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# meat

Issue 08 Autumn

8

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RECIPES

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## Why we love this issue...

*Sarah Walker:* It's only a matter of weeks before I'll be back on my bike after my injury and I'm extremely excited! It's been hard resting the last few months with the weather being so incredible but I know it will be worth it. My favourite dish in this issue of mEAT is the beef parmigiana, I'm always looking for easy, great tasting recipes to try mid-week and this one is perfect.

*Sophie Pascoe:* It's been a busy start to the year including a day in Wanaka this March judging the Glammies, a competition to find the tastiest lamb in New Zealand. It was great! Chelsea's spaghetti Bolognese is by far my favourite recipe in this issue, made with beef or lamb. You need to try the crumb, it adds a whole new spin to a classic dish.

*Lisa Carrington:* I am now back into full training, which has been great and going very well, plus I have had my first two competitions for the year. I will be heading overseas shortly for the international season including World Cup events and World Champs. I will certainly miss New Zealand beef and lamb while I am away. I can't go past the lamb cutlets recipe as my pick. I'll definitely be using this recipe when I need to entertain - quick, easy and very impressive!

## The Iron Maidens



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## Mexican Steak Fiesta with Garlic Capsicum Sauce

SERVES 4 PREPARATION TIME 15 MINS + 30 MINS MARINATING COOKING TIME 20 MINS

*Mexican food is fun, vibrant and tasty – and it's easy to create a great Mexican-style meal at home. I love having as many extra garnishes as I can on the table; sour cream, guacamole, chilli sauce, fresh herbs – the more colours the better! Just use your imagination. This is great with any fast-frying steak cut.*

### Beef

4 Quality Mark beef sirloin steaks, trimmed  
Salt and freshly ground pepper for seasoning

### Marinade

1 tablespoon oil  
2 teaspoons mild smoked paprika  
¼ teaspoon chilli powder (optional)  
1 teaspoon dried oregano

### Capsicum sauce

½ onion, chopped  
2 cloves garlic, roughly chopped  
1 teaspoon ground cumin  
1½ cups chopped roasted marinated capsicum

### To serve

3-4 fresh corn cobs  
2-3 cups white rice, cooked  
¼ cup finely chopped, fresh coriander  
Guacamole, sour cream, extra chopped fresh coriander

**Marinade:** Mix the oil, paprika, chilli and oregano together in a bowl. Rub over both sides of the steak and leave for 30 minutes or cover and refrigerate overnight for the flavours to infuse.

**Capsicum sauce:** Heat 1 tablespoon of oil in a pan over medium heat. Add the onion, garlic and cumin and sauté for 5 minutes until the onion is soft. Add the roasted capsicum and cook for a further 5 minutes. Purée the mixture in a food processor or with a stick wand until slightly chunky. Taste and season, as required, set aside and keep warm.

Cook the corn cobs in plenty of boiling water until just tender. Drain and set aside.

**Beef:** Preheat an oiled BBQ grill or a frying pan until very hot. Season the steaks and cook for a few minutes each side, turning once until medium-rare or cooked to your liking. Set the steaks aside to rest for 7-8 minutes.

Wipe the grill or pan clean with paper towels and leave at high heat. Rub the corn with a little oil and fry quickly. Cut the kernels off the cob and mix with the rice and chopped coriander. Season.

**To serve:** Place the sliced steaks over a bed of the corn and rice and pour the capsicum sauce over the top. Serve with dollops of sour cream and guacamole, with extra chopped coriander and a seasonal salad.

## Tips & tricks

- + For maximum tenderness, avoid over-cooking steaks and ensure they are well rested before slicing and serving.
- + How long you cook the steaks for depends on how thick they are – there are no hard and fast rules. Touch the steaks with your finger – if they are very soft, they are still rare. The firmer they get, the more cooked they are.
- + Jars of roasted capsicums (or red peppers) are available at your supermarket. If you prefer to make your own, place fresh capsicums under a hot grill until blackened all over. Place in a plastic bag for 10 minutes, then peel off the skin and discard, and chop the flesh.
- + If you don't have a food processor, you can chop everything extra finely and mash together once cooked.
- + Try adding some chopped jalapeños to the rice for a spicy kick.
- + You can use tinned or frozen corn kernels if corn isn't in season. Give them a light fry in a pan with some garlic and oil.
- + Leftovers can be wrapped in tortillas for a tasty lunch the next day.

