

free

Be inspired with beef and lamb

meat

Issue 20 Autumn

**Red meat
can't be beat.**

Boost iron levels one
red meat meal at a time

delicious
MID WEEK MEAL IDEAS

***What's for
dinner?***

**BE IN TO
WIN**



IRON RICH RECIPES

Check out recipes.co.nz for loads more meal ideas.



Red meat can't be beat.

boosting iron levels one red meat meal at a time



Meet our Iron Maidens: Sarah Walker; Sophie Pascoe; Lisa Carrington and Eliza McCartney. Together these mighty women are on a crusade to boost iron levels across our nation and fight fatigue one red meat meal at a time.

Help spread the word. Red meat three to four times a week is just what you need to keep you feeling at your peak. So whether it's a stir-fry, burgers, lamb cutlets, or you're getting creative with mince, choose Quality Mark New Zealand beef

and lamb because red meat can't be beat. This issue of mEAT magazine brings together eight recipes which all provide an excellent source of iron for you and your family. And they taste great too! Enjoy.

Join us at recipes.co.nz





5



6



7



9



10



11



13



14

W

e're really excited to bring you this issue of mEAT Magazine

as we have added a few extras to the usual format. In addition to the eight delicious, easy to cook recipes we're also aware that we have hundreds of meal ideas on recipes.co.nz that we are bursting to share with you plus plenty of suggestions on the best ways to utilise different cuts of Quality Mark beef and lamb. Essentially we have a ton of information and inspiration and we want to make sure it's easy for you to access.

So check out the tips and tricks on each page for extra information on ways you can adapt the recipes and ensure you get the best out of them. See if you and your family are getting enough iron and the reasons why it's important, in the latest column from our nutritionist.

And on that note, we ask you to join our crusade alongside our Iron Maidens to include red meat as part of your diet, three to four times a week. New Zealand beef and lamb are two of the best sources of absorbable iron which is so important for you and your family; be it for development in babies and toddlers or for the rest of the family's energy and immunity.

Happy cooking and make sure to get in touch with any questions you have or with any shots of the recipes you've cooked – we'd love to hear from you.

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND



VITAMIN C

Brightly coloured vegetables like pumpkin, and beetroot are good sources of vitamin C. Vitamin C boosts iron absorption so add plenty of these vegetables for top iron intake.

Beef Roulades with Crunchy Honey Pumpkin

SERVES 4 PREPARATION TIME 45 MINS COOKING TIME 1-1½ HOURS

Beef

4 x 125g Quality Mark beef schnitzel
12 spinach leaves, any tough stalks removed
8 thin slices peeled raw crown pumpkin
1 medium sized beetroot, peeled and thinly sliced
¼ cup seasoned flour
1 onion, diced
1 carrot, diced
1 cup red or white wine, or extra stock
1 cup vegetable stock
1 bay leaf
1 strip of pared orange rind

Crunchy honey pumpkin

1kg peeled and cubed pumpkin (we used crown pumpkin)
1 tablespoon liquid honey
½ cup cream
½ cup fresh breadcrumbs

To serve

2 tablespoons chopped flat-leaf parsley leaves
steamed green vegetables

Preheat the oven to 160°C.

Beef: Lay beef on your bench top. Season the beef, then place on the spinach leaves, followed by the pumpkin and beetroot slices. Roll up each beef slice and tie with kitchen string to secure.

Heat a large frying pan over medium heat and add a little oil. Roll the beef in seasoned flour, then place in the pan and brown on each side. Transfer to an ovenproof casserole dish, one that fits the beef snugly.

Add a little more oil to the frying pan, add the onion and carrot and cook for about 5 minutes. Stir in any remaining seasoned flour. Pour in the wine, if using, and allow to boil. Add the stock, bay leaf and orange rind and bring to the boil. Pour over the beef (the liquid should just cover the meat). Cut a piece of baking paper to fit and place over the beef, then place on the lid. Place in the oven and cook for 1-1½ hours until the meat is tender.

