

free

Be inspired with beef and lamb

meat

Issue 16 Summer

Simply summer

**OUR ULTIMATE
BARBECUE RECIPES**



Cooking videos and more delicious meal ideas at recipes.co.nz

Tips for Barbecuing

Cooking on the barbecue is a Kiwi summer tradition. Not only is the barbecue an easy, fuss-free way to cook beef and lamb, it also produces amazing flavour not to mention promotes a social atmosphere.

TOP TIPS FOR BARBECUING

+ Use tongs to turn the meat

This will help avoid juices escaping.

+ Season at the last minute

It is important to season with salt at the last minute to avoid drying out the meat.

+ Don't overcrowd the barbecue

This will reduce the heat and cause the meat to stew.

+ Rest

Resting the meat once cooked is one of the most important steps as it enables the temperature to even out and the meat fibres to relax and reabsorb some of the juices.

BEST CUTS FOR BARBECUING

Beef: Scotch fillet, sirloin, rump, minute steaks, eye fillet and schnitzel.

Lamb: Backstrap, butterflied leg, schnitzel, leg steaks, loin chops, rump, shoulder chops and ribs.

HOW DO I KNOW WHEN MY STEAKS ARE READY?

	Minutes per side	Internal description	Touch test
Rare	2	Red colour, moist, red juices	Very Soft
Medium rare	3-4	Lighter red colour, moist, pink juices	Soft and Springy
Medium	4-6	Pink colour, moist, clear to pink juices	Firm and Springy
Well done	2-4, reduce heat then 4-6	Stone grey colour, dry, no sign of pink juices	Very Firm



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 B₁₂ 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.**

Summer is upon us. Long nights kicked off with family dinners alfresco style and friends over for steaks on the barbie. Picnics enjoyed down at the beach after a midday swim. Festivities and parties to take us through to the new year. These are the things we love about this time of the year.

In this issue we've included recipes to inspire you with all these occasions. Our eight summer recipes pack big flavours, use everyday ingredients and don't require you to spend much time in the kitchen. Spice up steaks cooked on the barbecue with the two salsas we've created on page 9. Our quinoa-crumbed cutlets are perfect for taking out to picnics or to family gatherings. The pulled lamb, partnered with pomegranate and mint, was created specially with the festive season in mind, so if you're looking for the star of your Christmas menu, look no further. And if you start to miss the comfort food of winter, try the Spiced Lamb Rumps on page 11 – almost like a mini roast yet completed with the fresh, crisp flavours of summer.

We also have a limited edition, signed print from a Kiwi icon, Dick Frizzell to give away to one of our readers. Check out the competition details on the back cover.

As always, we'd love to hear from you. If you have any feedback on this issue of mEAT Magazine, please get in touch.

Happy cooking, enjoy the festive season and stay safe this summer.

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND



Beef Burger Pitas

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 16-18 MINS

Not just your average burger - this version is created with a simple mince patty, topped with a refreshing mix of mint, yoghurt and a crumble of blue cheese for added flavour. To finish off, serve in a warmed or toasted pita bread and dive in. Trust us, this recipe is easy, quick and big on flavour.

Beef

500g Quality Mark beef mince
½ cup fresh white breadcrumbs
soaked in 3 tablespoons milk
4 spring onions, trimmed and
finely chopped
2 cloves garlic, crushed
1 egg, lightly beaten
2 tablespoons Worcestershire
sauce
3 tablespoons finely chopped
parsley
pinch dried red chilli flakes

To serve

1 cup natural unsweetened
yoghurt
2 tablespoons shredded mint
leaves
4 pita breads
8 handfuls small salad leaves or
shredded iceberg lettuce
100g blue cheese, crumbled

Beef: Place all the ingredients in a large bowl and mix well. Season well and shape into 4 large patties.

Heat a dash of oil in a large frying pan over a medium heat (or heat a barbecue plate until hot) and place the patties on. Cook for 16-18 minutes, turning and cooking the sides as well until they are cooked through.

