

# ELCAPRICH0

DE JOSÉ GORDÓN







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©Bodega El Capricho S.L. 2020  
28 Carrobierzo Street  
Jiménez de Jamuz. León 24767  
T · +34 987 664 224 / +34 987 664 227  
[www.bodegaelcapricho.com](http://www.bodegaelcapricho.com)  
[carnicas@bodegaelcapricho.com](mailto:carnicas@bodegaelcapricho.com)

Design: Lavernia & Cienfuegos Design  
Photography: Estela de Castro, Carlos Crespo  
González, José Luis López de Zubiría, Mario Bregaña  
Translation: Katy Ryan  
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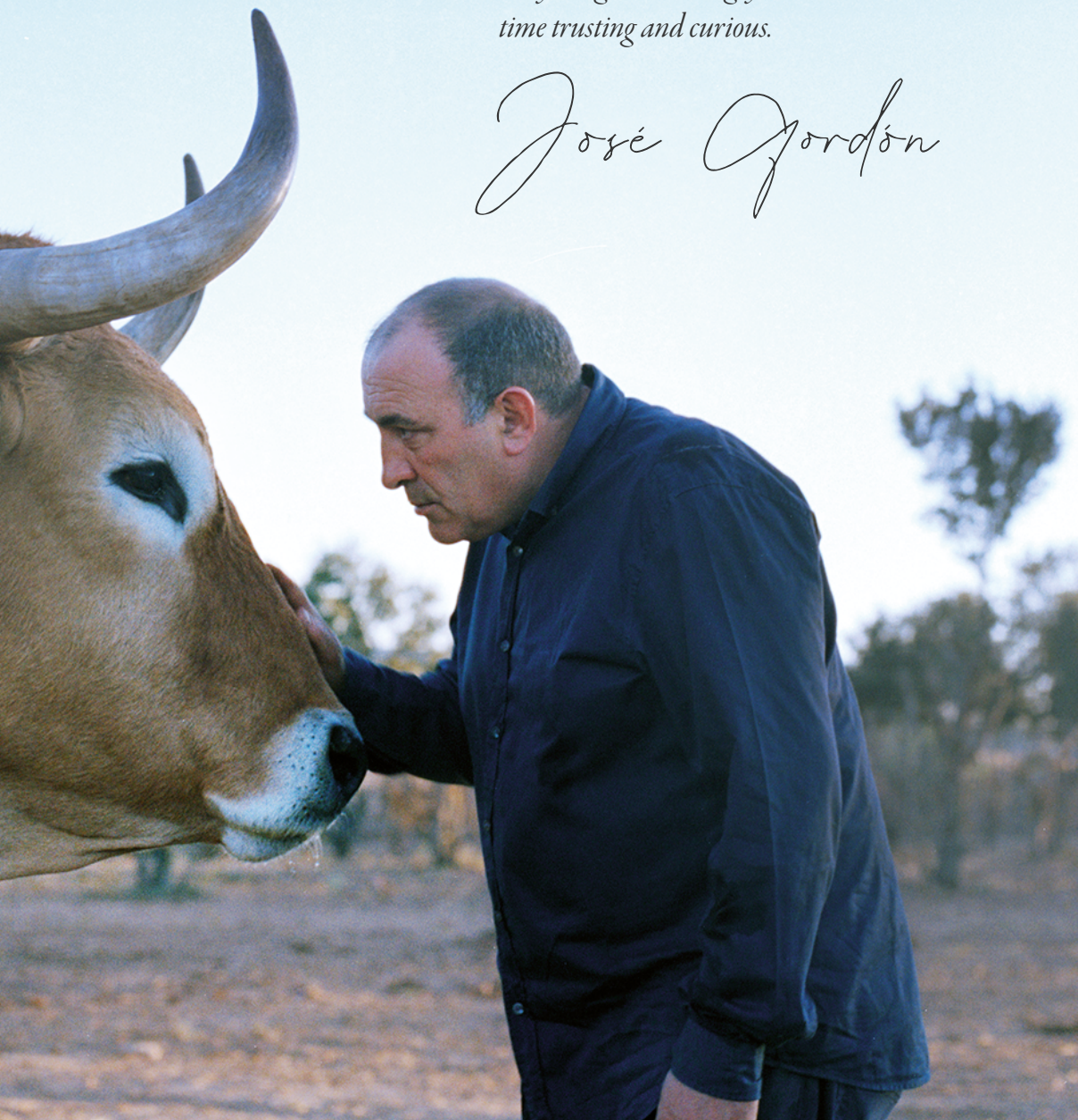






