

free

Be inspired with beef and lamb

meat

Issue 23 Christmas

The Christmas Edition

Canapés
& CHRISTMAS
MEAL IDEAS

BE IN TO WIN

A CHAR-BROIL BARBECUE

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



Kiwi summer barbecue tips

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

+ 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.

+ Use tongs to turn the meat

This will help avoid juices escaping.

+ Rest

Resting the meat once cooked is one of the most important steps, as it enables the temperature to even out, the meat fibres to relax and the juices to settle back into the meat.

All cooking times based on steaks 2cm-3cm thick.

OUR PICK FOR THE BBQ

Beef: Scotch Fillet, Rump, Sirloin Steak, Schnitzel, Minute Steaks, Eye Fillet **Lamb:** Backstrap, Butterflied Leg, Schnitzel, Leg Steaks, Loin Chops, Rump, Shoulder Chops, 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

We're on the hunt for well deserving Kiwis this Christmas.

Why?

Because... We've got ten Christmas bags packed full of all the ingredients needed for a delicious Christmas Day meal and we need your help picking who they go to.

So, visit recipes.co.nz and tell us who you think deserves a bit of extra love this Christmas.

The ten chosen families will receive a package with ingredients for one of our hero beef and lamb recipes (see page 8 and 11) including two packets of Paneton dinner rolls, perfect for feeding a crowd or to heat up for leftover rolls the next day.

Nominations close December 18 and families will be notified the same week to receive their packs on Friday 22 December, just in time for Christmas!

Unwrapping
Beef and Lamb
this Christmas.



Christmas, for many, evokes memories of delicious meals shared amongst family and friends and no doubt, we're all looking forward to what awaits this festive season. However, we know that preparing food during this time can often be stressful too. So, we're bringing you our very first Christmas edition of mEAT to help take the guess work out of your Christmas day menu this year.

Three quick and easy to prepare canapés on page 6, make for the perfect starters on Christmas Day, or for any social gatherings during the festive season. And as for the main event, Christmas dinner often leaves many Kiwis in a spin as they try to balance the perfect combination of Christmas influence with the Kiwi summer. We know everybody has their favourites, be it beef or lamb, oven cooked or barbecue. So we decided to do both; Barbecued Eye Fillet with Carrots, Eggplant & Israeli Couscous Salad on page 8, or a Summer Leg of Lamb on page 11. Both dishes not only look amazing, but they taste it too, and if there are any leftovers, turn to page 12 to see how to use leftover meat in delicious sandwiches for the following days.

We hope the recipes in this issue make the special time spent with family and friends this festive season better than ever. Wishing you and your family a very merry Christmas and happy New Year.

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND





The First Taste

Left: Beef Sirloin on Seed Crackers with
Horseradish Crème Fraîche

Bottom Centre: Lamb & Green Pea Bruschetta

Right: Paprika Spiced Cutlets

Recipes on following pages



Tips & tricks

- + To oven cook lamb racks: Heat oven to 200°C. Brown lamb (flesh side only) in a hot frying pan then place in the oven and cook for 15 minutes, for pink lamb. Cover and leave to rest for 10 minutes before carving into cutlets. Cook lamb for 20 minutes if you prefer the meat to be less pink.
- + If your mayonnaise curdles, start again with the egg yolks and once you have a thick mayonnaise, slowly add in the curdled mixture.



Paprika Spiced Cutlets

SERVES 8 PREPARATION TIME 30 MINS COOKING TIME 18-19 MINS

Lamb

2 x Quality Mark 8 bone lamb racks, trimmed of any silver skin
oil for rubbing

Smoked paprika mayonnaise

3 egg yolks
1 teaspoon Dijon mustard
1 cup olive oil
lemon juice, to taste
1 teaspoon good quality smoked paprika (we used bittersweet smoked paprika)

To serve

1 punnet watercress micro greens

Smoked paprika mayonnaise: Place the egg yolks and Dijon mustard in the bowl of a small food processor. Process until combined, then very slowly drizzle in the olive oil. Add lemon juice as the mixture thickens. Season with salt and more lemon juice to taste. Stir through the smoked paprika. Transfer to a bowl, cover and keep in the fridge.

Heat a barbecue plate until hot.

