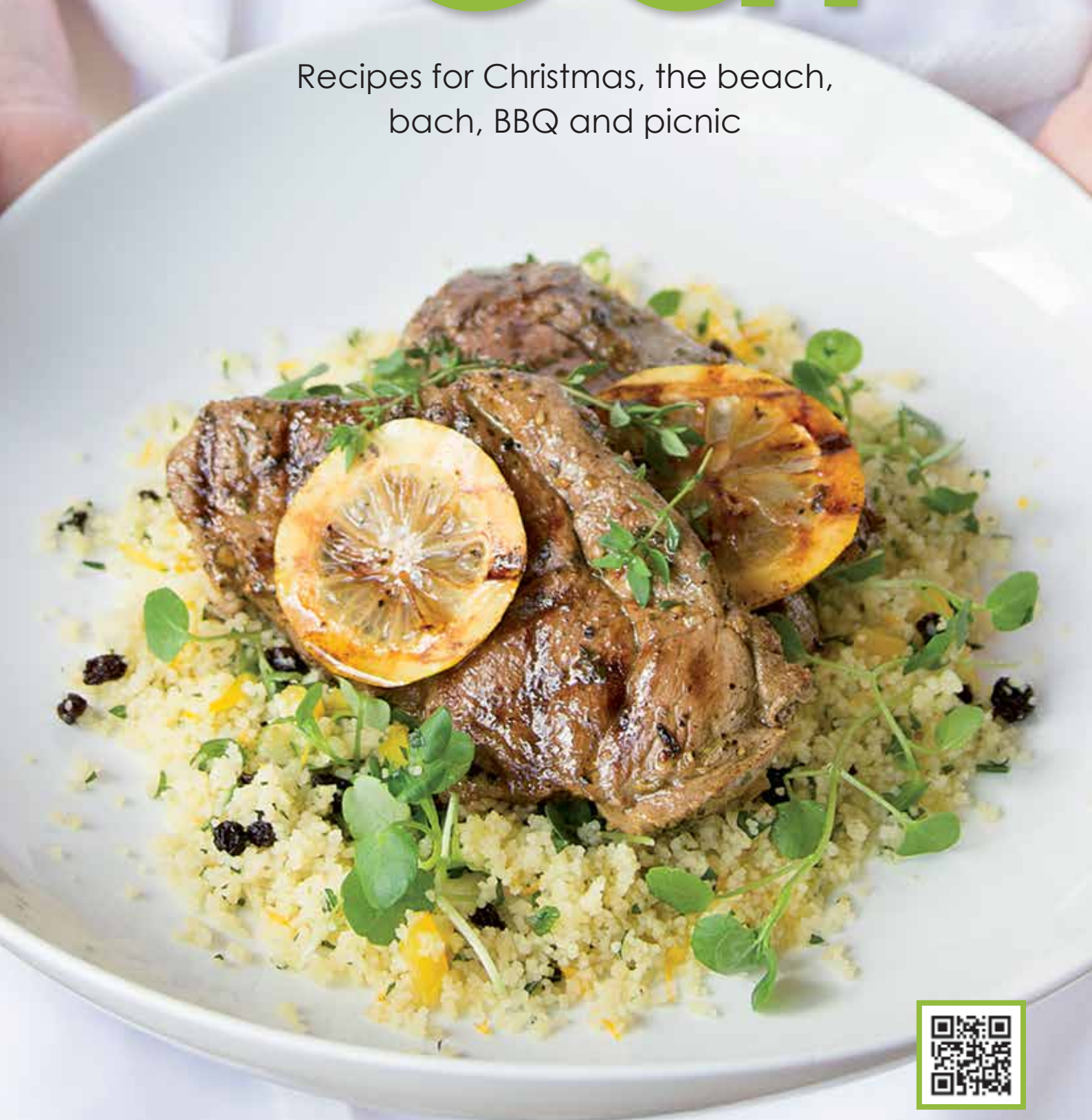


Issue 7
Spring/Summer **FREE**

Meat

Recipes for Christmas, the beach,
bach, BBQ and picnic



Meet Our Iron Maidens...



Beef + Lamb New Zealand is proud to support three of New Zealand's top female athletes - Sarah Walker, Sophie Pascoe and Lisa Carrington.

These high-achieving sportswomen are ideal role models for promoting a healthy diet, which includes lean beef and lamb 3-4 times per week.

They recognise the importance of a balanced diet and the benefits of eating lean red meat, which provides essential minerals, iron and zinc, as well as B vitamins and high quality protein, all required for optimum performance.