Crunchy honey pumpkin: Place the pumpkin in a roasting dish, toss in a little olive oil and season. Place beside the beef and cook for 50-60 minutes or until the pumpkin is completely tender. Once cooked remove from the oven and mash the pumpkin. Stir through the honey. Grease a small, deep ovenproof dish and place in the pumpkin mixture. Pour the cream on top and sprinkle with the breadcrumbs.

Remove the beef from the oven.

Increase the oven temperature to 190°C. Place in the pumpkin gratin and cook for a further 15 minutes or until the breadcrumbs are golden.

To serve: Transfer the beef to a warmed plate and cover. Pour the sauce and vegetables into a wide saucepan and thicken with a butter and flour paste (see tips). Bring to the boil and reduce to a syrupy consistency. Remove string from the beef, place on warmed serving plates and spoon over the sauce. Top with the parsley and a bay leaf and serve with the pumpkin gratin and steamed green vegetables.

Suggested cut



Beef schnitzel

The following cuts also work well in this recipe.



Lamb schnitzel



Beef topside

Tips & tricks

- + If the lid of your casserole dish is not tight fitting; place baking paper, cut to fit, on top of the liquid to protect the meat and reduce evaporation.
- + Butter and flour paste; mix 25g softened butter with 2 tablespoons flour to make a paste and either whisk or stir into your sauce.
- + Red meat is an excellent source of iron which is important for maintaining energy levels.
- + If using beef topside slices, freeze any remaining meat which could then be used for a roast.

Suggested cut



Beef shin on the bone

The following cut also works well in this recipe.



Chuck steak



Gravy Beef

Tips & Tricks

- + To oven cook, place in a casserole dish. Cover with a piece of baking paper and cook at 160°C for 3½-4 hours.
- + If using chuck steak cook at 170°C for 2½ hours or until the meat is tender.
- + Use shredded iceberg or cos lettuce instead of the cabbage, if you prefer.
- + You can freeze the leftover meat sauce for another use.
- + Pickled jalapeños can be bought in the condiment aisle of your supermarket or at speciality food stores.
- + This recipe is all about the preparation and then putting your feet up.

Pulled Beef'n'Beer Tacos

SERVES 4-6 PREPARATION TIME 30 MINS COOKING TIME 4-4½ HOURS IN A SLOW COOKER

Beef

1kg Quality Mark shin of beef, on the bone
¼ cup seasoned flour
2.5cm piece cinnamon stick
2 whole cloves
1 star anise
2 strips of pared orange rind
1 onion, sliced
1 cup beer (a pilsner is good here)
1 cup beef stock

To serve

12 corn taco shells, warmed in the oven
¼-½ small red cabbage, finely shredded
1 ripe avocado, flesh smashed with a fork and drizzled with lime juice to prevent discolouring
a few sprigs fresh coriander leaves
1 red chilli, thinly sliced
sour cream
pickled jalapeños
chipotle sauce
lime wedges

Preheat the slow cooker for 20 minutes.

Beef: Dust the beef with the seasoned flour and drizzle with a little oil. Heat a large frying pan over medium heat, place in the beef and brown on both sides. Transfer beef to the slow cooker and sprinkle over any leftover seasoned flour. Add the spices and orange rind to the slow cooker.

Place the frying pan back over a low heat, add a dash of oil then the onion. Cook onion for about 5 minutes, then add the beer and allow to bubble up. Add the stock and bring up to the boil. Pour over the beef, cover slow cooker with the lid and cook on high for 4-4½ hours until the meat is falling apart.

To serve: Remove beef from the slow cooker and pull meat into shreds. It should be falling off the bone. Moisten meat with a little of the sauce (thickened, in a small saucepan with a butter and flour paste. See page 5 'tips & tricks' for recipe).

Serve with warmed taco shells, shredded cabbage, smashed avocado, coriander, chilli, sour cream, pickled jalapeños, chipotle sauce and lime wedges.





