

free

Be inspired with beef and lamb

# meat

Issue 14 Autumn

## Everyday Easy



**RECIPES SURE  
TO BECOME  
FAMILY FAVES**

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



## Using a meat thermometer

Using a meat thermometer removes the guesswork out of cooking with beef and lamb and is the most accurate way to know when your meat is ready.

Once you become accustomed to achieving the desired degree of cooking indicated by the internal temperature, your meat thermometer will no doubt become your ultimate kitchen companion.

### Tips for using a meat thermometer

- + As steaks are thin in comparison with roasting cuts, avoid piercing right through the steak to the hot cooking surface. Otherwise your potentially rare cutlet may read as well done. The end of the thermometer should be inserted into thickest part of the roast away from any bone and rest half way into the thickness of the meat.
- + If you find yourself cooking an odd shaped cut of meat, cooking heat won't reach all the areas at the same time. So to ensure it has cooked correctly you may find taking two readings of the beef or lamb in different areas will help achieve desired doneness. This also applies to stuffed or rolled meats that require longer roasting times in order for heat to cook through the many layers. The general rule of thumb is to cook these to well done internal temperatures.
- + To check the temperature of your beef or lamb, remove it from the oven just before your temperature target (as the meat will continue to cook while it is resting), and insert the thermometer into the thickest part, away from fat or bone as these hold more heat.

### How can you tell when your meat is ready?

When your meat is cooked to your liking, whether it be a steak, roast or if you're cooking the Wellington recipe in this issue, the internal temperature will indicate your level of doneness:

**Rare** = 45-50°C

**Medium rare** = 55-60°C

**Medium** = 60-65°C

**Well done** = 70-75°C

**Very well done** = 75-80°C



## 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.**





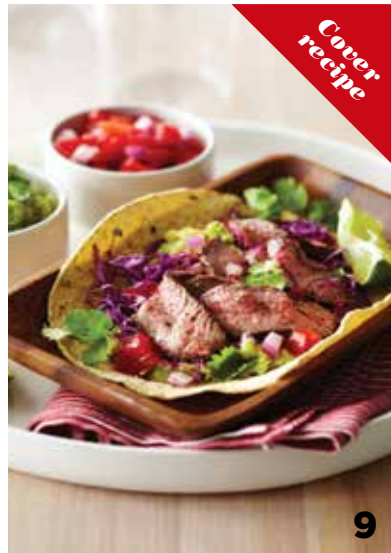
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**T**he recipes in this issue of mEAT Magazine are what we define as easy, everyday yet absolutely mouth-watering. As we are approaching the winter months, we've included a mix of meal options ranging from quick, fresh food to a few more heartier recipes.

Taking inspiration from the fresh produce available in the autumnal months, we've included a recipe for a vibrant, zesty Romesco sauce which goes perfectly atop a juicy steak. Or if you're after a bit of fun in the kitchen, our cover recipe - street-style steak tacos boasts big strong flavours. If you're looking for an entertaining option we've included a old favourite, Beef Wellington. Although this dish certainly looks impressive served up at a dinner party or family gathering it doesn't require much time in the kitchen at all.

Check out the back page competition for your chance to win one of 50 meat thermometers. We're referring to them as the ultimate kitchen tool as they take all the guesswork out of cooking with beef and lamb.

And, as always, we'd love to hear from you. If you have any feedback on this issue of mEAT Magazine please get in touch. In the meantime, enjoy. We are sure these recipes will fast become firm family favourites.

*The team at Beef + Lamb New Zealand*

**BEEF + LAMB**  
NEW ZEALAND





## Fast Autumn Lamb Stir-fry

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 10 MINS

*You don't often think of using lamb in a stir-fry, but it is delicious. The success to a good stir-fry is to have all your ingredients prepared and placed in the order you are going to add them to the wok, as this is all about quick cooking.*

### Lamb

400g Quality Mark lamb leg steaks

### Wok vegetables

2 oranges  
250ml beef stock  
3 tablespoons liquid honey  
2 tablespoons light soy sauce  
1 tablespoon green chilli sauce  
2 tablespoons cornflour  
½ cup peanut or vegetable oil  
½ eggplant, cut into 2.5cm pieces  
250g button mushrooms, wiped and halved if large  
425g can baby corn, drained and each baby corn cut into 3 pieces  
1 tablespoon grated fresh ginger

### To serve

1 tablespoon sesame seeds, toasted  
¼ cup fresh mint, roughly chopped  
Steamed rice



*"This nutritious dish is perfect for my recovery after training, providing protein, carbohydrate and antioxidants."*

*Lisa Carrington*

**Stir-fry:** Grate the zest of both oranges into a small bowl. Cut away the peel and pith from each orange and segment over the bowl collecting the juice as you go. Place orange segments on a plate and set aside. Add the stock, honey, soy sauce and chilli sauce into the bowl with the orange zest and juice. Mix well and set aside.