Check out our new ad

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.



Missed an issue?

Visit recipes.co.nz where you'll find our past issues of Meat Magazine, along with hundreds of other delicious beef and lamb recipes.



recipes.co.nz

Hundreds of delicious, nutritious beef and lamb recipes for every occasion.

A Kiwi summer is all about family and friends...

...not about spending hours in the kitchen **preparing food** over the festive and holiday season.

This issue of Meat Magazine is designed to help you **cater for family and friends with a minimum of fuss**, so you can enjoy the special moments this time of year brings.

We've selected a **beef and a lamb option for Christmas Day** that will bring a welcome change from the traditional turkey and ham.

Plus, there's a **must-read guide** to the most popular steak cuts to BBQ, and some quick and easy recipes for our feature cut, **rump steak**.

There are also some great ideas for **portable food** - ideal for picnics and dining al fresco.

And don't miss the chance to win dinner with our **fabulous Iron Maidens** - three young women who represent everything good about being a Kiwi.

We hope you enjoy this issue of Meat, and wish you and your family a **safe and happy festive season**.

Cook the perfect steak this summer...

Nothing says summer's here quite like firing up the barbie, throwing on a few steaks and inviting friends and family around.

But like any tradition worth doing, it's worth doing properly.

Check out this issue for your guide and tips for cooking the perfect steak. Enjoy!



Roast lamb, the ultimate Kiwi tradition...

Paired with the fresh summer flavours of garlic, pine nuts and of course, mint, this celebration dish will delight your guests at any festive occasion.

\$5.50 per serve

Garlic & Wine Glazed Roast Lamb with Mint Pesto

Preparation time: 35 minutes
Cooking time: 2 – 2 ½ hours
Serves: 10

1 Quality Mark bone-in leg of lamb
2 Tbsp garlic salt
1 tsp cracked pepper
¼ cup white wine
2 Tbsp oil

Preheat the oven to 190°C. Line a baking tray with baking paper or foil. Take note of the weight of the lamb. Make 10-12 small but deep cuts all over the leg of lamb. Mix together the garlic salt, pepper, wine and oil and massage over the lamb. Cover and set aside for 30-60 minutes to come to room temperature.

Roast in the preheated oven, allowing 30 minutes per 500 grams for medium, basting with the marinade a couple of times.

Remove from the oven, cover and rest for 20 minutes before carving and serving with the roasted garlic, pine nut and mint pesto (below), and summer vegetables or salad.

Roasted garlic, pine nut & mint pesto

1 bulb garlic, roasted
¾ cup toasted pine nuts
½ cup finely chopped fresh mint
¼ cup finely chopped fresh parsley
¼ cup lightly packed grated pecorino or cheddar cheese
About ½ cup oil

Cut the garlic bulb in half horizontally and squeeze out the flesh. Place in a food processor with the pine nuts, mint, parsley and cheese and process to mix well. With the motor running, gradually pour the oil down the feed tube and process to make a smooth paste. Season well with salt and pepper and a squeeze of lemon juice.

Try these cuts as well...



Butterflied Leg of Lamb



Carvery Leg

Butterflied or Carvery Leg of Lamb will both substitute perfectly with this recipe.

If using either of these cuts, place the lamb skin-side down on the prepared tray. Massage with the marinade ingredients. Roast at 190°C for 1-1 ¼ hours or until cooked to your liking. Cover and set aside for 30 minutes to rest.



Scan me to check
out the video



Have your say...

Each letter published here wins a personally signed Slow cookbook by Allyson Goffton AND a Breville Slow Cooker, valued at \$159 each.

My three year old son and I were shopping this morning when he noticed your magazine. He was immediately fascinated by the picture on the front and asked if he could have the magazine. He spent the rest of the time in the supermarket flicking through the 'recipe book' telling me what I needed and pointing out the pictures - "look, that looks yum, Mum!" He carried his very own 'recipe book' home with him proudly and is sitting on the couch holding it at the moment, having written his name on the front cover, patiently waiting for us to make one of the recipes out of it. So thanks for giving my son such a wonderful shopping experience, and helping to create some valuable time together for my son and I!

Denise, via email

Having just discovered Meat Magazine in our supermarket, our meals have had a new life to them. Thank you for the interesting recipes, they are so well laid out and easy to follow. I especially enjoyed the tips with each one, a great idea and very helpful to a senior cook who is rather set in her ways!

