

Issue One | FREE

# Meat



**DELICIOUS**  
beef & lamb recipes  
for the whole family

**SHOPPING TIPS**  
to stretch your  
weekly budget

**COMPETITION**  
to win one of 5  
meals for two!



## Welcome...

...to the first issue of mEAT, featuring **seasonal beef and lamb recipes**, a comprehensive guide to the **most popular lamb cuts**, and **nutrition information**, all designed to inspire and inform you about meat cookery and the benefits of eating lean beef and lamb.

With rising food prices, we all need to find ways to stretch the weekly shopping budget. Use our tips to help you **shop smarter**, so you can include beef and lamb as a regular part of a healthy, balanced and affordable diet for you and your family.

## Shopping Tips

to help stretch your weekly budget

Shopping wisely can help save you money. Follow these tips in the supermarket or at your local butcher's shop:

✓ **Look out for specials** and use catalogues, coupons and discount cards.

✓ **Plan meals** for the week and **write a shopping list**, to stop you buying unnecessary extras.

✓ If you have space in the freezer, **buy more than you need and freeze the extra in smaller portions**. A large pack of meat on special, split into smaller amounts, will be cheaper than buying lots of small packs.

✓ **Butchers are there to help you**. Ask their advice on which meat is best for your recipe.

✓ Mince, chops, chuck, schnitzel, topside steaks and casserole meat **offer value for money**, ideal for family needs.

Also in this issue - **delicious autumn recipes**. Plus a couple of 'old favourite' beef dishes your friends and family will love. Best of all, they're easy to make, so even the kids can lend a hand!

**For hundreds more recipes featuring delicious New Zealand beef and lamb, visit [www.recipes.co.nz](http://www.recipes.co.nz)**

There's also a great competition prize of **5 fabulous dinners for two** at any Beef and Lamb Excellence Award restaurant nationwide to give away - see the back page for details.

✓ **Buy fruit and vegetables in season** - they are much cheaper, fresher and tastier.

✓ Beans, such as baked beans, lentils, rice and pasta are cheap and help **make a dish go further**. Add a can of baked beans to a mince and pasta bake, or a can of kidney beans to a shepherd's pie, and you'll feed an extra mouth or two.

✓ **Make your own** instead of buying ready made, eg pizzas or pasta sauce. This way the kids can help too and you can choose your own ingredients.



## Beef and Lamb - Nature's Power Pack



## Delicious and Nutritious!

New Zealand beef and lamb are more than just wholesome, **versatile** ingredients and **delicious** menu options. Tasty beef and lamb dishes are **excellent sources of many essential nutrients** and make an important contribution to the healthy, balanced diet of New Zealanders. Lean beef and lamb provide a total nutrition package.

Not only are they two of the **best sources of well-absorbed iron**, they are also important sources of **protein, vitamins B<sub>12</sub> and D**, as well as the essential minerals, **iron** and **zinc**. And because lean beef and lamb are nutrient-dense foods, a small serving provides a significant amount of important nutrients for good health. For more nutrition information, visit [www.beeflambnz.co.nz](http://www.beeflambnz.co.nz)



# Lean and Lovely Lamb

New Zealand lamb is widely acclaimed as the best in the world - tender, lean and succulent, and easy to prepare.

## Spiced Lamb Meatballs in Tomato Sauce

You'll love this delicious spicy meatballs recipe - just tone down the chilli flakes if serving to young children.

**Serves:** 4  
**Prep:** 10 minutes  
**Cook:** 25 minutes

### Ingredients

- 500g lean lamb mince
- 5 garlic cloves, peeled and finely chopped
- Finely grated zest of 1 lemon
- Large pinch dried chilli flakes or powder (optional)
- 1½ cups fresh breadcrumbs
- Handful parsley, finely chopped
- ¼ cup Greek yoghurt
- 2 Tbsp olive oil
- 1 large onion, chopped
- 2 x 400g cans chopped tomatoes
- Handful pitted black olives (optional)
- 350g tagliatelle (or other) pasta
- Grated parmesan to serve (or a cheese of your choice)

### Method

In a large bowl mix the mince, half the garlic, lemon, chilli (if using), breadcrumbs, parsley and yoghurt. Season well and roll into 20 walnut-sized balls.

Heat one tablespoon of the oil in a large non-stick pan and cook the meatballs, shaking the pan regularly until the meatballs begin to brown. Remove the meatballs from the pan onto a plate.

In the same pan, add another tablespoon of oil and cook the onion and the rest of the garlic until softened. Add the tomatoes and cook until thick and pulpy.

Add the meatballs back into the pan, pour in 100ml of water and cook gently for 10 minutes or so until the meatballs are cooked through and the sauce is thick. Stir in the olives.

Meanwhile, cook the pasta in boiling salted water until al dente. Drain, add to the meatballs and mix gently. Serve with the grated cheese on top, and a side of salad or seasonal vegetables.

#### VALUE TIP

In the unlikely case of leftovers, cover in plastic wrap or in an airtight container and put in the fridge. Use within 3 days.