Cut the lamb in strips (3cm x 1cm), season and coat the lamb with the cornflour.

Heat a wok or large frying pan over a high heat. Add a dash of oil and when hot, add the eggplant cubes and stir-fry until golden and soft, about 3 minutes. Add the mushrooms, stir-frying until soft. Add baby corn and stir-fry for 30 seconds. Transfer all to a bowl.

Add one more dash of oil to the wok and heat until just smoking. Add half of the lamb strips and stir-fry until browned, about 1 minute, then add to vegetables. Add remaining lamb strips and repeat.

Add ginger to the wok and stir-fry for 10 seconds. Add orange and stock mixture and bring to the boil. Boil until reduced by one-third. Return lamb and vegetables to the wok and stir-fry until heated through.

**To serve:** Stir the sesame seeds and mint into the wok and season with salt. Place lamb and vegetables in a warmed serving bowl and top with the orange segments. Serve with steamed rice.

## Suggested cuts

The following cuts work well in this recipe.



Lamb leg steak



Lamb rump



Lamb schnitzel

## Tips & tricks

- + Keep ingredients moving when cooking with this method. Cooking the meat and vegetables separately is best as it allows the meat to brown rather than stew.
- + This dish is also delicious served with a golden kumara mash.
- + If you can, use peanut oil which gives a distinct flavour to the dish.
- + Lamb is an excellent source of quality protein, keeping you feeling full for longer - useful if you are watching your weight.



## Suggested cuts

The following cuts work well in this recipe.



Lamb shoulder chops



Lamb neck chops



Diced lamb shoulder

## Tips & tricks

- + Remove excess fat from lamb shoulder chops before cooking and brown lamb shoulder chops before baking for flavour.
- + Cook in a well sealed ovenproof dish (one with a tight fitting lid) so you don't lose liquid through evaporation. Choose a dish that fits the ingredients comfortably, i.e. not too small or too large.
- + New Zealand lamb is grass-fed and contains higher levels of omega 3 than meat from grain-fed animals overseas.

## Baked Lamb Shoulder Chops

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 1½ HOURS

### Lamb

4 Quality Mark lamb shoulder chops

### Vegetables

1 onion, finely chopped  
1 teaspoon ground ginger  
1 teaspoon turmeric  
½ cinnamon stick  
1 green chilli, deseeded and finely chopped  
2 medium-sized carrots, peeled, halved and cut into 7cm lengths  
1½ cups butternut pumpkin, peeled and cubed  
400g can chopped tomatoes in juice  
250ml beef stock  
2 tablespoons fresh coriander leaves, roughly chopped  
2 tablespoons fresh parsley leaves, roughly chopped

### To serve

1 tablespoon fresh coriander leaves  
400g steamed couscous

Preheat the oven to 170°C.

**Lamb:** Heat a dash of oil in a large frying pan (or use a casserole dish that can be used on the stove top), and brown lamb shoulder chops on both sides. Transfer to a casserole dish.

Lower the heat, add another dash of oil to the frying pan and cook the onion until soft, at least 5 minutes, then add the ginger, turmeric, cinnamon stick and chilli. Stir and cook for 1 minute until aromatic. Add the carrots and butternut pumpkin and stir well to coat with the spice mixture. Pour in the chopped tomatoes with juice and stock and bring to the boil. Stir through chopped herbs and pour over the lamb shoulder chops. Place in the oven for 1½ hours until the lamb is meltingly tender.

**To serve:** Remove lamb shoulder chops from the oven, stir through the chopped coriander leaves and serve hot with steamed couscous. Use the tasty broth to moisten the couscous.