Lamb Kebabs with Minty Pesto

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

Lamb

- 500g Quality Mark lamb rump, cut into 2.5cm pieces
- 8 wooden skewers, soaked (see tips)
- 2 yellow capsicum, deseeded and cut into similar size pieces as the lamb
- 2 small red onions, cut into thin wedges
- 2 tablespoons olive oil
- 2 tablespoons finely chopped mint leaves

Fresh mint pesto

- 2 cups mint leaves
- 20g shelled unsalted pistachio nuts or blanched almonds
- 1 clove garlic, crushed
- finely grated zest of $\frac{1}{2}$ lemon
- 3 tablespoons olive oil

Preheat a barbecue grill until hot.

Lamb: Thread lamb pieces onto the soaked skewers, alternating with the yellow capsicum and adding 2 slices of red onion per skewer.

Mix together the oil and fresh mint and brush over the lamb skewers. Season.

Place on the hot grill and grill for 2-3 minutes on each side until the lamb is medium-rare. If you prefer your lamb not pink in the centre then cook for an extra 2 minutes in total.

Fresh mint pesto: Place the mint, nuts, garlic and lemon zest in a small food processor and process until chopped. Season and drizzle in the olive oil.

To serve: Serve lamb skewers with the fresh mint pesto. A bowl of baby new potatoes and a crisp green salad is good here too.

Suggested cut



Lamb rump

The following cuts also work well in this recipe.



Lamb leg steaks



Beef scotch steaks

Tips & tricks

- + The pesto is even better if you make in a mortar and pestle.
- + Beef and lamb contain a "meat factor" which increases the absorption of iron from plant foods.
- + Soak the wooden skewers in cold water for at least 20 minutes to help prevent burning during barbecuing.



The Ultimate Beef Burger

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 12-15 MINS

This is a classic burger recipe that requires zero fuss. We have added Dijon mustard and chilli flakes to give these patties a slight kick and paired it with our homemade caramelised onions.

Beef

500g Quality Mark beef mince
1 small red onion, finely chopped
or grated
1 zucchini, trimmed and coarsely
grated
1 cup fresh white breadcrumbs
1 egg, beaten
3 tablespoons milk
1 teaspoon Dijon mustard
3 tablespoons finely chopped
parsley leaves
pinch dried chilli flakes or more
to taste

Caramelised onions

6 red onions, thinly sliced
1 tablespoon soft brown sugar
½ teaspoon salt
1 tablespoon roughly chopped
picked thyme leaves
¼ cup red wine vinegar

To serve

4 hamburger buns
mayonnaise
green lettuce leaves
cucumber
tomatoes
caramelised onions
tomato relish or use your
favourite relish

Preheat the oven to 180°C. Line a shallow oven tray with baking paper.

Beef: Mix all the beef ingredients together in a bowl and season. Form into 4 large patties and rub each with a little olive oil.

Heat a large frying pan until hot and brown patties for about 2 minutes on each side.

Transfer to the tray and place in the oven to cook for 8-10 minutes until cooked in the centre.

Caramelised onions: Heat a dash of oil in a heavy-based saucepan over low heat and add the onions, sugar and salt. Cook gently for about 30 minutes or until the onions are soft, stirring from time to time. Add the thyme and red wine vinegar and cook for a further 5 minutes.

To serve: Slice the buns in half horizontally and oven grill cut sides, if wished. Top each bun base with mayonnaise, lettuce, cucumber strips, beef patty, tomato, onion and tomato relish. Finish with bun tops that you have spread with mayonnaise.

Suggested cut



Beef or lamb mince

Tips & tricks

- + You can opt to cook the patties on the barbecue to achieve that delicious grilled effect.
- + Use a vegetable peeler to slice strips of cucumber.
- + Add a fried egg to put a classic Kiwi touch to your burger.
- + Everyone in the family will get an iron boost from these burgers. This recipe provides over a quarter of the iron you need today.
- + Meat patties can be made and shaped in advance and kept well covered in the fridge. They can also be frozen. Thaw meat patties in the fridge before cooking.
- + The sugar in the caramelised onions helps with the caramelisation process.
- + Cover and refrigerate any leftover caramelised onion for up to 1 week.

FIVE VEGES

No need to sneak the veges into this recipe - everyone loves a burger and this one has five different types of veges.