Coral, Otago

Being a student and flatting, it is always difficult to come up with new and innovative meals for the flatmates. They were blown away by the flavour in the Beef Madras curry and reckoned it was a thousand times better than the packets we occasionally use.

Richard, via email

Other prizewinners receiving a cookbook and slow cooker are: Creina, Pahiatua; Jodie, Whakatane; Andrea, via email; and Kylie, via email.

Please note: some letters have been edited for publication purposes.

I just had to drop you a note to say how much I loved the recipes in your latest Meat issue. The part I appreciated most was the 'tips' associated with each recipe as this is what makes life easier for those of us who aren't professional cooks. I especially loved the ingredient tips for the Beef Madras curry. Often I read a new recipe but I don't try it because I don't recognise what some of the ingredients are or know where to buy them. The explanation about curry leaves for example was much appreciated.

Pauline, Palmerston North

Hello, my name is Zoe, I'm 12 years old. I went to the supermarket a couple of days ago and saw a delicious looking platter on the front of a book called Meat. I flicked through and it had some nice looking recipes so I took it home. I eventually showed my mum and we both loved the look of the pasta pie recipe. We made it the next night and the whole family really enjoyed it. The meal was delicious and it kind of reminded me of spaghetti bolognaise or lasagne. The reason I entered this competition is because all of my mum's friends use slow cookers but we don't have one. I wanted to win a slow cooker as a surprise for my mum.

Zoe, Auckland

I've tried every recipe in your book. My husband says "at last you can cook!"

I know that this might sound quite witty but he says I'm better than Ruth Pretty!

The exotic flavours that gave me the edge taste better than meat and three veg.

It's always been one of my wishes to cook for my family such tasty dishes.

Imagine the wonderful meals I could do if I won a Breville slow cooker from you.

Tricia, Cambridge



\$4.50 per serve

Roast Beef with Tarragon Cream

Fine meats **require little adornment**, so this simple tarragon cream with its taste of summer adds a refreshing tang to this **delicious roast beef**.

Preparation time: 10 minutes
Cooking time: 1 hour
Serves: 16

1 whole Quality Mark beef sirloin
6 Tbsp mild prepared mustard
1½ Tbsp chopped fresh tarragon or 2 tsp dried

Remove the meat from the fridge 30 minutes before cooking. Preheat the oven to 190°C. Line a large shallow baking tray with foil or baking paper.

Using a sharp pointed knife, cut about 8 - 10 deep slashes through the fat layer to just penetrate to the meat beneath. Mix the mustard and tarragon together with a good seasoning of black pepper and spread over the beef.

Roast in the preheated oven for 1 hour or until the meat is cooked to your liking - this will cook the meat to medium/medium-rare depending on the thickness of the sirloin. To ascertain the degree of cooking, pierce the meat with a cook's fork or skewer. If the juices are pink, the meat is cooked. If they are red, return to the oven for a few more minutes. Once cooked, allow to stand for 15 minutes to ensure the juices are absorbed into the meat, ensuring it's tender to carve and eat. Serve thinly sliced with the tarragon cream and your favourite vegetables.

Tarragon cream

2 eggs
¼ cup caster sugar
6 Tbsp tarragon or cider vinegar
½ cup cream, whipped
2 Tbsp chopped fresh tarragon or 3 tsp dried

Beat eggs, sugar and vinegar in a heatproof bowl. Place over a saucepan of simmering water and stir constantly until the mixture is thick. (This can take up to 10 minutes.) Remove and cool. Fold in the whipped cream and tarragon.



Scan me to check out the video

When is a roast cooked?
Pierce the meat in the thickest part using a fine metal skewer. Remove skewer and gently press the meat to expel juices.

- Underdone or rare meat: red juices.
- Medium-rare: pink juices.
- Medium: clear juices.
- Well done or overcooked: no juices visible.



Beef Rump - the Versatile Steak

Beef rump is a value-for-money steak cut, ideally suited to the BBQ as it responds well to marinating to encourage tenderness and flavour.



Beef Satays

Serves - 4
500-600g Quality Mark rump steak, cut in 0.5cm strips
1 Tbsp minced lemongrass or ginger
2 tsp curry powder
¼ cup sweet soy sauce
2 Tbsp oil

Mix together the lemongrass or ginger, curry powder, sweet soy sauce and olive oil. Pour over the meat, toss well to coat and marinate for 20 minutes at room temperature.

Thread about 3-4 strips onto well-soaked bamboo skewers. BBQ or pan-fry over a high heat for 3-5 minutes, turning occasionally until golden and medium to medium-rare. Serve with satay sauce.