## Cottage Pie

SERVES 6 PREPARATION TIME 1¼ HOURS COOKING TIME 30 MINS

### Beef

1kg Quality Mark beef mince  
 1 medium-sized onion, finely chopped  
 2 medium-sized carrots, peeled and grated  
 2 sticks celery, strings removed with vegetable peeler, finely chopped  
 150ml red wine (optional)  
 400g can chopped tomatoes in juice  
 1 tablespoon tomato paste  
 250ml beef stock  
 2 tablespoons fresh parsley, finely chopped  
 2 teaspoons fresh thyme leaves, finely chopped

### Topping

1.2kg floury potatoes, such as agria, peeled and cubed  
 200ml milk  
 25g butter  
 1 cup grated cheddar cheese or ¼ cup freshly grated Parmesan cheese  
 1 teaspoon smoked paprika

### To Serve

Green peas, steamed or boiled

Preheat the oven to 190°C.

**Beef:** Heat a dash of oil in a large heavy-based saucepan over a medium-high heat. Add the beef mince and brown, stirring with a wooden spoon to break up the mince as it browns. Remove and set aside.

Reduce the heat to low, add another dash of oil and cook the onion for at least 5 minutes until soft. Increase heat and add carrot and celery and cook for a further 5 minutes. Pour in the wine if using, and bring to the boil. Return beef mince to the saucepan with tomatoes, tomato paste and stock. Season as required.

Reduce heat, cover and cook mince mixture at a gentle simmer for 30 minutes, stirring occasionally until most of the liquid has evaporated. Stir through the chopped herbs.

**Topping:** Boil potatoes in lightly salted water until tender. Drain and dry over the heat then mash or pass through a mouli or potato ricer. Using a wooden spoon, beat in the milk and butter. Stir through the cheese.

**To assemble:** Spoon mince mixture into a large ovenproof dish (6 cup capacity), top with the potato mash and sprinkle with smoked paprika. Place in the oven and cook for 30 minutes until hot and bubbling.

**To serve:** Serve cottage pie with green peas.

## Suggested cuts

The following cuts work well in this recipe.



Beef or lamb mince

## Tips & tricks

- + Make cottage pie ahead of time and keep refrigerated. You will need to cook in the oven for at least an extra 15 minutes until hot and bubbling.
- + To stop mash sinking into the mince, allow mince to cool a little before topping with mashed potato.
- + Cottage pie can be frozen and used within 3 months.
- + Top beef mince with champ, which is mashed potato combined with chopped spring onions, milk and butter.
- + Kids love mince, and being a good source of iron for energy and brain development, it's good for them too.







# Street-Style Beef Tacos

SERVES 4 PREPARATION TIME 15 MINS + MARINATING COOKING TIME 8 MINS + RESTING

Tacos make for an easy to prepare lunch, dinner or even a snack for hungry teens. The fresh ingredients topped with juicy pieces of tender beef will make your mouth water just thinking about this recipe. Have a bit of fun with the salad ingredients you use to build the tacos - variety in texture and colour is key.

## Beef

450-500g Quality Mark rump steak

## Marinade

3 tablespoons oil  
2 tablespoons lemon juice  
2-3 large cloves garlic, crushed

## Pico de gallo

1 long red chilli, deseeded and very finely chopped  
2 ripe tomatoes, cored and diced  
1 medium-sized red onion

## To serve

1 avocado, cut in half, stone removed and peeled  
Juice of 1 lime or ½ lemon  
2 tablespoons coriander leaves, roughly chopped  
2-3 cups red or green cabbage, finely shredded (or use shredded iceberg or cos lettuce if you prefer)  
4 corn tortillas  
Lime wedges

**Beef:** Place the rump steak in a non-metallic shallow dish. Mix together the oil, lemon juice and garlic and rub over both sides of the rump steak. Cover and refrigerate for 30 minutes or up to 1 hour.

Remove the rump steak from the refrigerator and bring to room temperature, about 20 minutes. Pat steak dry with kitchen paper.

Heat a large frying pan over a medium-high heat and pan-fry the steak for 3-4 minutes on each side for medium-rare. Remove from frying pan, season and leave to rest for 5 minutes before slicing across the grain.

**Pico de gallo:** Combine the chopped chilli, tomatoes and red onion in a bowl and season with a little salt. Set aside.

**To assemble:** Mash the avocado using a fork, add the lime juice and season to taste. Stir through half of the chopped coriander. Stir the remaining coriander through the finely shredded cabbage.

Warm tortillas to make pliable (see tips). Spread mashed avocado over tortillas, place on some cabbage, pico de gallo and sliced rump steak and fold in half.

