

Issue 5  
Autumn **FREE**

# Meat


Irresistible mid-week meal ideas  
the whole family will love!

win!

See back page  
for details...





 A *casserole boiled* is a *casserole spoiled*!  
Simmer, simmer and simmer, then rest  
before serving...

Dijon beef pot roast

### In this issue...

If preparing creative or interesting family meals each night seems to fall into the 'too hard' basket, this issue of 'eat will help you overcome that challenge. How? By taking a fresh look at some traditional cuts of beef and lamb.

We know you want fast, easy and economical meal ideas which taste great. So, in this issue, we've simmered, braised, baked and curried some great dishes with 'ease' and 'cost' as guiding goals.

This issue's recipes are courtesy of Allyson Goffton, who also shares her tips and hints on producing delicious meals on an everyday budget.



### Allyson Goffton says...

At home, I endeavour to keep meals simple. That way the children learn the difference between home cooking made with love - cheap, cheerful and always healthy - as opposed to foods we enjoy occasionally at a café or restaurant. There, the food is richer, uses expensive and unusual ingredients and requires the skill of a chef. Mums and dads are not chefs - we're good cooks. These ideas are just for you.

Look out for my tips throughout this issue to help add flavour and stretch your budget!

 When cooking with beef or lamb,  
use dried herbs with *gutsy flavours*  
like sage, oregano and thyme.



 Look for the *New Zealand Beef and lamb quality Mark-*

It's your guarantee the product is produced in New Zealand and is tender and lean.





A **family favourite**... slice any leftovers to make the most **sensational** sandwiches with lettuce and mango chutney the next day...

### Indian meatloaf

**Prep time:** 15 mins | **Cooking time:** 50 mins | **Serves:** 6

600-700g Quality Mark beef mince	1 Tbsp freshly chopped thyme
1 red onion, peeled and finely diced	1 egg, beaten
2 tsp minced garlic	¼ cup Worcestershire sauce
1 Tbsp curry powder or paste	400g can Indian-style tomatoes
1¼ cup fresh breadcrumbs, cooked rice or lentils	½ cup beef stock

Preheat the oven to 180°C.

Mix together the mince, onion, garlic and half the curry powder. Work in the breadcrumbs, thyme, egg, Worcestershire sauce and half the canned tomatoes. Mould into a loaf shape and place in a shallow oven-proof dish, or press the mixture into a greased loaf tin.

Bake in the preheated oven for 30 minutes.

Stir the remaining tomatoes and curry powder or paste in with the beef stock.

When the meatloaf has baked for 30 minutes, pour the tomato mixture over the top. Return to the oven and cook a further 20 minutes.

Rest the meatloaf for 5 minutes before carving into thick slices. Garnish with cashew nuts (optional) and serve with seasonal vegetables.

### Tips

- If you don't have the pre-flavoured tomatoes, add an extra ½ Tbsp curry powder or paste.
- Replace the breadcrumbs with 1 cup of cooked lentils (½ cup raw lentils = 1 cup cooked).

### Variations

- **Make it Mexican:** replace the curry powder with Mexican chilli powder (a blend of cumin, oregano, paprika, garlic and chilli) and use Mexican-flavoured tomatoes. Serve with tortillas and guacamole on the side.
- **Make it Italian:** replace the curry powder with ¼ cup tomato pizza paste and a good teaspoonful of minced garlic. Use canned chopped tomatoes, spiced up with fresh or dried oregano and serve with buttered pasta or garlic bread and your favourite vegetables.
- **Make it British:** replace the curry powder with ½ cup vegetable, eg Branston-style, chutney and add a touch of hot English mustard. Use either Worcestershire or HP sauce. Serve with mashed potatoes and peas.

### Choosing your mince

Choose premium or prime mince for a low fat family meal.