*I like going in search of oxen because  
I love oxen, because I just stand there  
looking at them, and I love their serenity.  
They are generous; cagey, but at the same  
time trusting and curious.*

*José Gordon*







## *Recipe videos*

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Throughout this catalogue, you will find this symbol next to some texts and/or products. This means that there are explanatory videos with extra information, recipes, tips on storage and preparation that you can view on your mobile phone or tablet, simply by scanning the QR codes that appear at the end of the catalogue.



## Deep frozen products

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You will also find this symbol associated with some products. This means that for perfect conservation they have been deep-frozen.

What is deep freezing and why do we offer you deep-frozen meats? To preserve meat without using chemicals, deep freezing is the best method. Cold storage is the only system that will guarantee that the flavour, colour, natural

smell and appearance of the product do not differ from the fresh product. Through the action of low temperatures on food, it is possible to eliminate the microbial activity that breaks it down.

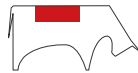
The important thing when looking to preserve quality is that the meat should be frozen very quickly, at very low temperatures (deep freezing).

We deep-freeze with liquid nitrogen at  $-86^{\circ}\text{C}$ , guaranteeing absolute quality. When freezing is done slowly, at a higher temperature, large ice crystals are trapped inside the food and break down the cell membrane with the consequent loss of aromas, flavour and nutritional elements, which does not happen with deep freezing.

## *Ox chop, selected by José Gordón*

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Why does this chop have so much fat? This meat is the product of the ox's happy, peaceful life, when it develops large amounts of subcutaneous fat needed for the long ageing process. This fat will nourish the muscle and give the meat its smooth texture. The absence of hormones allows these delicate fats to turn the meat into a healthier product of great subtlety, and with their low melting point, they take on sweet, complex nuances when they heat up. By mixing small pieces of fat with each bite of meat, you will experience unforgettable moments. A combination of monounsaturated and polyunsaturated fatty acids makes this one of the healthiest types of fats. Without these fats, nothing would make sense.



*"This is the result of a long, thrilling journey. The search for a pure individual. The selection of an authentic pure breed. A pleasant life outdoors in an extraordinary space. Wholesome nourishment patiently waiting for the moment that is just right for the time to slaughter. Attention to detail. Calm and respect for a dignified death. Master butchery, and knowledge of each piece, coupled with the individualised ageing of each animal... This is a gift for the palate; complex, profound, elegant and delicate."*





## How to cook and carve your chop

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### 0° - 5°

Store the chop in its vacuum bag in the fridge, between 0° and 5°C.

### 20 days

Make sure that nothing sharp has punctured the bag. If the bag is intact and the chop is still under vacuum, it can be kept in the fridge for 20 days.

### 2h

Remove the chop from the fridge and take out of the vacuum bag at least 2 hours before cooking.

Keep your chop in the fridge but do not freeze it, if possible. Take your chop out of the bag at least two hours before cooking. If it smells a little odd, don't worry as this is due to the vacuum process.

Remove the outer fat, since during the ageing process it has received, the fat has already infiltrated the meat and it has enough fattiness. If you keep the exterior fat, when you cook it the muscle could be contaminated, and everything will taste of grease.

It is also preferable to remove the bone, as that makes it easier to reach the internal temperature required and gives a more uniformly grilled chop.

Whether you use a grill or griddle – a barbecue-style grill is better, because the aromas of the firewood always add nuances to the grilled meat - place the chop 35-40 cm above the heat source to warm it up.

This can be done using an oven rack. Turn the chop every two minutes until it reaches an internal temperature of 36-38° C.

You can check it with a probe thermometer. The time needed will depend on the strength of the heat source and the thickness of the chop.

