

free

Be inspired with beef and lamb

# meat

Issue 18 Winter

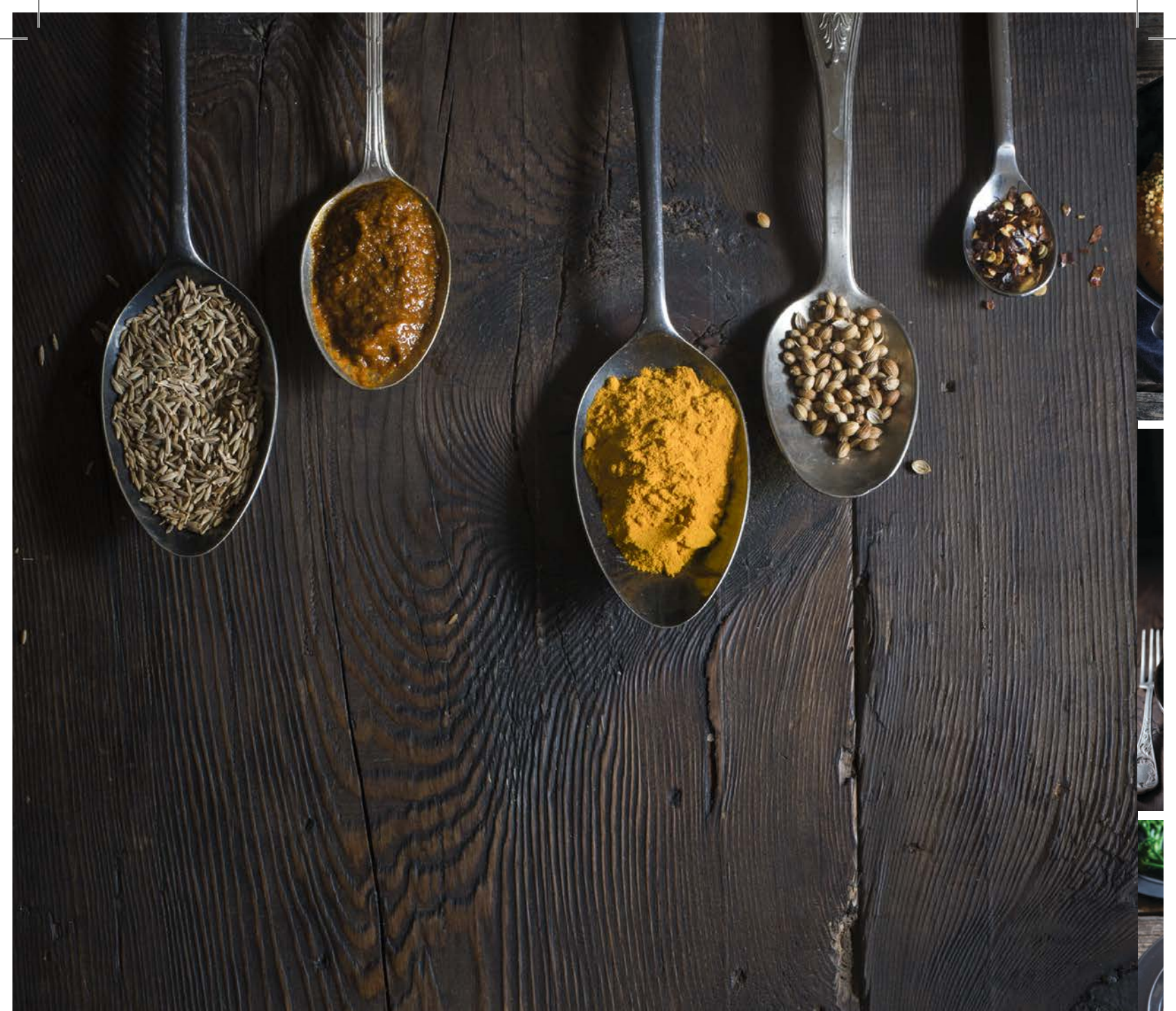
## Winter Nights



**WARMING WINTER  
RECIPES**

*Cooking videos and more delicious meal ideas at [recipes.co.nz](http://recipes.co.nz)*





## NEW ZEALAND BEEF AND LAMB: NATURE'S POWER PACK

Quality ingredients are a vital part of any recipe and when it comes to selecting the very best quality beef and lamb, you need look no further than the New Zealand Beef and Lamb Quality Mark.