- **Premium Mince:** 5% or less total fat
- **Prime Mince:** 10% or less total fat
- **Other Mince** (often referred to as beef mince, steak mince etc): 10-20% total fat

**\$2.81 per serve**

 Keep a few packets of **pre-mixed spices** on hand... Italian, Mexican, Moroccan or Cajun all work well with beef and lamb.



## Tuscan lamb on polenta

**Prep time:** 15 mins | **Cooking time:** 1½ hours | **Serves:** 8

500g Quality Mark lamb steaks, diced (or use loin/shoulder chops) | ½ cup pizza paste  
1 cup red wine or beef stock  
1 aubergine, diced into 3cm chunks  
2 tsp minced garlic  
2 capsicums, green or red, diced  
**Garnishes (optional)**  
Fresh chopped parsley, basil, olives, parmesan

Preheat the oven to 160°C. Season the meat with salt and pepper if wished.

Heat a dash of oil in a frying pan and brown the meat on all sides. Transfer to a casserole dish.

Add a little more oil to the pan and brown the aubergine, minced garlic and green or red capsicums for 3-4 minutes or until lightly browned. Stir in the pizza sauce and red wine or stock. Bring to the boil, then carefully pour over the browned meat and cover.

Bake in the preheated oven for 1½ hours until the meat is tender. Serve over a mound of polenta topped with the garnishes if wished.

### For the creamy parmesan polenta

See page 8 for recipe.

#### Tip:

- If you don't have pizza paste, use plain tomato paste and add ½-1 tsp each of dried oregano and minced garlic.

#### Try this...

Toss any leftover cooked lamb through cooked, chunky pasta and serve garnished with fresh herbs, olives and parmesan. Ideal for leftovers as it can easily be reheated in the microwave.

#### Variations

- Use 2-3 courgettes in place of the aubergine.
- Try beef in place of lamb.
- Add a few slices of salami to spice up the flavour.

## Dijon beef pot roast with Yorkshire puddings

**Prep time:** 15 mins | **Cooking time:** 1½ hours | **Serves:** 8

1.5 kg Quality Mark bolar roast | 2-3 tsp minced fresh garlic  
½ cup beef stock  
¼ cup Dijon mustard | 1-2 Tbsp gravy powder

Preheat the oven to 140°C.

Brown the bolar well in a dash of oil over a high heat. Transfer to a deep, stovetop-proof casserole dish. Season with ground black pepper.

Mix together the mustard and garlic, spread over the top of the bolar and cover.

Bake in the preheated oven for 1½ hours. Remove the meat from the dish and set aside, covered with foil, to rest for 15 minutes before carving.

Mix the gravy powder with a dash of water, stir into the cooking juices and simmer over a low heat for 2-3 minutes.

Carve the beef into thin slices and serve with the gravy, Yorkshire puddings and your favourite vegetables.

### For the Yorkshire Puddings

See page 8 for recipe.