Lamb: Rub lamb racks with a little oil and season. Place on the barbecue, flesh-side-down and barbecue for 3-4 minutes. Turn racks (on to bones), cover each with foil and barbecue for a further 15 minutes, for lamb that is only slightly pink. Remove to a board, cover loosely with foil and a tea towel and leave to rest for at least 10 minutes.

To serve: Slice the lamb racks into cutlets and place on a serving plate. Top each with a dollop of smoked paprika mayonnaise and a sprinkling of micro greens. If wished, sprinkle with smoked paprika.

Sirloin on Seed Crackers with Horseradish Crème Fraiche

MAKES 20 PREPARATION TIME 15 MINS COOKING TIME 6-8 MINS

Beef

2 x Quality Mark sirloin steaks (about 3cm thick)
oil for rubbing

Horseradish crème fraiche

½ teaspoon Dijon mustard
2 teaspoons horseradish cream
½ cup crème fraiche
grated zest of 1 small lemon

To serve

1 packet seed crackers (see tips)
a few small radicchio leaves, torn if large or other small salad leaf of your choice
1 punnet snow pea sprouts, green part only

Heat a barbecue grill until hot.

Beef: Rub sirloin steaks with a little oil. Place on the hot barbecue grill and cook for 3-4 minutes on each side for medium rare beef. Remove from the grill to a plate and season. Cover loosely with foil or baking paper and a tea towel and leave to rest for at least 5 minutes.

Horseradish crème fraiche: Place all the ingredients in a bowl and whisk to combine. Season with salt.

To serve: Slice the sirloin steaks very thinly across the grain. Spread seed cracker with a little of the horseradish cream, top with a piece of radicchio and place on two slices of sirloin steak. Finish with a few snow pea sprouts.

Tips & tricks

- + Bring beef back to room temperature before grilling.
- + We used seed crackers each broken into 2 pieces or you could use 1 box Marcel's store-bought fancy blinis. Marcel's fancy blinis come in a box of 24 and can be found in the freezer section of your supermarket or food store.
- + Keep the white part of the snow pea sprouts for use in a stir-fry or salad.





Lamb and Green Pea Bruschetta

MAKES 8 PREPARATION TIME: 20 MINS COOKING TIME 8-10 MINS

Lamb

2 x Quality Mark lamb shortloin (backstrap), trimmed of silver skin
olive oil for rubbing

Green peas

2 cloves garlic, peeled
2 cups frozen green peas
1 handful mint leaves
1 handful basil leaves
2 tablespoons lemon juice
¼ cup olive oil, (extra virgin olive oil is good here)

To serve

8 slices sourdough bread, cut in half if large
Parmesan (preferably parmigiano reggiano), for shaving
a few small mint leaves
olive oil for drizzling

Heat barbecue grill until hot.

Lamb: Rub lamb shortloin with a little oil and season. Place on the barbecue grill and grill for 4-5 minutes on each side. (Turn grill down a little if lamb is browning too quickly). Remove from the barbecue grill and place on a plate, cover with foil or baking paper and a tea towel and leave to rest for 10 minutes while you make the green pea mixture.

Green peas: Bring a saucepan of water to the boil. Add the garlic cloves and boil for 5 minutes. Add the peas and bring back to the boil. Drain and refresh under cold water, then drain again. Place green peas in the bowl of a food processor with the garlic, mint and basil. Process until you have a rough paste, drizzling in the lemon juice and olive oil through the feed tube. Season well.

To serve: Toast or grill the sourdough bread slices. Spread the green pea mixture over toasted bread slices. Thinly slice lamb across the grain and arrange a few slices on each one. Using a vegetable peeler, top with shavings of Parmesan and finish with mint leaves. Grind over some black pepper. Drizzle each bruschetta with extra olive oil.



Tips & tricks

- + We barbecued lamb shortloin that weighed about 225g each.
- + Pan-fry lamb shortloin: Heat a large frying pan over medium-high heat. Place in the lamb and cook for 4-5 minutes on each side. Rest lamb for 10 minutes.
- + The lamb is perfect when the meat is evenly pink throughout.
- + Finish bruschetta with a squeeze of lemon juice for added flavour and freshness.
- + Use fresh peas if you have them. Sitting down to pod peas at Christmas time is fun for the whole family.