## Suggested cuts

The following cuts work well in this recipe



Beef sirloin steaks



Beef rump steaks



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## Suggested cuts

The following cuts work well in this recipe.



Lamb leg steaks



Lamb chops

## Tips & tricks

- + The longer you can leave the spices on the lamb steaks before serving, the better. Be careful not to overcook the steaks.
- + Nick the edges of the lamb steaks or chops with a knife - cutting through the fat and sinew will help prevent the meat curling up when it cooks. Pat the meat dry with a paper towel before seasoning and cooking.
- + Israeli couscous is actually very small toasted pasta, shaped like little balls. They retain their shape and great texture even when reheated and unlike traditional North African couscous it doesn't clump together as much. It's available in specialty food stores, most fruit and vegetable shops and some supermarkets. Make it according to the packet directions using the stock.
- + If you're not a fan of eggplant, or it's out of season use half a roasted crown pumpkin, sliced, instead.



## Spiced Lamb, Vegetable & Israeli Couscous Salad

SERVES 5 PREPARATION TIME 15 MINS COOKING TIME 30 MINS

### Lamb

4 Quality Mark lamb steaks, trimmed  
Salt and freshly ground pepper for seasoning  
½ teaspoon ground coriander  
1 teaspoon dried turmeric  
1 teaspoon paprika

### Vegetables

1 eggplant, cut into 1cm slices  
Oil  
3 courgettes, sliced lengthways  
2 red onions, sliced thinly  
1½ cups spinach, chopped  
2 cloves garlic, chopped

### Couscous salad

1½ cups Israeli couscous  
1½ cups Campbell's Real Stock - Salt Reduced Chicken  
1 cup cherry tomatoes, halved  
½ cup flaked almonds  
½ cup feta, crumbled

### Yoghurt sauce

1 tablespoon lemon juice  
½ cup plain unsweetened yoghurt  
1 tablespoon chopped fresh soft herbs, such as mint or coriander

**Lamb:** Season the lamb steaks on both side with the coriander, turmeric and paprika. Heat 1 tablespoon of oil in a frying pan over a high heat, and cook steaks for a few minutes each side until medium rare. Rest for 7-10 minutes before slicing.

**Vegetables:** While the steaks are resting, heat a large frying pan over medium-high heat. Brush the slices of eggplant with oil, season with salt and pepper and fry for a few minutes each side until golden brown. Set aside. In the same pan, heat a little oil over medium high heat. Add the courgette, red onion, spinach and garlic and sauté until tender. Set aside.

Cook the couscous according to the directions on the packet, using the stock instead of water. Cool slightly, and then combine in a large bowl with the roasted vegetables, tomatoes, almonds and feta.

Mix the lemon juice, yoghurt, and fresh herbs together in a bowl and season.

**To serve:** Place slices of eggplant on each plate. Top with the couscous salad and the sliced lamb. Drizzle with the yoghurt dressing and sprinkle with coriander.

## French Style Navarin of Lamb with Vegetables

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 2½ HOURS

### Lamb:

6-8 Quality Mark lamb shoulder or neck chops  
Salt and freshly ground pepper for seasoning  
¼ cup plain flour  
1 tablespoon butter  
2 tablespoons tomato paste  
½ cup white wine (optional - or use extra stock)  
2 cups Campbell's Real Stock - Salt Reduced Chicken  
3 fresh thyme sprigs or 1 teaspoon dried thyme  
1 stick rosemary  
3 bay leaves  
4 cloves garlic, chopped  
400g can chopped tomatoes

### Vegetables

250g baby carrots, peeled and topped  
2 spring onions, cut into thirds  
200g round green beans, trimmed  
1 cup peas  
300g baby potatoes, halved

Preheat the oven to 150°C.