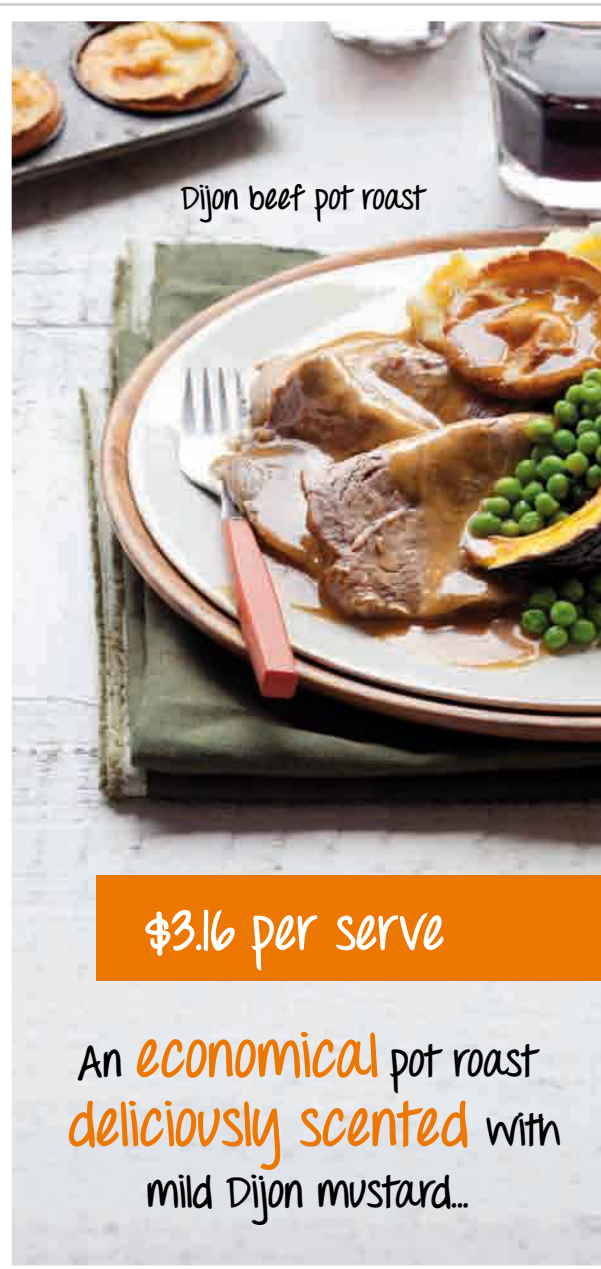
### Cuts to use for Pot Roasting

Beef: topside, fresh silverside, rump, chuck (rolled), bolar (blade), fresh brisket, thick flank.

Lamb: hogget, mutton or lamb shoulder boned and rolled.

#### Tip:

- Crock pot instructions: Cook the mustard-coated bolar in a slow cooker/crock pot on low power for 6-7 hours. Rest before carving. Thicken the juices to a gravy in a saucepan.



An **easy, tasty** casserole which, when served atop a pile of creamy polenta, takes on an air of dining in **Tuscany**...



Tuscan lamb on polenta



 Use **vegetables in season**, keeping the trendy stuff like olives and sun-dried tomatoes for a garnish - if you use them at all.





Lamb is delicious when roasted and well rested. Served simply on a large platter, arranged with a seasonal salad and dressed with the gathered juices and a touch of vinaigrette, lamb is irresistible.

\$4.84 per serve

### Slow roast lamb shoulder stuffed with tapenade

Prep time: 10 mins | Cooking time: 3 hours | Serves: 6

- |  |                                     |
|--|-------------------------------------|
| 1 shoulder of Quality Mark lamb, on the bone   | 1 tsp minced garlic                 |
| 2 Tbsp tapenade or finely chopped black olives | 1 tsp finely chopped fresh rosemary |

Preheat the oven to 160 °C.

Use a sharp cook's knife to make 6-9 small but deep cuts in the lamb, through to the bone. Sit in a shallow-sided baking dish.

Mix the olive paste, garlic and rosemary together and spoon or press small spoonfuls into each cut, spreading the rest over the lamb. Cover loosely with foil.

Roast in the preheated oven for 2½-3 hours (or until the meat begins to fall from the bone), removing the foil in the last 30 minutes of cooking time. Remove from the oven and allow to sit for 20 minutes, reserving the juices.

Carve the lamb into chunky pieces, place on a serving plate with your own choice of salad ingredients and drizzle over the reserved juices.

#### For the tapenade

See page 8 for recipe.

#### Tips

- Shoulder of lamb often comes pre-boned and tied for roasting. To prepare this recipe using a boned-out shoulder, untie the meat, spread the olive mixture over the meat and cook for about 2½ hours.
- Use a leg of if wished; cooking time will be about the same.





Family sweet-glazed meatball bake

When meat is on special,  
buy **double** and freeze the extra.

