

Issue Three | **FREE**

# Meat



## **RUGBY FEVER**

easy, tasty beef & lamb 'lap food' to accompany the game

## **STRETCHING IT OUT**

feeding extra mouths when friends drop by to watch a match

## **COMPETITION**

to win one of FIVE delicious beef and lamb dinners for 2!





# Game on!

Over the coming weeks New Zealand will be **innundated with visitors** from around the world. And for most of us, our houses will also be busy with friends and family, as we join together to **celebrate** our great game of rugby.

So what to feed these hordes of visitors? In this issue, we feature **six delicious beef and lamb dishes** which can easily be stretched to accommodate a crowd. All the dishes are great served either at the table or as **'lap food'**, so you won't disturb the big game when dinner's up!

You can also **win one of five fabulous dinners for two** at a Beef and Lamb Excellence Award restaurant - see the back page for our Facebook competition and details of how to enter.

And this third edition of <sup>M</sup>eat magazine features some **great food-stretching tips** by the expert herself, **Sophie Gray**. Sophie is author of *Destitute Gourmet*, a book aimed at helping your food budget go further. The book was so popular it has now become a thriving and full time business for Sophie. Check out her **invaluable tips** on the opposite page.

We also show you **how to substitute one meat cut for another**, so you can buy the most suitable and **best value** beef and lamb available in your local supermarket or butcher.

We hope you enjoy this issue of <sup>M</sup>eat magazine, and we'll talk with you again in our Christmas issue, **due out early December**.

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



# Sophie Gray's tips for making your meat go further

As with most modern households, Sophie and her family have had to find ways to **stretch their food budget** a little bit further. Over the years, Sophie has developed tricks and techniques to produce fashionable food for her family, which doesn't cost a fortune.

Under the 'Destitute Gourmet' brand, Sophie now shares her tips and recipes with all those **who love to eat**, but are mindful of budget. Here are some of her favourite tips to help you make your **weekly meat allowance last the distance**.

■ **Choose beef and lamb recipes** that include a starchy carbohydrate such as pasta, rice or bread, and some seasonal vegetables – these other ingredients allow your meat to go further.

■ **Slicing steaks thinly** on the diagonal produces lovely tender juicy strips that can be used to fill a sandwich, hamburger bun or wrap, or to top a salad, couscous, risotto or pizza.

■ **Keep serving sizes realistic.** Casseroles, ragouts and braised dishes that have a rich sauce infused with the flavours of the meat are an excellent way to stretch a slower cooking meat such as lamb shanks. Instead of one per person, three shanks serve six people generously thanks to the rich, meaty sauce.



■ **Make it easy.** Most of the finer cuts of meat cook quickly so they are ideal in seared or stir-fried dishes. Plus, you can bulk out the meat with plenty of fresh, seasonal vegetables.

■ **Meatballs can be made in bulk** and frozen in meal-sized batches so all you need to do is heat them through and mix with a sauce. They also make great nibbles for serving with a dipping sauce. Most meatball recipes can also be used to make burger patties. These can be frozen, uncooked, for easy assembly on a busy night.

■ **Pizza bases** can be made ahead and frozen uncooked for up to 3 weeks, then topped with your favourite sliced or minced beef or lamb and vegetables. Great for feeding the family in a hurry!





# Balsamic Glazed Minute Steaks with Mushrooms

You can serve this dish as a plated meal, or if everyone's glued to the television, turn the recipe into gourmet steak sandwiches (as pictured) which can be eaten on laps. To make this dish into a steak sandwich, allow the cooked steaks to rest for 5 minutes covered with foil, then place onto crusty bread with a handful of salad leaves, the grilled garlic mushrooms and a good drizzle of balsamic glaze.

