

Issue Four | **FREE**

# Meat



## **CHRISTMAS DAY**

Beef and lamb - the perfect choice for your main Christmas meal

## **BACH AND BBQ**

Quick and easy meals that can be cooked almost anywhere!

## **COMPETITION**

to win a fabulous state-of-the-art Fisher & Paykel fridge



## In this issue...

For many, **Christmas dinner** is the most anticipated meal of the year. But it needn't be hard work or astronomically expensive. A little bit of luxury is definitely important though, so for the best value from your celebration dollars, **boneless beef and lamb cuts** are a great choice simply because there's no waste.

In this issue of *Meat* magazine, we feature a **rolled boneless lamb leg recipe** which makes a great centrepiece for a special occasion meal. A regular leg of lamb will serve roughly 6 people, but boned and rolled the same leg will yield 8-10 serves, **with no waste**. It's easier to carve, and can be prepared in advance for a **stress-free feast**.

Rolling and stuffing your own lamb leg is **much easier** than you may think - on page three there's a simple **step-by-step guide** to preparing and tying a lamb roast.

Likewise, the **whole beef fillet** recipe in this issue can be prepared in advance, and cooked to perfection in a **fraction of the time** it takes to cook a turkey or ham.

And once the dust has settled and the holidays kick in, it's all about **easy eating** - at the bach, the campground or a shared barbecue in the backyard.

In this issue we feature **four barbecue recipes** which make the most of summer produce. They're also **easy to prepare and transport**, and can be cooked outdoors, or under the grill indoors if the weather turns wet. Plus there are **nutrition and food safety tips** for healthy summer eating.

Feedback from our readers shows you want to be more involved in *Meat* magazine, so we're giving you the chance to have your say. You can also win a **fabulous Fisher & Paykel fridge** - see the back page for details.

**We wish you and your family a happy and safe holiday season, and a wonderful start to 2012.**

*Recipes and styling by Sophie Gray,  
Destitute Gourmet Ltd.*

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Gather together family & friends...

This **delicious** rolled lamb leg roast is **so easy** to prepare. Follow the simple instructions to create a special occasion meal to delight your family and friends. **Serve hot** with your favourite roast vegetables, or warm with a **selection of salads**.



# Boneless Leg of Lamb

## with rosemary, orange & cranberry stuffing

Follow the steps **on the right** to stuff and roll this delicious and satisfying variation of roast lamb.

You can prepare the roast the night before for **a celebration lunch**, or in the morning for dinner that night. If not cooking immediately, wrap the roast tightly in cling film to help it retain its shape.

**Serves:** 8-10  
**Prep time:** 25 minutes  
**Cooking time:** Approx. 1 hour + 15 minutes resting

- 1 x 2.5 kg Quality Mark boneless lamb leg

### For the stuffing

- 1½ cups white breadcrumbs (approx. 3 slices bread made into crumbs)
- 2 Tbsp chopped rosemary
- Zest of an orange
- ¼ cup dried cranberries
- 1 Tbsp cranberry sauce
- 1 Tbsp parsley, chopped
- 1 Tbsp each oil and butter
- Bunch of rosemary sprigs
- 10 pieces of jute twine or kitchen string

**Remove** the meat from the fridge an hour or more before cooking so it comes up to room temperature. Prepare the lamb to step 2 of the step-by-step guide on the right.

**Combine** the stuffing ingredients. Place the stuffing in a strip down the middle of one side of the meat then lift the edge and roll the meat tightly as though rolling a Swiss roll, tucking in any stray pieces. Tie as shown in step 4 of the step-by-step guide.

**Preheat** the oven to 200°C or 180°C fan bake. Heat the oil and butter in a roasting pan and brown the lamb well on all sides. Remove from the heat, place remaining rosemary sprigs into the pan and place the roast on top. Roast for 45 minutes.

**Poke** a metal skewer or thin knife into the centre, count to three and then test it on the inside of your wrist. It should feel warm - if it doesn't, cook for another 15 minutes and try again.

