

Issue Two | **FREE**

Meat

SLOW COOKING
using versatile, value
for money meat cuts

HEARTY & FILLING
beef & lamb recipes
for the cooler weather

COMPETITION
to win one of 10
slow cooker prizes!

Welcome...

...to the second issue of Meat. In this issue we feature the **value-for-money cuts** which are so wonderfully suited to **hearty, slow cooked winter dishes**.

We feature **six delicious slow-cooked meals** from Allyson Goffon's cookbook 'Slow', plus the chance to win **a personally signed copy** of the book AND a Breville slow cooker - see the back page for competition details.

Slow cooking expert, Allyson, also shares her **tips and ideas** on slow cooking, and how to adapt casserole recipes to the slow cooker and vice versa.

Whether you prefer using a slow cooker, or cooking in a casserole dish in the oven, there is a variety of beef and lamb cuts available from your butcher or supermarket which will produce **tender, juicy and succulent family meals**.

This issue contains a guide to the most popular cuts for slow cooking, and other **value cuts ideal for winter dishes**.

They're good for you too. Meals cooked slowly **retain maximum nutrition** as well as developing a delicious depth of flavour.

New Zealand beef and lamb's most important winter nutrients are protein, zinc and vitamin D. Red meat's **high quality protein** helps us feel full for longer, at a time of year when it's tempting to eat more. Zinc, the 'healer', is vital for fighting those winter ills, and vitamin D is an **important addition to the winter diet**, while we're not getting as much sunshine.

So now's the time to dust off your slow cooker or casserole dish and get **slow cooking!**



Slowly does it!

Slow cooking is back in fashion.

Whether you are using a slow cooker, which can be set to cook at a very low heat over hours - even a whole day - or are putting a casserole in the oven for 2-3 hours, slow cooking results in **tender and juicy beef and lamb**, cooked to perfect succulence.

For busy households, a slow cooker is a great way of producing a **perfectly cooked, healthy and hearty meal** at the end of the day.

Adding plenty of vegetables means you have an all-in-one dish, which can hold at a low temperature for several hours without overcooking - **ideal** when family members are coming and going and want to eat at different times.

New Zealand **celebrity cook, Allyson Goffon**, enjoys slow cooking so much she's published a cookbook, simply called '**Slow**'. Below are her key tips for successful cooking in the slow cooker:



Pre-warm the slow cooker on low for 15 minutes before adding the ingredients. This is similar to pre-heating an oven.



If time allows, **brown the meat well first** in a little oil in a hot frypan. Whilst this is not absolutely necessary, it does result in a more flavoursome, colourful dish.



Add raw vegetables **at the beginning** of the slow cooking process. If you are using frozen vegetables, these can be added to the slow cooker in the last 30 minutes of cooking.



“**Crock pots and slow cookers** are making a **well-deserved revival**.

It doesn't get much **easier** to produce a **healthy and delicious meal**.”

Allyson Goffon



Should you wish to **thicken the gravy**, add a little flour mixed to a smooth paste with a little water and stir in at the end of cooking. Cook on high for an extra 30 minutes.



To adapt an oven-cooked **recipe to the slow cooker**, reduce the amount of liquid (usually stock, wine or water). As a general rule of thumb, you need 1 cup of liquid per kilogram of meat for the slow cooker.



To adapt a **slow cooker recipe to the oven**, add an extra 1 cup of liquid per kilogram of meat to the recipe.

“**The slow cooker** has to be the ultimate **fast-food cooker** really: just **pile in the ingredients**, flip on the switch and **walk out the door**.”





SHOPPING TIP

Steak and kidney can be bought pre-diced, but if you buy the beef and kidney separately, allow about 1.5kg beef to 250g kidney. Or, you can leave out the kidney if you prefer.

Meal Option 1:

Steak & Kidney Casserole

This dish shows how versatile slow cooking can be. You can simply serve this casserole as is with plenty of mashed potatoes and vegetables. Or, serve as a cobbler, under a savoury scone topping, as pictured. Alternatively, serve with a mashed potato topping, browned off in the oven.