Once you reach the desired internal temperature, place the chop directly on the grill or griddle, over a high heat, to seal the outside. To get an idea of the intensity of the heat you can hold your hand for four seconds over the place where you are going to cook the meat, and it should be difficult to withstand the heat.

Seal the chop on the grill in one position, and then turn it to a second position at right angles to the first. Then turn it over, repeating the two previous positions, and add plenty of coarse sea salt. This is the way to end up with meat that is cooked on the outside and raw on the inside. When serving, it is important to cut the muscles against the grain (perpendicular to the fibres).



- 1.1 How to grill your chop
- 1.2 How to cook your chop without a grill
- 1.3 How to cut your top sirloin chop
- 1.4 How to cut your bottom sirloin chop



## *Working cow chop*

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We came up with this name of ‘working cow’ to indicate that it is a cow reared in a different way. These are cows with great hormonal purity since they have not given birth for at least a year.

These cows are pampered by their owners; some of them are tame and fed with homemade food. They are the pride of their owners.

*To cook and store this chop, see the explanation on page 14 in “How to cook and carve your chop”.*







# Rump steak



The rump steak is located in the leg, where the tip of the hip meets the top sirloin on the rack of ribs. It is left to age together with the leg for a month. It has great texture, is juicy and has a lot of flavour, which is why it is fabulous for making steak tartare and fillet steaks, both on the grill and on a griddle cooked very rare, and for breaded fillets.

*In our store, you can buy a batch of products for seasoning the steak tartare in our style.*



## Steak Tartare

### *Ingredients (serves 2):*

220 g rump steak  
20 g olive oil  
1.7 g coarse sea salt  
0.3 g ground green peppercorns  
2 g pickled capers  
2.5 g gherkins  
20 g spring onions  
3 g Worcestershire sauce  
1 g chilli powder  
1.5 g Dijon mustard  
5 g ketchup  
2 egg yolks (35 g approx.)

*Preparation:* The meat must be cleaned of fat and tendons and chopped into very small pieces with a knife. Place it in a bowl and add all the ingredients. It is very important to the success of the recipe that the pickles and chives should be very finely chopped.

Mix the ingredients together gently, stirring from the bottom up, without squashing the meat.

When the meat is thoroughly mixed, place it in a 8 cm square metal mould to shape the tartare, and place some pieces of grilled bread next to it.



- 2.1 How to make a Steak tartare El Capricho
- 2.2 How to cut rump steak to make fillets for frying



# Oxburguer



Our oxburger comes from the essence, from the depths, from the past, from the selection of the best native breeds. These are Iberian breeds, breeds that have not been genetically modified, breeds that can withstand rough weather, and the seasons pass leaving traces of the sun, the wind and the winter within them. These are animals that have not been treated with antibiotics or anti-inflammatories. We take great care with the process; first the meat is dressed, then each cut is aged individually, and then comes the mix and infiltration of fat, which needs to be just right. All of this culminates in deep freezing.

Ultimately, we are looking for an honest, purist hamburger made of ox meat, where there is only fat and meat from the ox itself, without additives, colourants, preservatives or water.

*Note: It is important to take care to cook the burger to the right point, so that it is not overdone and does not lose the juiciness and quality of the meat. Then it will be much more pleasant and delicate to bite into. To consume, defrost the product in a meat drawer or fridge, between 0°C and 10°C. Do not refreeze after thawing.*



## 3. How to cook your oxburger





# *How to cook your oxburger*

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The important points to remember when making a hamburger are:

- Temper the hamburger. Don't take it straight from the fridge to the cooker.
- The cooking surface must be hot, whether it is a barbecue grill, a griddle or a frying pan.
- Turn the hamburger every so often, so that it doesn't cook too much on one side.
- It is very important not to overcook it, since if you overdo it you will not enjoy the quality of the meat.
- Finally, add salt.