**Serves:** 4  
**Prep time:** 5 minutes  
**Cooking time:** 20 minutes

## Ingredients

### Minute Steaks

- 3 x thick Quality Mark eye fillet steaks each cut into three 1cm thick 'minute' steaks (see Cook's Tip)
- 4-8 field mushrooms – depending on their size, allow 1-2 per person
- ¼ cup olive oil
- 2 big cloves garlic
- Salt and pepper

## Method

Crush the garlic cloves and stir them into the oil. Brush the steaks and the mushrooms with the garlicky oil. Then season the steaks lightly with a little salt and pepper.

Place the mushrooms under the grill and cook until tender. While the mushrooms are cooking, heat a frying pan or grill plate until smoking hot.

Add the steaks and reduce the heat to medium. Cook them for 2 minutes, turning once halfway through the cooking time.

Great as a sandwich, or with creamy mash, or risotto and salad. Top with the cooked mushrooms and drizzle with balsamic glaze.

### Balsamic Glaze

- ½ cup balsamic vinegar
- 1 firmly packed Tbsp brown sugar

Combine the vinegar and brown sugar in a small saucepan and simmer gently for around 5 minutes until slightly thickened. The glaze will become more syrupy as it cools. Balsamic glaze can be stored in the fridge for several weeks.

## Cook's Tip:

Even with a big crew to feed, you don't have to sacrifice **quality for quantity**.

**Eye fillet** is the leanest and most tender cut of beef, lending itself to quick cooking, but it's also the most expensive. Minute steaks are a great way to enjoy this luxury cut while making it go **just a little further**. By cutting each steak into **three 1cm** thick minute steaks, you get around 1½ serves from an average 3cm thick steak, so **three steaks will easily serve four people**.



## Cook's Tip:

The balsamic glaze is **easy and quick to make** and really packs a flavour punch teamed with garlicky mushrooms - **great lap food** for a hungry crowd.

*Recipe courtesy of Sophie Gray*



# Lamb Pizza with Fresh Herbs

This recipe makes a little bit of lamb mince go a long way. The pizza bases are easy to make, or use readymade bases or pita breads if you prefer. These can be made as individual pizzas but you could easily make one or two larger ones.

**Serves:** 6-8  
**Prep time:** 45 minutes  
(including rising time for dough)  
**Cooking time:** 25 minutes

## Ingredients

### Pizza Bases

- 3 cups plain flour
- 1 tsp salt
- ½ tsp sugar
- ½ sachet instant yeast
- 1 Tbsp oil
- 1– 1¼ cups warm water

### Topping

- 400g lean Quality Mark lamb mince
- 1 onion, chopped
- 2 cloves garlic, crushed
- 3 tsp cumin
- 1 tsp paprika
- ½ tsp salt
- ½ cup tomato paste
- ¼ cup chutney
- 2 Tbsp water
- 100g crumbled feta – or use other cheese to taste
- ¼ cup each chopped parsley & mint
- ¾ cup finely diced tomato (optional)

*Recipe courtesy of Sophie Gray*

## Method

To make the pizza bases, combine the sugar, salt, flour, yeast and oil in a large bowl. Stir in sufficient warm water to form a soft dough. Turn onto a floured bench and knead, adding more flour if necessary, for approx. 5-8 minutes until smooth and springy.

Place dough into a clean greased bowl. Cover the dough with cling film and set aside in a warm place until it has approximately doubled in size.

While the dough is rising, prepare the meat. Brown the lamb mince in a hot saucepan or frying pan, pressing it with a fork or potato masher to create fine crumbs. Add the onion and garlic and cook until tender. Stir in the cumin, paprika and salt, then mix in the tomato paste, chutney and water and set aside.

Pre-heat the oven to 200°C. Divide the dough into 6-8 pieces and roll on a floured bench to desired size. Place onto greased baking trays and spread each pizza base with some of the lamb mixture, dividing it evenly. Sprinkle over the cheese and bake for 20 minutes or until risen and golden. To serve, sprinkle each with some of the chopped herbs and tomatoes.

## Cook's Tip:

Pizzas are a great **cook-in-advance** meal so you don't have to spend time in the kitchen when your guests arrive.

Simply assemble the pizzas until they're ready to be oven-cooked. **Wrap tightly in cling film** and put in the freezer. Defrost before your guests arrive, then pop in the oven for 20 minutes.