You can leave the kidney out if you prefer and just increase the amount of beef, however kidney adds a nutritious flavour kick to this recipe.

Basic casserole recipe

Serves: 8-10
Prep without browning: 15 minutes
Prep with browning: 30 minutes
Cooking time: Low 6-7 hours, high 3-4 hours

Ingredients

- 2kg pre-cut beef steak and kidney mix
- 2-3 large onions, diced
- 250-300g mushrooms, sliced
- ½ cup beef-flavoured gravy powder
- 3 cups beef stock or water
- ½-1 tsp ground black pepper

Method

Pre-warm the slow cooker on low while preparing the ingredients.

If wishing to brown the ingredients: Heat a good dash of oil in a frying pan and brown the steak and kidney mix, in small batches, over a high heat. Set aside. Add extra oil to the pan and cook the onions until golden. Stir 1 cup of stock or water into the pan and scrape the sediment off the base of the pan, as this adds lots of flavour.

Put the beef and kidneys, onions, mushrooms, gravy powder, stock or water, and pepper into the pre-warmed slow cooker. Stir to mix and cover with the lid. Cook on low for 6-7 hours, or on high for 3-4 hours, until the beef is tender.

OVEN COOKING OPTION: Cook, covered in an ovenproof casserole dish in a pre-heated 160°C oven for two hours or until the meat is tender.

Variation

Add 1 Tbsp curry powder and ¼ cup Worcestershire sauce for a flavour twist.

Meal Option 2:

Steak & Kidney Cobbler

Cobbler is an American expression used for a dish topped with a thick crust, very similar to a scone dough. The following recipe gives the basic casserole recipe a delicious boost.

Ingredients

- 1 quantity of Steak and Kidney Casserole recipe
- 2 cups self-raising flour
- 2 tsp dry mustard powder
- 50g butter, diced
- ¼ cup chopped fresh herbs such as sage, parsley and thyme
- ¾ cup milk

Method

Preheat the oven to 220°C. Place the Steak and Kidney Casserole into a large ovenproof dish, reheating if necessary until piping hot.

Sift the flour and mustard powder into a bowl. Use your fingertips to rub in the butter until the mixture looks like crumbs. Stir through the herbs and make a well in the centre.

Pour in the milk and stir quickly with a knife to make a soft dough. Turn out onto a lightly floured surface and knead lightly. Press out with floured hands to about 1.5-2cm thickness.

Cut into rounds or squares and place the pieces on top of the piping hot Steak and Kidney Casserole, preferably around the edges. Brush with milk to glaze if wished.

Bake in the preheated oven for about 15-20 minutes or until the scones are cooked.

Variation

Sprinkle the scones with a little grated cheese before baking.



Tomato Soup Baked Shanks

Serve the shanks as they come, straight out of the slow cooker, or jazz up this family favourite by serving the shank meat under an easy savoury bread and cheese crumble.

Serves:	4-6
Prep without browning:	15 minutes
Prep with browning:	25 minutes
Cooking time:	Low 6-7 hours, high 4-5 hours

Ingredients

- 6 lamb shanks, trimmed
- 2 x 37g packets tomato soup powder
- 2 cups beef stock
- 2 onions, peeled and sliced or diced
- 2 carrots, peeled and chopped
- 1-2 Tbsp fresh rosemary or 1 tsp dried

Method

Turn the slow cooker on to low to pre-warm while preparing the ingredients. Mix together the soup powder and stock, stirring until the soup powder has completely dissolved - a whisk is ideal.

If wishing to brown the lamb: Heat a dash of oil in a frying-pan and, when hot, brown the shanks well.

Put the lamb, onions and carrots into the pre-warmed cooker. Pour over the beef stock mixture and scatter over the rosemary. Season well with pepper and cover with the lid. Cook on low for 6-7 hours or on high for 4-5 hours, or until the meat is meltingly tender and falling off the bone. Serve with plenty of mashed potato and seasonal vegetables.