Stuffed Aubergines

SERVES 4 PREPARATION TIME 50 MINS COOKING TIME 20 MINS

These aubergines are filled with a delicious combination of lamb mince, onion, garlic, cumin, nutmeg and chilli flakes. The subtle, sweet flavour and soft texture of aubergine is the perfect casing for our lamb.

Suggested cut



Lamb or beef mince

Tips & tricks

- + A perfect twist on a meat and vegetable dish, to serve when aubergines are at their peak - plentiful and cheap.
- + Mince is the perfect way to introduce iron-rich foods to your growing children. Did you know a 7 month old baby has higher iron needs than an adult man?
- + If lamb mince is not readily available, ask your butcher to mince some lamb for you.

Lamb

500g Quality Mark lamb mince
1 red onion, finely chopped
3 cloves garlic, crushed
1½ teaspoons ground cumin
½ teaspoon ground nutmeg
good pinch dried chilli flakes
1 cup fresh or ready-made tomato pasta sauce
1 tablespoon tomato paste

Aubergines

2 medium-sized aubergines

To serve

½ cup freshly grated parmesan
green salad

Preheat the oven to 180°C. Line a shallow oven tray with baking paper.

Aubergines: Cut the aubergines in half lengthwise and cut out most of the flesh, leaving a 1cm border. Roughly chop the aubergine flesh and set aside. Place aubergine skins on the tray, drizzle with a little olive oil and place in the oven. Cook until soft, about 30 minutes.

Lamb: Heat a dash of oil in a large frying pan over medium-high heat and add the aubergine flesh. Cook until soft and golden. Lower the heat and add the onion and cook for a further 5 minutes until the onion is soft. Add the garlic and cook for a further 1 minute, then sprinkle in the spices and cook until aromatic. Transfer to a bowl and set aside.

Increase the heat and add the lamb mince. Brown, stirring with a wooden spoon to break the mince up. Lower the heat and stir in the tomato pasta sauce and paste and simmer gently for 5-10 minutes. Return the aubergine spice mixture to the pan and season.

To serve: Remove aubergines from the oven and spoon lamb mixture into the skins. Top with the parmesan and return to the oven for 20 minutes. Cook until hot and golden on top. Serve with a green salad.





Asian Beef with Noodles

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 12 MINS

You'll love the punchy Asian flavours in the marinade; they add a delicious boost to the dish. Use strips of beef sirloin or rump or if you have cooked steak in the fridge, cut into strips and add to the stir-fry to heat through before serving.

Beef

600g Quality Mark sirloin, cut into strips (about 3cm x 1cm)
200g dried noodles
½ head broccoli, cut into florets and sliced
150g green beans, sliced
125g button mushrooms, sliced
3 spring onions, trimmed and very finely sliced
1 red chilli, deseeded and very finely sliced
1 tablespoon sesame seeds, toasted

Marinade

2.5cm piece fresh ginger, peeled and finely grated
1 clove garlic, crushed
2 tablespoons peanut oil
1 tablespoon rice wine vinegar
2 tablespoons light soy sauce

Marinade: Place all the ingredients in a small bowl and whisk to combine.

Beef: Place the beef strips in a non-metallic dish and pour over the marinade. Cover and leave to marinate for about 10 minutes.

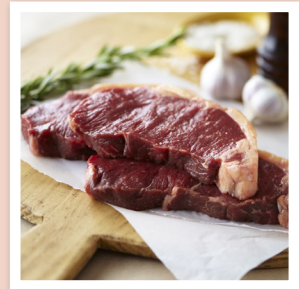
Meanwhile, cook the noodles in boiling water until tender, about 6 minutes. Drain and refresh under cold water. Add a dash of oil and toss to prevent them sticking together.

Heat a wok until hot. Add a good dash of oil, and when hot, add half the beef and stir-fry for 1-2 minutes. Transfer to a plate and repeat with remaining beef. Keep remaining marinade.

Add another dash of oil to the wok. Add the broccoli and beans and stir-fry until partially tender. (Add a dash of water or stock if the vegetables look dry and are colouring too quickly). Add mushrooms, spring onion and chilli. Stir-fry until all vegetables are just tender, about 5 minutes. Return the beef and remaining marinade to the wok, toss quickly then serve immediately.