Satay sauce
1 tsp minced fresh garlic
½ small onion, finely chopped
1 red chilli, deseeded and finely chopped or ½ tsp chilli flakes
1 Tbsp brown sugar
2 Tbsp sweet soy sauce
½ cup peanut butter
1 cup coconut cream

Cook the garlic, onion and chilli in a dash of oil for 3-4 minutes until soft and fragrant. Add the sugar, soy sauce, peanut butter and coconut cream and warm through, stirring until all ingredients are well combined.

Coriander-Spiced Kebabs

Serves - 4
500g Quality Mark rump steak
2 Tbsp whole coriander seeds, roughly ground or crushed
1 tsp ground black pepper
4 whole cloves garlic, crushed
3cm piece ginger, peeled and grated
1 tsp flaky salt
2-3 Tbsp oil
1 red onion, peeled and quartered
2 red peppers, cut in 3cm dice

Cut the steak into large 3cm pieces and place in a sealable plastic bag. Add the crushed coriander, black pepper, garlic, ginger, salt and oil. Toss well to coat. If time permits, refrigerate for up to 8 hours.

Peel the layers of the onion apart. Thread onion, pepper and beef onto 4-6 well-soaked bamboo skewers. They should be big and chunky-looking.

Fan-grill at 200°C for 10 -12 minutes, turning once until the beef is cooked to medium rare. Alternatively cook on a lightly oiled hot BBQ plate, turning regularly to cook evenly. Serve with a tomato salsa if wished.

Herb & Chilli Butter

125g butter, softened
2 Tbsp chopped fresh parsley or chives
1 tsp chilli flakes
1 tsp minced garlic

Beat all ingredients together with a seasoning of ground black pepper and serve a dollop on top of each cooked steak, so it melts into the meat.

Tip

Experiment by adding a variety of herbs of your choice to the above, or try these combinations, which partner well with beef, chilli and garlic:

- Tarragon and parsley
- Oregano and chives or spring onions
- Savoury and parsley
- Lemon thyme and basil



Scan me to check out the video on steak marinades

Thai Beef Salad

Serves - 4
1 Quality Mark rump steak
2 Tbsp Thai red curry paste
1½ Tbsp fresh minced ginger
3 Tbsp oil
Lime and chilli dressing
2 tsp minced fresh ginger
1 tsp chilli paste
1 tsp minced fresh garlic
2 Tbsp each chopped fresh mint and coriander
¼ cup each lime juice & oil
3 Tbsp fish sauce
1 tsp brown sugar

Thai Salad
100g snow peas, trimmed
½ telegraph cucumber, halved and finely sliced
3 spring onions, shredded
1 red pepper, sliced
1 mango, peeled and sliced
1-2 stalks celery, sliced

Mix together curry paste, minced ginger and oil and rub into the steak on both sides. Cover and marinate at room temperature for 20 minutes. Blanch the snow peas, drain and refresh in cold water. Dry on paper towels and shred. Toss together the snow peas, cucumber, spring onions, red pepper, mango and celery.

For the dressing, heat a dash of oil and gently cook ginger, chilli and garlic until fragrant. Mix with the mint, coriander, lime juice, oil, fish sauce and brown sugar. Cool.

Pan-fry the rump steak for 10 -15 minutes on a hot BBQ, turning once. Rest 3 -4 minutes before carving on a sharp angle into thin slices. Toss with the salad and dressing.

BBQ Steak Guide

The smell of steak sizzling on the BBQ - it's the indisputable **aroma of a Kiwi summer**. Below are the **five best beef steaks for cooking on the BBQ**, plus some hints on how to choose the best quality steak, and then how to cook it!

How can I choose the best quality steak?

- Look for steaks of even thickness when buying - this ensures even cooking times.
- Steaks should be at least 2cm thick. Avoid buying wedge-shaped steaks.
- Look for meat that is bright in colour.
- Meat should have a fresh smell.
- Buy lean meat, or trim well.
- Look for the New Zealand Beef and Lamb Quality Mark - it's your guarantee of tenderness and quality.

How do I cook the perfect steak?

- Remove the meat from the fridge 30 minutes before cooking.
- Steaks should be dry and not wet. Pat dry on absorbent paper if necessary.
- Season the steaks with salt and pepper just before cooking.
- Oil the steak, rather than the pan.
- Cook over a high heat to brown the meat. Cooking time depends on the heat, thickness of the steak and the cut.
- Turn the steak only once.
- Do not turn the steak with a fork as each time the meat is pierced, juices will run freely and the end result may be tough. Use tongs.
- Allow the steak to rest for 5 minutes before eating, to ensure tenderness.