Established in 1997, the Quality Mark is your assurance the beef and lamb you buy is New Zealand grown, consistently lean and tender. Only beef and lamb that has met the highest quality standards in tenderness, food safety and animal welfare can hold the Quality Mark.

The recipes in this issue of mEAT Magazine all use lean New Zealand Quality Mark beef and lamb, which are important sources of iron, zinc, vitamin B<sub>12</sub> and quality protein, making them wholesome choices to nourish you and your family.

Many Quality Mark cuts also carry the Heart Foundation's Two Ticks, which means they have less than 4% saturated fat and are recognised as a core food as part of a healthy diet.

**To be confident you're buying the very best New Zealand has to offer, look for the New Zealand Beef and Lamb Quality Mark. If it makes the cut, it earns the Mark. Why would you choose anything less?**



**Tough Standards.  
Tender Results.**



**A**s winter arrives, we start to reminisce about the vibrant foods of summer and social occasions which will become distant memories. And while it's true, the warmer days and longer nights are often referred to the social season with quick, easy recipes on the menu, we believe winter and the cooler months can be just as good. So we've made it our mission with this issue to prove it.

We've included a number of recipes in this issue which were designed with social gatherings in mind. If you have a special occasion coming up or want to treat the family to an indulgent recipe try the greek lamb tart on page 8 – something different to the traditional Sunday night roast. Or if you simply plan to catch up with friends over a casual, yet hearty meal, our one-pot lamb with winter roots and Israeli couscous or beef 'n' beer may just be your new go to recipes.

Winter doesn't have to be solely about slow cooking meals; as good as they may be, there are still plenty of fast options for creating warming, hearty meals to enjoy during the week. Not only meant for the hot weather, salads are a good all-round option both nutrition and flavour-wise and our lamb salad recipe certainly ticks all the boxes in both these departments. Our steak & winter pumpkin panzanella recipe is easy to prepare with little cooking time involved and who doesn't love a good steak regardless of the time of year!

We hope you and your family enjoy all the recipes in this issue and the tips and tricks we've included along the way. Stay warm and happy cooking.

*The team at Beef + Lamb New Zealand*

**BEEF + LAMB**  
NEW ZEALAND



# One-pot Lamb with Winter Roots & Israeli Couscous

SERVES 4 PREPARATION TIME 20 MINUTES COOKING TIME 2 HOURS

*The beauty about this recipe is that it can be created in one-pot. Which means you get a dish jam-packed with winter goodness and there are less dishes to clear away at the end of it all!*

## Lamb

500g Quality Mark diced lamb shoulder  
3 tablespoons seasoned flour  
1 leek, white part only, finely sliced  
2 cloves garlic, coarsely chopped  
1 large carrot, peeled and diced  
1 large parsnip, peeled and diced  
½ swede (about 150g), peeled and diced  
½ cup dry white wine  
2 cups beef or chicken stock

## To serve

1 cup Israeli couscous, cooked  
Green vegetables, steamed



*Lisa Carrington's pick*

**Lamb:** Preheat the oven to 170°C.

Roll diced lamb in the seasoned flour. Heat a large frying pan over a medium-high heat. Add a dash of oil and when hot, brown lamb on both sides, in batches, transferring to a casserole dish as you go.

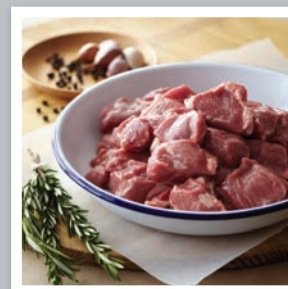
Reduce the heat to low and add the leek and garlic. Cook gently until the leek begins to soften, then add the carrot, parsnip and swede. Mix in any remaining seasoned flour.

Pour in the wine and allow to bubble up. Add the stock and mix well, then pour over the lamb. The liquid should just cover the lamb and vegetables. If not, add more stock.

Place baking paper, cut to fit, on top of the liquid to protect the meat and reduce evaporation. Cover with the lid, then place in the oven and cook for 2 hours until the lamb is very tender.

**To serve:** Serve hot with Israeli couscous and steamed green vegetables. Top with gremolata (see recipe in tips), if wished.

## Suggested cut



Diced shoulder

The following cuts also work well in this recipe.