#### COOKING TIP

You can also use beef mince for this recipe, the flavour combinations will work equally well.



# Tender and Delicious Lamb

New Zealand lamb is widely acclaimed as the **best in the world** - tender, lean, succulent and easy to prepare. The versatility of lamb also means there is a cut for every occasion, from a hearty family meal, to a recipe to impress your friends. **Use this guide to help you select the best cuts to suit your requirements.**

How do you know you're buying the best, most tender New Zealand meat? **Look for the Quality Mark** (pictured right).



## SLOW COOKING CUTS

The most popular slow cooking cuts are perfect for hearty, warming autumn and winter dishes.

### LEG

The traditional New Zealand lamb roast, cooked to 'melt-in-the-mouth' tenderness in the oven or on a hooded BBQ.

### SHANKS

Delicious slow-roasted or in a casserole.

### SHOULDER CHOPS

Ideal for oven roasting or casseroles.

## FAST COOKING CUTS

The most popular fast cooking cuts are great on the BBQ or in the frypan.

### BUTTERFLIED LEG

A quicker alternative to the full bone-in leg, this cut can be cooked on the BBQ or in the oven.

### MINCE

Make into koftas or burgers and cook on the BBQ.

### RACK

One of the most tender of all lamb cuts, best served medium rare.

### CUTLETS

Cutlets are cut from the rack and need only 2-3 minutes cooking each side for best results.

### DICED

Best in quick-cook curries and casseroles.

### LEG STEAKS

Fantastic on the BBQ.



# Lamb Chops with Salsa Verde & Lemon Rice

**Serves:** 4  
**Prep:** 10 minutes  
**Cook:** 25 minutes

## Ingredients

- 8 Quality Mark lamb cutlets or chops
- Salad to serve

## For the Lemon Rice

- 1½ cups basmati rice
- 1 Tbsp olive oil
- 1 red onion, finely chopped
- 2 cloves garlic, chopped
- Grated zest of 1 lemon
- 2 sprigs rosemary leaves, roughly chopped
- 650ml chicken stock

## For the Salsa Verde (or use your favourite pre-made pesto)

- 1 clove garlic
- 3 anchovy fillets
- 3 gherkins
- 1 tsp baby capers
- 2 large handfuls flat leaf parsley, stalks removed
- Juice of ½ – 1 lemon

## Method

Put the rice in a bowl and cover with water. Set aside.

Heat one tablespoon oil in a heavy-based saucepan and sauté the onion and garlic for a few minutes until softened. Drain the rice, add to the pan along with the lemon zest and rosemary and stir together well. Pour in the stock, bring to a very gentle simmer, cover and cook on the lowest heat for 10-12 minutes, until all the liquid is absorbed. Turn the heat off and leave covered, while you cook the lamb.

Season the cutlets well with salt and pepper and grill for 3-4 minutes each side or until cooked to your liking. Cover with foil and leave to rest for 2-3 minutes. Meanwhile, blitz all the salsa ingredients in a food processor, or chop the ingredients into small dice and use a pestle and mortar to grind together. Taste and add a touch more lemon juice if desired. Season and set aside. Season the rice, separate the grains with a fork and serve with the chops. Spoon over the salsa and enjoy with a salad.

### COOKING TIP

This is a great recipe to serve to guests. If you wish to simplify it for the family, serve with plain rice, and your favourite pre-made pesto in place of the Salsa Verde.

### VALUE TIP

Make the most of leftovers. Cooked lamb can be stored in an airtight container, in the fridge (use within 3 days) or freezer (use within 1-2 months).

# Lamb Steaks with Chilli Pesto & Roasted Vegetables

**Serves:** 4  
**Prep:** 10 minutes  
**Cook:** 30 minutes

## Ingredients

- 4 x Quality Mark lamb leg steaks
- 3 courgettes, sliced
- 2 capsicums, de-seeded, cut into chunks
- 2 red onions, peeled and cut into segments
- Few sprigs of thyme
- 2 Tbsp olive oil
- 2 large handfuls rocket or salad greens
- 150g feta cheese, crumbled
- Juice of ½ – 1 lemon

## For the Pesto (or use your favourite pre-made pesto)

- 1 clove garlic
- 2 large handfuls basil, leaves picked
- 35g pine nuts
- 35g grated Parmesan
- ½ -1 mild fresh chilli, chopped or 1 tsp dried chilli
- 4 Tbsp olive oil

## Method

Preheat the oven to 200°C (180°C fan-bake). Put the courgettes, capsicums and red onions into a roasting tray, scatter with the thyme, season well and drizzle over half the olive oil. Roast for 35 minutes or so, until softened and lightly charred. Blitz together pesto ingredients in a food processor or mix in a pestle and mortar. Season and set aside.

Heat a frypan. Season the lamb with salt and pepper and rub in the remaining oil. Cook the lamb for 2-3 minutes each side until just cooked through but still pink in the centre. (This will depend on the thickness of the steaks.) Wrap up in foil and allow to rest for a few minutes.