Serve as a hearty snack, or with a **tossed green salad** on the side as a light meal.

**This recipe works equally well with beef mince.**



# Spicy Lamb Borek

Crispy filo and spicy minced lamb make a delicious savoury snack with drinks, or a light meal with a salad or seasonal vegetables.

**Serves:** Makes 8 snack-sized Borek  
**Prep time:** 25 minutes  
**Cooking time:** 20-25 minutes

## Ingredients

- 500g Quality Mark lean lamb mince
- 2 cloves garlic, crushed
- 2 tsp cumin
- ½ tsp salt
- Freshly ground black pepper
- 1 cup chopped parsley
- 2 Tbsp lemon juice
- 1 egg
- 8 sheets filo pastry
- ¼ cup melted butter or oil

## Method

Pre-heat the oven to 180°C. In a medium saucepan or frying pan brown the lamb mince, pressing with a fork or potato masher so it's fine and crumbly. Add the crushed garlic, cumin, salt, pepper and parsley and mix well. Stir in the lemon juice and set the mixture aside to cool, then mix in the egg.

Lay out a sheet of filo, keeping the remaining sheets covered with a sheet of greaseproof paper and a damp tea towel. Brush the filo sheet lightly with the melted butter or oil. Lift one short side of the pastry and fold it over the other half, creating a rectangle. Brush lightly with oil and spoon ¼ cup of cooled lamb mixture in a strip along the short side of the pastry. Roll over once, then fold in both sides to enclose the filling. Roll the parcel over until you have a neat bundle and place with the join facing down, on a greased tray. Repeat until all the Borek have been assembled.

Once assembled, brush lightly with oil or melted butter and bake for 20-25 minutes until golden and crispy. Serve warm.

## Cook's Tip:

**Lamb mince** is a deliciously affordable way to enjoy the flavour of lamb. Wrapped in crispy filo, these spicy Borek are very more-ish.

**Make them in advance**, re-heat as required and serve on their own or with a dipping sauce, then just **watch them disappear!**

*Recipe courtesy of Sophie Gray*



# Fast Cooking Beef & Lamb Cuts & their Substitutes

Many meat recipes can be prepared with **either beef or lamb**. Also, you can often substitute different cuts for those which are on **special**.

If a recipe calls for sirloin steak but rump is on special at the supermarket or butcher, can you use it instead? **Yes**. Can lamb chops be substituted for lamb cutlets? **For most recipes, yes**.

The guide below will help you make the most of what's available, and what's on special, so you get the **best possible value for money**.

**Always remember to look for the Beef & Lamb Quality Mark so you know you're buying the most tender, lean New Zealand beef and lamb.**



## BEEF CUTS



Rump steak

Sirloin steak

Frenched cutlets

When grilling, frying, stir-frying, fast roasting, and barbecuing, any of the cuts below can be interchanged to suit what's on special or available:

- Eye fillet
- Scotch fillet (also called rib-eye)
- Sirloin (also called porterhouse)
- T-Bone steaks
- Rump steaks

These three tender bone-in lamb cuts can often be interchanged.