OVEN COOKING OPTION: Cook, covered in an ovenproof casserole dish, in a pre-heated 160°C oven for two hours till the meat is tender.

Savoury Crumble

- 1 quantity Tomato Soup Baked Shanks, cooled
- 2 cups fresh breadcrumbs
- 50g butter, melted
- 1 cup grated Parmesan or Cheddar cheese
- 1 Tbsp finely chopped fresh rosemary

Preheat the oven to 200°C. Pull the meat from the lamb shanks and discard the bones. Pull or cut the meat into bite-sized pieces and return to the sauce. Transfer the lamb mixture to an 8-9 cup capacity casserole dish.

Mix together the breadcrumbs, butter, cheese and rosemary and scatter over the lamb mixture. Bake in the preheated oven for 20-25 minutes until the casserole is hot and the crumble lightly golden.



PREPARATION TIP

When buying lamb shanks to serve whole, ask your butcher to trim or cut down the end bone. The finished dish will look more appealing.

Slow & Succulent Beef & Lamb Cuts

For the most tender, succulent dishes when slow cooking, you can't go past the **value-for-money cuts**. These cuts will be tough if cooked quickly, but when cooked slowly over time, they develop **delicious flavours and result in melt-in-the-mouth meals**. Here is a description of the most popular beef and lamb cuts for slow cooking.

Remember, look for the **Beef & Lamb Quality Mark** (pictured right) so you know you're buying the most tender, lean New Zealand beef and lamb.



Lamb shanks

Ideally suited to slow cooking, the shank meat is succulent, tasty and juicy, great for casseroles.



Diced lamb & beef

A great convenience cut, already trimmed and diced, ready to put straight in the slow cooker.



Lamb shoulder chops

Great in casseroles, lamb shoulder chops become tender and tasty when cooked over time.



Silverside

A lean and tasty cut, usually sold as 'corned beef'. See the delicious recipe featured in this issue.



Beef schnitzel

Fast or slow cooked, schnitzel is delicious. See the beef olives recipe in this issue.



Also great for slow cooking are lamb neck chops, beef bolar roast (cooked in one piece as a pot-roast) and lamb shoulder and whole leg.



The most common beef cuts for slow cooking and casseroles are chuck, gravy beef and blade - they will all give a tender, tasty result, so choose the cut on special at your supermarket or butcher to give you the best value for money.

Chuck steak



Gravy beef



Blade & Cross-cut blade



Rice Meatballs

Family food with ease. Adding rice to the meatballs bulks them out as well as adding carbohydrates. If liked, for extra flavour add in a little basil pesto when serving.

Serves: 5-6
Prep time: 20 minutes
Cooking time: Low 6-7 hours, high 3-4 hours

Ingredients

- 500g lean beef mince
- ½ cup raw or uncooked long-grain rice
- ¼ cup chopped fresh herbs (parsley, chives, oregano, marjoram, etc.)
- 1 large onion, peeled and finely diced
- 1 large carrot, peeled and finely diced
- 1 x 550g can or jar of your favourite cook-in-style sauce
- 1½ cups beef stock or water

COOKING TIP

Vary the flavours with different cook-in-style sauces. Try curry, tomato-based pasta sauces, or casserole-style sauces. All are readily available in your local supermarket.

Method

Turn the slow cooker on to low to pre-warm while preparing the ingredients.

Mix together the mince, rice and herbs with a good seasoning of salt and pepper. Take dessertspoonfuls of mixture and roll firmly into balls and set aside.

Put the onion and carrot into the pre-warmed slow cooker. Mix together the cook-in-style sauce and beef stock or water and pour into the slow cooker. Stir to mix evenly with the vegetables.

Sit the meatballs on top and cover with the lid. Cook on low for 6-7 hours or on high for 3-4 hours. Serve with your favourite vegetables.

