stir.
7. Continue to cook, pressing with the back of a wooden spoon, to break down the **Redefine Lamb Flank**.
8. Add the water and deglaze.
9. Remove from heat and set aside, keeping the **Redefine Lamb** warm until ready for assembly.
10. Warm a serving plate.
11. Place the shawarma on the warm plate.
12. Drizzle with tahini.
13. Garnish with parsley leaves.
14. Serve with a side of chopped salad (cucumbers and tomatoes) and pita bread.





Redefine Lamb Flank Brochettes

Servings 5 | 30 min | Difficulty ●○○

INGREDIENTS

2 bell peppers
 1 (280g/10 oz) package of button mushrooms
 3-4 scallions, green part only
 1 small onion, cubed
 1 **Redefine Lamb Flank** package, defrosted, at room temperature
 1 package of (14 cm/5 ½ inch long) bamboo skewers
 olive oil to taste
 salt to taste
 freshly ground black pepper to taste
 100g (3 ½ oz) raw tahini
 120g (4 ¼ fl. oz) water
 2g (1/2 tsp.) salt

PREPARATION

1. Prepare the tahini.
2. Blend the raw tahini, water and salt to form a paste. Reserve.
3. Seed and remove the inner membranes from the bell pepper and cut into 2 cm x 2 cm (¾ x ¾ inch) square pieces, set aside.
4. Remove the defrosted Redefine Lamb Flank from the package.
5. Cut the Redefine Lamb Flank into 2 cm x 2 cm x 2 cm (¾ x ¾ x ¾ inch) cubes.
6. Build the brochettes by threading the skewers in the following order: Redefine Lamb cube, bell pepper square, mushroom cap, pepper square, scallion green and onion cube. Repeat this order, till the skewers are fully threaded, but ending each finished skewer with a piece scallion green.
7. Brush the skewers with olive oil and grill over medium heat until the Redefine Lamb Flank is nice and brown, and has a measured core temperature of 72°C (161°F).
8. Remove from the grill and season the brochettes with salt and pepper to taste.
9. Serve the brochettes accompanied by a dish of tahini and some toasted pita bread.

Redefine Beef Flank Brochettes with Green Tahini and Onions

Servings 5 | 30 min | Difficulty ● ○ ○

INGREDIENTS

Green Tahini

100g (3 ½ oz) tahini
30g (1 oz) parsley leaves
20g (¾ oz) hot green chili pepper
2g (½ tsp.) salt
120g (4 ¼ fl. oz) water

Redefine Beef Flank Skewers

3 small yellow onions, cubed
olive oil to taste
salt, to taste
freshly ground black pepper, to taste

1 **Redefine Beef Flank** package, defrosted, at room temperature

PREPARATION

Tahini

Place all the tahini ingredients in a blender or processor and blend until smooth. Set aside until ready to serve.

Cherry Tomatoes

1. Quarter the cherry tomatoes and toss with the olive oil.
2. Season with salt and pepper, to taste.
3. Place in a small bowl and reserve.

Redefine Beef Brochettes:

1. Peel the onions and cut into 2 cm x 2 cm (¾ x ¾ inch) square pieces, set aside.
2. Remove the defrosted Redefine Beef Flank from the package.
3. Cut the Redefine Beef Flank into 2 cm x 2 cm x 2 cm (¾ x ¾ x ¾ inch) cubes.
4. Make the brochettes – on a skewer thread a cube of Redefine Beef Flank followed by a square of onion. Repeat until you have a completely threaded skewer, ending with a cube of Redefine Beef Flank.
5. Brush the skewers with olive oil and grill over medium heat until the Redefine Beef Flank is nice and brown, and has a measured core temp of 72°C (161°F).
6. Remove from the grill and season with salt and pepper to taste.

Dish Assembly

1. Warm a serving plate.
2. Place the prepared brochettes on the warmed plate accompanied by a sprinkling of parsley leaf, a ramekin of green tahini some toasted pita bread and a side of quartered cherry tomatoes.
3. Serve.





Redefine Beef Flank Ramen in Carrot and Nori Broth

Servings 5 | 30 min | Difficulty ●○○

INGREDIENTS

Carrot & Nori Broth

1000ml (35 ¾ fl. oz) carrot Juice
 10g (2 tsps.) Hoisin sauce
 1g (15 drops) Liquid Smoke
 1.5g (1 ¼ tsps.) sesame oil
 1g (15 drops) chili oil
 1 clove black garlic
 1 sheet, Nori
 5g (1 tsp.) distilled white vinegar (9%)
 salt, to taste
 freshly ground black pepper, to taste

Ramen

5 (180g/ 6 ½ oz) packages of ready to eat
 Ramen noodles
 5 radishes, trimmed and thinly sliced
 1 bunch of scallions
 1 **Redefine Beef Flank** package,
 defrosted, at room temperature

Garnish

1/2 sheet Nori, broken into chips
 Optional: One small red chili, thinly sliced

PREPARATION

Carrot and nori stock

1. Bring all the ingredients for the carrot and Nori stock ingredients to a boil in a medium size stock pot.
2. Reduce the heat to a simmer and continue to cook till the stock has reduced by a quarter.
3. When reduced, remove the stock from the heat.
4. Strain, then set aside.
5. Keep warm until ready for assembly.