Shoulder chop



Neck chop

## Tips & tricks

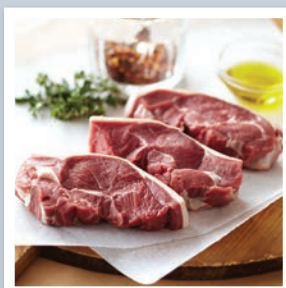
- + You can buy lamb pre-trimmed and diced.
- + Top cooked lamb with a gremolata - very finely chop 2 cloves garlic, add ½ cup finely chopped parsley and grate the zest of 1-2 lemons. Gently mix together.
- + Diced turnips, carrots and potatoes are another great vegetable combination with braised lamb shoulder.
- + Omit the Israeli couscous and serve with mashed potato. Stir gremolata through the mash - delicious.

## Suggested cut



Loin chop

The following cuts also works well in this recipe.



Leg steak



Rump

## Tips & tricks

- + If necessary, trim excess fat off loin chops before crumbing.
- + We cooked lamb loin chops that were about 2.5cm thick.
- + Pour the stock into a small saucepan and keep hot on the cook top as you cook the risotto.

## Lamb Chops with Spinach & Pea Risotto

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 25-30 MINS

### Lamb

4 Quality Mark lamb loin chops  
1 egg  
¼ cup flour  
½ cup fine dried breadcrumbs  
2 tablespoons oil

### Spinach and pea risotto

2 tablespoons oil  
25g butter  
1 small onion, finely sliced  
2 cloves garlic, crushed  
1 ½ cups risotto rice  
800ml -1 litre chicken stock,  
hot  
300g spinach leaves, wilted and  
chopped  
2 cups frozen green peas  
Lemon for squeezing  
A few mint leaves, torn or  
shredded

**Lamb:** Preheat the oven to 180°C. Line a shallow roasting dish with baking paper. Beat the egg in a shallow bowl and season. Place the flour on one plate and the breadcrumbs on another. Place one chop in the flour, dusting off excess, then dip in the egg and finally the breadcrumbs, pressing them on so the chop is well coated. Place in the roasting dish. Repeat with remaining chops. Drizzle with the oil, cover dish with foil and place in the oven to cook for 25 minutes. Remove the foil, turn chops over and return to the oven for a further 5 minutes.

**Spinach and pea risotto:** While the chops are cooking, make the risotto. Heat the oil and butter in a heavy-based saucepan. Add the onion and garlic and cook over a low heat until they are soft but not coloured. Add the rice and stir until the rice is well coated with oil.

Add 1 cup of hot stock and stir. Allow risotto to cook and the stock to be almost completely absorbed by the rice before adding a further 1 cup of stock. Continue adding stock and stirring frequently until the rice is almost cooked, about 20 minutes. Season with salt and freshly ground black pepper.

Add the spinach and peas along with more stock and cook until the rice is tender and creamy, about 5 minutes.

**To serve:** Spoon risotto into shallow bowls and top with a lamb loin chop. Squeeze over some lemon juice and sprinkle with mint.





## Scotch Fillet Steak with Blue Butter

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 1 HOUR

### Steaks

2 x Quality Mark scotch fillet steaks, at room temperature (2.5cm thick and weighing about 320-350g each)  
 ½ tablespoon picked thyme leaves, roughly chopped, optional

### Blue butter

50g blue cheese  
 25g butter, softened  
 Dash Worcestershire sauce  
 1 teaspoon finely chopped thyme leaves

### Baked potatoes

50g butter  
 1 onion, finely sliced  
 1kg potatoes, Agria are good here, peeled  
 2 cloves garlic, very thinly sliced  
 1 tablespoon picked fresh thyme leaves  
 2 cups beef or chicken stock, hot

### To serve:

Seasonal green vegetables, steamed or a winter green salad

**Blue butter:** Using a fork mash together the blue cheese and butter. Add a dash of Worcestershire sauce and the chopped thyme. Place on a piece of baking paper and roll into a log. Keep in the refrigerator until ready to use.

**Baked potatoes:** Preheat the oven to 200°C.

Use a little of the measured butter to grease a medium-sized ovenproof dish. Heat a dash of oil in a small frying pan and add the onion. Place over a low heat and cook the onion until soft. Thinly slice the potatoes. Arrange potato slices in overlapping rows in the dish, adding the onion, garlic and thyme as well as seasoning as you layer.