OVEN COOKING OPTION: Increase the amount of beef stock to 2½ cups. Cook, covered in an ovenproof casserole dish in a pre-heated 180°C oven for 1 - 1½ hours or until the meat is tender.

Variations

- Use lamb mince in place of beef.
- Add or vary the vegetables with whatever is to hand – celery, parsnip, yams and mushrooms all go well.



Beef Olives

The name 'Beef Olives' does not have any association with the olives you pick off a tree. Rather, beef olives are a very old dish dating back to medieval times. The 'olives' are little parcels of stuffed schnitzel which, cooked in the slow cooker, result in a beautifully tender, popular family meal.

Serves: 8-10
Prep without browning: 30 minutes
Prep with browning: 45 minutes
Cooking time: Low 6-7 hours, high 3-4 hours

Ingredients

- 10-12 beef schnitzels
- 2 cups fresh breadcrumbs
- 75g butter, chilled and grated
- ½ tsp celery seeds, crushed, optional
- ½ tsp each dried thyme & oregano
- Grated rind 2 lemons
- 1-2 onions, peeled and sliced
- 1 cup chopped prunes
- ¼ cup flour
- 2½ cups beef stock
- ¼ cup redcurrant jelly (optional)
- ¼ cup HP or Worcestershire sauce

Method

Turn the slow cooker on to low to pre-warm while preparing the ingredients. To make the stuffing, mix together the breadcrumbs, butter, celery seeds, thyme, oregano and lemon rind.

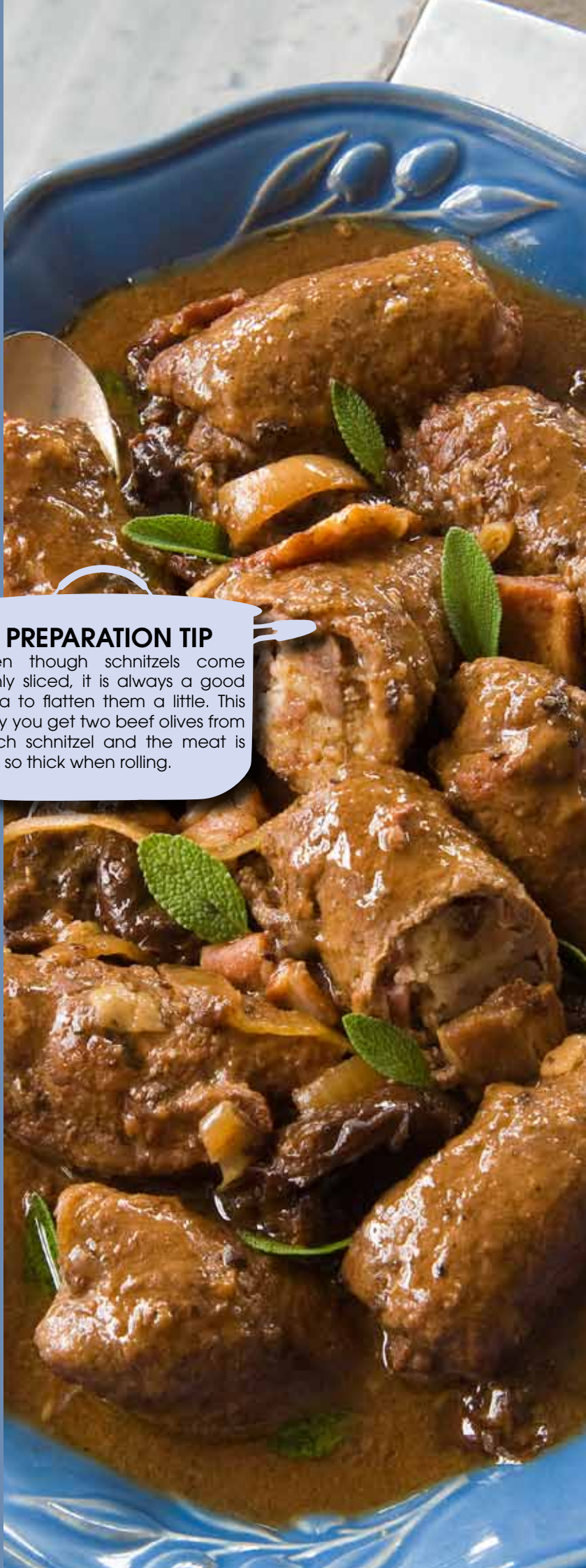
Place one schnitzel on top of a piece of damp plastic wrap on a chopping board. Sprinkle the meat with a little water and cover with a second sheet of plastic wrap. Hit firmly with a mallet or rolling pin to flatten the schnitzels so they are an even thickness. The dampened plastic will help prevent the meat from tearing. Cut the schnitzels in half cross-wise.