To serve: Mix together the yoghurt and mint. Soften pitas as per packet instructions or toast. Place salad leaves moistened with a little yoghurt and mint dressing into the pita, follow with the beef patty and a scattering of blue cheese.

Serve with remaining yoghurt and mint dressing in a small bowl.

Tips & tricks

- + Fry off a little of the meat mixture before shaping to check seasoning is to your liking.
- + To shorten the cooking time, flatten patties out and make a small well in the middle of each (this also prevents the meat from forming a dome as it cooks) so they are not too dense.
- + Use clean wet hands to shape the meat patties.
- + Replace yoghurt and mint dressing with a vinaigrette. In a small jar, place 1 tablespoon lemon juice, 1 tablespoon Dijon mustard and 4 tablespoons olive oil. Season and add a little sugar to sweeten. Shake well before using.
- + Use your choice of salad greens which could include finely shredded spinach or baby spinach leaves. Shredded cos lettuce adds a great crunch.

Suggested cuts

The following cuts work well in this recipe.



Lamb or beef mince



Sophie's Pick

Suggested cut



Lamb loin chops

The following cuts also work well in this recipe.



Lamb shoulder chops



Lamb leg steaks

Tips & tricks

- + Lamb shoulder chops are most often slow-cooked, but marinating adds flavour and tenderises, enabling them to be cooked over a high heat for a short time on a barbecue or frying pan.
- + If lamb chops have a fatty edge, using tongs, hold this part on the grill first, grilling until the fat is golden and rendered before you begin grilling the actual meat.
- + This dish is rich in iron and vitamin B₁₂, both essential for peak energy levels.

Lamb Chops with Iceberg Lettuce & Avocado Dressing

SERVES 4 PREPARATION TIME 25 MINS COOKING TIME 6-8 MINS

Lamb

8 Quality Mark lamb loin chops, about 1.5cm thick
 ½ onion, grated
 1 clove garlic, crushed
 zest and juice of 1 lemon

Dressing

1 avocado
 2 tablespoons olive oil
 2 tablespoons lemon juice
 3 tablespoons crème fraîche
 1 red chilli, deseeded and finely chopped, optional

Iceberg salad

2 slices day-old ciabatta bread, cut into cubes
 1 small head iceberg lettuce, outer leaves removed
 1 spring onion, finely chopped
 small bunch chives

Lamb: Place lamb chops in a shallow ceramic dish with grated onion, garlic, zest and juice of lemon and a dash of olive oil. Season and mix well to coat lamb chops in marinade, cover and leave for 20 minutes in a cool place.

Dressing: Place all ingredients in a food processor and process until smooth. Season and place in a small serving bowl, cover and refrigerate until ready to serve.

Salad: Heat a good splash of oil in a frying pan and toast the bread until golden. Sprinkle with a little salt and set aside. Cut the iceberg lettuce into even-sized wedges and place on a serving platter. Scatter over spring onion and snip over plenty of chives. Scatter croutons of bread over the top.

To serve: Heat a barbecue grill until hot. Place on lamb chops and grill for 3-4 minutes on each side for medium cooked lamb. Serve with iceberg lettuce wedges and the avocado dressing. A bowl of cooked new potatoes tossed in a little butter, salt and pepper is a perfect accompaniment.



Suggested cut



Beef rump steak

The following cuts also work well in this recipe.



Beef sirloin steak



Beef eye fillet steak

Summer Beef Stroganoff

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 15 MINS

Beef

400g Quality Mark beef rump
 1 teaspoon paprika
 zest of 1 lemon

Mushroom sauce

2 tablespoons oil
 1 red onion, finely sliced
 2 cloves garlic, crushed
 250g mixed mushrooms, wiped and sliced, if large
 ½ cup beef stock
 ½ cup crème fraîche or natural unsweetened yoghurt

To serve

cooked rice
 3 tablespoons finely chopped fresh parsley
 zest of lemon

Beef: Cut beef rump into 5cm x 1cm strips and toss in the paprika and lemon zest. Set aside.