Add the remaining butter to the hot stock and pour this carefully into the dish. Cover the top of the potatoes with a piece of baking paper. Place in the oven and bake for 1 hour (remove the baking paper towards the end of cooking to allow the potatoes to brown on top), until the potatoes are tender and golden and crisp on the top.

**Steaks:** Season the steaks and heat a large frying pan until hot. Place in the steaks and cook for 3 minutes on each side. Remove from the frying pan to a warmed plate and sprinkle over the thyme. Place 2 slices of the blue butter on each steak. Cover loosely with foil and leave to rest for 5 minutes.

**To serve:** Cut steaks in half and place on 4 warmed plates along with all the melted and not-so melted blue butter. Serve with the baked potatoes.

## Suggested cut



Scotch fillet steak

The following cuts also work well in this recipe.



Sirloin steak



Eye fillet steak

## Tips & tricks

- + Scotch fillet has a higher marbling of fat that gives you a steak full of flavour and because there is sufficient fat, you don't need to add any to the pan before cooking.
- + Leave your steak out of the refrigerator for at least 30 minutes to bring to room temperature. Personally we like to leave it out for 1 hour in warm weather and if the weather is colder leave out for even longer.
- + Scotch fillet steaks are better on the thicker side - this will give you a good balance between outer crust and an evenly cooked middle. If you choose a scotch fillet steak that is 4cm thick, pan-fry for 1 minute longer on each side.





## Greek Lamb Tart

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 25 MINS

*We've developed this recipe specifically with winter entertaining in mind. Whilst we still love a traditional roast, we wanted to give you another option - just watch your guests faces as you place this visually beautiful dish down in the middle of the table!*

### Lamb

250g Quality Mark lamb mince  
2 cloves garlic, crushed  
400g can chopped tomatoes in juice  
1 tablespoon tomato paste  
1 cup canned chickpeas, rinsed  
Finely grated zest and juice of 1 lemon  
¼ cup chopped mixed fresh herbs, such as parsley, oregano and mint  
75g creamy feta, crumbled

### Pastry

2 sheets made-with butter puff pastry, slightly thawed  
1 egg, lightly beaten  
2 large onions, finely sliced  
2 teaspoons cumin seeds

### To serve

¼ cup pitted olives  
Extra chopped fresh parsley



*Sophie Pascoe's pick*

Preheat the oven to 200°C.

**Pastry:** Place the pastry sheets, one on top of the other, on lightly-floured benchtop. Roll out to fit a 24cm x 36cm oven tray. Use a sharp knife to lightly score a 2.5cm border all the way around the pastry and lightly prick the pastry with a fork. Brush with egg wash (set aside the remainder), and place in the refrigerator to firm up for 30 minutes.

In a frying pan, heat a dash of oil and add the onions. Cook slowly over a gentle heat, stirring frequently for 15 minutes until golden.

Remove pastry from the refrigerator and brush once more with egg wash. Spread over the onions and sprinkle over the cumin seeds. Place in the oven and increase the temperature to 210°C. Cook for 10-15 minutes.

**Lamb:** Meanwhile, heat a large frying pan over a medium heat. Add the lamb mince and garlic and cook for 2 minutes. Stir frequently to break mince up a little. Add the tomatoes, tomato paste and chickpeas and cook until most of the moisture has evaporated, about 5-8 minutes. The lamb mince should be thick but not dry. Add the lemon zest and herbs. Season to taste.

Remove pastry from the oven and spoon the lamb mince mixture over the onions. Scatter over the feta.

Return to the oven and cook for a further 5-10 minutes until the pastry is well browned around the edges and the base is well cooked with no signs of soggy pastry.

**To serve:** Scatter olives and extra chopped parsley over the tart, sprinkle or squeeze over the lemon juice and cut into pieces or slices. Serve with a green salad.

## Suggested cut



Lamb or beef mince

## Tips & tricks

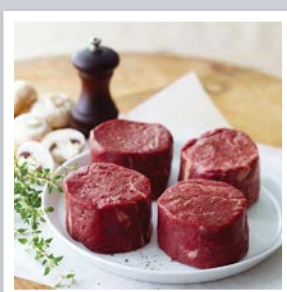
- + If you are unable to locate lamb mince, just ask the butcher. They should be able to prepare some for you.
- + Lean lamb mince is one of 15 lamb cuts which carry the Heart Foundation's Two Ticks having less than 4% saturated fat and being recognized as a core food for a healthy diet.
- + Lamb mince requires good seasoning and needs to be browned. Place lamb mince into a frying pan and let it sizzle to brown then begin breaking up using a wooden spoon.
- + Keep sheets of butter puff pastry in the freezer so you can make this tart in no time if friends show up for lunch.