Place a spoonful of stuffing on each piece of beef and roll up to enclose the filling. Secure with a toothpick.

If wishing to brown the ingredients: Heat a dash of oil in a frying-pan and fry the beef olives until well browned. Brown the onion if wished.

Put the beef olives, onion and prunes into the pre-warmed slow cooker. In a jug, mix together the flour, stock, redcurrant jelly if using and HP or Worcestershire sauce, and pour over the beef olives. Cover with the lid. Cook on low for 6-7 hours or on high for 3-4 hours. Serve the beef olives with seasonal vegetables.

OVEN COOKING OPTION: Cook, covered in an ovenproof casserole dish in a pre-heated 160°C oven for two hours or until the meat is tender.



PREPARATION TIP

Even though schnitzels come thinly sliced, it is always a good idea to flatten them a little. This way you get two beef olives from each schnitzel and the meat is not so thick when rolling.

Meal Option 1: Tuscan Beef Casserole

This Tuscan-inspired casserole is enjoyable as is, or served under a rich Parmesan pastry pie top. To make the pies, allow the beef mixture to cool well before putting it into a large pie dish or individual dishes. Particularly tasty on a winter's night accompanied with your favourite red wine.

Serves: 5-6
Prep without browning: 15-20 minutes
Prep with browning: 25-30 minutes
Cooking time: Low 6-8 hours, high 3-5 hours

Ingredients

- 750g lean beef for casseroiling, in 2-3cm dice (blade, chuck or gravy beef are ideal)
- 1 medium-sized eggplant, unpeeled, diced
- 1 red capsicum, diced
- 1 onion, peeled and diced
- ¼ cup pitted black olives, chopped
- ¼ cup sun-dried tomatoes, chopped
- 2-3 tsp minced garlic
- 1 Tbsp each capers, chopped fresh oregano
- ¼ cup tomato paste
- 2 Tbsp flour
- 1½ cups beef stock
- ¼ cup red wine

Method

Turn the slow cooker on to low to pre-warm while preparing the ingredients.

If wishing to brown the ingredients: Brown the meat, eggplant, capsicum and onion in a dash of oil in a hot frying-pan. This is best done in batches.

Into the pre-warmed slow cooker put the meat, eggplant, capsicum, onion, olives, sun-dried tomatoes, garlic, capers and oregano. In a jug, mix together the tomato paste, flour, stock and wine to make a smooth mix. Pour into the slow cooker and stir to mix all the ingredients evenly together and cover with the lid.

Cook on low for 6-8 hours or on high for 3-5 hours. Serve with seasonal vegetables or make into pies using the rich Parmesan pastry (see below).

OVEN COOKING OPTION: Add an extra cup of water. Cook, covered in an ovenproof casserole dish in a pre-heated 160°C oven for 1½ - 2 hours or until the meat is tender.