Serve with lime wedges.



*"When time is short, this easy go-to dish fuels me before I head to training. It's also a great option to pack up for lunch or dinner on the go"*

*Sophie Pascoe*

## Suggested cuts

The following cuts work well in this recipe. See [recipes.co.nz](http://recipes.co.nz) for cooking the perfect steak.



Beef rump steak



Beef sirloin steak

## Tips & tricks

- + Marinating steak before cooking tenderises it by softening the protein structure. Using seasoned acidic liquid to marinate allows the meat to absorb flavour.
- + To warm tortillas, heat in a microwave for 20 seconds and briefly dry fry in a frying pan, on a barbecue or in a moderate oven. Alternatively, wrap in foil and steam on a plate over boiling water until pliable.
- + To check out how this dish stacks up nutritionally, have a look at the nutrition tab on this recipe on our website, [recipes.co.nz](http://recipes.co.nz). In fact, all the recipes on our website include a nutritional breakdown.

## Suggested cuts

The following works well in this recipe.



Beef or lamb mince

## Tips & tricks

- + The cooked lamb mince should be thick and well seasoned, but not dry.
- + Browning the mince is important for adding flavour. Cooking it over a high heat and splitting it into two batches all helps to create flavourful mince.
- + Tomato passata is an uncooked Italian-style sauce now available in most supermarkets.
- + To make this dish into a more traditional mousakka, cook and slice 6 small potatoes and place on top of the cooked lamb mince before topping with white sauce.
- + Lamb is nutritious and wholesome providing a natural source of essential iron, zinc and vitamin B<sub>12</sub> for you and your family's immunity and energy levels.

## Stuffed Aubergine

SERVES 6 PREPARATION TIME 45 - 60 MINS COOKING TIME 20 MINS

### Lamb

500g Quality Mark lamb mince

### Eggplant and lamb mix

3 medium-sized aubergines  
1 onion, finely chopped  
4 cloves garlic, finely chopped  
1½ teaspoons ground cumin seeds  
½ teaspoon grated nutmeg  
Pinch dried chilli flakes  
1 cup tomato passata (see tips), or your favourite tomato sauce  
1 tablespoon tomato paste  
1 teaspoon Worcestershire sauce

### White sauce

3-3½ cups full cream milk  
1 bay leaf  
2-3 parsley stalks  
1 onion, sliced  
3 whole black peppercorns  
50g butter  
3 tablespoons flour  
2 eggs, separated  
¼ cup Parmesan, grated

Preheat the oven to 180°C. Cut aubergines in half lengthwise, drizzle with a little oil and place into the oven flesh side up in a lined roasting dish for 35-40 minutes until just soft. Scoop out the flesh, leaving skins with a layer of flesh about 1cm thick. Roughly chop flesh and place back in aubergine skins. Return skins to roasting dish and set aside.

Heat a dash of oil in a large frying pan over a medium-high heat and add the lamb mince. Once brown, set aside. Lower heat and cook the onion and garlic slowly until very soft, then add spices and fry for 30 seconds until aromatic. Stir in tomato passata, tomato paste and Worcestershire sauce and return lamb mince to the frying pan. Simmer for 5 minutes and season to taste.

**Beef:** Place the milk over a low heat in a small saucepan with the bay leaf, parsley stalks, onion and peppercorns. Heat until bubbles are just starting to appear around the outside. Set aside to infuse. Melt butter over a low heat in another saucepan then use a wooden spoon to stir in the flour. Cook, stirring until you have a smooth golden paste (roux). Strain the infused milk into a jug then gradually stir into the roux. Continue to stir over a low heat until the sauce is thick. Beat egg yolks into the sauce. Whip egg whites until they just hold their shape then fold into the sauce with the grated Parmesan.

**To assemble:** Spoon lamb mixture into eggplant skins, top with white sauce and place in the oven for 15-20 minutes until golden. Serve with steamed green vegetables.







## Lemongrass Lamb Rumps

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

### Lamb

3 Quality Mark lamb rumps, trimmed

### Marinade

2 stalks lemongrass, white part only, chopped  
2 shallots, roughly chopped  
1 red chilli, deseeded and chopped  
1 clove garlic, chopped  
4 tablespoons sugar  
1 tablespoon vegetable oil  
1 tablespoon fish sauce

### Tamarind sauce

1 tablespoon tamarind paste  
1 tablespoon sugar  
1-2 teaspoons fish sauce  
4 tablespoons water  
Juice of 1 lime

### To serve

Cooked rice  
Wilted greens  
3 tablespoons crispy fried shallots  
Fresh chilli, finely chopped

Preheat oven to 210°C.