If a beef or lamb recipe calls for wine,  
you can use **stock** instead.

## Recipes for side dishes

### Creamy Parmesan Polenta

Bring 3½ cups of milk (or milk and stock), 1 tsp salt and 50g butter to the boil. Sprinkle in ¾ cup instant polenta and cook, stirring over a moderate heat until thick. Before serving stir in ½ cup each of cream and grated parmesan (or cheddar cheese).

### Yorkshire Puddings

Sift 1¼ cups flour and a pinch of salt into a bowl. Beat 2 eggs and 1¼ cups milk together and whisk into the flour to make a smooth batter. Add ½ tsp oil to each of 12 muffin tins and heat for 3-4 minutes in a 220°C oven. When fuming hot, divide the batter evenly among the tins. Bake for 10-12 minutes or until well-risen and golden.

### Tapenade

In a food processor, process ¾ cup stoned black olives with 2-4 anchovy fillets, 1-1½ Tbsp olive oil and 1 Tbsp lemon juice until smooth.

## Winner of Fisher & Paykel Activesmart Fridge/Freezer Our Favourite Letter

Dear Meat Magazine,

My daughter, Loren, and I came back from 3 weeks in Vietnam craving a good 'ole Kiwi roast lamb. We had a lamb leg in the freezer; we spotted your recipe, 'Boneless Leg of Lamb with rosemary, orange & cranberry stuffing', and we asked the local butcher to debone it.

We used fresh rosemary and parsley from our garden (thanks to the neighbour for watering it while we were away!). Instead of cranberries in the stuffing, we used crab-apple jelly and freshly grated crab-apples we had from the tree in our garden as they give the same tartness.

We can honestly say the end result of the Meat recipe was the tastiest roast we both had ever eaten. The flavours of the orange and the rosemary were especially nice and we can thoroughly recommend this recipe.

As you can see from the pics we had a lot of fun and this meal sealed our contentment at being back in beautiful New Zealand.

Thanks for the easy-to-follow recipe.

Regards, Rosalie Kennedy



Every letter published  
wins an Allyson Goffton  
cookbook...

We have more fabulous prizes  
up for grabs this month!  
Check out the back page  
for details.

All recipes mentioned  
here can be found at  
[recipes.co.nz](http://recipes.co.nz)

## Beef & Lamb; nature's power pack...

I can't resist picking up the Meat magazine each time I see it, as I'm forever looking for easy 'favourites' for my family of five.

This task is complicated due to a combination of egg, dairy and gluten intolerances spread between three of us! Luckily, I can always rely on a healthy cut of beef or lamb and a trio of vegetables to meet the needs of my growing family. Providing a protein-packed evening meal, high in zinc and B vitamins is of utmost importance to me in my role as a mother.

Monika Miller

## Falling in love... with cooking!

It was with the greatest pleasure I opened my free copy of Meat... I usually throw free handouts in the bin (as they are full of ads and junk) but this one I will be keeping and using again and again! I have fallen in love again with the idea of cooking meat. So many easy and delicious recipes, taunting my tastebuds. Our family meals were becoming a bore and a chore... and now I have new inspiration! Thanks - I can't wait for the next issue.

Rebekah Taylor, Hamilton

## Kids say the darndest things.

I picked up a copy of Meat magazine from the butcher at the supermarket this morning, and wanted to let you know how helpful and inspiring it is. I often see an unfamiliar cut of meat at the supermarket and think I'd love to try it but have no idea where to start. I so appreciate your practical tips about different cuts, and the clear instructions in the step-by-step guides are a huge help - I'm inspired to try something I'd normally never touch. And it's great to see recipes to suit all budgets, from midweek meals to special dinners. My 4 year-old daughter paused from pretending to be a bride, to look through the latest issue with me and announced that she is going to have the Barbecue Fajitas at her wedding! I'll try and talk her around to the Whole Roast Fillet of Beef.

