



MINCED

+ Health & Safety

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- CRAFTSMANSHIP - MINCED MEAT basics & usage ✓

Courses: Minced meat

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Minced beef labels may also contain one or more of the indications listed below:

- ☐ The date on which the meat was prepared.
- ☐ The number of the slaughterhouse at which the animals were slaughtered and the Member States country in which the slaughter-house is established.

- ☐ SAUCE BOLOGNESE
- ☐ CHILI CON CARNE
- ☐ SPICY BIFTEKI
- ☐ ALBONDIGAS
- ☐ LIÈGE CANNONBALLS
- ☐ CEVAPCICI
- ☐ BURGER PATTIES
- ☐ BEEF SATÉ

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

Directions

☐ Hygiene

Minced meat, also known as weighed meat, minced pork or hash, is more or less finely chopped, coarsely boned muscle meat that may contain a maximum of 1 % salt as the only addition.

Today, it is no longer chopped or weighed with a knife, but produced with the help of a meat grinder. Since the muscle fibre are highly minced, it cooks much faster than whole pieces of meat.

Raw minced meat spoils very quickly due to the increased surface area and partially destroyed cell membranes.

Only fresh (or, in the case of production from frozen meat, previously boned) meat from skeletal muscle may be used for production.

Raw materials must not be cuttings left over from cutting, i.e. no mechanically separated meat, bone shavings or head meat (except chewing muscles) and no pieces from the carpus or tarsus.

Immediately after production, it must be wrapped or packaged and chilled to a core temperature of not more than 2° Celsius or frozen to at least -18° Celsius. Thawed minced meat must not be frozen again.

In the EU, minced pork and minced beef may contain up to 20 % fat as pure minced beef and up to 30 % fat in the case of pork content; minced meat with a fat content of up to 7 % may be marketed as "lean".

FACEBOOK

Craftsmanship - a culinary voyage

In Germany, minced beef and pork are the most common, often mixed half and half and often intended for raw consumption.

According to the guidelines of the German Food Code, pork mince is made from coarsely defatted pork and beef mince is made from coarsely defatted beef.

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- CRAFTSMANSHIP -

Greek Bifteki ✓

Courses: Minced meat

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

8 Portions

- ☐ 300 g Feta cheese
- ☐ 2 day-old Rolls (ca. 50 g each)
- ☐ 400 ml Water, lukewarm
(for soaking)
- ☐ 4 Onions
- ☐ 4 Garlic cloves
- ☐ 6 tsp Oregano, dried
- ☐ 1 bunch of Parsley
- ☐ 1,20 kg Beef ground
- ☐ 2 Eggs (size M) **very fresh**
- ☐ Salt
- ☐ Pepper black, ground
- ☐ 2 tsp Cumin, ground
- ☐ 4 tbsp Olive oil

You'll need: a kitchen knife, a cutting board, a small bowl, a large bowl, baking paper (if needed), a pastry brush, a grill pan or a skillet

Directions

Drain the feta cheese and crumble it. Cut the rolls into cubes and soak them in water in a bowl for about 10 min.

Peel the onions and garlic and dice them finely. Wash the parsley, drain them and chop finely.

Squeeze out the soaked rolls and add them to a large bowl along with the ground meat, egg, herbs, onions & garlic.

Season with salt, pepper, and cumin, and knead vigorously for 3–4 min.

With wet hands, shape the mixture into round patties (approx. 20 cm in diameter) for each serving. **Sprinkle feta cheese** in the center of each patty and fold them over (this works especially well with the help of parchment paper).

Press the edges together to form bifteki and brush with olive oil.

Cook the bifteki in a preheated grill pan or skillet for about 2–3 minutes on each side, then cover and cook for another 3 minutes.

Remove the bifteki from the pan and serve with tzatziki, coleslaw, and tomato rice, if desired.

Enjoy your meal!

- CRAFTSMANSHIP -

Bolognese Sauce ✓

Courses: Minced meat

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Bolognese Sauce is always a top choice for people who love pasta, and what a better place to enjoy this delightful meat other than making it & eating it other than perfectly slow cooked, braised, simmered – to develop full flavour.