**Lamb:** Place lemongrass into a mortar and pestle or small food processor and break down into a rough coarse paste. Add shallots, chilli and garlic and continue to pound until well combined. Set aside. Place the sugar, vegetable oil and fish sauce in a bowl and mix until the sugar dissolves. Stir in lemongrass paste and set aside to allow flavours to infuse. Pat lamb rumps dry with kitchen paper and place in a non-metallic shallow dish. Rub lemongrass marinade over lamb rumps, cover and place in the refrigerator. Overnight is best, but for as long as you can.

**Tamarind sauce:** Place all ingredients in a small saucepan and bring to a simmer over a low heat. Remove from the heat and set aside. Place a roasting dish in the oven to heat.

**Lamb:** Remove lamb rumps from the refrigerator for at least 20 minutes prior to cooking. Brush off excess marinade and season. Place lamb rumps in heated roasting dish. Cook for 12-15 minutes for medium, baste with the tamarind sauce after 5 minutes in the oven. Remove lamb rumps from the oven and leave to rest for at least 5 minutes, loosely covered with foil before slicing across the grain.

**To serve:** Place sliced lamb rumps on top of rice alongside wilted spinach. Top with fried shallots and chilli.

## Suggested cuts

The following cuts work well in this recipe.



Lamb rump



Lamb backstrap

## Tips & tricks

- + Marinating the lamb rumps in this Asian-style marinade makes the lamb meltingly tender, especially if you have time to marinate overnight.
- + You can buy crispy shallots in the international section of your supermarket or make them yourself by slicing shallots and frying them in a little vegetable oil until golden. Drain on kitchen paper.
- + Ready prepared lemongrass paste can be found in the chiller in the vegetable section of your supermarket.



*This recipe is a special contribution from Brett McGregor, 2010 MasterChef NZ winner.*

## Steaks with Romesco Sauce

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 6-8 MINS + RESTING

Use up the last of the late summer/early autumn tomatoes and peppers to make a batch of Romesco sauce for a tasty accompaniment to serve atop steaks. A popular Spanish sauce, there are many variations and this is ours.

### Beef

4 Quality Mark sirloin steaks

### Romesco sauce

3 ripe tomatoes, cut in half, cores removed

½ teaspoon smoked paprika

1 red capsicum, core removed

1 small head garlic, unpeeled and halved horizontally

1 slice sourdough bread, about 1cm thick

50g blanched almonds, toasted

2 tablespoons sherry vinegar or red wine vinegar

Pinch dried red chilli flakes

4 tablespoons olive oil

Preheat the oven to 190°C.

**Romesco sauce:** Line a shallow roasting dish with baking paper and wrap garlic halves in foil. Place tomatoes in the roasting dish and drizzle with a dash of oil. Sprinkle with paprika and lightly season. Add the capsicum and wrapped garlic, then place in the oven to roast for 25-30 minutes. Turn the capsicum over during roasting to blacken both sides. Ensure garlic is very soft (if not return to oven for a little longer).

Place the red pepper in a bowl, cover with a tea towel and allow to steam for 10 minutes before peeling away and discarding the skin and seeds. Set aside. When the garlic is cool enough to handle, pop garlic cloves out of their skins and set aside. Heat a dash of oil in a small frying pan and pan-fry the bread on both sides until golden.

Place the tomatoes, capsicum, garlic, bread, almonds, vinegar and chilli flakes in a food processor. Process to blend, drizzling the olive oil in through the feed tube. Keep Romesco sauce a little chunky to give the sauce texture. Season to taste and serve immediately or store covered in the refrigerator.

**Beef:** Heat a heavy-based large frying pan over a medium heat. Rub sirloin steaks with a little oil and freshly ground black pepper. Pan-fry steaks for 3-4 minutes each side for medium-rare. Remove from the pan, season with salt, cover loosely with foil and leave to rest.

**To serve:** Place sirloin steaks on four warmed plates and top with a good dollop of Romesco sauce. Serve with wilted greens and/or green beans on the side along with remaining Romesco sauce in a small bowl.

## Suggested cuts

The following cuts work well in this recipe. See [recipes.co.nz](http://recipes.co.nz) for cooking the perfect steak.