Mushroom sauce: Heat oil in a large frying pan over a medium heat and add the beef rump strips and cook quickly on both sides. Remove from the pan onto a plate. Reduce heat to low and add onion and garlic and cook until the onion is soft. Increase heat to medium and add the mushrooms and cook until the mushrooms are lightly golden. Pour in the stock and cook until hot, then return rump strips to pan briefly - no more than one minute. Season and stir through the crème fraîche or yoghurt.

To serve: Serve hot with cooked rice and sprinkled with the chopped parsley and lemon zest.

Tips & tricks

- + Cook beef rump strips quickly for no more than 3-4 minutes to ensure a tender result.
- + Add ½ cup white wine after cooking the mushrooms. Allow wine to bubble up before adding stock.
- + To boost the fibre content of this dish, serve with brown rice or wholemeal pasta.



Rubbed Beef Fillet with Two Salsas

SERVES 4-6 PREPARATION TIME 1 HOUR COOKING TIME 6 MINS

A recipe to spice up the traditional steaks on the barbecue this summer. Both salsas complement the beef beautifully, yet offer very different combinations of flavour. We suggest keeping a jar of these on hand over the barbecue season ~ our guess is you'll be enjoying them on a range of meals!

Beef

800g Quality Mark eye fillet of beef, silver skin trimmed
1 tablespoon dried oregano

Pumpkin seed salsa

1 cup pumpkin seeds
2 large ripe tomatoes, cored
1 fresh red chilli, stem removed
3 tablespoons chopped coriander
3 tablespoons chopped chives
Oil to thin

Tomato salsa

2 very ripe tomatoes, cored and skinned
4 cloves garlic, peeled
1 small onion, peeled and quartered
1 fresh red chilli, stem removed and roughly chopped
1 teaspoon sugar
1 cup picked coriander leaves, roughly chopped

To serve

Limes, cut into wedges
Corn tortilla or tortilla chips

Pumpkin seed salsa: Heat a large frying pan over medium-high heat and add pumpkin seeds. Keep them moving around the pan, cooking until they are lightly toasted. Transfer to a food processor and process until just smooth. Return frying pan to the heat and add tomatoes and chilli. Cook until they are charred all over (remove chilli first and add to food processor). Place charred tomatoes in food processor with herbs and process until a thick purée. Thin with a little oil and season with salt, then place in a small serving bowl.

Tomato salsa: Place tomatoes, garlic, onion and chilli in a small saucepan and cover with water by 2.5cm. Bring to the boil, reduce heat, cover and simmer until ingredients are soft, about 10-15 minutes. Drain, reserving 1 cup cooking liquid. Transfer to a food processor and process, but leaving the salsa still chunky. Add reserved liquid if necessary to thin. Stir through sugar and coriander and season to taste. Place in a small serving bowl.

Beef: Heat a barbecue plate until hot. Cut beef into 2.5cm thick slices and rub each slice with a little oil and the oregano. Thread beef on to metal skewers, place on hot plate and barbecue for 2-3 minutes on each side for medium-rare beef. Season.

To serve: Place beef skewers on a sharing board or platter with the two salsas, lime wedges and corn tortilla or tortilla chips.



Sarah's Pick

Tips & tricks

- + Rather than skewering the beef you could cook as a whole piece on the barbecue.
- + If you like your beef rare, remove it from the refrigerator and allow it to come to room temperature. This prevents a grilled exterior and cold interior.
- + Remove silver skin from the beef fillet if not already done by your butcher as it shrinks during cooking.
- + Beef fillet is one of many lean cuts that meet the Heart Foundation Two Ticks criteria having less than 4% saturated fat, and recognised as a core food for a healthy diet.

Suggested cut



Beef eye fillet

The following cuts also work well in this recipe.