Rack

Mid-loin chops

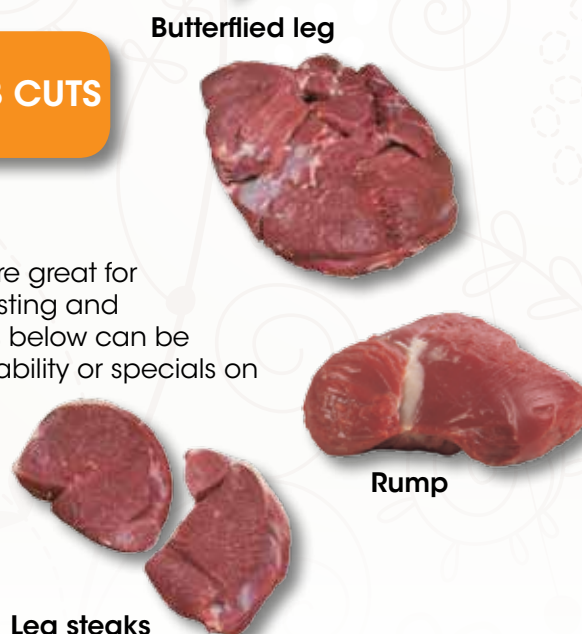
## BONE-IN LAMB CUTS

**Beef and lamb mince** can often be swapped in a recipe, although lamb mince has a more distinctive flavour.

## BONELESS LAMB CUTS

Boneless lamb cuts are great for grilling, frying, fast roasting and barbecuing - the cuts below can be swapped to suit availability or specials on offer:

- Rump
- Leg steaks
- Butterflied leg
- Topside
- Striploin
- Tenderloin
- Thick flank



Butterflied leg

Rump

Leg steaks

## BEEF & LAMB MINCE



# Souvlakia

Traditionally served using lamb, Souvlakia works equally well with beef - use a quick-cooking cut such as fillet, rump or sirloin for best results.

**Serves:** 4-5  
**Prep time:** 30 minutes  
**Cooking time:** 10 minutes

## Ingredients

- 500g Quality Mark boneless lean lamb
- 1 medium-sized onion, peeled and roughly chopped
- 3-4 tsp minced garlic
- 3 Tbsp oil
- 1 tsp each ground cumin, coriander and paprika
- ½ tsp ground cinnamon
- 4-5 pita pockets, lettuce greens, coleslaw and yoghurt (optional) to serve

## Method

Put the onion, garlic and oil in a food processor and process until well blended. Pulse in the cumin, coriander, paprika and cinnamon, adding a good seasoning of salt. Alternatively, if you don't have a food processor, grate the onion and mix with the other ingredients.

Cut the lamb into 1.5-2cm sized pieces and place in a shallow dish. Pour the onion mixture over the lamb and toss to coat. Cover and refrigerate for at least 30 minutes or overnight if possible.

Heat the barbecue hot plate to high and brush liberally with oil. Drain and discard any liquid from the marinated lamb. Pile the pieces onto the pre-heated hot plate. Toss, so the lamb browns quickly on all sides but remains pink and juicy on the inside.

Stuff lamb into warmed pita pockets with lettuce greens and top with coleslaw. Yoghurt can be served on the side if wished.

*Recipe courtesy of Allyson Goffon*

## Cook's Tip:

The best oils for **shallow or panfrying** include canola, grapeseed, corn, rice bran and light olive oils.

If you want a **richer flavour** from the oil, try avocado oil, virgin olive oil or clarified butter.





## Dips:

### Mint Jelly Dip

¼ cup prepared mint jelly  
¼ cup apple or pear juice

Warm the mint jelly in the microwave until it softens. Stir in the apple or pear juice. Refrigerate until ready to use.

### Homemade Mayonnaise

4 egg yolks  
1 Tbsp vinegar or lemon juice  
1 tsp prepared mustard  
1-1½ cups olive oil  
Juice of ½ a lemon

Put the egg yolks, vinegar or lemon juice and mustard into a food processor. With the motor running, very gradually pour half the oil down the feed tube in a thin stream. Pour the remaining oil in a little faster to reach the texture you like - the more oil you add the thicker it will be.

Season with lemon juice, salt and white pepper to taste.

# Crumbed Lamb Cutlets with Dips

Lamb cutlets make great finger food and the bones mean they come complete with their own handles! You can make your own tasty mint and mayonnaise dips, or buy your favourite readymades from the supermarket.

**Serves:** 6  
**Prep time:** 20 minutes  
**Cooking time:** 10 minutes

## Ingredients

- 12 Quality Mark lamb cutlets, frenched
- 2 eggs, well beaten
- ½ cup flour
- 2 cups dry breadcrumbs or 3 cups fresh breadcrumbs
- ½ cup finely grated parmesan cheese

## Method

Trim the lamb cutlet bones if necessary. Season the cutlets with salt and pepper.