## Suggested cut



Sirloin steak

The following cuts also work well in this recipe.



Eye fillet steak

## Tips & tricks

- + Always have your frying pan hot before cooking a steak and allow the meat to seal well before turning over to cook the other side.
- + Cook the meat fat down one side of the sirloin steak first to render down the fat and give you a gorgeous golden crust to your steak.
- + Add a pinch of sugar to the vinaigrette if too tart. Add 1 clove crushed garlic.
- + Toss the baby spinach through the pumpkin panzanella while still warm.
- + Add ¼ cup pitted olives, 1 tablespoon drained capers and 2-3 chopped anchovy fillets to the pumpkin panzanella for extra flavour.

# Steak & Winter Pumpkin Panzanella

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 35 MINS

### Beef

4 x 150g Quality Mark sirloin steaks  
(about 2.5cm thick)

### Pumpkin panzanella

750g crown pumpkin, peeled and cut into 2.5cm cubes  
1 stalk sage leaves, picked  
1 onion, finely sliced  
4 slices one-day-old ciabatta bread, cut into large cubes  
1½ tablespoons red wine vinegar  
½ tablespoon lemon juice  
¼ cup olive oil

### To serve

Steamed green vegetables or baby spinach leaves

### Pumpkin panzanella:

Preheat the oven to 200°C. Line a shallow roasting dish with baking paper. Place the pumpkin and sage leaves in a bowl and toss with a dash of oil and season. Tip out into the roasting dish in a single layer. Place in the oven and roast for 30 minutes or until tender. Meanwhile, add another dash of oil into a frying pan and cook the onion over a very low heat until soft. Add the bread and cook tossing frequently, until the onion and bread are golden.

In a small bowl whisk together the vinegar and lemon juice. Whisk in the olive oil and season. Remove the pumpkin from the oven and place on the fried onion and bread. Return to the oven for 5-10 minutes until bread is crisp and to keep hot.

**Beef:** Wipe out the frying pan with kitchen paper, then heat over a high heat. Rub sirloin steaks with a little oil, if necessary, and grind over black pepper. Place in the hot frying pan and cook for 3 minutes on each side for medium-rare steak. Remove from the frying pan, sprinkle with salt, cover and leave to rest.

**To serve:** Place each steak on a warmed plate. Spoon pumpkin panzanella alongside with steamed green vegetables and drizzle with the red wine vinaigrette.





## Lamb & Golden Kumara Warm Salad

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 50 MINS

### Lamb

3 x Quality Mark lamb rumps, trimmed of any silver skin

### Golden kumara and greens

2 large golden kumara, peeled and cut into small pieces  
 1 cup unsweetened apple juice  
 ¼ cup raisins  
 2 cloves garlic, crushed  
 ¼ cup raw almonds, roughly chopped  
 250g spinach leaves, well washed and any tough stalks removed  
 2 tablespoons mint leaves, torn

**Golden kumara and greens:** Preheat the oven to 190°C. Place the kumara and apple juice in an ovenproof dish, season and cover with foil. Place in the oven and cook for about 50 minutes or until tender. Leave oven on to cook the lamb. Soak raisins in boiling water for 10 minutes, then drain and set aside.

**Lamb:** Heat a frying pan over a medium-high heat. Rub lamb rumps with a little oil and season with freshly ground black pepper. Place in the frying pan and brown on both sides. Transfer lamb to a roasting dish, place in the oven and roast for 10 minutes for medium-rare lamb. Remove from the oven, sprinkle with salt and cover loosely with foil and a clean tea towel and leave to rest for 10 minutes or more, while you finish cooking the vegetables.

**To serve:** Wipe out the frying pan with kitchen paper. Add a dash of oil and garlic and cook over a low heat for about 1 minute. Add the almonds and raisins and cook for a further 1 minute. Add the spinach leaves and allow to wilt, stirring continuously. Stir in the mint leaves. Add the cooked kumara with its juices and stir well to combine and heat through. Slice the lamb rump across the grain and serve with the kumara and greens.