**Lamb:** Season the lamb with a little salt and pepper. Place the flour in a bag with the chops and toss to coat. Heat the butter over a high heat in a large ovenproof saucepan (or a regular pan then transfer to a casserole dish later). Sear the chops a few at a time to brown them on both sides. Set the chops aside.

Add the tomato paste to the pan and cook for a few minutes on a high heat. Add the wine, if using and let it bubble up for 30 seconds. Add the stock, thyme, rosemary stick, bay leaves, garlic and the tomatoes. Transfer to an ovenproof dish, cover and cook in the oven for 2½ hours (or transfer to a slow cooker and cook on low for 6-8 hours).

**Vegetables:** Steam the vegetables until tender. Add a little oil, salt and pepper then toss to coat.

**To serve:** Serve the lamb stew in large bowls, topped with freshly steamed vegetables.



## Suggested cuts

The following cuts work well in this recipe.



Lamb chops



Lean diced lamb

## Tips & tricks

- + Slow cooking is a great way to use economical cuts of meat, which are full of flavour.
- + This dish can be made in a slow cooker - just be sure to keep an eye on the liquid levels and add more stock if needed, as everyone's slow cooker is different. As a general rule of thumb, you need 1 cup of liquid per kilogram of meat.
- + You can remove the meat from the bones before serving to make it easier to eat, if you prefer.
- + You can use any seasonal vegetables - adding lots of colour.
- + If fresh tomatoes are in abundance, you can use them instead of canned tomatoes.
- + Chop up any soft fresh herbs you have on hand to freshen up the dish.

## Italian Crumbed Beef Parmigiana

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 30 MINS

*Italian food makes me happy, and it's probably my favourite cuisine to cook – meals that are so tasty, yet simple to prepare. This recipe is a really good way to jazz up your everyday beef schnitzel – a generous spoonful of tasty homemade tomato sauce, creamy melted cheese and fresh peppery basil. I always make extra, because I think a cold schnitzel sandwich the next day with a little of the tomato sauce is almost as good as the main event! If your budget permits, try it using balls of fresh buffalo mozzarella for a real treat.*

### Schnitzel

4 Quality Mark beef or lamb schnitzels  
Salt and freshly ground pepper for seasoning  
Oil for frying  
¾ cup flour  
2 eggs, lightly beaten  
2 cups fresh breadcrumbs

### Tomato sauce

2-3 courgettes, sliced lengthways  
2 cloves garlic, chopped  
½ onion, chopped  
400g can chopped tomatoes  
½ cup Campbell's Real Stock – Salt Reduced Beef  
1 teaspoon dried oregano

### To cook

½ cup grated parmesan  
Slices of cheddar cheese or mozzarella  
Fresh basil leaves, to serve

Preheat the oven grill.

**Tomato sauce:** Heat a little oil in a pan over medium heat. Sauté the courgette slices briefly to soften, season, then set aside. Add the garlic and onion to the pan and sauté for a few minutes until soft. Add the tomatoes, stock and oregano. Simmer for 15 minutes until reduced to a thick tomato sauce. Taste and season as required.

**Schnitzel:** Cut the schnitzel into desired serving sizes then season with salt and pepper. Dust each piece in the flour, dip in the egg mixture and coat well with the crumb. Heat 1cm of oil in a pan over high heat. Quickly shallow fry the schnitzels, a couple at a time, until golden on both sides. Set aside on paper towels.

Arrange the schnitzels on a baking tray lined with baking paper. Top each one with a large spoonful of the tomato sauce, a few slices of courgette, a sprinkle of parmesan and a few slices of cheddar cheese. Grill for 5-7 minutes or until the cheese is melted and golden. Top with fresh basil and serve with a green salad and toasted wholemeal garlic pita bread.