- ☐ 2 Onions, medium sized
- ☐ 2 Carrots, medium sized
- ☐ 4 Garlic cloves
- ☐ 1 kg Beef, minced
- ☐ 800 ml Tomato puree
- ☐ 3 tbsp Tomato paste
- ☐ 2 tbsp Oregano, dried
- ☐ 4 tbsp Worcestershire sauce
- ☐ 100 ml Milk; 3,5 % fat

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

When making a good Bolognese sauce, it doesn't need a lot of ingredients or a lot of money.

But, what you need to make is a lot of patience for the Bolognese sauce to reach its perfect taste and authentic creamy, thick texture.

- ☐ 1. To start, you first halve onion.
- ☐ 2. Now with a grater, start grating the onion & carrot; make sure to keep your fingers back don't cut your finger.
- ☐ 3. Saucepan on high heat & add a tbsp. oil to a pan.
- ☐ 4. Once the saucepan is heating, add the grated onion & carrot into the saucepan using a wooden spoon; you want to start sweat off excess moisture from carrots by stirring & moving the saucepan. You'd want to produce to a certain degree a puree that enhances a petite body and develops the Bolognese sauce.
- ☐ 5. Now Lightly seasoning with salt & pepper to the grated onion + carrot combination.
- ☐ 6. Add the two garlic cloves by crushing using a garlic crusher if you have one. Add it into the saucepan.
- ☐ 7. Add in the dried Oregano
- ☐ 8. Get your saucepan active using the spoon; the point is not to brown the vegetables but to lightly sweat them off.
- ☐ 9. Use the spoon to make a little well in the centre of the saucepan + add in your minced beef, quickly get it moving in the saucepan.
- ☐ 10. Once the mince sweats off, create the little well in the centre of the saucepan again, add in your tomato puree. It will give the Bolognese a little tangy, slightly acidic taste, which is all too recognizable with Bolognese sauce.
- ☐ 11. It's time to add in your chopped tomatoes & fold them into

the awesome goodness you've created in your saucepan.

☐ 12. Add your Worcestershire sauce, which gives your Bolognese a little heat & spice while darkening the minced meat.

☐ 13. Let the mixture simmer for 10 minutes.

☐ 14. To give your Bolognese a little more enriched flavour, add your whole cream milk to give it that smooth, silky finish.

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- CRAFTSMANSHIP -

Boulets à la Liégeoise ✓

Courses: Minced meat

Collections: Belgian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 600 gr Beef minced
- ☐ 600 gr Pork minced
- ☐ 6 slices white Bread
crusts removed &
turned into breadcrumbs
- ☐ 1,5 Onion diced
- ☐ 1,5 bunch Italian Parsley
finely chopped
- ☐ 3 Eggs, large
- ☐ Salt & Pepper to taste
some Flour sieved
for dredging
- ☐ 3 tbsp Butter

FOR THE SAUCE

- ☐ 3 tbsp Butter
- ☐ 4 cups Onions, diced
- ☐ 3 tbsp Sugar, brown
- ☐ 1,5 tsp Thyme, dried
- ☐ 2,5 tbsp Flour
- ☐ 1,5 tbsp red wine Vinegar
- ☐ 1 liter Beef stock
- ☐ 3 Bay leaves
- ☐ Salt & Pepper to taste

Directions

Boulets à la Liégeoise are a traditional Belgian meatball recipe made with a mixture of pork & beef mince cooked in a delicious sauce.

Mix beef & pork together in a large bowl to thoroughly combine. Add the breadcrumbs, eggs, parsley, and onions. Mix thoroughly. Roll into meatballs, about 1/2 cup each, and dredge in flour.

Heat butter in a large skillet over medium heat.

Add the meatballs and brown on all sides, about 8 to 10 min. on each side.

Remove meatballs to a plate.

Melt 3 tbsp of butter to the skillet.

Add the chopped onions and reduce heat to medium-low.

Cook until onions are caramelized.

Add the brown sugar & thyme, cook for 1 min.

Add the flour, stir to combine.

Add the vinegar, stir.

Pour in the beef stock & add the bay leaves.

Bring to a boil, reduce heat & simmer for 25 min.

Add the meatballs back to the sauce & cook for 15 min to heat through.