### Suggested cut

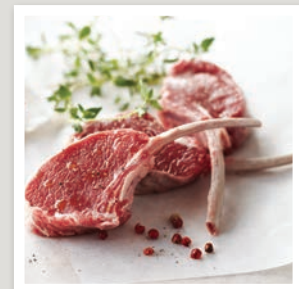


Rump

The following cuts also work well in this recipe.



Loin chops



Cutlets



Leg steaks

### Tips & tricks

- ✦ Lamb rumps vary in size. We cooked rumps that weighed about 200g each.
- ✦ Cut golden kumara in pieces about 1cm square.
- ✦ For the greens you could use, baby silver beet or shredded swiss chard leaves.

*From the Beef + Lamb  
New Zealand Nutritionist*

Winter is often thought of as a time for hibernation, but reality means we're spending Saturdays on the side line of muddy rugby fields and dodging storms during the morning commute. Despite the increasingly shorter days, life doesn't slow down during winter and cooler temperatures make even the simplest tasks that much harder, like getting out of bed in the morning!

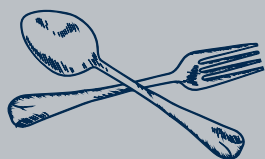
Lamb chops and a tender beef curry are classic seasonal fare and the aroma from the slow cooker will entice many to the dinner table – after we dust off the old crock pot and remember to turn it on before rushing out the door. We all have great intentions to plan the weekly meals in advance but busy lifestyles mean we often make it up as the day goes on.

No matter what the season, recipes which are nutritious and simple to prepare are a high priority for most households. Winter comfort food has a bad rap for being heavy and stodgy but swapping crisp summer salads for warming root vegetables doesn't have to equate to a less healthy diet. Home cooked meals during winter provide an opportunity to get back to basics with familiar cuts of meat and vegetables.

At Beef + Lamb New Zealand, we never compromise nutrition when creating quick, weeknight meal options. Lean beef and lamb are rich sources of iron and zinc, both essential nutrients at any time of the year but especially so during winter. Iron and zinc play a role in immune function and a deficiency in either can mean we become prone to illness.

My favourite recipe from this edition of mEAT magazine is the one-pot lamb with winter roots and Israeli couscous. With garlic cloves, stock, green vegetables and tender braised lamb, this recipe is just the elixir needed on these cold winter nights.

*Emily Parks.*



## Massaman Beef Curry

SERVES 4 PREPARATION TIME 20MINS

COOKING TIME 2½ HOURS

*Beef cooked until tender using Thai ingredients. This dish relies on a balance of layered flavours – spicy, sour and sweet.*

### Beef

750 Quality Mark chuck steak, cut into 5cm pieces  
2 tablespoons Massaman curry paste  
1 small onion, coarsely chopped  
1 cup coconut milk  
1 cup water  
2 tablespoons lime juice  
2 tablespoons brown sugar  
1 bay leaf  
Splash fish sauce  
300g waxy potatoes, cut into large chunks

### To serve

2 tablespoons unsalted roasted peanuts, coarsely chopped  
2 tablespoons roughly chopped parsley  
Jasmine rice

**Beef:** Preheat the oven to 170°C.

Toss the beef in the Massaman curry paste. Place a large frying pan over a medium heat and add a dash of oil. Place in the onion and cook until soft but not coloured. Transfer to an ovenproof casserole dish.

Add another dash of oil to the frying pan and place in the beef, in batches, and brown on both sides. Transfer to the casserole dish as you go. Pour the coconut milk and water into the frying pan and allow to bubble up. Add the lime juice, sugar, bay leaf and fish sauce. Stir to combine, then pour over the beef.

Place on the lid and place in the oven to cook for 1 hour. Remove from the oven, taste for seasoning and add the potatoes. Cook for a further 1½ hours until the beef is almost falling apart.

**To serve:** Serve Massaman beef curry topped with the peanuts and parsley. Add a bowl of cooked rice.



*Sarah Walker's pick*

## Suggested cut

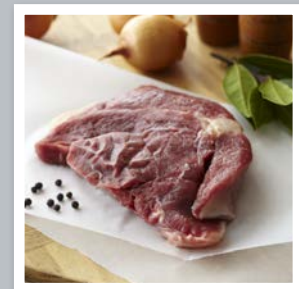


Chuck Steak

The following cuts also work well in this recipe.