Best of
NEW ZEALAND
BEEF & LAMB



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out the video

Toffee Apple Meatballs

Perfect picnic food - **chip-coated meatballs** - a real treat for the kids, although you'll find the adults sneaking away with one or two for themselves!

Preparation time: 20 minutes
Cooking time: 30 minutes
Makes: 10

750g lean Quality Mark beef mince
¼ cup fresh wholemeal breadcrumbs
1 egg
3 spring onions, trimmed and finely chopped
¼ cup chopped fresh parsley or 1 Tbsp dried
4 large gherkins, finely chopped (optional)
½ cup tomato sauce
150g packet potato chips, crushed
Bamboo skewers or butcher's sticks, to serve

Preheat the oven to 200°C.

In a bowl mix together the beef mince, breadcrumbs, egg, spring onions, parsley, gherkins if using, and tomato sauce. Season with salt and pepper if wished.

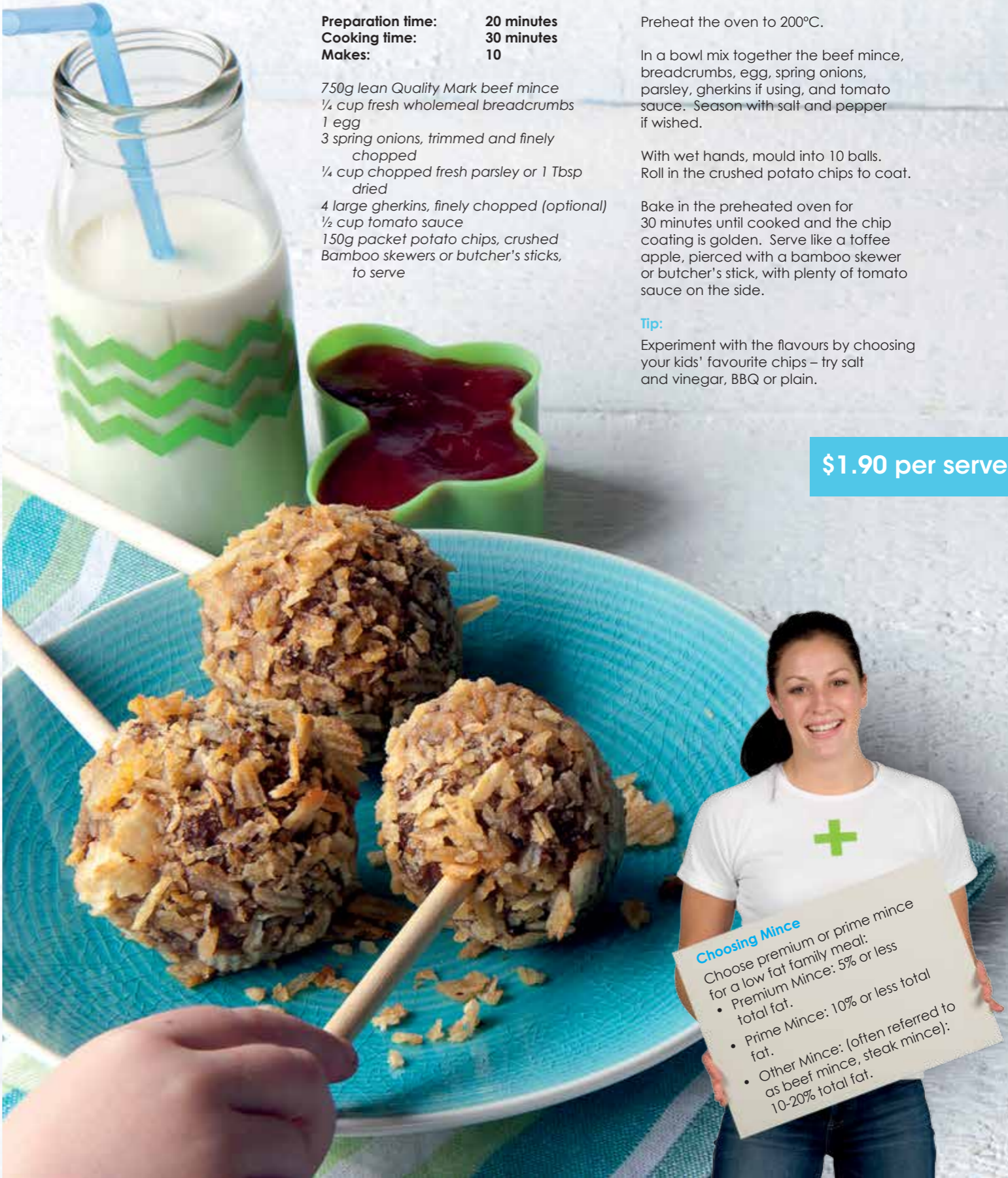
With wet hands, mould into 10 balls. Roll in the crushed potato chips to coat.