CANAPÉS

Warm the taste buds up before the big feast with these delicious canapés. Quick and easy to prepare, so you too can enjoy the social festivities.



Suggested cuts

- + Don't be afraid to mix it up with left over meat or different cuts. Visit recipes.co.nz for recommended alternate cuts specific to these canapé recipes.

Suggested cut



Quality Mark beef eye fillet
(cut from the thinner end)

The following cuts also work well in this recipe.



Quality Mark beef fillet steaks



Quality Mark beef scotch steaks

Tips & tricks

- + Oven cooking a whole beef eye fillet – 1.5kg: Preheat the oven to 210°C. Heat a large frying pan or cast iron flat plate over high heat. Brown fillet on all sides. Remove and place in a shallow baking tray. Spread over a little Dijon mustard, drizzle with a little olive oil and grind over black pepper. Place in the hot oven and cook for 18 minutes for medium rare beef. Remove from the oven, sprinkle with salt, cover loosely with foil or baking paper and a tea towel and leave to rest.
- + Preserved lemon in a jar can be purchased at your local supermarket or foodstore. Rinse and finely slice or chop the rind before use. Discard fleshy bits.

Barbecued Eye Fillet with Carrots, Eggplant & Israeli Couscous Salad

SERVES 8 PREPARATION TIME 30-40 MINS COOKING TIME 25 MINS

Soak up the balmy summer air and enjoy the company of friends and family whilst you barbecue. This recipe pairs the eye fillet with a colourful vegetable and couscous salad, drizzled with a punchy herb dressing. Expect guests to be begging for Christmas at your place again next year.

Beef

1kg Quality Mark beef eye fillet,
cut from the thinner end,
trimmed of silver skin
olive oil for rubbing

Salad

2 cups Israeli couscous
3 tablespoons olive oil
250g baby carrots, scrubbed and
cut in half lengthwise
250g baby purple carrots,
scrubbed and cut in half
lengthwise
1 eggplant, cut into 1.5cm slices
1 tablespoon chopped preserved
lemon (see tips)
1 lemon for squeezing
4 handfuls baby green leaves
small handful mint leaves,
shredded

Green herb dressing

1 well packed cup flat leaf parsley
leaves
1 well packed cup coriander
leaves
2 spring onions, trimmed and
roughly chopped
1 clove garlic, roughly chopped
finely grated zest of 1 lemon
½ teaspoon ground cumin
good pinch dried red chilli flakes
½ cup olive oil
2 tablespoons red wine vinegar

Green herb dressing: Place the herbs, spring onion, garlic, lemon zest, cumin and chilli in the bowl of a food processor. Process to roughly chop the herbs. While the processor is on, drizzle in the olive oil followed by the vinegar. Season with salt and place dressing in a small screw top jar. Keep in the fridge.

Heat a barbecue plate until medium-hot.

Beef: Rub the beef with olive oil and place on the barbecue plate. Barbecue for 20 minutes, turning beef 4 times to brown all sides. Lower the heat and barbecue for a further 5 minutes for medium rare beef.

Transfer to a large plate, season with salt and freshly ground black pepper. Cover loosely with foil or baking paper and a clean tea towel and leave to rest for at least 20 minutes.

Heat a barbecue grill until medium-hot.

Salad: Bring a large saucepan of lightly salted water to the boil. Add the Israeli couscous and cook for 7-8 minutes until tender. Drain and refresh under cold water to arrest cooking. Drain well, then place in a large bowl and drizzle with 1 tablespoon olive oil to prevent sticking and set aside.

Brush eggplant slices with some of the remaining olive oil and place on the grill and cook until very tender. Cut into big chunks and add to the Israeli couscous.

Place the carrots in a bowl with the remaining olive oil and season. Place the carrots on the grill, turning often, until tender or cooked to your liking. Remove and place in with the Israeli couscous.

Add the preserved lemon, greens and mint. Toss gently to combine, adding a little extra olive oil if needed and a good few squeezes of lemon juice. Place on a large shallow serving plate.

To serve: Slice the eye fillet across the grain and arrange on top of the salad. Drizzle with some of the green herb dressing and serve the remainder in a separate small bowl for passing.



RESTING

Resting an eye fillet is paramount for tender juicy meat. Leave to rest for at least 20 minutes.



