

free

Be inspired with beef and lamb

meat

Issue 17 Autumn

Family favourites



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Mark beef and lamb



**RECIPES FOR THE
WHOLE FAMILY
TO ENJOY**

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IF THEY'VE GOT BIG GOALS, THEY NEED GOOD TUCKER

Nutritious and quality ingredients are a vital part of any recipe and when it comes to feeding a hungry family, Quality Mark beef and lamb fit the bill.

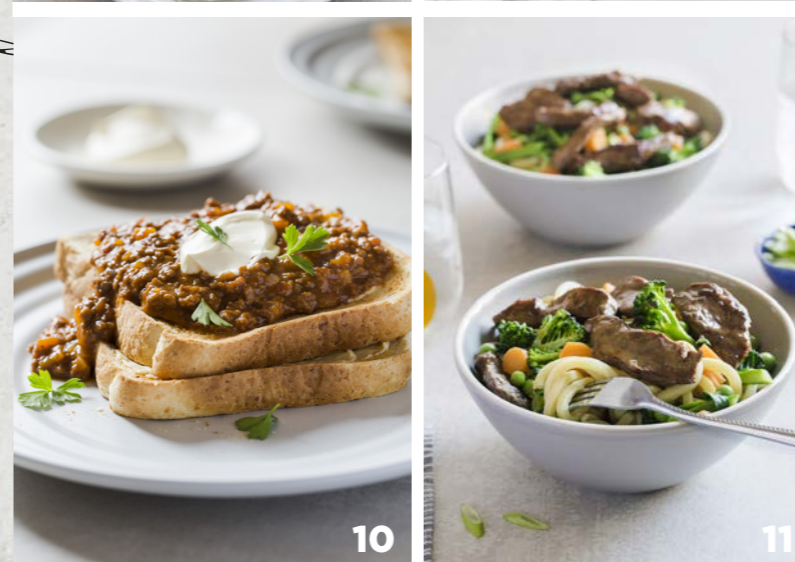
The recipes in this issue of mEAT Magazine all use lean New Zealand Quality Mark beef and lamb, which are important sources of iron, zinc, vitamin B12 and quality protein, making them wholesome choices to nourish growing children.

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 and 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.**



This issue of mEAT Magazine is a little different than any we have published before. This time we've focused on creating eight recipes specifically for families which are easy and achievable yet don't compromise on taste. In fact, these are some of our favourite recipes to date.

We've included well-known classics such as Shepherd's Pie and Meatballs with Spaghetti which we know kids love. We've also included recipes which promote shared dining – giving you extra time with your family around the table. Our Beef Steak Wraps and Steak and Chips with Homemade Vegetable Sauce are best served up on platters – kids love plating up their own portions and being creative with different ingredients. And the best part? The whole family, including the adults, will enjoy these recipes.

Keep an eye out for our latest campaign, featuring some tiny talent from within the industry or visit recipes.co.nz to view. When we were casting for the ads we sent out a call to the industry asking our stakeholders: farmers, retailers and butchers to nominate their children. And we're proud to say all those involved are connected to the industry in some way.

We'd love to hear your feedback on the campaign and this issue of mEAT Magazine. Be sure to check out the back page to be in to win a year's supply of Quality Mark beef and lamb for you and your family.

Happy cooking!

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND



Steak and Wedges with Homemade Vegetable Sauce

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 6-8 MINS FOR MEDIUM STEAK

This recipe is perfect for a mid-week meal and we love serving this meal on a platter which is fun for kids and adults alike, to pick from. Our tip - make up the vegetable sauce the day before and reheat before use for a fast meal after a busy day.

Beef

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

Vegetable sauce

1 small onion, finely chopped
 1 small leek, white part only, finely sliced
 1 red pepper, chopped
 1 carrot, grated
 1 courgette, grated
 400g can chopped tomatoes in juice
 300ml vegetable stock, or more if needed

Potato wedges

4 large floury potatoes
 ¼ cup oil
 1 tablespoon paprika

Preheat the oven to 190°C.