### Suggested cuts

The following cuts work well in this recipe



Beef schnitzel



Beef minute steaks



### Tips & tricks

- + Lamb schnitzel is great for a change. If you can't find it, ask your local butcher to prepare some for you.
- + I don't buy breadcrumbs any more – it's so quick and easy to make your own, with more texture and it's a good way to use slightly stale bread. Simply pulse a few slices of day-old bread in a food processor to a coarse crumb and use as you would normal breadcrumbs – so easy! You can swap for bought breadcrumbs if you prefer.
- + Be sure to use a neutral flavoured oil when cooking the schnitzel and cook briefly. Crisp up the crumbs, without over cooking the meat in the pan as it will finish cooking under the grill.
- + Try adding a little grated parmesan and herbs in the crumb for extra flavour.
- + Try spinach, roasted pepper or thinly sliced eggplant in place of the courgette.

\$3.94  
PER SERVE



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## Ultimate Spaghetti Bolognese with Ciabatta Crumb

SERVES 4-6 PREPARATION TIME 10 MINS COOKING TIME 40 MINS

*Mince is one of my favourite types of meat – it's tasty, versatile and affordable. Bolognese is a dish that can be incredibly delicious if it's done well. I think it's a very underrated dish that deserves a little respect. This is my own recipe that's come about after years of testing. My friends and family love it – I hope you do too. The crumb adds a delicious texture – and if you do make it, there won't be any left at the end, that's a promise.*

### Bolognese

600g Quality Mark lean beef or lamb mince  
2 tablespoons oil  
1 large onion, finely chopped  
4 cloves garlic, chopped  
3 tablespoons tomato paste  
½ cup dry red wine (optional)  
400g can chopped tomatoes  
2 teaspoons brown sugar  
250g brown button mushrooms, chopped  
1 teaspoon dried oregano  
2 cups Campbell's Real Stock Salt Reduced Beef  
1 cup fresh spinach, chopped  
1 cup courgette, grated  
½ cup oregano, chopped fresh

### Ciabatta crumb

1 tablespoon oil  
½ loaf ciabatta (or any toast bread), processed to a very coarse crumb  
1 tablespoon chopped fresh rosemary  
Pinch of salt for seasoning

### To serve

Hot cooked spaghetti  
Grated parmesan  
Chopped parsley

### Suggested cut

The following cut will work well in this recipe.



Beef or lamb mince

**Bolognese:** Heat the oil in a large heavy-based pan over a high heat. Add the mince in batches and brown. Drain the mince and set aside in a bowl.

Heat another tablespoon of oil in the same pan over a medium heat. Add the onion and garlic and cook until soft. Increase the heat, add the tomato paste and stir for 3 minutes until it changes to a darker red colour. If using, add the red wine and let it bubble up for 30 seconds. Add the tomatoes, sugar, mushrooms, oregano (try rubbing it in your hands first to release the oils), stock and the mince. Simmer for about 30 minutes or until the sauce has reduced to your liking.

Add the spinach, courgette and fresh oregano and simmer for a few minutes until the excess liquid has evaporated. Taste and season with salt and pepper. Serve over al dente spaghetti and sprinkle with parmesan, the ciabatta crumb and parsley.

**Ciabatta crumb:** Heat the oil in a frying pan over a medium-high heat. Add the crumbs and rosemary and cook, stirring, for about 5-10 minutes until the crumbs are crunchy and golden on the outside. Season and set aside.

### Tips & tricks

- + Browning mince first is an important step you shouldn't skip. Not only does it allow you to drain the fat off, browning is where most of the flavour comes from, otherwise you will be stewing meat.
- + Leftover mince is delicious warmed up on toast and grilled with a little cheese for a quick meal the next day. The flavours intensify overnight.
- + The courgette and spinach make this a complete meal and the kids won't even notice the grated veges in there.
- + Frying the tomato paste first reduces its bitterness and enhances the flavour.
- + Try adding a cup of grated carrot for extra flavour and fibre.
- + Try any other herbs you have around such as thyme or sage in the crumb if you don't have rosemary.
- + You can use smaller pasta such as penne if you don't want the mess of spaghetti at the dinner table – easier for the little ones to eat (although not as fun!)

## Suggested cuts

The following cuts work well in this recipe.