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- CRAFTSMANSHIP -

Burger Patties ✓

Courses: Minced meat

Collections: USA recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

For 8 patties

- ☐ 2 pcs white Toast bread, crusts removed & cut into ¼-inch pieces
- ☐ 80 ml Milk
- ☐ 2 tsp Salt
- ☐ 1 tsp Pepper black, freshly ground
- ☐ 3 Garlic cloves, minced
- ☐ 2 tbsp Worcestershire sauce
- ☐ 2 tbsp Ketchup
- ☐ 1,4 kg Beef minced (lean)
- ☐ 3 Spring onions, very finely sliced
- ☐ 8 Hamburger buns

Directions

Preheat the grill to high heat.

In a large bowl, mash the bread & milk together with a fork until it forms a chunky paste.

Add the salt, pepper, garlic, Worcestershire sauce & ketchup and mix well.

Add the ground beef + spring onions and break the meat up with your hands. Mix everything together until evenly combined. Divide the mixture into 8 equal portions and form compact balls. Flatten the balls into 2 cm patties about 10 cm across.

Form a slight depression in the center of each patty to prevent the burgers from puffing up on the grill.

Oil the grilling grates.

Grill the burgers, covered, until nicely browned on the first side, 2 to 4 min.

Flip burgers & continue cooking for a few minutes more until desired doneness is reached.

Before serving, toast the buns on the cooler side of the grill if desired.

- CRAFTSMANSHIP -

Cevapcici ✓

Courses: Minced meat

Collections: Croation recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

Cevapi or Cevapcici are grilled sausages made of a mixture of ground beef & pork, seasoned with lots of garlic & paprika. They are very common not only in Croatia.

- ☐ 1000 gr Beef, ground
- ☐ 500 gr Pork, ground
- ☐ 2 large Onions about 150 g
- ☐ 8 large Garlic cloves
- ☐ 6 tbsp Parsley, chopped
- ☐ 1 tsp Paprika, sweet
- ☐ ½ tbsp Paprika, hot

- ☐ ½ tsp Paprika, sweet smoked
- ☐ 1 ½ tsp Baking soda
- ☐ 4 tbsp dried Breadcrumbs
- ☐ 4-6 tbsp Water
- ☐ ¾ tbsp Vegetable stock powder
- ☐ 2 tsp Salt
- ☐ 2 tsp Pepper, ground black

Directions

1. Place the ground meat in a bowl.

Chop the onion very finely & grate the garlic cloves. Add to the bowl.

Add the chopped parsley, all sorts of paprika, baking soda, dried breadcrumbs, water, Vegeta, salt & pepper.

Mix well with the hand mixer fitted with the dough hooks.

2. Cover the bowl with cling film / plastic foil & leave to rest for 1 or 2 hours in the fridge.

3. Take portions of the meat mixture, about 50-55 g / ¼ cup portions & form the cevapcici.

The rolls should be about as thick as your thumb & about 7-10 cm long. Yield 18 sausages.

4. Grill on the hot grill pan or the barbecue for about 12-14 minutes, turning them several times in between, or until brown & cooked through. Check by cutting one in the middle and then grill the subsequent batches for the same time.

5. Serve hot as suggested above.

The cevapcici can be reheated in the oven at 180° C. for about 10 min. or until heated through.

Check one; if it is not hot enough, give the sausages a few more minutes.

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- CRAFTSMANSHIP -

Chili con carne ✓

Courses: Minced meat

Collections: USA recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

A simple recipe that takes just 30 min to prepare.*

- ☐ 2 onions Large, chopped
- ☐ 4 Garlic cloves,
finely chopped
- ☐ 2 red Chili deseeded
- ☐ 2 tsp Thyme; dried
- ☐ vegetable Oil, for frying
- ☐ 1000 gr Beef mince
- ☐ 2 tsp Cumin, ground
- ☐ 4 tsp Paprika, sweet

- ☐ 2 tsp Oregano dried
- ☐ 1400 ml Tomato peeled
& finely chopped
- ☐ 300 ml Chicken stock
- ☐ 6 tbsp Tomato puree
- ☐ 2 Bay leaf
- ☐ 800 g Kidney beans,
drained & rinsed
- ☐ Salt & Pepper
- ☐ 400 ml Sour cream

Directions

The flavours really come through even in such a short time. So it's a real quick-and-easy option for everyday meals or your next party.

You can customize this chili con carne recipe however you like, especially when it comes to the heat level, which everyone experiences differently.