Vegetable sauce: Place a dash of oil in a heavy-based saucepan and add the onion and leek. Cover and cook over a low heat until soft, but not coloured, about 10 minutes. Add the red pepper, carrot and courgette, cover and cook for a further 2-3 minutes.

Pour in the tomatoes and vegetable stock and cook for 20 minutes until all the vegetables are tender. Using a stick blender, blend until nearly smooth, leaving behind a few chunky pieces. Set aside to reheat when ready to use.

Potato wedges: Peel or scrub the potatoes and cut lengthwise into chunky, but evenly sized wedges, 6-8cm long and 3-4cm thick.

Blanch the wedges for 5 minutes in lightly salted boiling water. Drain and quickly dry off over the heat. Place in a shallow roasting dish and pour over the oil, toss well to coat each wedge of potato. Sprinkle over paprika. Place in the oven and roast for 25-30 minutes, turning once during cooking until golden and cooked through.

Beef: Rub the steaks with a dash of oil and season. Heat a barbecue grill until hot (or heat a large frying pan over a high heat). Place steaks on the grill for 3-4 minutes, then turn over and cook for a further 3-4 minutes for medium steak. Remove from the heat and place on a warmed plate. Cover loosely with foil and leave to rest for 5 minutes.

To serve: Thinly slice the rump steaks across the grain and serve with the potato wedges, some of the vegetable sauce and a salad.



Brooklyn's favourite

Brooklyn is one of the faces of the 'Way to Grow' campaign. When Brooklyn grows up she wants to be a tooth fairy.



Tips & tricks

- + Floury potatoes such as Agria or Ilam Hardy are good options for this recipe. Cut potato wedges larger than you normally would so they are crisp on the outside with lots of soft potato flesh on the inside when cooked.
- + When roasting the potato wedges, shake the roasting dish from time to time so the wedges roast evenly. Line the dish with baking paper if you prefer.
- + If you have more sauce than you need, freeze extra sauce for up to three months for another meal.
- + This wholesome meal is packed with essential iron for developing brains, and has the 5+ vegetables daily serve in the one meal.
- + To reduce the sodium content of this dish, opt for a salt reduced stock.

Suggested cut



Beef rump steak

The following cut also works well in this recipe.



Beef sirloin steak

Suggested cut



Beef schnitzel

The following cut also works well in this recipe.



Lamb schnitzel (cut from the lamb rump)

Tips & tricks

- + If pieces of beef schnitzel are large, cut them in half before coating.
- + For the breadcrumbs, use up bread that is 2-3 days old. Use the food processor to make into crumbs.
- + Add 1 teaspoon of chopped thyme to the crumb mixture for extra flavour.
- + Don't overcrowd your frying pan when cooking schnitzel or it will stew rather than fry. Keep cooked schnitzel warm in a low oven.
- + Just before serving, dress tomatoes, beans and sugar snap peas with a vinaigrette to which you have added 1 finely chopped shallot.
- + Boil small new potatoes in plenty of lightly salted water. Drain well. Cut potatoes in half or into thick slices and place on a hot chargrill to colour. Only use a little oil if they are sticking. This is a good way of cooking up leftover potatoes.

Beef Schnitzel

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

Beef

4 pieces Quality Mark beef schnitzel (about 400g)

Crumb

¼ cup flour
1 egg, beaten with 2 tablespoons water
2-3 cups fresh wholemeal breadcrumbs (see tips)
1 tablespoon finely chopped parsley leaves
Oil for frying

To serve

250g cherry tomatoes
200g green beans, sliced and steamed
150g sugar snap peas, trimmed and steamed
Small potatoes (see tips)

Beef: Use kitchen scissors or a knife to make small cuts around the edge of each piece of schnitzel to ensure they don't roll up during cooking. Place pieces of schnitzel between 2 sheets of baking paper and quickly pound them with a meat mallet, rolling pin or the base of a small heavy saucepan to flatten them a little more.