Bake in the preheated oven for 30 minutes until cooked and the chip coating is golden. Serve like a toffee apple, pierced with a bamboo skewer or butcher's stick, with plenty of tomato sauce on the side.

Tip:

Experiment with the flavours by choosing your kids' favourite chips - try salt and vinegar, BBQ or plain.

\$1.90 per serve



Lamb Antipasto Platter

Gather a few staples together and create this **delightful lamb platter**. Serve dipping bowls of your favourite pestos, oils and sprinkles such as dukkah, or with pickles, olives or gherkins, for a **wonderfully casual way to eat**.

Dukkah-dusted Lamb Steak Burgers

Preparation time: 10 minutes
Cooking time: 5 minutes
Makes: 10-12 mini burgers

1 Quality Mark lamb rump or topside mini lamb roast
1-2 Tbsp olive oil
2 Tbsp of your favourite dukkah
To serve: mini burger buns, rocket, tomato slices and hummus

Cut lamb across the grain into thin slices. Brush each slice with oil and sprinkle with dukkah. Pan-fry in a dash of oil in a hot frying pan or on a BBQ hot plate for about 1 minute each side. Rest before serving on mini burger buns with some of the accompaniments suggested above.

Sticky Ribs

Preparation time: 10 minutes
Cooking time: 55 minutes
Serves: 8

Sweet and sticky, just as they should be – the kids will love them.

1.25kg lamb or beef ribs (or use lamb chops)
½ cup dark soy sauce
½ cup brown sugar
½ cup tomato sauce
1 tsp ground ginger

Preheat the oven to 180°C or 160°C fan-bake. Line a shallow-sided baking tray with two layers of foil. Arrange the ribs or chops in a single layer on the prepared tray. Mix together the soy sauce, brown sugar, tomato sauce and ginger and pour over the ribs. Cover with a lid, baking paper or foil.

Bake in the preheated oven for 40 minutes, basting the ribs occasionally with the marinade. Remove the cover and cook for a further 10-15 minutes or until the ribs are glistening under the marinade and well cooked.

Sage and Anchovy Lamb Cutlets

Preparation time: 30 minutes
Cooking time: 10 minutes
Makes: 12

12 Quality Mark lamb cutlets, frenched
¼ cup olive oil
3 anchovies, finely chopped
1 Tbsp dried sage or 2-3 Tbsp chopped fresh sage
2 cloves fresh garlic, finely chopped

Mix the olive oil, anchovies, sage and garlic together and place in a sealable bag with the lamb cutlets. Seal, massage and allow to marinate for 20 minutes. Alternatively, refrigerate overnight.

Grill the cutlets on a moderately hot BBQ or in a hot frying pan for about 2-3 minutes each side. Rest a few moments before serving.

Lamb Crostini

Preparation time: 15 minutes
Cooking time: 5 minutes
Makes: 10-12 slices

1½ cups shredded, cooked lamb
1 loaf ciabatta or similar-style bread, sliced
100g feta or blue cheese, finely crumbled, or 1 cup finely grated Parmesan cheese
½ cup sliced sundried tomatoes
¼ cup chopped fresh parsley or basil leaves
1 tsp minced fresh garlic
3-4 Tbsp olive oil
1 Tbsp balsamic vinegar

Preheat the grill to 190°C. Brush the bread slices with olive oil and grill on both sides until golden. Toss together the lamb, cheese, tomatoes, parsley or basil, garlic, olive oil and vinegar. Season well with pepper. Pile onto the crostini and grill until the cheese softens.

Lamb and Mushroom Kebabs

Preparation time: 15 minutes
Cooking time: 5 minutes
Serves: 4

The simple pleasures of a red wine marinade are really appreciated with these kebabs.