Meal Option 2: Tuscan Beef Pie

Serves: 5-6
Prep time: 25 minutes
Cooking time: 20-25 minutes

Rich Parmesan Pastry

- 1 quantity Tuscan Beef Casserole
- 2 cups flour
- ½ tsp salt
- 200g butter, chilled and diced
- ½ cup finely grated Parmesan
- 1 egg yolk
- 3-4 Tbsp chilled water

Method

Sift the flour and salt into a bowl. Use your fingertips to rub in the butter until the mixture resembles coarse crumbs. Stir through the cheese and make a well in the centre.

Mix the egg with 3 tablespoons of the water and pour into the well. Use a knife to cut the ingredients together, adding the extra water if required. Alternatively, mix in the food processor. Turn out onto a floured bench, knead lightly to bring together. Wrap and put aside until required.

Preheat the oven to 200°C. Place the oven rack just above the centre. Transfer the Tuscan Beef Casserole to a large 6-cup capacity pie dish or 5-6 individual pie dishes.

Roll the dough out to 3mm thickness. Cut sufficient 1cm wide strips of pastry to run around the edge of the pie dish or dishes. Brush the edges with water – this ensures the pastry strips stay in place. Press the pastry strips on.

Roll the remaining pastry over the top and press firmly onto the pastry edge. Trim the edges and use the trimming to cut out decorations for the pie top if wished.

For individual pies, divide the pastry evenly into 5-6 portions before rolling each out to cover the pie dishes.

Brush with beaten egg or milk for a golden top. Bake in the preheated oven for 20-25 minutes or until the pastry is golden and cooked and the filling is hot. Serve with your favourite winter vegetables.

Spiced Sugar-Glazed Corned Beef

This corned beef requires double cooking. First it is gently simmered in a flavoursome stock and then richly glazed and baked to tender perfection. For the best result, make sure you leave the beef to cool in the liquid before roasting.

Serves: 10-12
Prep time: 10 minutes
Cooking time: 7-9 hours
Resting time: 2-3 hours
Roasting time: 1 hour

Ingredients

- 1.5-2kg piece corned beef with a good fat layer
- 1 onion, peeled and halved
- 2 carrots, washed and chopped
- 1 bay leaf
- 1 Tbsp whole cloves
- ½ cup brown sugar
- 1 tsp mustard powder
- 1 tsp ground cinnamon
- ½ tsp ground allspice
- Juice of one lemon

Method

Turn the slow cooker on to low to pre-warm while preparing the ingredients. Put the corned beef into the pre-warmed slow cooker. Scatter the onion, carrots and bay leaf around the meat. Add sufficient cold water to cover the beef. Cover with the lid. Cook on low for 7-9 hours (it is not recommended to cook this on high).

STOVETOP OPTION: Place corned beef, onion, carrots and bay leaf in a large saucepan. Add sufficient cold water to cover the beef. Simmer, covered for 1½ - 2 hours until tender.

Turn off and leave the corned beef to cool in the liquid for 2-3 hours. At this stage the corned beef can be well-wrapped and refrigerated overnight.

Preheat the oven to 180°C. Line a deep-sided baking tray with foil. Place the meat on the prepared tray. Stud the beef with the whole cloves. Mix the brown sugar, mustard powder, cinnamon and allspice together with the lemon juice and spread half of the mixture over the beef.

Bake in the preheated oven for 1 hour, basting occasionally with the remaining glaze. Serve with your favourite vegetables.

LEFTOVER TIP

Corned beef makes great leftovers! Wrap leftovers well and refrigerate immediately. When kept in the fridge, leftovers will last 3 days - ideal for using in sandwiches and salads.

