

free

Be inspired with beef and lamb

meat

Issue 19 Summer

Summer flavours

IRON MAIDEN UPDATE

ELIZA McCARTNEY



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Eliza McCartney joins the Iron Maidens

We're sure you will agree with us when we say we were incredibly proud of our Iron Maidens and their latest achievements in Rio. We caught up with them on their return, to congratulate them on their successes and to find out more about their plans for the future.

Sarah Walker's journey to Rio was slightly different to the others; her flights were booked, bags were packed and she departed NZ, just hours after being invited to join other top athletes on the International Olympic Committee. "Being invited onto the committee was a huge privilege and it was an incredible experience being in Rio. Being there and not being able to compete made me realise I am not ready to give up on BMX just yet and I'm ridiculously excited to start training again," says Walker.



Iron Maidens from left to right: Sarah Walker, Sophie Pascoe, Lisa Carrington and Eliza McCartney

Sophie Pascoe has an outstanding total medal haul across three games and she says it's an incredible feeling knowing that all the years, months and days of hard work and commitment pay off. "Each race has its own moment and meaning. You go out there and give it everything, then it all comes together when you stand on the podium." Her 15 medals, including nine golds, make her the most decorated Paralympian of all time - an achievement unthinkable by most.

Four years after her Olympic debut, Lisa Carrington went back for more and that's exactly what she got. After gaining her first gold in London, Lisa has been unstoppable over the K1 200m distance, winning four consecutive world champion titles before securing two medals in Rio. "It has been a busy few years in preparation for Rio. Since coming back I've enjoyed relaxing and making time for things that haven't been

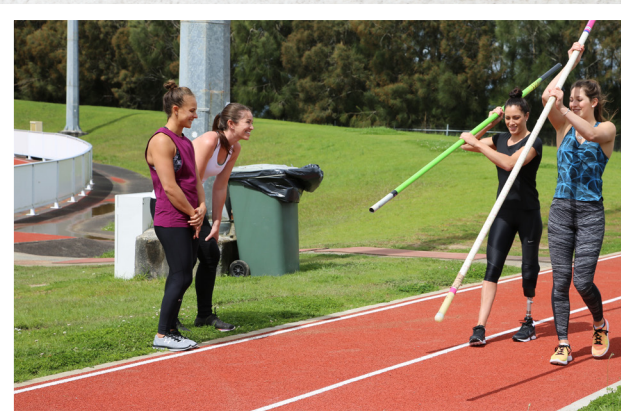
a priority before." Lisa says the next few years will be spent preparing for Tokyo, "it's all about constant improvement, continuing to grow and develop".

Eliza McCartney stunned the nation with her outstanding performance in Rio. Performing well beyond her years and experience, this is the start of a huge career for the youngest Iron Maiden.

" I remember watching the previous Iron Maidens on TV when I was younger, never thinking that one day I would join such a great group of girls. I'm really excited to be a part of the team. "

"My experience in Rio was incredible, the atmosphere was crazy and so exciting, being in such a huge stadium was unlike any other competition. It was very much the beginning, I've got big plans and am excited to see where I can get to," says McCartney.

Our Iron Maidens are such fantastic role models for Kiwis. Their commitment and passion towards their sports and their goals is obvious. We are so proud to have them all on board and can't wait to see what the future holds for each of them.



Eliza teaches the girls the basics of pole vaulting



Summer is finally here and we are ready! We're looking forward to the days spent at the beach, the long nights and the more relaxed way of life. To make things a little easier for you and to keep you in a relaxed frame of mind we've worked hard to produce eight delicious recipes which we've shared with you in this issue of mEAT. We've developed these recipes with ease front of mind and we've tested, tasted and re-tested, so we know they absolutely deliver in terms of flavour and the yum factor.

Our Kiwi summer marks the festive season, which also means celebrations, social gatherings and the need for something a little more special to serve up to friends and family. Our suggestions are the lamb rump roast with tender greens & hollandaise sauce on page 13 and the ribs with hot smashed potatoes on page 14.