Beef rump



Beef sirloin steak

Suggested cut



Beef sirloin steak

The following cuts also work well in this recipe.



Beef rump steak



Beef eye fillet steaks

Tips & tricks

✦ Before you slice your cooked sirloin steaks make sure they are well rested. This is important for tender, juicy steak. Remove from the barbecue grill and cover loosely with foil or baking paper and a clean tea towel. Set aside for 5-10 minutes before slicing across the grain.

✦ Rocket aioli: Place a handful of rocket leaves in a small food processor and process until roughly chopped. Add 1 small clove crushed garlic, 1 tablespoon lemon juice and 1 egg yolk and process until combined. Slowly drizzle in ½ cup olive oil through the feed tube until the aioli is creamy. Season and place in a small bowl, cover and refrigerate.

Beef & Grain Salad

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 20 MINS

Beef

3 x 200g Quality Mark sirloin steaks (about 2cm thick)

Grain salad

½ cup white quinoa, very well rinsed
½ cup Israeli couscous
2 corn cobs, husks and silks removed
4 small zucchini, cut into thick ribbons
1-2 handfuls baby spinach leaves

Dressing

1 tablespoon lemon juice
1 tablespoon Dijon mustard
4 tablespoons olive oil

To serve

1 tablespoon sesame seeds, white or black, toasted
¼ cup picked mint leaves, finely shredded
¼ cup walnuts or pine nuts, toasted, optional
Rocket aioli (see tips & tricks)

Salad: Place rinsed quinoa in a small heavy-based saucepan with ¾ cup cold water. Cover and bring to the boil, then reduce heat and simmer quinoa until the liquid is absorbed, about 15 minutes. Place Israeli couscous into a saucepan of boiling salted water, reduce heat and simmer for 10 minutes, until soft but still retains some bite. Drain and rinse under cold water. Set both aside.

Heat barbecue grill until hot. Rub corn cobs with a dash of oil and season. Place on the hot grill and cook for 15 minutes, turning regularly. Set aside to cool a little, then stand cob on one end and using a sharp knife cut down to remove kernels. Brush barbecue grill with a dash of oil and place on zucchini. Cook until just tender. Season and set aside with corn kernels.

Dressing: Place all ingredients in a small screw-top jar, season and shake well.

Beef: Rub steaks with a little oil, season and place on a hot barbecue grill. Grill for 3-4 minutes on each side for medium-rare. Remove from grill, cover and set aside to rest.

To serve: Place cooked quinoa and Israeli couscous in a large bowl, and using a fork, stir through the corn kernels, zucchini and spinach leaves. Pour over dressing, toss gently and place on a serving plate. Slice sirloin steak and place on top of the grain salad and sprinkle with the sesame seeds, shredded mint and nuts if using. Pass a bowl of rocket aioli (see tips & tricks).



Char-grilled Lamb Rump with Tomato & Feta Salad

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 10 MINS

Lamb

3 Quality Mark lamb rumps, trimmed of any silver skin

Spice mix

1½ teaspoons paprika
¼ teaspoon ground cumin
Good pinch cayenne pepper

Tomato & feta salad

180g feta cheese
3 tablespoon extra virgin olive oil
2 tablespoons lemon juice
½ small red onion, finely diced
1 tablespoon each of chopped fresh mint and dill
4 large ripe tomatoes, core removed and sliced
Small handful basil leaves
Balsamic vinegar to drizzle

Spice mix: Place spices in a small bowl and mix with a dash of olive oil to form a thin paste.

Tomato & feta salad: Crumble feta into a bowl and lightly mash with a fork. Add the oil, lemon juice, ½ tablespoon water, onion and chopped herbs. Season well and mix gently.

Lamb: Heat barbecue grill until hot. Rub lamb rumps with spice mixture and place on the grill for 10 minutes, turning once for medium-rare lamb. Remove from the grill, cover loosely and leave to rest for 10 minutes before slicing.