Summer Leg of Lamb

SERVES 8 PREPARATION TIME 10 MINS COOKING TIME 2¾ HOURS

A roast leg of lamb has long been hailed as the ultimate Kiwi Christmas favourite, and this recipe requires zero fuss as the oven does the hard work. Infused with flavours of garlic and thyme and topped with a creamy meat sauce, you won't be disappointed. We served the lamb on a thick bed of thyme for that perfect festive touch.

Lamb

2-2.5kg Quality Mark leg of lamb,
at room temperature
50g butter, softened
3 cloves garlic, crushed
1 teaspoon roughly chopped
thyme leaves
1-2 handfuls thyme sprigs
2 onions, peeled and sliced
½ cup olive oil

Meat sauce

1 cup beef stock
¾ cup crème fraîche or
traditional sour cream
finely grated zest of 1 lemon
1 tablespoon wine vinegar
1 bay leaf

To serve

Cooked new potatoes with green
yoghurt sauce (see tips)
Steamed carrots and snow peas
or green beans

Preheat the oven to 160°C.

Lamb: Use a sharp knife to make shallow slits in the lamb flesh (4-5). Mix together the butter, garlic and chopped thyme. Push butter mixture into the slits and sprinkle lamb with flaky salt and freshly ground black pepper.

Place the thyme sprigs and sliced onion in the base of a roasting tin and sit lamb on top. Drizzle over the olive oil. Place in the oven and roast for 2¾ hours.

Meat sauce: Remove the lamb from the oven half an hour before the end of cooking time. Place lamb on a board, then tip all the juices into a saucepan. Replace lamb back into the roasting tin and return to the oven to finish roasting. Remove from the oven and leave to rest, covered loosely with foil and a tea towel for at least 10 minutes before carving.

Skim the fat off the roasting juices in the saucepan. Add the beef stock to the remaining juices and bring to the boil. Reduce heat and add the crème fraîche or sour cream, lemon zest, vinegar and bay leaf. Simmer until the sauce reduces a little (it will be a thin sauce). Season with salt to counteract acidity. Strain sauce into a jug or gravy boat and serve hot with the lamb and vegetables.

Suggested cut



Quality Mark bone in leg of lamb

The following cut also works well in this recipe.



Quality Mark lamb shoulder

Tips & tricks

- + Carve lamb with a sharp carving knife, carving across the grain of the meat for tender slices of lamb. To begin carving, cut a large wedge from the meat at the knuckle end. Slice thin slices down towards the bone. Run knife under lamb slices to release.
- + Green yoghurt sauce – in a food processor, place 1 well packed cup picked watercress and flat leaf parsley. Add 1 sliced spring onion and process to roughly chop. Add ½ cup plain, unsweetened yoghurt and process until smooth. Season with a good squeeze of lime or lemon juice and salt.

Suggested cut



Quality Mark lamb leg or
leftover cold lamb or beef meat

Tips & tricks

- + Roasted cherry tomatoes:
Preheat the oven until hot – 220°C. Line a shallow baking tray with baking paper. Place 3 cups ripe cherry tomatoes in the tray in a single layer. Add 2 cloves garlic, lightly crushed and pour enough extra virgin olive oil to pool under the tomatoes. Season with flaky salt and place in the oven to roast for 20 minutes until the skins split and the tomatoes release some of their juices. Remove from the oven, discard garlic and leave to cool before storing in an airtight jar in the fridge.
- + More filling ideas – add ½ cup pesto to ¼ cup mayonnaise.
- + Add mashed avocado or mash some fresh goat's cheese.
- + Add sliced cucumber and a few sprouts.



Leftover Lamb Sandwiches

MAKES 6 PREPARATION TIME 20 MINS

Lamb

300g leftover cold lamb, sliced

Bread and filling

12 slices of wholegrain bread or bread of your choice
½ cup smoked paprika
mayonnaise (see page 6)
6 thin cheese slices, such as cheddar or mozzarella
6 slices spicy pickles (gherkin) or more to taste
½ red onion, very thinly sliced
a few roasted cherry tomatoes (see tips for recipe)
green leaves, left whole if small or shredded

Sandwiches: Lay bread slices out on a bench. Spread mayonnaise over each slice.

Working with 6 slices of bread, place cheese slice on first. Add slices of cold lamb, then slices of gherkin, followed by the red onion, a few roasted cherry tomatoes and finally the green leaves.