Lamb rumps



Lamb chops

## Tips & tricks

- + I love lamb rump; it's like a mini quick and easy lamb roast. This cut has bags of flavour, and when cooked well, is tender and succulent.
- + Sometimes lamb rump may still have a layer of fat over the top of it. Either trim it off or remove most of it before roasting.
- + Ensure you rest the rumps before cutting into them, or the juices will run out on to the plate rather than staying in the meat to make it juicy.
- + One rump could serve one or two people, depending on the size. I've allowed one per person in this recipe.
- + Bring the lamb rumps to room temperate before roasting.
- + If you like a spicy kick, try using Hot English mustard instead of Dijon.

## Roasted Lamb Rumps with Fresh Herb & Mustard Butter

SERVES 4 PREPARATION TIME 10 MINS COOKING TIME 15 MINS

### Lamb

- 4 Quality Mark lamb rumps
- Oil for frying
- Salt and freshly ground pepper for seasoning
- 1 tablespoon finely chopped rosemary
- 1 tablespoon finely chopped fresh sage
- 1 tablespoon finely chopped thyme leaves
- 1 clove garlic, crushed

### Herb butter

- 75g butter, softened
- 1 tablespoon finely chopped mint
- 1 tablespoon finely chopped parsley
- 1 tablespoon finely chopped chives
- 2 teaspoons Dijon mustard
- Zest of 2 lemons

Preheat the oven to 210°C.

**Herb butter:** Mix the butter, mint, parsley, chives, mustard and lemon zest together in a bowl. Spoon onto a piece of cling film and roll up the ends to form a sausage shape. Refrigerate until needed.

**Lamb:** Heat 1 tablespoon of oil in a frying pan over a high heat. Season the lamb rumps and sear them in the hot pan until browned all over. Remove from the pan and leave to cool slightly.

Combine the herbs and the garlic in a bowl. Drizzle the lamb rumps with a little more oil then coat with the herb mixture, pressing it on well. Place in a roasting tray and roast for 15 minutes. Remove from the oven and rest for 10 minutes.

**To serve:** Slice each rump in half and top with a slice of the herb butter. Serve with a green salad and oven baked kumara chips.



## Steak, Cheese & Mushroom Pot Pies

SERVES 4-6 PREPARATION TIME 15 MINS COOKING TIME 3½ HOURS

### Steak filling

- 600g Quality Mark stewing steak or gravy beef, cut into bite sized chunks
- Salt and freshly ground pepper for seasoning
- 3 tablespoons plain flour
- Oil for frying
- 1 onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 tablespoons tomato paste
- 2 cups Campbell's Real Stock – Salt Reduced Beef
- 250g button mushrooms, chopped
- 2 teaspoons brown sugar
- 1½ cups grated carrot
- 1 celery stick, including leaves
- 2 tablespoons chopped fresh thyme
- 1 bay leaf
- 1 teaspoon paprika

### To assemble

- Sliced cheese
- 1-2 sheets frozen flaky puff pastry
- 1 egg, lightly beaten with ¼ cup milk

Preheat oven to 150°C.

**Steak filling:** Season the beef and shake in a bag with the flour to coat. Heat 1 tablespoon of oil over a high heat in a large deep ovenproof pan. Brown the beef in batches, transfer to a plate and set aside. You may need to add a little more oil for each batch.

Add another tablespoon of oil to the pan over a medium heat and add the onion and garlic. Cook for 4-5 minutes to soften. Turn up the heat, add tomato paste and cook, stirring, for another few minutes. Add the stock, mushrooms, sugar, carrot, celery, thyme, bay leaf, paprika and the seared beef. Mix gently to combine.

Cover the pan tightly with foil or a lid (or transfer to a casserole dish if your pan isn't ovenproof) and cook in the oven for 2½-3 hours. Taste and season with salt and pepper if needed. Leave the mixture to cool slightly then remove the celery stick.

Increase the oven to 190°C.

**To assemble:** Fill 4-6 pie dishes with the beef filling, then place a couple of cheese slices on top of each. Top with a circle of pastry, seal and crimp the edges. Brush pastry with the egg wash and prick the top to create steam holes. Bake for about 20 minutes or until the pastry is cooked and golden brown. Cool for 5-10 minutes before serving as they will be very hot. Serve the pies with tomato relish or tomato sauce and seasonal green salad.