Place the eggs, flour and breadcrumbs in three separate shallow bowls. Mix the cheese into the breadcrumbs. Dust each cutlet in the flour and shake off the excess. Turn to coat the cutlets in the beaten egg and then toss in the breadcrumbs, patting the crumbs on firmly.

Place the cutlets in a single layer on a paper-lined plate or tray. Refrigerate until required.

Heat sufficient oil to cover the base of a large frying pan to about 0.5cm deep. When hot, pan fry the cutlets for 3-4 minutes on each side, turning only once. For best results pan fry only a few cutlets at a time and add more oil if necessary.

Place the cooked cutlets on paper towels to absorb any excess oil. Cover, cool and refrigerate until required. These cutlets can be served reheated in the microwave or oven, or cold on a platter. Serve with the dips.



# Rosemary Seared Steak and Warm Potato Salad

This substantial salad teams fragrant rosemary and garlic with a tangy mustard and sweet cider vinaigrette potato salad, and fresh greens. The sweetish dressing contrasts well with the herby beef. This is a real 'blokes' salad' – meat and potatoes and it's easy. What's not to like!

**Serves:** 4-6  
**Prep time:** 20 minutes  
**Cooking time:** 15 minutes

## Ingredients

- 500g Quality Mark rump steak trimmed of fat
- 2 Tbsp rosemary sprigs
- 3 fat cloves garlic
- ½ Tbsp peppercorns
- ½ tsp salt
- ½ Tbsp oil
- ½ cup red wine

### Potato Salad

- 700g gourmet or baby new potatoes cut in even-sized pieces
- 3 Tbsp cider vinegar
- 5 Tbsp olive oil
- 1 tsp brown sugar
- 1 tsp Dijon mustard
- ½ red onion, sliced
- ½ red capsicum, sliced
- Bag of mixed baby leaves
- Handful of snow peas sliced – plus any salad bits you wish

## Method

Finely chop the rosemary, crush the garlic, and crush the peppercorns with the back of a spoon then mix together with the salt and oil.

Rub the paste over both sides of the steak, place on a plate and cover with cling film. Refrigerate for half an hour or longer if possible, turning once.

### For the Potato Salad

Cover the potatoes with cold salted water and bring to the boil. Boil until tender. While the potatoes are cooking, prepare the dressing by combining the cider vinegar, second measure of oil, brown sugar and Dijon mustard. Mix well.

Drain the potatoes and allow them to dry, then while still warm add the sliced red onion and the prepared dressing, tossing well. Slice the other salad vegetables.

### To Finish and Serve

Heat a heavy-based frying pan to its highest temperature and add the steak. Cook on high for approx. 4 minutes each side (for medium rare).

In the final minute add the wine and continue to cook, turning the steak once. Remove the steak and rest for a minute or two before slicing thinly on the diagonal.

Simmer the wine for a minute or two more, until the liquid has reduced and thickened.

Arrange the lettuce or salad leaves on a platter, layer on the dressed potatoes (warm or cold), add the other salad vegetables then layer on the sliced beef. Drizzle with the remaining pan juices.







## Cook's Tip:

Any **fast-frying beef cuts** work well in this recipe - fillet, Scotch or sirloin produce an equally delicious result.

Cooking the steak to **medium rare** will ensure it stays juicy and tender.

*Recipe courtesy of Sophie Gray*





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To go in the draw to win one of FIVE dinners for two at an award-winning restaurant\*, visit our Facebook page - [www.facebook.com/newzealandbeefandlamb](http://www.facebook.com/newzealandbeefandlamb) - and tell us your favourite recipe from this issue of Meat magazine.

Plus, we're running a **special promotion during the month of October**. If you dine at a Beef + Lamb Excellence Award restaurant during this time, be sure to order a beef or lamb meal and you'll go in the draw to win a **year's supply of beef and lamb**, delivered to your door! See [www.beeflambnz.co.nz](http://www.beeflambnz.co.nz) for full details.

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



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