Crumb: Place the flour, the egg mixture and the breadcrumbs in separate shallow bowls. Stir chopped parsley through the bowl of breadcrumbs. Coat a piece of schnitzel in the flour, shaking off the excess. Dip in the egg mixture until it is well coated then place into the breadcrumbs. Gently pat down on each side, ensuring that it is well coated. Place on a tray and repeat with the remaining schnitzel.

Heat a frying pan over medium heat then add enough oil to just cover the base of the pan. As soon as the oil is hot, add beef schnitzel (in batches if necessary) and cook for 2-3 minutes on each side. Drain on kitchen paper and season.

To serve: Serve beef schnitzel with a bowl of cherry tomatoes, green beans, sugar snap peas and a bowl of twice-cooked small potatoes (see tips).



Tips & tricks

- + Brushing on a little Hoisin sauce after steaks are cooked adds a depth of flavour.
- + Breaking off the little brown tail from the mung bean sprouts makes them easier to eat and more appealing to children.
- + Instead of using cottage cheese use grated cheddar cheese.
- + Make it a family affair and get the kids helping with an assembly line of ingredients.

Suggested cut



Beef sirloin steak

The following cuts also work well in this recipe.



Beef rump steak



Beef fillet steak

Beef Steak Wraps

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 6-8 MINS

Beef

2 x 200g Quality Mark sirloin steaks (about 2cm thick)
2 tablespoons Hoisin sauce (optional)

Salad and wraps

1 firm but ripe avocado, halved, stone removed and peeled
Juice of 1 lemon
4 wraps
¼ cup cottage cheese
2 cups finely shredded iceberg lettuce
1 handful baby spinach leaves
1 Lebanese cucumber, thinly sliced
1 cup grated carrot
1 cup mung bean sprouts
Handful fresh parsley leaves

Preheat the barbecue grill until hot.

Beef: Rub steaks with a little oil, season and place on the hot grill.

Grill for 3-4 minutes then turn over and grill for a further 3-4 minutes for medium cooked beef. Remove from grill and place on a plate. Brush each steak with the Hoisin sauce if using, then cover and set aside to rest for 5 minutes.

Salad and wraps: Mash avocado and mix with lemon juice and season.

Lay wraps out on the bench top. Spread mashed avocado over wraps, then the cottage cheese. Scatter over lettuce, spinach leaves, cucumber slices, grated carrot, sprouts and parsley.

To serve: Thinly slice the sirloin steaks across the grain and place atop the vegetables. Fold and roll wraps to enclose the filling and eat.



Mini Lamb Roast with Roasted Vegetables

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 40 MINS

Kiwi families love lamb roasts and this recipe is quick and easy to prepare yet absolutely delicious. To add extra colour and flavour to your lamb roast, quickly brown on both sides in a hot frying pan before roasting. We guarantee this will be a winner with the whole family!

Lamb

1 x 400g Quality Mark boneless lamb roast

Vegetables

2 potatoes, peeled and cut into even sized pieces
 2 red kumara, peeled and cut into even sized pieces
 250g pumpkin, peeled, seeded and cut into even sized pieces
 2 medium-sized carrots, peeled and cut into long pieces
 ¼ cup oil
 1 lemon, cut into wedges
 Seasonal green vegetables

Preheat the oven to 200°C.

Lamb: Rub lamb roast with a dash of oil and season with freshly ground black pepper. Set aside to allow it to come to room temperature. Place a large shallow roasting dish in the oven to heat.

Vegetables: Place the potato and kumara pieces in a large saucepan and just cover with lightly salted water. Cover and bring to the boil, then reduce the heat and simmer for 5 minutes. Drain well.

In a large bowl toss together the potatoes, kumara, pumpkin and carrots with the oil. Grind over black pepper and a little salt and toss well so all the vegetables are coated in oil and seasoning.

Place the vegetables in a single layer in the preheated roasting dish with the lemon wedges making space in the centre of the roasting dish and place in the lamb roast.

Place in the oven and roast for 30-35 minutes. Remove from the oven and place the lamb on a warmed plate. Sprinkle with salt, cover loosely with foil and a clean tea towel and leave to rest. Return vegetables to the oven to roast for a further 10 minutes until tender and golden.