To serve: Place the noodles in a large shallow serving bowl. Spoon over the beef stir-fry and sprinkle with the sesame seeds.

Suggested cut



Beef sirloin steaks

The following cuts also work well in this recipe.



Beef rump steaks



Beef scotch steaks

Tips & tricks

- + Keep ingredients moving when stir-frying. Cooking the meat and vegetables separately is best as it allows the meat to brown rather than stew.
- + Have all your ingredients prepared and place in the order you are going to add them to the wok, as this is all about quick cooking.
- + If preferred, to assist with even stir-frying, quickly blanch green vegetables first.
- + This dish is perfect to whip up quickly after an active session, with its good source of protein for muscle recovery.

*From the Beef + Lamb
New Zealand Nutritionist*

All eight recipes in this issue of mEAT have been nutritionally analysed and found to be excellent sources of iron. This means each serve provides around a quarter of both men and women's daily iron needs – pretty impressive considering women have much higher requirements for iron than men. However, this should come as no surprise as the first ingredient in our recipes is always either Quality Mark beef or lamb. That's the beauty of red meat, isn't it? It's a product that provides a lot in a little. A serving of lean red meat contains plenty of essential nutrients such as iron, zinc, selenium, B vitamins and even vitamin D. It's true what they say, "red meat can't be beat!"

Our Iron Maidens eat red meat at least three times a week as they can't afford low iron stores affecting their performance. Though it's tempting to rely on a weekly Sunday roast to boost iron levels, a better approach is to act like an Olympian and eat a variety of iron-rich meals during the week. While many foods contain iron, whether or not our body can absorb the iron is more important than the total amount. Many factors affect the absorption of iron; vitamin C is an enhancer so make sure to squeeze a lemon over your next meal. Drinking tea and coffee with a meal decreases the amount of iron we absorb so best practice is to stick to water during mealtimes. Lean beef and lamb contain something called a "meat factor" which can enhance iron absorption by up to four times – all the more reason to add leftover meat to lunches the following day.

The meals we create will look different from household to household, from season to season, but ultimately, we're all designed to eat real food. Choosing to create a mEAT magazine recipe will guarantee you provide your family with a nourishing meal whether it's the Lamb Kebabs with Minty Pesto quickly rustled up after work or the more special Lamb Shoulder with Zesty Orzo Salad. This is testament to our dedication to using fresh, whole foods in our recipes.

Emily Parks





Smashed Almond Cutlets

SERVES 4 PREPARATION TIME 20 MINS
COOKING TIME 8 MINS

Lamb

12 Quality Mark lamb cutlets
¼ cup flour
1½ - 2 cups dry white breadcrumbs
1 egg, beaten with 2 tablespoons water
¼ cup whole almonds, chopped
1 tablespoon finely chopped parsley leaves
oil for frying

To serve

lemon wedges
warm salad of green beans, peas, fresh mozzarella
and herbs (sweet marjoram or oregano leaves)

Lamb: Place the flour on a plate, the breadcrumbs on another and the egg mixture in a shallow bowl. Stir the almonds and parsley through the breadcrumbs and season.

Coat each cutlet in the flour, shaking off the excess. Dip in the egg mixture, then place in the breadcrumbs. Gently pat down on each side, ensuring that the cutlets are well coated. Place on a large plate as you go.

Heat a large frying pan over medium heat. Add enough oil to just cover the base of the pan. As soon as the oil is hot (test oil is hot by dropping in a few crumbs – they should sizzle in the hot oil), add half of the lamb cutlets and cook for 3 minutes until golden brown, then turn and cook for a further 1 minute until golden brown. Remove, drain on crumpled kitchen paper. Repeat with remaining lamb cutlets.

To serve: Serve lamb cutlets with lemon wedges and a warm salad of green beans, green peas, fresh mozzarella and picked sweet marjoram or oregano leaves.



Suggested cut



Lamb cutlets

The following cuts also work well in this recipe.