Top each with remaining bread slices and cut in half using a sharp bread knife.

Mini Meat Loaves

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 40-45 MINS

Beef

1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, crushed
500g Quality Mark beef mince
½ cup fresh breadcrumbs soaked
in 3 tablespoons milk
2 eggs
1 tablespoon Dijon mustard
1 tablespoon Worcestershire
sauce
pinch grated nutmeg
1 tablespoon finely chopped flat
leaf parsley
250-300g spinach, wilted and
drained of excess moisture,
roughly chopped
4 small fresh bay leaves
¼ cup thick tomato juice or fresh
tomato sauce
1 tablespoon soft brown sugar
1 tablespoon malt vinegar

Preheat the oven to 180°C. Lightly grease 4 x 1 cup capacity ovenproof dishes.

Beef: Place the oil in a small frying pan and place over low heat. Add the onion and garlic and cook gently until the onion is soft, 5-7 minutes. Remove from the heat and allow to cool.

Place the beef mince, breadcrumbs, eggs, Dijon mustard, Worcestershire sauce, nutmeg and parsley in a bowl and season. Add the cooled onion and garlic and mix well.

Mix through the wilted spinach. Divide the mixture between the dishes. Place a small fresh bay leaf on each.

Mix together the tomato juice, sugar and vinegar and pour over each mini meatloaf. Place dishes in a shallow baking tray and cover with a baking paper and foil lid, sealing well.

Place in the oven and bake for 25-30 minutes. Remove from the oven and remove the baking paper and foil lid, before returning to the oven for a further 15 minutes.

Remove from the oven and leave to sit for 10 minutes if serving hot, otherwise leave to cool before slicing.