To serve: Remove vegetables and transfer to a warmed serving platter and serve immediately with slices of roast lamb and seasonal greens.



Will's favourite

Will is one of the faces of the 'Way to Grow' campaign. When Will grows up he wants to be a pilot.

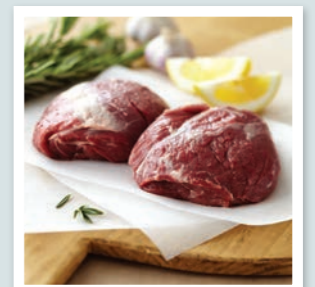


Suggested cut



Lamb thick flank

The following cuts also work well in this recipe.



Lamb rump



Lamb topside

Tips & tricks

- + If you prefer your lamb cooked until medium, roast for 5-10 minutes longer before resting.
- + To make a quick gravy, pour a dash of oil into a frying pan or heavy-based saucepan and sprinkle in 1-2 tablespoons flour to make a roux. Cook roux until golden then pour in 2 cups hot beef stock. Bring to the boil, season with salt and freshly ground black pepper and cook until syrupy. Add 1 teaspoon of redcurrant jelly for extra flavour. Mint sauce is good to serve here too.
- + Parboiling the potatoes and kumara before roasting ensures you will have gorgeous crisp vegetables. Cut the pumpkin slightly smaller than the potatoes and kumara so it cooks at the same time.

Suggested cut



Beef or lamb mince

Tips & tricks

- ✦ Serve magic mince with cooked rice, in taco shells or on toast. To turn into a dish of nachos, place cooked magic mince in an ovenproof dish, top with chopped avocado and tomato, sour cream and grated cheese. Place under a hot grill for about 1 minute to grill the cheese.
- ✦ If time allows, cook mince for 1 - 1 1/4 hours for an enhanced flavour.
- ✦ Premium mince is the leanest grade of mince and meets the Heart Foundation's Two Ticks with less than 4% saturated fat and is also recognised as a core food for a healthy diet.

Magic Mince

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 45 MINS

Beef

500g Quality Mark beef mince
1 onion, finely chopped
1 carrot, finely chopped
1 stick celery, finely chopped (optional)
1 clove garlic, finely chopped
250g button mushrooms, wiped and sliced
400g can chopped tomatoes in juice
1 tablespoon tomato paste
2 cups beef stock
4 sprigs thyme

To serve

Wholemeal toast bread
Sour cream
Small handful parsley leaves

Beef: Heat a dash of oil in a heavy-based saucepan over a medium-high heat and add the beef mince. Brown mince, stirring with a wooden spoon to break up the meat, then transfer to a bowl.

Add another dash of oil to the saucepan and add the onion, carrot, celery and garlic and cook until they begin to soften, about 5 minutes. Return mince to the saucepan.

Add the mushrooms, tomatoes, tomato paste, stock and thyme. Bring to the boil, then reduce heat to low, cover and simmer mince for 45 minutes. Stir mince from time to time and taste for seasoning. Remove lid towards the end of the cooking time if you need to thicken the mince a little.

To serve: Serve magic mince on toast, top with a dollop of sour cream and parsley. See tips for more serving suggestions.



Family Lamb Stir-fry

SERVES 4 PREPARATION TIME 10 MINS COOKING TIME 10 MINS

Lamb

400g Quality Mark lamb rump

Vegetables

2 cloves garlic, crushed
2 carrots, peeled and thinly sliced
250g broccoli, cut into small florets, stalks lightly peeled and cut into short lengths
1 cup green peas
2 spring onions, trimmed and finely chopped
1/2 cup beef or chicken stock
2 tablespoons Chinese light soy sauce (see tips)

To serve

Cooked noodles or rice

Lamb: Cut lamb into strips (about 3cm x 1cm).

Heat a wok over a high heat. Add half of the lamb strips and stir-fry for 1-2 minutes until browned, then transfer to a plate. Add remaining lamb strips and repeat.