Lamb schnitzel



Beef schnitzel

Tips & tricks

- + Lamb cutlets vary in thickness which will change the cooking time. As a general rule of thumb: for 1cm thick, cook for 4 minutes, turning once; for 2cm thick, cook for 6 minutes.
- + Ensure the oil isn't too hot otherwise the crumb will overcook before the meat is ready.
- + Salad – steam 350g tender green beans and 2 cups green peas. Drizzle with a little olive oil and season. Tear 250g buffalo mozzarella into chunks and scatter over greens. Top with sweet marjoram or oregano leaves.

Lamb Shoulder with Zesty Orzo Salad

SERVES 6 PREPARATION TIME 10 MINS COOKING TIME 3 HOURS

This recipe is perfect for a special occasion. It uses a semi-boned lamb shoulder which you can ask your butcher for, or you can use a standard lamb shoulder which will give the same delicious result.

Lamb

1.5kg semi-boned lamb shoulder
3 tablespoons store-bought
sundried tomato pesto
1 tablespoon red wine vinegar
½ cup water

Orzo salad

¼ cup olive oil
finely grated zest and juice
of 1 lemon
2 cups orzo
2 small yellow capsicum,
deseeded and cut into
fine strips
1 Lebanese cucumber, sliced
100g good quality ricotta,
crumbled
¼ cup mint leaves, torn

To serve

flatbread

Preheat the oven to 170°C.

Lamb: Lay out the lamb shoulder, flesh-side up, and spread the sundried tomato pesto over the meat. If using a standard lamb shoulder spread pesto over the top. Season. Using kitchen string, tie the lamb to hold its shape. Place in a non-metallic roasting dish and pour over the vinegar and water. Cover with foil and place in the oven.

Cook the lamb for 3 hours or until meltingly tender. Remove the lamb from the oven and remove foil. Turn the oven to grill.

Skim away fat from the top of the meat juices in the dish. Return the lamb shoulder to the oven and grill for 5 minutes until the meat is well browned.

Orzo salad: Combine the oil, lemon zest and juice in a large bowl and season.

Cook the orzo in a large saucepan of boiling water until al dente, about 10 minutes. Drain in a fine colander. Add to the dressing, mix well and allow to cool. Mix in the capsicum, cucumber, ricotta and mint.

To serve: Serve hot lamb with the meat juices, the orzo salad and grilled flatbread.

Suggested cut



Lamb shoulder

The following cuts also work well in this recipe. Refer to recipes.co.nz for cooking times.



Lamb leg - carvery

Tips & tricks

- + The meat makes great leftovers.
- + Your body absorbs iron most efficiently when you eat iron-rich foods throughout the day. Leftovers are a great way to top up iron stores.

LOOK FOR NEW ZEALAND'S BEST BEEF AND LAMB.

Here in New Zealand, we're lucky enough to have the world's best farmers who produce only the very best beef and lamb.

So if you want to make sure you're buying the best look for the New Zealand Beef and Lamb Quality Mark sticker on-pack to identify which products have met the highest standards. It's your guarantee that it's lean, tender, growth promotant free and of course, that it's locally raised.

The New Zealand Beef and Lamb Quality Mark has been around for over twenty years and involves all in the supply

chain, from the farm-gate to plate. It's simple, 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.**



Win

Be in to win a Bosch Series 6 Stainless Steel Freestanding Dishwasher (RRP \$2,199)

When every single one of our appliances makes your life a little bit easier – that's Bosch in every detail.

To be in to win...

Simply tell us your favourite recipe from this issue of mEAT magazine and why.

➔ 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 26 May 2017.

Prize includes Bosch Series 6 Stainless Steel Freestanding Dishwasher and delivery in New Zealand – installation is not included in prize.

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.



BOSCH

Invented for life



Recipes by Kathy Paterson
Photography by Tam West

BEEF + LAMB

NEW ZEALAND

Beef + Lamb New Zealand Inc. PO Box 33 648, Takapuna, Auckland 0740.
Ph 0800 733 466 E enquiries@beeflambnz.co.nz

recipes.co.nz



[/newzealandbeefandlamb](https://www.facebook.com/newzealandbeefandlamb)



[@beeflambnz](https://twitter.com/beeflambnz)



[@beeflambnz](https://www.instagram.com/beeflambnz)