Beef sirloin steak



Beef rump steak



Beef eye fillet steak

## Tips & tricks

- + Resting is an important step you should not skip. It allows the meat to relax and the juices to settle back into the meat, instead of running out all over the place when you cut into it.
- + Rub oil over the steaks rather than pouring oil into the frying pan, which will spit and smoke once heated.
- + Trimmed of fat, sirloin steak meets the Heart Foundation's Two Ticks with less than 4% saturated fat and being recognised as a core food for a healthy diet.











# Beef Wellington

SERVES 4-6 PREPARATION TIME 45 MINS COOKING TIME 30 MINS + RESTING

*Beef Wellington remains a true classic and we love everything about it. A beautifully tender piece of eye fillet wrapped in a mustard and mushroom duxelle and encased within golden puff pastry. Could it get any better?*

## Beef

750 - 800g Quality Mark eye fillet

## Spinach and mushroom filling

12 large spinach leaves, blanched and patted dry using kitchen paper

500g mushrooms, finely chopped

2 tablespoons fresh parsley, finely chopped

2 teaspoons fresh thyme leaves, finely chopped

## Pastry

2 teaspoons Dijon mustard

400g frozen puff pastry, thawed

1 egg, lightly beaten with a pinch of salt to make an egg wash

## To serve

Green vegetables

Gravy

Preheat the oven to 200°C.

**Beef:** Heat a large frying pan over a high heat. Rub some oil and freshly ground pepper over the beef and brown on all sides. Sprinkle with a little salt and set aside on a large plate to cool.

**Spinach and mushroom filling:** Wipe frying pan with kitchen paper if necessary. Add the finely chopped mushrooms and cook, stirring regularly until all the water from the mushrooms has evaporated. Stir through the chopped herbs and season with pepper. Set aside to cool.

**Pastry:** Spread the Dijon mustard evenly over browned beef. Place a piece of plastic wrap on the bench top and lay spinach leaves evenly over the plastic wrap. Then spread the mushroom mixture evenly over the spinach. Place the beef in the middle and using the plastic wrap to help you, roll up tightly. Place in the refrigerator for about 15 minutes.

On a lightly floured bench top, roll out the pastry large enough to fit around the meat. Brush egg wash over the edges, remove plastic wrap from the beef and place beef in the middle of the pastry. Cut out 4 corners from the pastry (this will be excess pastry once you fold), but being careful not to cut away too much, then fold the pastry over to completely enclose the beef, and turn over. Line a shallow roasting dish with some oil spray and place in the beef Wellington. Brush pastry well with egg wash. Score the top of the pastry with a small sharp knife, then place in the refrigerator for 5 minutes to set the pastry.

Remove from the refrigerator, brush once more with egg wash and sprinkle with a little flaky salt. Place in the oven and cook for 30 minutes. Remove from oven and rest for 10 minutes before slicing.

**To serve:** Serve with steamed green vegetables and gravy.

## Suggested cuts

The following cuts work well in this recipe.



Beef eye fillet



Lamb rump



Lamb fillet

## Tips & tricks

- + Brown beef fillet on all sides and at both ends quickly - just until beef is nicely coloured, which adds flavour.
- + Chopping mushrooms by hand using a large sharp knife helps to stop them becoming 'mushy'.
- + Replace spinach with savoury crepes. The use of crepes is said to prevent the pastry from becoming soggy on the base.
- + Beef provides a source of essential zinc, iron and vitamin B<sub>12</sub>, all important for a healthy immune system through the cooler months.



*"There's nothing like roast beef to top up my iron levels and keep me energised on the track."*

Sarah Walker

Win

# Be in to win 1 of 50 meat thermometers

We reckon a meat thermometer is one of the ultimate kitchen tools when it comes to cooking perfect beef or lamb. Use one of these and really... you can't go wrong.



## *Simply tell us...*

which recipe you are most looking forward to trying from this issue of mEAT Magazine?

### ➔ TO ENTER

Visit [facebook.com/newzealandbeefandlamb](https://facebook.com/newzealandbeefandlamb) and click on the competition app.

Alternatively, email [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 31 May 2015.

Beef + Lamb New Zealand Inc will make the final decision on winners. 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.

Recipes by Kathy Paterson  
Photography by Manja Wachsmuth

**BEEF + LAMB**  
NEW ZEALAND

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