Vegetables: Add another dash of oil to the wok and add the garlic, carrots and broccoli and stir-fry for 2 minutes. Add the peas and spring onion and stir-fry for a further minute. Add the lamb strips and pour in the stock and soy sauce. Stir-fry until all is heated through and the lamb is tender, no longer than 2 minutes.

To serve: Serve lamb stir-fry immediately with noodles or rice.

Suggested cut



Lamb rump

The following cuts also work well in this recipe.



Lamb leg steaks



Lamb schnitzel

Tips & tricks

- ✦ Have all your ingredients prepared and place in the order you are going to add them to the wok, as this recipe is all about quick cooking.
- ✦ Keep ingredients moving when stir-frying. Cooking the meat and vegetables separately is best as it allows the meat to brown rather than stew.
- ✦ Chinese light soy sauce is most commonly used in Chinese cooking. If a Chinese-style recipe calls for soy sauce without any more detail, assume it means light soy sauce.
- ✦ This dish is perfect to whip up quickly after exercise, with a rich source of protein for muscle recovery.

From the Beef + Lamb
New Zealand Nutritionist

Feeding a hungry household is no mean feat. Whether you're cooking for yourself, flatmates, young children or teenagers, there can be challenges to provide a variety of economical well-balanced meals that everyone will eat and enjoy.

The cost of living in New Zealand is on the rise and the food bill represents a significant portion of this. When the home budget is under pressure, some may have to forego healthy food staples in order to meet the ever-growing demands of running a household.

Core foods need to remain on the shopping list to ensure nutrient requirements are met, otherwise households can become one of frequent sickness. As many of us know, the bulk of our shopping trolley and what goes on the plate should be fruit and vegetables, with frozen and canned varieties being healthy options too. Lean meat plays an important part too, providing a unique package of goodness that help with growth and development, energy levels and immunity. Dairy products by way of cheese, milk and yoghurt as well as good quality wholegrains and pulses such as rolled oats, brown rice and beans are also key in building strong bones and maintaining a healthy gut.

With this in mind, the household cook has the responsibility of fuelling the family to the best of their knowledge and ability. It does take some planning to work around the barriers of tight budgets and being time poor.

I know first hand being a working mum of two hungry, growing boys. I get them involved as much as possible when it comes to meal planning and dinner preparation. Our favourite from this issue of mEAT Magazine is meatballs with spaghetti, which gets their hands busy in the kitchen.



Meatballs with Spaghetti

SERVES 4 PREPARATION TIME 30MINS
COOKING TIME 1 HOUR

An hour seems a long time to cook meatballs, but it's well worth the wait with the enhancement of flavour and tenderness.

Beef

500g Quality Mark beef mince
½ cup parsley leaves, finely chopped
¼ cup fresh white breadcrumbs
1 egg
2 tablespoons milk
1 teaspoon dried oregano

Spaghetti sauce

1 onion, finely sliced
2 x 400g cans chopped tomatoes in juice
1 tablespoon red wine vinegar
1 teaspoon brown sugar (optional)
350g dried spaghetti

To serve

2 courgettes, trimmed, peeled into ribbons and blanched
1 bag baby spinach
Grated cheese

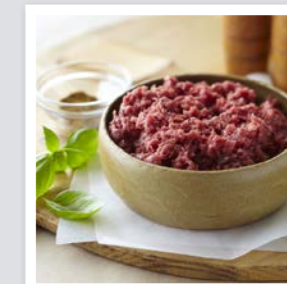
Beef: Place the beef mince, parsley, breadcrumbs, egg, milk and oregano in a large bowl. Season and mix well using clean hands. Divide mince mixture into 16 meatballs, rolling them gently. Place on a large plate then cover and refrigerate for 20 minutes.

Spaghetti sauce: Heat a dash of oil in a large frying pan over a medium heat. Remove meatballs from the refrigerator and place in the frying pan. Cook until browned, then transfer to a plate. Lower heat, add the onion and cook until soft. Add the tomatoes, red wine vinegar and sugar if using. Return meatballs to the frying pan, cover and cook over a low heat for 1 hour. Check from time to time to ensure they are not sticking on the bottom.