**Place** the lamb on a warm plate and cover with foil to rest for 15 minutes before removing the string and carving. Serve warm in thick slices with gravy, or cold in thin slices with cranberry jelly.

## Preparing and tying a boneless lamb leg

**Preparing and tying a roast** is fun to do, resulting in a neat, easy to handle main dish with loads of **wow** factor.

If you've never done this before, below is an **easy step-by-step guide**. Ask your butcher to bone the leg or buy a boned one and remove the netting. Unpacked, you'll have a piece of meat that is irregularly shaped.

You want to turn it into a rectangle roughly the **same thickness all over**, by using the meatier parts to fill in the gaps.

Use as many or few ties as you need to create a neat bundle. You may want to tie string longways around the joint as well to keep the ends neat. If not cooking immediately, **wrap tightly in cling film and refrigerate**.



1. Place the lamb skin-side down. Look for the plumpest parts, and partially slice horizontally into them to create a flap. Lift the flap and flip it towards a gap you wish to fill, to create a more even rectangular shape.



2. Cover the meat with plastic wrap and pound it with a rolling pin to flatten and firm into place. Trim off any hard fat or grisly bits.



3. If stuffing the lamb, add the stuffing at this stage. Lift a short edge and tightly roll the meat as though rolling a Swiss roll, tucking in any stray pieces.



4. Tie the meat firmly at two finger-width intervals, but not so tight it bulges. Tie a length of twine longways around the joint. Wrap in cling film and refrigerate until ready to cook.



## Festive and delicious...

This **roast fillet of beef** takes less than half an hour to cook, with the sauce easily made while the meat is resting. Follow the **simple steps** below to prepare and tie the fillet - this can be done **well in advance** and then kept refrigerated until about an hour before cooking, when you should bring the meat to room temperature before placing in the oven.

**Serve with your favourite** roast vegetables or a pan of creamy scalloped potatoes.

# Whole Roast Fillet of Beef with shallots & mushrooms

**Serves:** 6-8  
**Prep time:** 20 minutes + ½ hour marinating  
**Cooking time:** 30 minutes + 15 minutes resting

- 1 whole Quality Mark beef fillet trussed (see opposite page) - approx. 1.2 kg for 6 serves, 1.7 kg for 8 serves
- Olive oil for marinating and cooking
- 3 cloves garlic, crushed
- ½ Tbsp each rosemary & thyme sprigs
- Several good grinds of black pepper
- ½ Tbsp balsamic vinegar
- 10 shallots peeled
- 350g mushrooms cut into quarters
- ⅔ cup red wine
- 1 cup beef stock

**For** the marinade, crush or pound 1 Tbsp olive oil, garlic, rosemary, thyme, pepper and balsamic vinegar to form a paste. Pat the meat dry with paper towels and rub the marinade thoroughly over.

**Cover** and marinate at least half an hour. If marinating in the fridge, remove the meat from the fridge at least an hour before cooking. When ready to cook, remove the meat from the marinade and pat dry. Preheat oven to 230°C.

**Heat** 1 Tbsp oil in a heavy-based frying pan and when very hot sear the fillet 1-2 minutes each side (not the ends) until browned all over.

**Transfer** the meat to a shallow roasting pan, add remaining oil and toss the shallots around the meat, coating lightly in the oil.

**Roast** 20 minutes for rare, or 25 for medium rare. Ten minutes into cooking, add the mushrooms to the roasting pan.

**Remove** the meat, cover and keep warm for 15 minutes before carving.

**While** the meat is resting, place the roasting pan with the shallots and mushrooms on the stove, heat and add the wine, stirring any bits off the bottom.

**Simmer** until reduced by half then add the beef stock and simmer again until reduced by half. Add any meat juices to the sauce and serve the beef in thick slices with the warmed sauce.

## Preparing the Beef

**Eye fillet** has a thin membrane called silverskin which needs to be removed if your butcher has not already done so. Use a sharp knife to carefully **remove all the membrane**. If left on, it will shrink during cooking causing the fillet to curl up.