750g Quality Mark lamb steaks, trimmed
250g baby mushrooms, halved
½ cup red wine
2 Tbsp oil
1 tsp red or white wine vinegar
1 sprig rosemary
1 tsp minced fresh garlic
1 shallot, peeled and finely sliced
½ tsp cracked black pepper
Fresh basil leaves to serve
Bamboo skewers to serve

Cut the lamb into even 2cm dice and place in a sealable plastic bag with the mushrooms.

Pour in the wine, oil and vinegar and add the rosemary, garlic, shallot and pepper and seal. Massage to coat evenly and set aside at room temperature for 20 minutes. Alternatively, refrigerate overnight.

Thread 3-4 pieces of lamb onto short, well-soaked bamboo skewers, alternating with the mushrooms and basil leaves if wished.

BBQ on a well-greased hotplate for about 8-10 minutes, turning regularly to ensure even cooking. Serve as nibbles, or a main course with your favourite salad vegetables.



Lamb Steaks with Lemon Pepper

Lamb and lemon - a **marriage made in heaven**.
(Although this marinade works equally well with beef steaks!)

Preparation time: 45 minutes
Cooking time: 20 minutes
Serves: 4

500g Quality Mark lamb steaks
2 Tbsp lemon pepper seasoning
2 Tbsp chopped lemon or plain thyme
½ cup olive oil
2 tsp cider vinegar
1½ Tbsp green peppercorns, crushed

Combine the lemon pepper seasoning, thyme, olive oil, cider vinegar and green peppercorns in a sealable bag or lasagne-style dish. Add the lamb steaks, toss to coat, cover and leave to marinate for 20 minutes. Alternatively, refrigerate overnight.

Heat a dash of oil in a non-stick pan and cook the steaks on a high heat for 3 - 4 minutes on each side. Alternatively, cook the steaks on a moderately hot BBQ plate. Rest, before serving with the couscous salad.

Couscous Salad

2 Tbsp olive oil
1 tsp salt
1 cup couscous
2 tsp butter
¼ cup currants
Grated rind 1 lemon
1 yellow pepper, finely sliced
2-3 handfuls rocket or watercress leaves
2 Tbsp chopped fresh parsley

Dressing

3 Tbsp lemon juice
3 Tbsp olive oil
1 Tbsp honey

In a small saucepan, bring 1 cup of water to the boil with the oil and salt. Stir in the couscous, turn off the heat, cover and leave for 2 minutes. Add the butter and stir with a fork to separate the couscous. Cool.

Toss through the currants, lemon rind, yellow pepper, rocket or watercress and chopped parsley. Shake the dressing ingredients together in a screw top jar and toss through the couscous. Serve with the lamb.

\$3.10 per serve



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out the video



\$4.30 per serve

Meatball and Roasted Veggie Wrap

Ideal for picnics or dining al fresco - this tasty wrap is the **perfect portable food**. Serve with a side salad for a more substantial meal.