## Suggested cut

The following cuts work well in this recipe.



Gravy beef



Diced lamb

## Tips & tricks

- + Slow cooked pies are a great way to use some of the economical cuts of beef and lamb. The slow cooking results in flavoursome, mouth watering, tender meat.
- + You can make one large pie instead of four small ones, and put a layer of pastry in the base. The filling can be made a few days ahead and either kept in the fridge, or frozen, for quick week night meal.
- + Instead of transferring to the oven, you could place the seared beef mixture into a slow cooker. All slow cookers are different, so use yours in the way you normally would for a stew. As a general rule of thumb, you need 1 cup of liquid per kilogram of meat.
- + Browning the beef first is important for flavour and colour.

## Herb & Caper Lamb Cutlets on Pea, Spinach & Lemon Crush

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 20MINS

There's something a little bit special about serving lamb rack – it's such a great looking cut, so tender and loaded with flavour. There's no need to feel daunted when you cook it – just follow a few key steps (see the video at [recipes.co.nz](http://recipes.co.nz) for my step-by-step guide) and it couldn't be easier. This meal is perfect for entertaining; it's simple to make, visually impressive and absolutely delicious. And because it's such a small cut, it cooks quickly so you won't be in the kitchen all afternoon preparing. Brilliant.

### Lamb

1 Quality Mark lamb rack with 8 cutlets  
Salt and freshly ground pepper for seasoning

### Herb paste

2 tablespoons oil  
1 tablespoon capers  
2 cloves garlic, roughly chopped  
3 tablespoons chopped fresh herbs eg. flat-leaf parsley, mint, basil

### Pan jus

½ cup red wine  
1 cup Campbell's Real Stock – Salt Reduced Beef  
1 teaspoon butter

### Pea crush

3 cups frozen baby peas  
1½ cups chopped spinach  
Zest of 1 lemon  
1 teaspoon lemon juice  
¼ cup grated parmesan  
¼ cup cream

**Lamb:** Trim any fat from the lamb rack and carefully remove the silverskin with a sharp knife. Season with salt and pepper. Heat 1 tablespoon of oil in a pan over a very high heat. Sear the lamb racks for a couple of minutes until browned all over. Remove from the pan and set aside to cool. Don't wash the pan.

**Herb paste:** In a small food processor or mortar and pestle (or chop everything finely), mix the oil, capers, garlic and fresh herbs to a chunky paste. Smear the mixture generously over the cooled lamb racks and leave for 30 minutes, or longer if you have time.

**Pan jus:** Add the wine to the hot pan in which the lamb was cooked and let it bubble up for 30 seconds. Add the stock and simmer gently until reduced to a light sauce or jus, about 5-10 minutes. Whisk in the butter. Set aside and keep warm.

Preheat the oven to 210°C.

**Pea crush:** Cook peas in salted boiling water until tender. Drain and place in a food processor with the spinach, lemon zest and juice, parmesan and cream. Process until well combined but still a little chunky. Taste and season as required (You can use a potato masher instead of a food processor). Tip: make sure you do it when the peas are hot so they wilt the spinach.

Roast the lamb rack for 13-15 minutes, remove from the oven and rest for 10 minutes before slicing into 2-bone pieces.

**To serve:** Spoon some pea purée on four plates, top with a 2-bone piece of lamb rack and drizzle jus over. Serve with minted new potatoes.

## Suggested cuts

The following cuts work well in this recipe.



Lamb rack



Lamb rump

## Tips & tricks

- + Cutting off the silverskin (pearly white layer) makes the meat more tender to eat and prevents it puckering up while cooking.
- + Cooking and resting the rack whole before cutting results in more succulent meat compared to cooking the cutlets individually.
- + Make sure you use a sharp knife when trimming meat – it makes the task far easier and more accurate.
- + Because of the short roasting time the meat won't brown in the oven, so it needs to be done first in a pan. This gives the lamb extra flavour.



Watch our video on preparing a lamb rack