## Burger bread

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*Ingredients (makes 6 buns):*

500 g strong flour  
300 g milk  
75 g melted butter  
20 g sugar  
10 g salt  
10 g yeast

Put the milk in a bowl and dissolve the salt and sugar in it. Add the flour and mix without kneading. Cover and let stand for 15 minutes. Add the yeast and knead until fully mixed in. Leave to stand for 15 minutes more, then add the butter and knead until the dough is smooth. Now leave to rest for 30 minutes, divide into 160 gr buns and leave them in a warm place until they have risen to twice their size. Bake in the oven at 180°C for 15 minutes.

Here are 4 versatile, tasty sauces to make at home to accompany your burgers. They will last two weeks in the fridge without any problem. We recommend making them in these amounts so that the food mixer can blend them well.

## Sweet and sour alioli

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*Ingredients (serves 6):*

225 g garlic  
½ litre water  
70 g wine vinegar  
10 g salt  
50 g sugar

Blanch the peeled garlic about 5 times and boil it in a solution of water, wine vinegar, salt and sugar until almost all the liquid is reduced. When it has cooled, weigh it and blend it with half its weight in sunflower oil until smooth and thick.

Also nice with fried egg and cheddar cheese.

## Carrot and honey ketchup

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### *Ingredients (serves 6):*

150 g olive oil  
750 g carrots  
350 g onion  
2 cloves of garlic  
1 bay leaf  
Dried rosemary  
15 g smoked paprika  
Cumin  
50 g honey  
10 g salt

Sauté the carrots, onions, garlic cloves, bay leaf and a pinch of dried rosemary in olive oil until caramelised. Add the smoked paprika and a pinch of cumin. Cover with water, and cook until the vegetables are very tender and the liquid is reduced. Add the honey and salt, and mix in a blender. Serve cold.

This ketchup goes well with semi-cured goat's cheese and lightly grilled or fried chicory.

## Tomato ketchup

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### *Ingredients (serves 6):*

200 g onion  
100 g red pepper  
150 g carrots  
15 g garlic  
1 green chilli pepper  
150 g sunflower oil  
1 kg ripe tomatoes  
100 ml vinegar  
40 g sugar  
15 g salt  
10 g paprika  
½ stick of cinnamon  
1 bay leaf  
A pinch of cumin

Sauté the coarsely chopped onion, red pepper, carrot, garlic and chilli pepper in sunflower oil until it begins to caramelise.

Add the ripe tomato, vinegar, sugar, salt, paprika, the cinnamon stick, bay leaf and the pinch of cumin. Cook until the liquid is reduced, stirring every so often. When cold, blend and pass through a sieve.

This goes well with mozzarella, black olives and basil.

## Peruvian chili cream

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### *Ingredientes (serves 6):*

5 fresh mirasol chillies  
3 panca peppers  
3 sweet red peppers  
100 ml vinegar  
150g sunflower oil  
30 g sugar  
7 g salt  
Paprika, oregano, coriander and cumin

Soak the chillies for 12 hours. We suggest a combination of mirasol chillies, panca chillies and red bell peppers. Change the water twice during the soaking to remove unwanted bitterness.

Blend the peppers with 150 g of their own soaking water, the vinegar, sun-

flower oil, sugar, salt, paprika, oregano, coriander and cumin. Boil up the mixture and sieve it.

This goes well with grilled Iberian *panceta* bacon, fried onion and toasted sunflower seeds.





*Somehow I feel as if*  

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*oxen are a part of childhood.*  

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*I do not know if it is because*  

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*they were there in my childhood every day*  

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*or because they have a touch of the child,*  

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*of naivety, of innocence.*  

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## Ox sirloin



Located on the bottom sirloin, it is aged with the ribs and kidneys for 15 to 30 days, depending on the animal. This is a meat that is highly prized for its tenderness and texture. Our oxen are animals that are very old, already aged, very special beasts, and this means that the sirloin also has a lot of flavour. We select the central pieces and deep-freeze them so that they do not lose any of their properties and we age them for exactly the right length of time.

*It is very important to cook the sirloin for exactly the right length of time. We recommend tempering the meat first, moving it every so often until it reaches approximately 38 degrees inside. At this point, the steak must be seared in the pan or on the barbecue grill or griddle at high heat, turning it every so often, to ensure an even internal temperature.*



### 4. How to cook a sirloin steak



## Boneless short ribs



For cooking at low temperatures or stewing. This piece comes from the skirt, from between the fifth and eighth rib. It is a piece between 1 and 2kg, and comes ready boned. It is full of beautiful marbled fat, and is excellent if fried after it has been cooked at a low temperature (this step of cooking at a low temperature is essential). It is also extraordinarily good for stewing and making soups and broths.