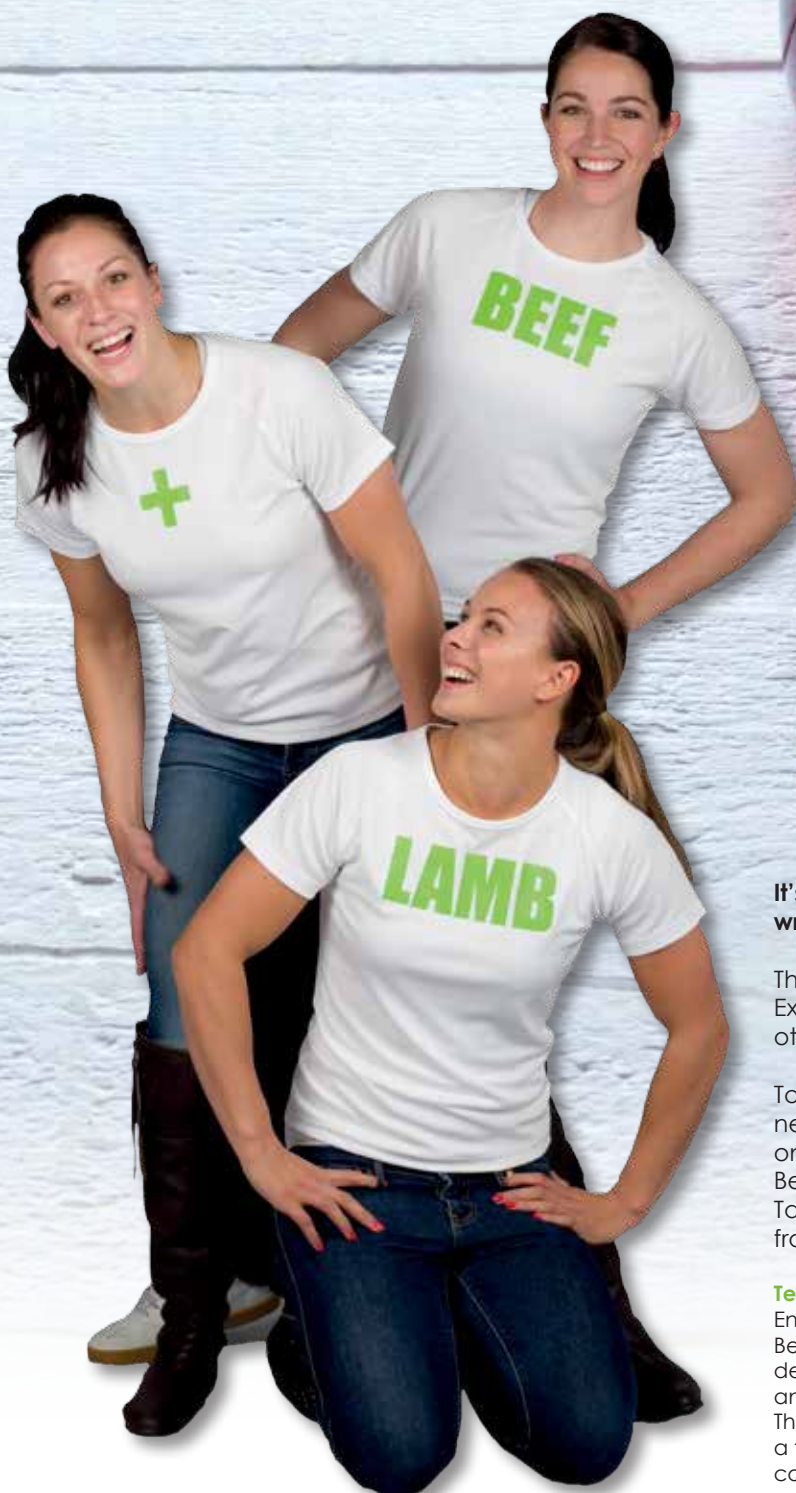
Preparation time: 20 minutes
Cooking time: 30 minutes
Serves: 4

500g Quality Mark lean beef mince
1 red capsicum
1 zucchini
1 red onion
1 tsp fresh rosemary, chopped
2 Tbsp olive oil
1 tsp fresh thyme
2 garlic cloves, chopped
1 tsp chilli flakes
1 tub hummus
4 wholemeal flat breads
4 Tbsp parsley

Preheat the oven to 180°C. Cut the capsicum, zucchini and onion into thick slices. Toss with 1 Tbsp of the olive oil and the rosemary. Place on a baking tray lined with baking paper and cook in oven for 15-20 minutes.

Place the mince in a bowl and season with thyme, garlic and chilli flakes. Shape into little meatballs. Heat a frypan to medium with the remaining olive oil and cook the meatballs for 5 minutes, turning often until golden brown and cooked through.

Warm the flat breads in aluminium foil in the oven for a few minutes. Spread each wrap with 2 Tbsp hummus. Arrange the roasted vegetables on top and then the meatballs. Garnish with parsley and wrap up. Cut in half to serve.



WIN!

Dinner with our Beef and Lamb Iron Maidens.

It's so easy. Simply visit us on Facebook to enter, or write in and tell us what you think of Meat Magazine.

The winner will receive dinner at a Beef and Lamb Excellence Award restaurant for themselves and one other, with the Beef and Lamb Iron Maidens.

To enter, visit us on Facebook (facebook.com/newzealandbeefandlamb). Alternatively, email us on enquiries@beeflambnz.co.nz or send your letter to Beef + Lamb New Zealand Inc, PO Box 33 648, Takapuna, Auckland. We look forward to hearing from you.

Terms and Conditions:

Entries must be received by 15 March 2013. Beef + Lamb New Zealand Inc. will make the final decision on winners. The judges' decision is final and correspondence will not be entered into. The dinner value for the winner and their guest is to a total of \$400. Each diner must order a main course of beef or lamb.

Recipes & Food Styling: Allyson Gofton | Photography: Devin Hart | Styling: Julie Wyatt
Food Assistant: Olwen Edwards | Meatball Wrap recipe courtesy of Meat & Livestock Australia

Based on food prices as at November 2012.

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