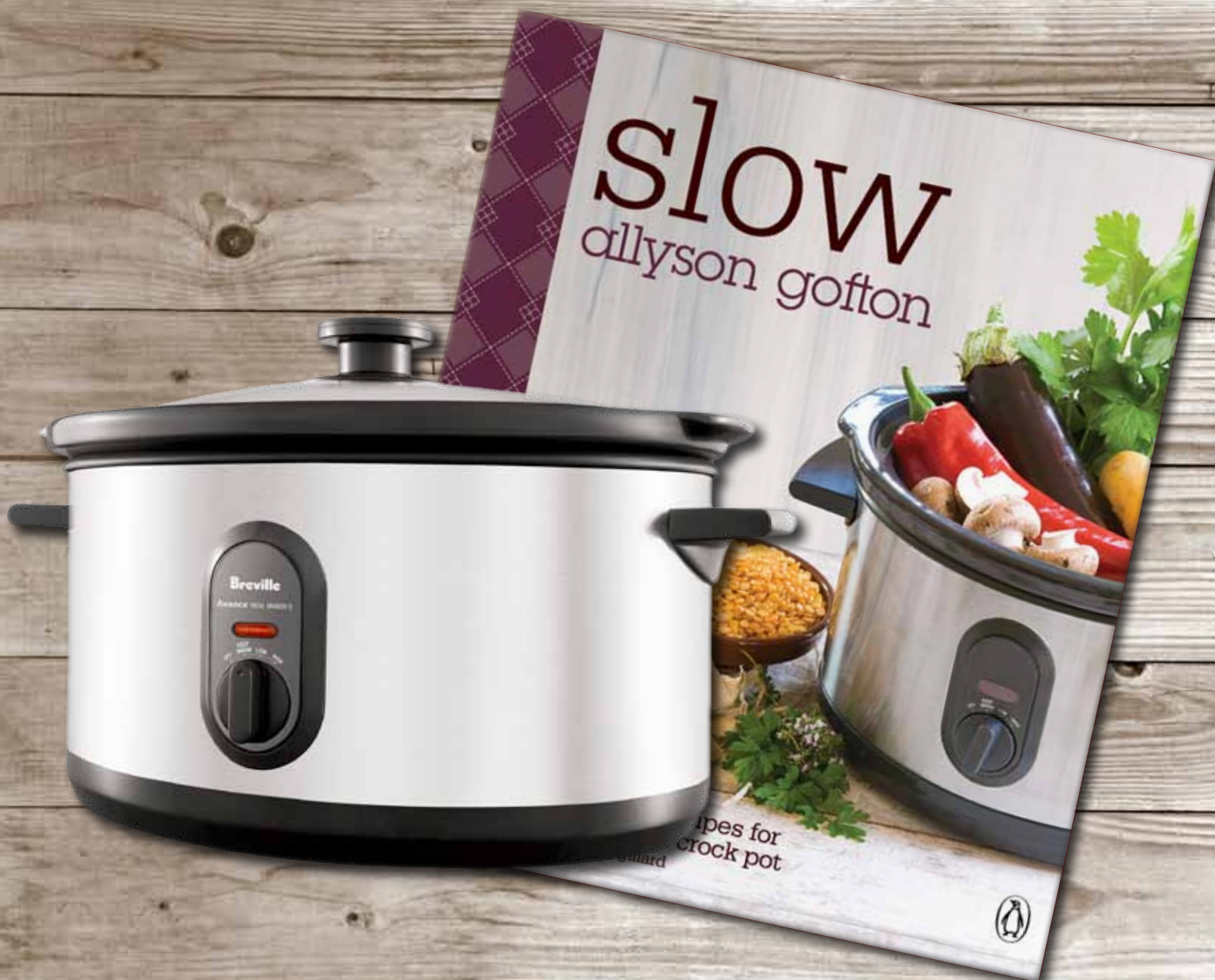


WIN with facebook®

We're making it so easy. Visit us on Facebook, tell us your favourite recipe from this issue of *Meat* magazine, and go in the draw to win one of 10 Slow Cooker 'Packs'. Each winner will receive a personally signed Slow cookbook by Allyson Gofton AND one of 10 Breville Slow Cookers, valued at \$159.99 each*. We've also lots of other prizes to give away for supporters of *Meat* so tempt us by sharing your favourite beef or lamb winter recipe.

You can find us at www.facebook.com/newzealandbeefandlamb. Good luck!

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