We also asked our Iron Maidens their top picks from this issue of mEAT Magazine. Our newest ambassador, Eliza says she'll be cooking the beef pizza with blue cheese and caramelised onion on page 5. Lisa says she's always looking for something fast and fresh after training, so it'll be the Vietnamese beef salad on page 9 for her, while Sarah loves the sound of the lamb parmigiana on page 10. And as for Sophie, she loves anything hot from the BBQ so she recommends the skewered rogan josh on page 6.

Keep an eye out for the next mEAT Magazine in stores early March as we have a few additions in mind to make sure we're giving you the very best recipes, tips and cooking information - we think you're going to love it! In the meantime, stay safe and enjoy a beautiful summer.

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND



Beef Pizza with Blue Cheese and Caramelised Onion

SERVES **4** (MAKES 2 PIZZAS) PREPARATION TIME **45 MINS**
COOKING TIME **15-20 MINS**

Who doesn't love pizza? The sweetness of the caramelised onion pairs perfectly with the sharpness of the blue cheese. These pizzas are great served on a social summer's evening but be warned, the family will be requesting these mid-week as well.

Beef

400g Quality Mark beef rump steaks

Caramelised onions

6 red onions, thinly sliced
1 tablespoon soft brown sugar
½ teaspoon salt
1 tablespoon roughly chopped picked thyme leaves
¼ cup red wine vinegar

Garlic & herb oil

4 tablespoons olive oil
3 cloves garlic, crushed
1 tablespoon chopped fresh rosemary leaves

Creamy blue cheese

50g crème fraîche
150g soft blue cheese
2 tablespoons roughly chopped sweet marjoram leaves

To serve

2 x store-bought pizza bases (see recipe in tips if you wish to make your own)
4 handfuls rocket or watercress leaves

Preheat the oven to 220°C.

Caramelised onions: Heat a dash of oil in a heavy-based saucepan over low heat and add the onions, sugar and salt. Cook gently for about 30 minutes or until the onions are soft, stirring from time to time. Add the thyme and red wine vinegar and cook for a further 5 minutes.

Beef: Heat a barbecue grill or chargrill until very hot. Rub the beef with a little oil. Place on the hot grill and grill for 3 minutes on each side (this will depend on thickness of rump). Remove to a plate, season, cover loosely with foil and leave to rest for 10-15 minutes.

To serve: Lightly oil a large flat baking tray. Mix together all ingredients for garlic & herb oil and brush over pizza bases. Place in the oven and bake until golden or according to packet instructions.

Slice the beef thinly across the grain.

Remove pizza bases from the oven and place on a large board. Top with warmed caramelised onions and the barbecued beef. Combine all ingredients for the creamy blue cheese and dot over the pizza. Top with leaves of rocket or watercress.

Suggested cut



Beef rump steaks

The following cut also works well in this recipe.



Beef sirloin steaks

Tips & tricks

✦ To make your own pizza bases; place ½ teaspoon sugar and 1½ teaspoons dried yeast in a small bowl and pour over ½ cup warm water. Leave until the mixture is frothy, about 5 minutes. Sift 3 cups flour and 1 teaspoon salt onto a clean, warm benchtop and make a well in the centre. Pour in 2 tablespoons oil, 2 tablespoons melted butter and ¾ cup warm water. Add the frothy yeast mixture and mix well.

Knead dough until smooth and elastic, about 10 minutes. Place dough in a lightly oiled warm bowl, turn over to coat surface of dough with oil, cover bowl with plastic wrap and a tea towel. Leave in a draught-free warm spot until the dough doubles in volume, at least 1 hour.

Divide the pizza dough into 2 pieces and flatten each piece until very thin. Place on the tray and prick well with a fork.

Place in oven and bake at 220°C for 15 - 20 minutes until golden.

Suggested cut



Lamb or beef mince

Tips & tricks

- + Soak 4 long wooden skewers in cold water for at least 20 minutes to help prevent skewers burning during barbecuing.
- + Chilling Rogan Josh skewers prior to cooking will help maintain their shape during grilling.
- + Finely grating onion into the mince will help it cook down easily. If using chopped onion, it is a good idea to soften it in a little oil or butter and then leave to cool before adding to mince.
- + Get the children involved. Have them shape their own mince onto the skewer.
- + Kids love mince and being rich in protein, iron and zinc, it's great for them too.