### Boneless short rib with red cabbage sauerkraut and pickled aubergine

#### *Ingredients (serves 4):*

1.5 kg boneless short rib

#### *Pickled aubergine:*

500 g chopped onion  
20 g chopped garlic  
200 g sunflower oil  
60 g olive oil  
20 g salt  
40 g sugar  
1 litre water  
90 g vinegar  
2 chilli peppers  
1 bay leaf  
2 kg roasted peeled aubergines

#### *Sauerkraut:*

500 g red cabbage  
40 g vinegar  
30 g sugar  
50 g olive oil

*Preparation:* Cook the meat in a vacuum bag at 70°C for 48 hours in a sous-vide water bath.

When ready, weigh 230 g of the meat (depending on the levels of fat in the piece), and place the pieces on the grill over a medium heat, covered with a metal hood, to prevent them from drying out. Heat them up evenly, moving them to cook evenly.

*For the pickled aubergine:* Mix the oils in a saucepan and add the onion, garlic, chilli and bay leaf, and cook over a low heat until caramelised. In another pan, cook the vinegar for 10 minutes with the water, sugar and salt. Combine with the onion and pour over the aubergines in a bowl. Store in the fridge (keeps for a month).

*For the sauerkraut:* Vacuum-pack the julienne-cut red cabbage along with the salt, vinegar, sugar and olive oil and set aside in the fridge.

*To serve:* Place the meat on one side of the plate and 180 g of aubergines with 15 g of sauerkraut on top on the other side.



5. How to slow cook your boneless short ribs



# Flank



This is a cut that comes from the flank; it is oval and has an intense flavour. It is a very scarce cut since each animal has about 1.5 kg of flank. It is very tasty grilled or barbecued, then cut in strips crosswise, with the grain of the meat.



## Flank with chimichurri

### *Ingredients (serves 6):*

1500 g ox flank steak

### *For the sauce:*

½ red onion

½ white onion

½ red pepper

15 g ginger

1 garlic clove

300 g sunflower oil

A pinch of cumin

2 g paprika

50 g wine vinegar

20 g sugar, salt

*Preparation:* We recommend cutting the flank against the grain into 1 cm slices, tempering them slightly and cooking them on a grill, griddle or frying pan on a high heat, which will leave them very juicy. Season to taste.

*For the sauce.* This is a homemade chimichurri to accompany the meat:

Chop the red onion, white onion, red pepper, ginger and garlic. Sauté the vegetables in the sunflower oil. Add a pinch of cumin, the paprika, wine vinegar, sugar and salt. Cook for 10 minutes and serve cold.



6. A recipe of flank





# Chuck



This comes from the forequarter and is the extension of the top sirloin towards the neck. The pieces are between 5 and 10 kg but we can prepare them in chunks. Minced, it can be used to make fabulous meatballs and top-quality burgers. It is also an excellent cut for stewing steak.



## Stewed chuck

### *Ingredients (serves 6):*

2 kg ox chuck, cleaned and diced into 3 cm cubes  
400 g onion cut into cubes  
400 g red pepper cut into cubes  
250 g puréed tomatoes  
20 g garlic  
20 g paprika  
2 g ground black pepper  
1 bay leaf  
200 ml red wine  
Water or broth

*Preparation:* Sear the seasoned meat over a high heat in oil and remove it from the heat. In the same oil, sauté the onion, pepper and garlic. Then, add the paprika and deglaze with the wine. When the alcohol evaporates from the wine, add the puréed tomatoes and cover with water or broth. Add the bay leaf and black pepper. Cover and cook over a low heat until the meat is very tender.



7. A recipe with chuck steak





# Shoulder



This cut comes from the forequarter. It is very tender, juicy meat and is very good for making steaks, steak tartare and roasts. For roasting, it is good if it has a good layer of fat, as it is a fat with superb quality and gives it more flavour.