Suggested cut



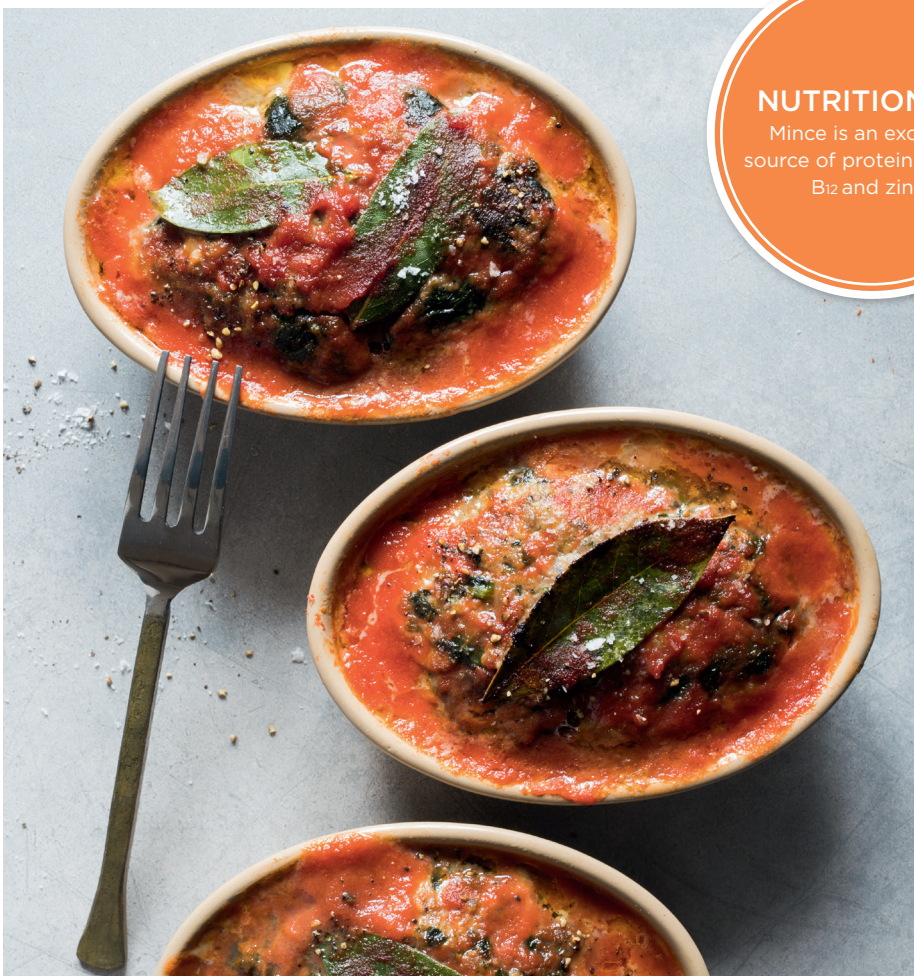
Quality Mark beef mince

Tips & tricks

- + Squeeze the spinach in your hands to remove extra moisture.
- + Pan-fry a little of the beef mince mixture to check for seasoning before cooking.
- + Meatloaf is great hot or cold. Cold meatloaf makes a great filling for sandwiches.

NUTRITION TIP

Mince is an excellent source of protein, vitamin B12 and zinc.



Barbecued Scotch with Summer Herbs and Labneh

SERVES **4-6** PREPARATION TIME **12 HOURS FOR LABNEH** COOKING TIME **8 MINS**

How does a perfectly barbecued scotch with fresh summer herbs topped with a zesty homemade labneh sound? Pretty great, right? This lighter dish is perfect for a hot summer's day, or complete the meal with new potatoes or toasted sourdough and a crunchy green salad.

Beef

2 x 350g Quality Mark scotch fillet steaks
olive oil for rubbing

Labneh

400g natural, unsweetened yoghurt
1 clove garlic, crushed
1 tablespoon chopped dill
finely grated zest of 1 lemon

To serve

1 small handful flat leaf parsley leaves, roughly chopped
2 tablespoons chervil leaves
1 lemon
3-4 tablespoons olive oil, extra virgin is good here
6-8 small radishes, preferably with smaller leaves intact
2 good handfuls picked watercress (a few rocket leaves are good here too)

Labneh: Line a non-metallic sieve with cheesecloth and set over a deep bowl. Mix together the yoghurt, garlic and a good pinch of salt and place in the cheesecloth. Fold over the edges to enclose the yoghurt, cover with a clean tea towel and place in the fridge overnight or for up to 24 hours. Place the labneh in a small bowl and mix through the chopped dill and lemon zest. Cover and return to the fridge until ready to use.

Preheat a barbecue plate until very hot.

Beef: Rub the steaks with a little oil. Place on the hot plate and barbecue for 2 minutes on each side. Turn and barbecue for a further 4 minutes. Place on a plate or board, season and cover loosely with foil or baking paper and leave to rest for at least 5 minutes.

To serve: Thickly slice the scotch fillet steaks across the grain and place on a large serving plate. Scatter over the parsley and chervil. Finely grate over the zest of lemon before drizzling with the olive oil. Squeeze over the juice of the lemon and season all with a little extra salt.

Scatter around the radishes and finish with the watercress. Serve with a bowl of labneh.

KATHY'S BBQ TIP

Ensure your steaks are at room temperature and rub with oil on both sides before barbecuing to prevent oil from just burning and smoking.

Suggested cut

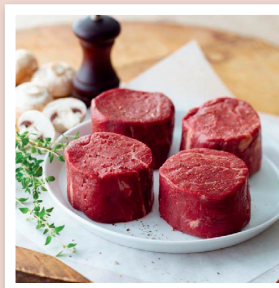


Quality Mark beef scotch fillet steak

The following cuts also works well in this recipe.



Quality Mark beef sirloin steak



Quality Mark beef fillet steak

Tips & tricks

- + Choose good-sized thick scotch fillet steaks (we used steaks that weighed 320-350g each). If scotch fillets steaks are thinner, cook for a little less time.
- + For the best results, use full fat yoghurt for the labneh. The whey that gathers in the bowl after draining can be used as the liquid in bread recipes or added to soups.
- + Stir through other chopped herbs, such as basil, coriander or flat leaf parsley.





Win

Be in to win 1 of 2 Summer BBQ prize packs. Includes Char-Broil Gas2Coal® 3 Burner Grill BBQ + Cover (RRP \$999)

A simple solution to the ultimate grilling question, Gas or Charcoal? Enjoy both with a Char-Broil Gas2Coal® hybrid grill. This combination grill easily converts from gas to charcoal in only three steps, no tools required.

To be in to win...

Tell us what will be on your barbecue this summer?



➔ 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 16 February 2018.

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.



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