Allow the vegetables to cool slightly, add a squeeze of lemon juice, mix through the salad leaves and crumble in the feta. Serve the vegetables with the lamb and spoon over the pesto.

### VALUE TIP

Adding rice to leftover meat is an inexpensive and tasty way to use leftovers. Simply cut lamb into strips and place on top of cooked rice for a delicious meal.

### DID YOU KNOW?

A lamb leg steak or two loin chops gives us the same amount of iron as a grilled chicken breast.



# Easy Beef Stroganoff

**Serves:** 4  
**Prep:** 5 minutes  
**Cook:** 20 minutes

## Ingredients

- 600g Quality Mark beef, cut into strips (see Cooking Tip for suitable cuts)
- 30g butter
- 1 small onion, chopped
- 250g mushrooms, thinly sliced
- $\frac{3}{4}$  cup beef stock
- 2 Tbsp tomato paste
- 250ml carton light sour cream
- 1 tsp cornflour
- Noodles or pasta to serve

## Method

Coat the beef strips in a little oil. Season with salt and pepper. Preheat a non-stick pan to a moderate heat. Cook the beef in 3 batches. Cook one side until the first sign of moisture appears on the uncooked side, then turn and cook the other side. Remove each batch and set aside.

Melt butter in the pan, add the onion and cook until soft. Add the mushrooms, cook until tender. Add beef stock and tomato paste, stir to combine and bring to the boil. Reduce heat and simmer for 2 minutes.

Stir in the combined sour cream and cornflour. Stir well, simmer for 1 minute. Return beef to pan and simmer for 2 minutes. Serve with noodles or pasta, and either salad or seasonal vegetables.

**COOKING TIP**  
For tender, tasty results cook beef strips one side until the first sign of moisture appears, then turn and cook the other side.

**COOKING TIP**  
The following beef cuts (cut into slices) are best for stir-frying: scotch, fillet, rump, sirloin or schnitzel.

# Kids' Favourite Lasagne

**Serves:** 4  
**Prep:** 30 minutes  
**Cook:** 30 minutes

## Ingredients

- 500g Quality Mark lean beef mince
- Oil for frying
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- $\frac{1}{4}$  cup tomato paste
- 400g can tomatoes
- $\frac{1}{2}$  cup beef stock
- 1 tsp sugar
- 1 tsp dried mixed herbs
- 250g pkt instant lasagne sheets
- 1 cup grated cheese

## For the White Sauce

- 2 Tbsp butter or margarine
- 2 Tbsp plain flour
- 1 cup milk

## Method

Place mince in a bowl and mix in a little oil. Heat a large frypan to hot. Brown the mince in 2 batches, breaking up any lumps with a fork. Set aside.

Add onion and garlic to the frypan, cook until onion is soft. Return mince and add the tomato paste, tomatoes, stock, sugar and mixed herbs. Bring to the boil, reduce heat and simmer for 20 minutes. Season to taste with salt and pepper.

To make the white sauce, melt the butter or margarine in a saucepan, add the flour and stir until bubbly. Add one third of the milk and stir continually until the sauce boils and thickens. Repeat this twice until all the milk is added. Keep stirring until the sauce boils. Season to taste.

Preheat the oven to 180°C. Alternate layers of meat sauce with the lasagne sheets and half the white sauce in a greased lasagne dish, finishing with a layer of white sauce. Sprinkle with the grated cheese. Bake lasagne uncovered for about 30 minutes or until thoroughly hot. Serve with salad or seasonal vegetables.

**VALUE TIP**  
To make this dish go further, cook a little extra mince and add a can of baked beans or grated carrot. Cooked / leftover mince dishes can also be frozen.

**VALUE TIP**  
Freeze mince you don't intend to use immediately. Uncooked mince can be frozen for 2-3 months.



A photograph of four young women leaning on a wooden fence in front of a corrugated metal building. They are all smiling and looking towards the right. The woman on the far left is wearing a plaid shirt over a white top. The woman next to her is wearing a dark blue top. The woman next to her is wearing a light blue plaid shirt. The woman on the far right is wearing a dark plaid shirt. The background is a corrugated metal building with a wooden fence in the foreground.

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## ... and WIN!

Simply 'like' **Beef and Lamb New Zealand** on Facebook and **go in the draw to win one of FIVE dinners for two at an award-winning restaurant\***.

We'll keep you up-to-date with our latest and favourite recipes, let you in on some tips and tricks for beef and lamb cookery, plus there are lots more prizes up for grabs for everyone who 'likes' the page. Oh, and we always love to hear about your favourite recipes so make sure you post them on our Facebook page too. **Good luck!**

**PS: If you've heard about this competition here then make sure you let us know ~ we've got some extra goodies to giveaway to readers of our new mEAT Magazine.**

*\*To the value of \$150 at a Beef + Lamb New Zealand Excellence Award restaurant. Open to New Zealand residents only. Entries close 30 May 2011.*



For hundreds of recipes using beef and lamb,  
visit [www.recipes.co.nz](http://www.recipes.co.nz)  
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