To serve: Serve with tomatoes topped with basil, feta mix and a drizzle of balsamic vinegar.

Tips & tricks

- ✦ Lamb rumps vary in size. We grilled rumps that weighed around 200g each.
- ✦ Coating lamb rump in a spice mixture adds flavour, but also acts as a seal to lock in meat juices during cooking.
- ✦ To boost the carbohydrate and fibre content of this dish, serve with a side of steamed kumara, potato or wholemeal pasta.

Suggested cut



Lamb rump

The following cuts also work well in this recipe.



Lamb leg steaks



Lamb cutlets

*From the Beef + Lamb
New Zealand Nutritionist*

This time of year is one of transition, as the weather warms our taste buds crave for lighter dishes, and the crockpot gets swapped out for the barbie. A perfect time to reflect on your recipe repertoire, and extend the range of ingredients used in your everyday weekday meals. As creatures of habit, we tend to stick to an average 8 recipes, churning them out week to week – I know I do because I know my kids will eat them (most of the time). But there's nothing more satisfying than trying a new recipe for the first time, and it getting the thumbs up from everyone around the table. Even just a twist on a classic dish can be enough to take away the feeling of cooking being a chore, to something to look forward to, just like our mEAT Magazine recipes.

This time of year is also one of venturing through the wardrobe for last year's summer attire, and working out if the winter hibernation of less activity and comfort eating could have been kept in better check. We all know a healthy lifestyle means eating healthy food and exercising regularly, which can be easier said than done when we are juggling the many balls that life throws us.

One approach I have learnt more of recently, is that of mindfulness, and how this applies to mindful eating. In a nutshell, the stresses of life mean we are often eating on the run – whether it be standing while eating and multi-tasking, eating while driving or on the computer, or eating while watching TV, the enjoyment of food is lost and simply becomes fuel. Yes, we need food for energy, but the pleasure that food brings with its aromas, textures, flavours and visual impact needs to be embraced at every meal, which needs a conscious effort, and is also a useful tool to avoid overeating.

So go forth and enjoy your meals, slow down, think about where your food comes from, and your taste buds and waist line will thank you for it. Happy healthy eating.



Lamb Cutlets with Quinoa Crust

SERVES 4 PREPARATION TIME 30MINS
COOKING TIME 5-6 MINS

Lamb

12 Quality Mark lamb cutlets, well trimmed

Quinoa Crust

$\frac{3}{4}$ cup cooked white quinoa
 $\frac{3}{4}$ cup fresh white breadcrumbs
 $\frac{1}{2}$ tablespoon chopped fresh oregano or 1 teaspoon dried oregano
 $\frac{1}{2}$ teaspoon garlic powder or lemon seasoning, optional
Milk, to moisten

Basil Pesto

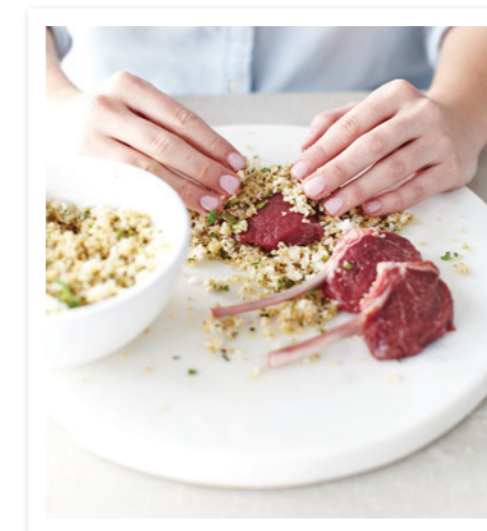
1 cup well-packed basil leaves
2 cloves garlic, crushed
2 tablespoons pine nuts, toasted
 $\frac{1}{2}$ cup olive oil
2 tablespoons freshly grated Parmesan cheese

Preheat the grill until hot.