For **even cooking** and attractive presentation, the meat should be as uniform as possible and tying the joint, called 'trussing', is the key. Using individual pieces of kitchen twine, **tie the joint firmly** at 4-5 cm intervals, spaced evenly between each truss. **Tuck the thinner tail** of the fillet underneath and tie in place.



# Healthy Summer Eating

## with beef & lamb

Over summer there are plenty of opportunities to enjoy time with family and friends, usually around the dinner table or barbecue. **Fiona Carruthers**, Nutrition Manager for Beef + Lamb New Zealand Inc. gives us her top tips on how to enjoy **healthy cuts of beef and lamb** over the hotter months.

- Because our Kiwi Christmas is in the summertime, special occasion meals **don't have to be heavy and calorie-laden**. What could be fresher and lighter than lean New Zealand beef and lamb teamed up with summer vegetables and salads? All full of nutritious daily essentials while low in fat.
- **New Zealand beef and lamb are excellent sources** of protein, readily available iron, zinc, selenium, and a range of B vitamins. They contain vitamin D too. Dietary sources of vitamin D are becoming more important as we heed essential health messages to protect ourselves from the sun's harmful rays. Think of **slapping a steak on the barbie** alongside the 'slip, slap, slop and wrap' message this summer.

- Many cuts of lean New Zealand beef and lamb **carry the Heart Foundation Tick**. Look out for it at your butcher or supermarket, alongside the New Zealand Beef and Lamb Quality Mark. It's your **guarantee of high quality, tender, lean and nutritious** New Zealand meat.

- Summer eating also calls for **lower fat cooking methods**. For example, grilling on a barbecue requires minimal fat. Rub a small amount of oil onto the meat, not the barbecue, before cooking and trim any visible fat. **Summer vegetables**, such as courgettes, capsicum and eggplant, can also be barbecued, giving extra flavour. The quicker vegetables are cooked, the more nutrients they retain, so cook them **'al dente'**, that's until tender but still with a little 'bite'.
- All the recipes we've included in this issue offer **great opportunities for healthy summer eating**. Enjoy lean beef and lamb 3-4 times a week as part of an **overall healthy lifestyle**.





## Having Fun in the Sun...

Summer is the time we enjoy the beach and the outdoors, with barbecues, picnics and al fresco dining. But summer is also the time we need to be especially careful with food safety when **handling, storing and cooking food**.

Below are some **basic tips** to keep your food fresh and safe over the summer months.

### Keep cool

- **Store raw meat on the bottom shelf of the fridge**, and cooked or ready-to-eat meats above, so any leaks from raw meat won't drip onto and contaminate other foods.
- **Always put meat in the refrigerator whilst it is marinating** and ensure it is covered or sealed.
- **Place any leftovers in airtight containers**, and refrigerate immediately.
- **Help keep your fridge at a constant cool temperature** by limiting the number and length of door openings, especially during the heat of the day.
- **Always store fruit and vegetables** separately in the dedicated bins.
- **Good quality refrigeration** over the summer months is vitally important for keeping food fresh - see the back page for details on how you can win a fabulous **Fisher & Paykel fridge**.

### Cook safe

- **Always wash your hands** before and after preparing food.
- **Steaks and chops can be cooked to your liking**, but sausages and burgers must be thoroughly cooked through.
- **Put cooked food on a clean plate** - never back on the same plate as when it was raw.
- **Defrost foods completely before cooking** - ideally this should be done in the fridge.

### Stress less

- **Make sure your meats are ready** for the barbecue when guests arrive - allow 11 hours per kilo to defrost in the fridge.
- **Save time by preparing and freezing** foods in advance of the big day. This works well for meats and vegetables.

## How to Barbecue the Perfect Steak

Throwing a steak on the barbie is one of our great Kiwi summer traditions. With a few key tips, you can ensure your steaks are **cooked to perfection**, every time.