Maja Whitaker, Timaru

## What a great line-up.

Your recipes are terrific. My favourite was Bang Up Burgers. Who'd have thought of enclosing the cheese in the centre of the pattie so it oozes out when bitten? This way, and with the meat being so generously flavoured (three sauces, beef stock powder and mixed herbs) it only takes a layer of tomato and lettuce to make really tasty burgers that are 'manageable' (not too thick to get your mouth around) and uncomplicated enough to assemble and serve while still hot.

We liked these so much, I hijacked the recipe to make a yummy meatloaf from it. I replaced the grated cheese with a layer of Blue Brie which goes so well with beef. And I invented a chilli bean salsa to give my dish even more bang!

So, many thanks, Blue Ribbon Meatloaf with Bang Up Bean Salsa is becoming a 'classic favourite' with my family!

Di Davidson, Auckland



 *serve a gravy, sauce or chutney*  
to enhance meat dishes.

\$3.49 per serve

**Mince** is a staple in most Kiwi homes so show the kids how to make this **easy** recipe once and they can prepare it for the **family** next time!

### Glazed meatball bake

**Prep time:** 15 mins | **Cooking time:** 60 mins | **Serves:** 4

500g Quality Mark beef mince	½ tsp dried mixed herbs or 1 Tbsp chopped fresh herbs
400g piece pumpkin, peeled	2 Tbsp flour
2 medium-sized starchy potatoes, peeled	Your favourite greens to serve
2 parsnips, peeled	<b>Glaze</b>
2 carrots, peeled	¼ cup tomato sauce
¼ cup tomato sauce	1 Tbsp soy or Worcestershire sauce
1 egg, lightly beaten	

Preheat the oven to 200°C.

Cut the vegetables into bite-sized chunks and toss in a good dash of oil. Place the vegetables in a large ovenproof dish and bake for 30 minutes. While the vegetables are baking, prepare the meatballs.

Mix together the mince, tomato sauce, egg and mixed herbs. Season with salt and pepper if wished. Use wet hands to mould the mixture into 8 large meatballs and dust each with a little flour.

Heat a dash of oil in a non-stick frying pan. Brown the meatballs quickly on all sides and sit them on top of the vegetables. Stir the glaze ingredients together and brush evenly over the meatballs.

Return to the oven and cook for another 20-30 minutes until the meatballs are cooked through and the vegetables are golden. Serve with your favourite greens and have a jug of gravy or accompany with a jar of your favourite chutney.

### Tips

- An egg is added to many mince recipes (burgers, patties, meatloaf) to help bind the beef mince together. In place of an egg, use ½-1 cup fresh white breadcrumbs, moistened with a few Tbsps milk.
- You can make your own variation of this recipe by changing the vegetables and jazzing up the meatballs with spices and herbs.

### or you could...

Make a meatloaf in place of meatballs and brush with the glaze. Bake the vegetables for 15 minutes, place the meatloaf in the centre and continue cooking for a further 40-45 minutes.





## Lamb and apple cider braise

**Prep time:** 15 mins | **Cooking time:** 1-1½ hours | **Serves:** 6-8

- |  |   |
|--|---|
| 6-8 Quality Mark lamb shoulder chops, well-trimmed | 12-14 prunes  |
| 2 leeks, trimmed and sliced                        | 2 eating apples, peeled and thickly sliced                |
| 6-8 cloves garlic, crushed, peeled and sliced      | 1 tsp dried or 1 Tbsp chopped fresh marjoram (or oregano) |
| 2 cups apple cider                                 | ½ tsp ground black pepper                                 |

In a stovetop-proof casserole dish brown the lamb chops well in a dash of oil. Set aside.

Add a dash more oil to the pan and lightly brown the leeks and garlic. Stir in the cider and simmer until reduced by half. Return the lamb to the casserole dish, scatter over the prunes, apple slices and marjoram and cover.