Sweat the onion, garlic, chili & thyme in 4 tbsp oil in a large saucepan. At the same time, brown the mince in a separate pan over moderate heat in a little oil.

Add the dried spices to the onion mixture + cook until they release their aroma. Then stir in the beef + mix well. Add the tinned tomatoes - leave to cook down a little for about 10 min.

Pour in the chicken stock & stir in tomato puree.

Drop the bay leaf in then bring to the boil - leave to simmer.

Once the sauce is beginning to thicken add the kidney beans & leave to cook for another 10-15 min to allow the beans to soak up the flavours.

Check for seasoning.

To serve, spoon the chili into the centre of a mound of rice, with the soured cream in a separate bowl on the side.

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- CRAFTSMANSHIP -

Spanish Albondigas ✓

Courses: Minced meat

Collections: Spanish recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

FOR THE MEATBALLS

- ☐ 500 gr Beef minced
- ☐ 500 gr Pork minced
- ☐ 8 Garlic cloves, minced
- ☐ 2 Onions, finely chopped
- ☐ 2 tbsp Parsley chopped
- ☐ 2 slices of Toast bread, soaked in milk
- ☐ 2 Eggs, beaten
- ☐ 2 cups Breadcrumbs (finely grated)
- ☐ Salt & Pepper to season

FOR THE SAUCE

- ☐ 4 Garlic cloves, minced
- ☐ 8 large Tomatoes, diced
- ☐ 2 tbsp Olive oil
- ☐ 250 ml Tomato paste
- ☐ 1 tsp Paprika smoked
- ☐ 1/2 tsp Thyme dried
- ☐ 2 tbsp Honey
- ☐ Salt & Pepper to season

Directions

Spanish Meatballs in garlic tomato sauce, Albondigas is a lovely easy dish typically served as Tapas in bars. Great for party food & appetizers!

Make meatballs by adding all the Ingredients

EXCEPT THE BREADCRUMBS, to a bowl & mix well so all is combined.

Cover & refrigerate for a minimum of 30 min.

Roll the meatballs into golf ball size or smaller, then roll the balls in the breadcrumbs until they're evenly coated. Add some olive oil to a skillet pan, heat & then place the meatballs in the pan & brown on all sides. Do this in batches depending on the size of your pan.

Make sure you don't overcrowd the pan with the meatballs. Once browned, transfer to a plate with kitchen paper & set aside.

Make the sauce by adding the minced garlic to the olive oil in a saucepan. Gently cook until the garlic has softened. Add the tomatoes and simmer until soft. Take a blender stick & puree the mixture until smooth then add the remaining ingredients. Taste the sauce and see if you need a little more honey or pepper etc. - Transfer the meatballs to the saucepan and simmer gently for 10 min. then serve with some lovely crusty bread fresh from the oven, pasta, rice or simply serve with some toothpicks if for a party.

- CRAFTSMANSHIP -

Spicy Beef Satés ✓

Courses: Minced meat

Collections: Asian recipe

Source: OCTOPUS OCEAN - Germany



Ingredients

Peanut butter sauce:

- ☐ 6 tbsp Peanut sauce
- ☐ 2 tsp Garlic, grated
- ☐ 2 tbsp sweet Soy sauce
- ☐ 4 tbsp hot Water
- ☐ Salt to taste

Processed ingredients:

- ☐ 4 Onions, medium sized
- ☐ 8 Garlic cloved
- ☐ Salt to taste

Sates:

- ☐ 1 kg Beef, ground
- ☐ 2 Eggs, medium
- ☐ 2 tbsp Soy sauce
- ☐ 4 tbsp sweet Soy sauce separated
- ☐ 4 tbsp Oil

Directions

Peanut sauce:

Combine all ingredients in a bowl. Whisk in hot water until the desired consistency is reached.

Processed ingredients:

combine all ingredients in a food processor until it turns to a smooth paste consistency.

Heat the oil in a wok.

Add in the processed ingredients, soy sauce, and 1 tbsp of sweet soy sauce.

Cook for 5 min. until everything blends together.

Satés:

In a bowl, add in ground beef, egg, and processed ingredients. Mix everything. Take a spoonful of the ground beef mixture and shape it into a skewer.

Grill over charcoal or regular grill until cooked through and serve with peanut sauce.