1. **Trim meat if necessary**, removing silverskin, connective tissue or fat.
2. **Pat wet or marinated meat dry** before grilling. Brush meat with oil or rub with infused oil; this adds flavour and prevents meat from sticking.
3. **To avoid juices escaping**, use tongs to turn meat rather than a barbecue fork.
4. **Season at the last minute**; if adding salt or spice mixtures do this immediately before cooking and brush off excess spice rub before grilling.

Make sure you buy **Quality Mark beef and lamb**, so you know you're using the best quality, **most tender steak** New Zealand has to offer.

5. **Marinating and basting** before cooking helps to tenderise and add flavour.
6. **Always pre-heat your grill** so the meat browns quickly. Take care to avoid overcooking lean meats which can dry out.
7. **For rare steak**, cook 2 minutes each side before resting, for medium rare, cook 3-4 minutes each side and for medium, cook 4-6 minutes each side.
8. **Before serving, allow beef or lamb to rest** for a short time in a warm place. Larger cuts can rest longer than smaller, thinner ones. A 200g steak should rest for two to three minutes. Resting allows the muscle fibres to relax and results in a tender, juicy steak.



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# Barbecue Fajitas with avocado salsa

Fajitas are a great way to **stretch your meat budget** and are **delicious** made with either beef or lamb. Steaks that would serve 4 will feed 6-8 if made into fajitas. The spice mix can be **made ahead of time** and stored.

- 500g Quality Mark beef or lamb barbecue steaks, sliced thinly
- Small bunch coriander, chopped
- Juice of ½ a lime
- A splash or two of oil
- 2 capsicums, deseeded and sliced thinly
- 1 large red onion, peeled and sliced thinly
- 6-8 flour tortillas

## For the Spice Mix

- ½ tsp each chilli, dried thyme and ground cumin
- 1 tsp each ground coriander and paprika
- ½ Tbsp brown sugar

## For the Salsa

- 1 cup fresh tomato, chopped
- ½ cup each peeled, chopped cucumber and avocado
- Handful fresh chopped coriander
- A dash each of sweet chilli sauce and lime juice

**Serves:** 6-8  
**Prep time:** 20 minutes  
**Cooking time:** 15 minutes

**Place** the sliced meat in a plastic container. Combine the spice mix ingredients and sprinkle over the meat. Mix together the lime juice and coriander and add to the meat, turning well to coat. Refrigerate for at least 15 minutes or overnight if possible.

**While** the meat is marinating, thinly slice the capsicums and onion and set aside. Prepare the salsa by mixing together all the ingredients. Refrigerate until required.

**Fry** the meat quickly on the barbecue plate or in a pan with a dash of oil. Remove from the heat and keep warm. Add another dash of oil and toss the sliced onions and capsicums, turning them until tender. Add any juices from the resting meat.

**Place** some of the cooked capsicums and onions on a tortilla, add a pile of spiced meat and a good dollop of salsa. Roll up the tortilla and enjoy with a fresh seasonal salad.

# Beef Kebabs with southern spice rub

Spice rubs are an **easy, inexpensive** way to add flavour. Rubs keep for months in an airtight container and can be used with steaks, diced meat, minced meat or schnitzel.

Rubs can be applied to the meat an hour or up to a day ahead, placed in a resealable plastic bag to marinate and **easily transported** to the bach or a barbecue. Then just thread onto skewers and grill.

**Serves:** Approx 12 skewers  
**Prep time:** 15 minutes  
**Cooking time:** 8-10 minutes

## For the Rub

- 1 Tbsp each cumin and paprika
- 1 tsp each oregano, salt and sugar
- ½ tsp ground black pepper

## For the Kebabs

- 500g Quality Mark rump steak trimmed of fat and diced into 2cm cubes
- 2 Tbsp lemon juice
- 1 Tbsp oil
- Vegetables for threading onto the skewers, eg whole button mushrooms, slices of capsicum and courgette, cherry tomatoes
- 12 skewers (if using bamboo skewers, soak in warm water for an hour before threading to prevent burning)

**Mix** lemon juice and oil into the diced beef. Mix spice rub ingredients together, sprinkle over the meat and mix well until the meat is lightly coated. Refrigerate for at least half an hour, or up to 24 hours.