Ramen

1. Chiffonade the green part of the scallions, and thinly slice the radishes for garnish. Set aside.
2. Warm 5 serving bowls.
3. Blanch the ramen noodles in boiling water for 20 seconds, strain and place an individual portion in each of the 5 prewarmed serving bowls.

Redefine Beef Flank

1. Remove the defrosted Redefine Beef Flank from the package.
2. Slice the Redefine Beef Flank, against the grain, into three medallions, 3cm (1.18 inches) wide.
3. Rub generously with oil.
4. Pan sear the medallions over medium to high heat, about 3-5 minutes per side (until, an instant read thermometer inserted into center of each medallion, reaches a temp of 72°C (160°F).
5. Remove the medallions from the pan and slice along the grain into 30 small ½ -1cm (1/5-2/5 inch) thick, slices. Season with flaky salt, crushed black pepper and olive oil.

Dish Assembly

1. Return the stock to the stove top and bring to a boil. Ladle the hot stock over the ramen noodles in the prepared bowls.
2. Divide the Redefine Beef Flank evenly and place on top of the noodles and stock in each bowl.
3. Garnish each bowl with sliced radishes, scallions and the red chili, if using. Top with the Nori chip.
4. Serve.

APPENDIX



Cashew Milk

INGREDIENTS

100 g (3 ½ oz) organic raw cashews
500 g (17 ¾ fl. oz) water

PREPARATION

1. Place the cashews and water in a blender or food processor. Blend the ingredients at least three separate times, until smooth and the cashews have liquified.
2. Use immediately or store, in an airtight container, under refrigeration, for up to two days, until ready to use.

Demi-Glace

INGREDIENTS

3 medium Spanish (red) onions
30g (2 tbsps.) olive oil
3 cloves black garlic
15g (1 tbsp) date syrup (Silan)
15 black peppercorns
10g (2 tsps.) sugar
30g (2tbsps.) corn starch
25g (5 tsps.) water
5g (1 tsp.) Ketchup
1200g (43 fl. oz) water, vegetable stock or
vegan beef stock

PREPARATION

1. Peel and quarter one of the onions and char over an open flame, grill or under a broiler, for about 15 minutes, until the onion caramelizes and turns dark brown.
2. Thinly slice the remaining two onions and pan sear, over low heat, for an hour.
3. Place the caramelized onions, charred onion, black garlic, sugar and date syrup in a medium size stock pot and cover with water or vegetable stock
4. Bring the stock to a boil and add the peppercorns.
5. Reduce the heat, cover and let simmer for 1 hour.
6. Strain the stock and reserve the liquid.
7. Return the strained stock to the pot and bring to a boil, lower the heat and continue to cook until reduced by half. (You should have 600ml (approx. 22 fl. oz) of demiglace)
8. Stir in the ketchup.
9. Season with salt and pepper, to taste.
10. Let cool.
11. Store in jars or other air tight containers, under refrigeration, till ready for use.
12. The demi-glace may also be stored in the freezer. Defrost before using.

Vegan Mayo

INGREDIENTS

224 ml (8 fl. oz) soy milk
15 g (1 tbsp.) apple cider vinegar
7.5 g (1 ½ tsps.) Dijon mustard
5g (1 tsp.) sea salt, or to taste
336g (12 fl. oz) sunflower oil, or more
as needed

PREPARATION

1. Combine soy milk, apple cider vinegar, Dijon mustard, and sea salt in a blender; blend until smooth.
2. Slowly add oil while blender is running in a thin steady stream. Vegan mayonnaise should be thick, but still runny. If it is too thin, turn on blender again and add more oil.

Vegetable Stock

INGREDIENTS

240g (8 oz) carrot scraps
240g (8 oz) onion scraps
2 cloves garlic
5g (1 tsp.) olive oil
1 sprig fresh thyme
1 bay leaf
2g (¼ tsp.) peppercorns
1 liter (35 ¾ fl. oz) water
2.5g (½ tsp.) salt
1 splash of white wine (Optional)

PREPARATION

1. Coarsely chop carrot and onion scraps into 1-inch pieces.
2. Peel garlic cloves and smash lightly with the flat side of a large knife, so the cloves are cracked and somewhat flattened.
3. Heat olive oil in a 3-quart pot over medium-high heat.
4. Add vegetable scraps, garlic, thyme, bay leaf, and peppercorns.
5. Cook, stirring frequently, for 5 minutes.
6. Add water, salt and white wine, if using.
7. Bring to a boil. Reduce heat to low and simmer, covered, for 30 minutes.
8. Uncover and simmer for 15 to 20 minutes more.
9. Strain stock through a fine-mesh sieve.
10. Use immediately, or store in the refrigerator for up to 1 week or in the freezer for up to 6 months.

A CUT ABOVE THE REST
New-Meat™ Flank Recipes

Recipes Shai Hayman
Mor Tamshe
Zohar Sessler

Branding Studio 0304

Graphic Design Nushka Design Workshop

Photography Afik Gabay

Food Styling Noa Kanarek

© All rights reserved to Redefine Meat Ltd.
10 Oppenheimer St.
Rehovot, 7670110
Israel

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