Just before the meatballs are cooked, place a large saucepan of lightly salted water on to boil. Add the spaghetti and cook for 8 minutes. Drain spaghetti reserving about 1 cup of the cooking water. Add cooking water to the pan with the meatballs to loosen the sauce.

To serve: Gently toss together the meatballs, sauce, spaghetti and green vegetables and place in a large warmed serving bowl. Sprinkle with your favourite grated cheese.

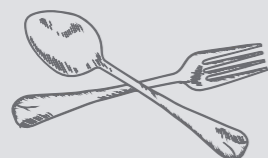
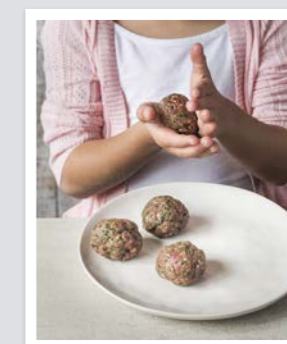
Suggested cut



Beef or lamb mince

Tips & tricks

- + Chilling meatballs prior to cooking will help maintain their shape during cooking.
- + Get some little hands helping along the way, molding the meatballs is the perfect job for kids.
- + To boost the fibre content of this dish, use wholegrain breadcrumbs and wholemeal pasta.



Shepherd's Pie

SERVES 4-6 PREPARATION TIME 35 MINS COOKING TIME 25 MINS IN OVEN

A classic with a Kiwi twist. The addition of kumara makes a change from the well-known potato topping - and we love the taste of lamb and kumara together. We bet the little ones in your family will love this meal just as much as you.

Lamb

500g Quality Mark lamb mince
1 onion, finely chopped
1 carrot, finely chopped
400g can chopped tomatoes in juice
2 cups vegetable stock
1 tablespoon Worcestershire sauce
2 tablespoons finely chopped parsley
1 teaspoon chopped thyme leaves

Kumara topping

500g small red kumara, scrubbed
1 cup grated cheddar cheese or ½ cup freshly grated Parmesan

To serve

Cooked green peas

Preheat the oven to 190°C. Lightly grease a medium-sized ovenproof dish.

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

Reduce heat to low, add another dash of oil and add the onion and carrot. Cook for 10 minutes until the onion is soft. Return lamb to the saucepan with the tomatoes, stock and Worcestershire sauce. Bring just to the boil, then reduce heat, partially cover and cook mince at a gentle simmer for 30 minutes, stirring occasionally. Stir through the chopped herbs and season. The mince should be thick but not dry.

Kumara topping: Boil kumara in lightly salted water for about 25 minutes or until tender. Drain, then using kitchen paper to help you, peel away the skin. Cut kumara in round slices.

To assemble: Spoon mince into the greased ovenproof dish and top with the kumara slices. Sprinkle with the grated cheese and place in the oven to cook for 25 minutes or until hot and bubbling.

Suggested cuts



Lamb or beef mince

Tips & tricks

- + Make the Shepherd's pie ahead of time and keep refrigerated until ready to cook. Alternatively, freeze one to have on hand during a busy week. You will need to defrost and cook in the oven for at least an extra 15 minutes until hot and bubbling.
- + To reduce the fat content of this dish, use Edam cheese.
- + Cooking kumara in their skins prevents them from breaking up and the flesh becoming watery.
- + Add 1 cup frozen green peas into the mince before placing in the ovenproof dish and topping with the kumara slices.
- + Individual mini pies made up in ramekins are useful if you have children needing to eat at different times.



Bene's favourite!

Bene is one of the faces of the 'Way to Grow' campaign. When Bene grows up he wants to be a mummy.



Win

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

Simply tell us...

Your favourite recipe from this issue of mEAT Magazine and if there is a little one in your life, tell us what they want to be when they grow up?

➔ TO ENTER VISIT recipes.co.nz

Alternatively, email your answer to 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 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.

BEEF + LAMB NEW ZEALAND

Recipes by Kathy Paterson | Photography by Tam West

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