Cross-cut blade



Shin of beef (gravy beef)

## Tips & tricks

- + Chuck steak is the perfect cut for beef curry.
- + Beef curry is delicious the next day after the flavours have developed further.
- + Place baking paper, cut to fit, on top of the liquid to protect the meat and reduce evaporation if the lid on your ovenproof casserole dish is not tight fitting.
- + Serve with roughly chopped coriander, if available

## Beef 'n' Beer

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 2½ HOURS

*Beef slow-cooked in a mixture of beer and water enriches and gives a nut-like flavour to the meat. The bread on top is delicious too.*

### Beef

750g Quality Mark cross-cut blade  
1 large onion, finely sliced  
1 clove garlic, crushed  
1 tablespoon flour  
1 x 300-330ml bottle beer (see tips)  
400ml hot water  
1 bay leaf, 2 sprigs thyme and 3 parsley stalks tied with kitchen string  
Good pinch grated nutmeg  
1 tablespoon red or white wine vinegar

### To serve

8 x 5mm thick slices of French stick  
Dijon mustard  
½ cup finely grated parmesan cheese  
Steamed vegetables

**Beef:** Preheat the oven to 170°C.

Cut the beef into 2.5-3cm pieces and place in a bowl with a dash of oil. Season and toss to coat beef pieces in oil.

Heat a large frying pan over a medium-high heat and, in batches, quickly brown the beef on both sides. Transfer to an ovenproof casserole dish as you go.

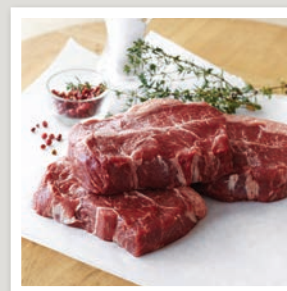
Reduce the heat to low, add another dash of oil and the sliced onion. Cook onion until it softens and begins to colour, then add the garlic. Add the flour and mix well. Pour in the beer and hot water and bring up to the boil, stirring continuously. Add the herbs, nutmeg and vinegar and season. Pour over the beef, place on the lid and place in the oven.

Cook for 2½ hours until the beef is meltingly tender.

**To serve:** Fifteen minutes before the end of cooking time remove beef from the oven. Remove herbs and discard. Spread one side of French bread slices with a little Dijon mustard and place mustard side down, on top of the meat. Push the slices down below the surface ensuring they are soaked in sauce, they will rise back to the surface. Sprinkle over the parmesan cheese then return beef to the oven and cook until the bread and cheese are golden.

Serve beef with plenty of steamed greens or mixed vegetables.

## Suggested cuts



Cross-cut blade

The following cuts also work well in this recipe.



Chuck steak



Rump steak

## Tips & tricks

- + Cross-cut blade, our suggested cut, has a good amount of connective tissue which will melt and become tender when cooked slowly and make a delicious sauce
- + Use a beer of your choice. A darker, full-bodied beer will make for a very rich sauce and is very much personal taste.
- + Slow cooker method - cook on low for 8-9 hours or on high for 4-4½ hours. 30 minutes before the end of cooking time turn slow cooker on to high (if cooking on low). Thicken sauce with a butter and flour paste and continue cooking. Serve with a French stick which you have halved lengthwise and spread with garlic and herb butter. Place under the grill to melt the butter.



# Win

## Be in to win a year's supply of Quality Mark beef and lamb to the value of \$3000

### *To be in to win...*

Simply tell us which Iron Maiden loves the 'One-pot Lamb with Winter Roots & Israeli Couscous' as pictured below?



→ TO ENTER VISIT  
[recipes.co.nz](http://recipes.co.nz)

Alternatively, email your answer to [recipes@beeflambnz.co.nz](mailto:recipes@beeflambnz.co.nz) or send a letter with your answer to: Beef + Lamb New Zealand Inc, PO Box 33 648, Takapuna, Auckland 0740

**TERMS AND CONDITIONS:**  
Entries must be received by 30 September 2016.

Beef + Lamb New Zealand Inc will make the final decision on the winner. The judges' decision is final and correspondence will not be entered into. Letters and emails can only be chosen from those including full contact details (name, address, email and phone number). One entry per person.

For full terms and conditions, visit [recipes.co.nz](http://recipes.co.nz).

**BEEF + LAMB**  
NEW ZEALAND

Recipes by Kathy Paterson | Photography by Tam West

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