Basil Pesto: Place basil leaves, garlic, pine nuts and oil in a small food processor and process to a rough paste. Season with salt and freshly ground black pepper and then stir through the Parmesan cheese. Place in a small bowl, cover well and refrigerate.

Quinoa Crust: Place all ingredients except milk in a bowl and mix. Pour in enough milk to just moisten. Press crust on to one side of each lamb cutlet, place on an oiled grilling tray, crust side down. Place under hot grill for 2 minutes. Remove from grill, turn cutlets over, drizzle with a dash of oil and return to the grill for a further 3-4 minutes.

To serve: Serve lamb cutlets with basil pesto and a fresh summer salad or barbecued summer vegetables.



Suggested cut



Lamb cutlets

The following cuts also work well in this recipe.



Lamb backstrap (shortloin)



Lamb fillet

Tips & tricks

- + To cook in the oven: Preheat oven to 220°C. Line a shallow baking tray with baking paper. Place cutlets on baking tray, crust side up and drizzle with a little oil. Cook for 8-10 minutes, turning once.
- + Bump up the fibre of this dish and use wholegrain breadcrumbs.
- + Double the crust recipe and coat both sides of the lamb cutlets if you prefer.

Pulled Pomegranate & Mint Lamb

SERVES 8-10 PREPARATION TIME 10 MINS COOKING TIME 4 HOURS

Roast lamb doesn't get much better than when it's slowly cooked, allowing it to become beautifully tender and fall off the bone. Couple this with sweet bursts of pomegranate and you have perfection. Be excited... be very excited.

Lamb

2kg Quality Mark leg of lamb
1 large onion, thickly sliced

Glaze

2 cloves garlic, crushed
4 tablespoons pomegranate molasses
2 tablespoons oil
Juice of 1 lemon
1 teaspoon ground cumin

To serve

1 tablespoon soft butter and 1 tablespoon flour mixed to a paste
1 pomegranate, seeds removed
½ cup picked mint leaves, shredded

Preheat the oven to 160°C.

Glaze: Mix all ingredients together in a small bowl.

Lamb: Place the onion in the base of a non-metallic or enamel roasting dish and sit lamb on top. Pour glaze over the lamb then pour 200ml water around the lamb. Cover and place in the oven to slow-cook for 3½ hours.

Remove cover and continue cooking lamb for a further 30 minutes until the meat is almost falling off the bone.

To serve: Place lamb on a warm serving platter and cover loosely with foil and a clean tea towel. Strain cooking juices into a saucepan and skim away any fat with a large spoon. Boil to reduce the sauce, then whisk in the thickening paste. Cook until the sauce is syrupy and taste for seasoning. If tart, add salt to balance flavour, then pour into a sauce jug. Remove cover from lamb and scatter over pomegranate seeds and fresh mint.



Lisa's Pick

Suggested cuts



Lamb leg

The following cut also works well in this recipe. See recipes.co.nz for cooking times.



Lamb shoulder

Tips & tricks

- + Serve lamb with a big bowl of barbecued or steamed summer vegetables including baby potatoes.
- + To remove seeds from a pomegranate - roll fruit to loosen seeds, then cut in ½ horizontally. Hold ½ over a bowl, seeds facing down and tap skin firmly with the back of a spoon, squeezing gently to release seeds.
- + New Zealand Quality Mark lamb is grass-fed, which means it has a dose of omega 3, important for heart health.



Win

Be in to win a limited edition signed print by Dick Frizzell (#60 of 100)

To be in to win...

Simply cook any recipe from this issue of mEAT Magazine, take a photo and send it to us.

➔ TO ENTER

Visit facebook.com/newzealandbeefandlamb and click on the competition app.

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



TERMS AND CONDITIONS:

Entries must be received by 31 January 2016.

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.

For full terms and conditions, see the competition app at facebook.com/newzealandbeefandlamb.



Recipes by Kathy Paterson
Photography by Manja Wachsmuth

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