Simmer on top of the stove for 1 hour or until the meat is tender. Alternatively bake at 160°C for 1-1½ hours.

Season with pepper and a pinch of sugar if you find the cider too acidic. Garnish with extra fresh-picked marjoram leaves. Delicious with baked or mashed pumpkin.

### Tip

- Season meat just before cooking. In this case before browning the lamb shoulder chops to give maximum flavour.

### Variations

- Use lamb neck chops.
- Replace the cider with stock.
- Use pears in place of apples.

 Add **prunes or raisins** to beef or lamb dishes for a touch of sweetness - and added fibre.

## Thai beef and sweet potato curry

**Prep time:** 20 mins | **Cooking time:** low 5-6 hours, high 3-4½ hours | **Serves:** 8

- |   |   |
|---|---|
| 1-1.5kg lean Quality Mark beef for casseroles | 2 medium, orange-fleshed kumara, peeled and diced |
| 1 tsp each salt and ground black pepper       | 400g can coconut milk                             |
| 2 onions, peeled and diced                    | 1½ cups beef stock                                |
| 3 Tbsp Thai-style red curry paste             | 1-1½ cups frozen peas                             |
| 2 tsp minced garlic                           | 2 Tbsp chopped fresh coriander                    |

Cut the beef into 2-2.5cm pieces and season with salt and pepper. Brown the meat in a dash of oil in a hot frying pan; this is best done in 2-3 batches. With the last batch of meat, add the onions and curry paste and cook until fragrant.

Put the beef mixture into the slow cooker with the garlic, kumara, coconut milk and stock, and cover with the lid.

Cook on low for 5-6 hours or on high for 3-4 hours. Stir in the peas and coriander, re-cover and continue cooking on high for a further 15-20 minutes.

Serve in bowls garnished with shredded coconut and accompany with steamed rice and prawn crackers.

### Tips

- There's lots of curry sauce with this recipe. If you'd like a thicker curry, use only 1 cup stock when cooking in the slow cooker.
- To cook in the oven, simmer at 160°C for 1½-2 hours with 1½ cups of stock.

Apple cider, when simmered gently with **lamb** shoulder chops, leeks and a handful of prunes, creates a **delicious** sauce in this easy **family** meal.

Not too hot or spicy so all the **family** will **enjoy** this curry.

Thai beef and sweet potato curry

**\$3.08 per serve**

Lamb and apple cider braise

**\$5.58 per serve**





# Win!

A dinner party for you and five friends catered by 2011 Masterchef New Zealand winner, Nadia Lim.



We want to hear from you... do you have a favourite beef or lamb recipe? Or, have you cooked one of the recipes from this issue of Meat magazine and want to share your experience? Perhaps you'd like to tell us what you want to see in future issues.

Send your feedback to us by 15 June 2012, and, if your letter is published in the next issue of Meat magazine, you'll win Nadia's cookbook, Nadia's Kitchen.

And, if your letter is selected as our 'Favourite Letter', you will win a dinner party catered by Nadia for you and up to five friends.

Please send your letters to Beef + Lamb New Zealand Inc, PO Box 33 648, Takapuna, Auckland, or send us an email on [enquiries@beeflambnz.co.nz](mailto:enquiries@beeflambnz.co.nz) - we look forward to hearing from you.

### Spot prize giveaways!

Tweet us a picture of a recipe you've cooked from this issue of Meat Magazine, using the hashtag #meatmag and you could win a spot prize!

### Terms and Conditions:

- Published letters can only be chosen from those including full contact details (name, address, phone number).
- Entries must be received by 15 June 2012 to be eligible for prizes.
- Beef + Lamb New Zealand Inc. will make the final decision on published letters and the winning 'Favourite Letter'. The judges' decision is final and correspondence will not be entered into.

Photography: Devin Hart | Styling: Tamara West | Food Assistant: Olwen Edwards

Based on food prices February 2012.



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