## *Cachopo* of ox shoulder, filled with blue cheese and caramelised onion

### *Ingredients (serves 2):*

400 g ox shoulder  
50 g blue cheese  
50 g mozzarella  
½ onion  
Breadcrumbs, flour, egg

*Preparation:* It is very important to clean the meat by removing the layer of exterior fat and nerves. Once the cut is clean, cut it into half-centimetre fillets. If you have a meat hammer, beat the meat to break up the fibres. Once the fillet is ready, place a little blue cheese, mozzarella and caramelized onion in

one half and close it like a book. Flour the closed fillet, then dip it in egg and breadcrumbs. Fry it in oil at 180 °C.



8. A recipe of shoulder



# Shank



*This comes from the forequarter and the hindquarter. It is very gelatinous, smooth meat, due to its high collagen content, and it is excellent for stews. It comes from the same area as the ossobuco but is traditionally boned and cut lengthwise.*

*If you prefer ossobuco instead of ox shank, please contact us.*



## Cocido Maragato stew with chickpeas. Recipe by Casa Coscolo

### *Ingredientes (serves 4):*

1500 g ox shank  
400 g pico pardal or pedrosillano chickpeas (soaked overnight)  
1 teabag of Masala Chai tea from La Tetera Azul, containing green tea, ginger, cardamom, cinnamon, clove and pepper

### *For the sauce:*

1 large onion  
3 garlic cloves  
1 leek  
1 large carrot  
1 glass white wine  
1 tbsp flour  
1 ladleful of broth from cooking the shank

*Preparation:* Blanch the shank for 5 minutes in boiling water. Then place the shank in a large pan with the chickpeas, salt and the Masala Chai teabag (this infusion will give the dish a Moorish touch that goes with the powerful flavour of the ox shank and our star, the chickpeas, perfectly). Let it simmer for 3½ hours, skimming to remove any foam, until everything is well cooked and tender.

Meanwhile, put all the finely chopped vegetables to sauté. Once they have caramelized well, add a heaped tablespoon of flour.

Mix the flour in and then add the white wine. When the alcohol has evaporated, add a ladleful of the broth from the

shank and the chickpeas, and cook for about 5 minutes until the desired texture is achieved. It should be quite a thick sauce.

*To serve:* Place the chickpeas in the bottom of a bowl, top them with the whole or chopped ox shank (it looks nicer presented whole, but it is easier to serve chopped) and then cover with the sauce.

*Note:* Save the rest of the cooking broth to prepare a fabulous soup for the evening, a rice dish or any other dish that requires a tasty broth.



### 9. Recipe with ox shank







*Oxen want to be free, in a*  

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*habitat that they feel is theirs, where*  

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*the sun, wind, and rain beat down on them...*  

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*where they know they are safe*  

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*and respected.*  

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## *Cured Ox, Cecina*

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Our cured salt ox, the product of a thousand-year-old tradition with the depth and weight of the past embedded in it, is made with the legs of our oxen, who have patiently awaited the fullness of the moment before they are slaughtered, and have enjoyed a pleasant and relaxed life. This life forges subtle, delicate fats, which when they age slowly give colours and nuances of a sublime complexity.



*"I like to age my cecinas in the cellar, because I think that is going back to the beginning, to the land, to slowness, where what works is the earthy humidity, rather than any machine, and the effect of time itself. This is where the temperatures are constant, precisely because the outside has no effect in here, because we are underground. And here is all calm and quiet"*





## Cecina (production and storage)

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Making *cecina* is a completely artisanal process, full of care and intuition. The ox legs are carefully cut up into four parts: topside, silverside, knuckle and rump; we cover them in a mountain of salt and wait as long as the Master Curer thinks is right for each piece.

Then the first drying phase begins and the meat must settle at a constant temperature and controlled humidity. In the last drying process, the Master's art and knowledge for controlling the speed and direction of drying combines with the fat from the animal, which will protect the surface.

Slow ageing is the perfect ally for achieving a sublime product. Here more than ever, each piece is unique. Sometimes, 20 years pass before it is possible to be able to enjoy a piece of *cecina*. There are animals that are slaughtered when they are over 15 years old, to which another three or four years are added in which their legs are aged slowly.