**Chop** a selection of vegetables to alternate with the meat. Slice courgettes into ribbons, fold and slide onto skewers.

**Allow** 3-4 pieces of marinated meat per skewer, threading them on alternately with prepared vegetables. Thread the marinated meat and prepared vegetables onto the skewers.

**Brush** lightly with oil and barbecue or grill for 8-10 minutes, turning to brown all sides. Serve with a seasonal salad.



# Easy Lamb Koftas

This **easy and delicious lamb** kofta recipe makes 10 skewers. As a family meal, or part of a barbecue selection, they are **quick to prepare** and great on their own, or served in a pita bread with your favourite sauce. This mixture can also be used to make **tasty burgers**; the same quantities will make around 6 burger patties.

**Serves:** Makes 10 skewers  
**Prep time:** 10 minutes  
**Cooking time:** 10 minutes

- 500g Quality Mark lean lamb mince
- ½ cup fresh breadcrumbs - approx. 1 slice of bread made into crumbs
- ½ tbsp dried thyme leaves
- 1 Tbsp fresh parsley, chopped
- 1 tsp cumin
- ½ tsp each salt and chilli
- 2 cloves garlic, crushed
- Zest of a lemon
- 10 bamboo skewers soaked in water for 1 hour

**Combine** all the ingredients and mix well. Divide the mixture into 10 portions and shape each so it resembles a sausage. Slide the shaped koftas onto the soaked skewers and refrigerate for half an hour. When ready, grill or barbecue 8-10 minutes until cooked, turning frequently.

# Bang up Burgers

## with sneaky cheese centres

Revealing a **melted cheese centre** when bitten, this mixture will make 6 decent sized burgers that can be glammed up to make **'gourmet'** burgers for the grown-ups (see tips) or served with the **burger basics** - lettuce, sauce and a toasted bun - for kids.

**Serves:** 6  
**Prep time:** 10 minutes  
**Cooking time:** 8 minutes

- 500g Quality Mark beef or lamb mince
- 1 cup fresh breadcrumbs - approx. 2 slices of bread made into crumbs
- ½ onion, finely chopped
- 1 tsp mixed herbs
- ½ tsp salt
- ¼ cup tomato sauce
- 1 tsp soy sauce
- 2 tsp Worcestershire sauce
- 1 tsp beef stock powder
- 1 egg
- 6 Tbsp grated tasty cheese
- Buns and salad for serving

**In a bowl**, mix together the mince, breadcrumbs, onion, herbs, salt, tomato sauce, soy sauce, Worcestershire sauce, stock powder and egg.

**Divide** the mixture into 6 tennis ball sized pieces. Press a tablespoon of grated cheese together to form a disc. Place the cheese disc into the centre of each ball of mince and shape the burger around the cheese. Grill, fry or barbecue approx. 4 minutes each side or until the mince is cooked through. Serve in a bun with your favourite salad ingredients and sauce.

### Tips

- **Patties** can be frozen uncooked for future use. If taking to the bach or a barbecue, prepare the patties in advance and separate each with a piece of cling film or non-stick baking paper to prevent them sticking together during travel.
- **Vary** by adding your favourite ingredients. For example, leave the cheese out of the centre of the burgers and when the burgers are almost cooked, add a sliced of aged cheddar to melt onto the meat patty. Top with your favourite beetroot relish or chutney. Or, top with grilled mushrooms and crumbled blue cheese and crispy bacon and your favourite barbecue sauce.





# WIN!

## this state-of-the-art Fisher & Paykel ActiveSmart™ Fridge Freezer!

**We want your feedback.** 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** of *Meat* magazine.

Send your feedback to us by 31 January 2012, and if your letter is published in the next issue of *Meat* magazine, you'll win a **beef and lamb cookbook**.

And, if your letter is selected as our '**Favourite Letter**' you will win a fabulous **Fisher & Paykel ActiveSmart™ fridge freezer**!

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

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