Our Premium *Cecina* is a very scarce and exclusive product. Only small parts of certain muscles of some very special animals reach Premium quality after up to 4 years of very slow ageing underground.

*Note: The best way to preserve your block of cecina is in a container with a tight-fitting lid, or if possible, vacuum packed. Ideally, slice it as thinly as possible with a meat slicer. If you do not have one, use a ham knife and try to cut it against the grain and slice it as thinly as possible*



## *Chorizo and salchichón cured sausages*

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In ancient times we know they carried out pig-killings, a slaughter or offering that has continued down the ages. It is a slaughter that is linked to the festival of meat and harsh winter, and the frosts and the icy winds of León make this province an paradise of cured sausages.

Add to this the wise preservatives of paprika and salt, and natural antioxidants such as oregano and garlic. The heat of the wood and the smoke from the old kitchens will do the rest. Today, in modern facilities, we continue to do the same.

They are masterful combinations where the fat and seasoned meat will age in their own sausage skins for a short time. The result is something mystical and moreish.









## *Cured tongue*

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After a long process of more than two months in the traditional style, we obtain cured tongue of great quality.

To eat it, cut it like cured meat, a little thinner, but not too thin, and add a little oil, salt and Modena vinegar (just a drop). We recommend consuming it at room temperature, but it should be stored in the fridge.





## *Morcilla blood pudding*

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We make it with the blood from our animals, in Leónese style. The importance of this product is that it is made entirely of ox, pure and simple.

As we do here in the region, pour the jar into a pan without oil, and heat gently until the *morcilla* is warmed through. It doesn't need to be cooked; the only objective is to heat it and dissolve the fat.

We recommend accompanying it with a piece of toast to spread it on.









*Time seems*  

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*to stop and a slowness covers the*  

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*aromatic fields as if it were a*  

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*continuous present that has no*  

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*past or future.*  

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*Santos Bregaña.*

## *Tinned products*

Our tinned foods are made for the majority of the public. We advise you to add salt, pepper or a touch of chilli to your liking, and to reduce the sauce a little.

### Pâté

Our animals are superior right down to the liver, which is a tender part with a rich flavour, and with added spices makes our pâté a delicate, unique product.



### Beef cheeks

Flavour and texture come together in this dish of stewed beef cheeks, which is high in collagen and low in fat.



### Oxtail

This is an exclusive product because of its scarcity. It is stewed with red wine, and because of the collagen, it is very pleasant in the mouth and very tasty.



### Tripe

The tripe, nose and the trotters of our old oxen have a very special texture and are clearly different from the tripe of younger animals. We make a traditional stew with them.



## *Tanned Ox Hide*

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The ox hides are unique and special, and each has its own personality. They are soft to the touch and their size (2.5 x 2.3 metres) makes them impressive and magical. Owning one is owning something grand. We have hides in different colours as each animal is distinctive. Choose the tone of ox hide that you like best.





## *Chopping board*

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These boards for chopping food are handmade out of beech, cherry and jatoba wood exclusively for El Capricho. What better connoisseurs of time than trees? Our boards are made from hardwood trees and are handcrafted end-grain wood, designed to withstand the passage of time.



## *Meat thermometer*

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We have designed the El Capricho digital meat probe for our special clients, so that you can see the idea temperature for each cut of meat, and get the best get out of the whole experience.





## *Recipe videos*

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1.1 How to grill  
your chop



2.1 How to make a Steak  
tartare El Capricho



5. How to slow cook  
your boneless short ribs



9. Recipe with ox  
shank



1.2 How to cook your  
chop without a grill



2.2 How to cut rump  
steak to make fillets for  
frying



6. A recipe of flank



10. Watch more  
recipes



1.3 How to cut your  
top sirloin chop



3. How to cook your  
oxburger



7. A recipe with  
chuck steak



1.4 How to cut your  
bottom sirloin chop



4. How to cook a  
sirloin steak



8. A recipe of shoulder



# **ELCAPRICHIO**

DE JOSÉ GORDÓN