Skewered Rogan Josh

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 10 MINS

Lamb

- 500g Quality Mark lamb mince
- 1 small red onion, finely grated
- 1 teaspoon crushed garlic
- 1 teaspoon finely grated fresh ginger
- 1 red chilli, deseeded and finely chopped
- ½ teaspoon each ground coriander, ground turmeric and paprika
- ¼ teaspoon ground cardamom

Yoghurt sauce

- 1 cup natural unsweetened yoghurt
- finely grated zest and juice of 1 lemon
- 6 sprigs mint, leaves removed and chopped

To serve

- naan bread
- selection of raw vegetables, such as cucumber sticks, carrot sticks, celery sticks and radishes

Lamb: Mix all the lamb ingredients together in a large bowl and season. Divide lamb mince mixture into 4 and press onto the skewers, using wet hands to help you. Place on a tray, cover and place in the fridge to firm up.

Heat a barbecue grill until hot.

Remove lamb skewers from the fridge and brush with oil. Barbecue on the hot grill for 10 minutes.

Yoghurt sauce: Mix all the ingredients together in a bowl and season.

To serve: Serve lamb skewers with the yoghurt sauce, naan and raw vegetables.



Sticky Hoisin Ribs with Asian Slaw

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 1 HOUR 20 MINS

Lamb

- 700g Quality Mark lamb ribs
- ¼ cup hoisin sauce
- ¼ cup oyster sauce
- 2 tablespoons soft brown sugar
- 2 teaspoons finely grated fresh ginger
- 1 teaspoon crushed garlic

Asian slaw

- ¼ green or red cabbage, finely sliced
- 2 carrots, grated
- 4 spring onions, trimmed and very finely sliced
- 3 handfuls mung bean sprouts
- 1 handful picked coriander leaves
- 2 tablespoons sesame seeds, toasted
- 2 tablespoons light soy sauce
- 1 tablespoon lime juice
- 2 teaspoons soft brown sugar
- 2 teaspoons sesame oil
- 1 teaspoon wasabi paste
- 1 teaspoon nigella seeds or black sesame seeds

Preheat the oven to 200°C.

Lamb: Place the lamb ribs in a large baking dish. Mix together the hoisin sauce, oyster sauce, sugar, ginger, garlic and ½ cup water. Pour over the ribs and toss well to coat. Cover with baking paper and foil, seal well and place in the oven. Cook for 1 hour.

Remove ribs from the oven and uncover. Return to the oven and cook for a further 20 minutes until dark and crispy, turning halfway through cooking.

Asian slaw: Place the cabbage, carrots, spring onions, sprouts, coriander and sesame seeds in a large bowl.

Combine the soy sauce, lime juice, brown sugar, sesame oil and wasabi in a small screwtop jar and shake well. Drizzle over enough dressing to moisten the salad and toss well.

Sprinkle with nigella seeds or black sesame seeds.

To serve: Serve the lamb ribs with the Asian slaw.

Suggested cut



Lamb ribs

Tips & tricks

- + Leave a little of the lamb fat on the ribs to give you flavour and keep the meat moist during cooking.
- + The Asian slaw adds a great crunch to this dish.
- + Serve with plenty of napkins for sticky fingers.
- + Ribs are sold two ways, as separate ribs or joined together. If joined together cut them into two, three or four rib pieces. The bigger the pieces the longer they will take to cook.
- + As a guide, serve 3 - 4 ribs per person for a main meal.



Vietnamese Beef Salad

SERVES 4 PREPARATION TIME 35 MINS COOKING TIME 6-8 MINS

Vietnamese beef salad is a great mid-week family meal that's full of flavour. The dressing has the right balance of spicy, salty, sweet and sour. Once you've made the dressing, play around with the flavours to find a balance that you love. This meal is great any time of year and you can switch up the salad options to fit the seasons. It's also another great lunch option!

Beef

600-700g Quality Mark beef
sirloin steaks (about 3cm
thick)

Vietnamese dressing

3 spring onions, trimmed and
chopped

1-2 red chillies, deseeded and
finely sliced

2 cloves garlic, crushed

3 tablespoons lime juice

3 tablespoons fish sauce

2 tablespoons soft brown sugar

1 tablespoon rice vinegar

Salad

2 carrots, coarsely grated or cut
into thin strips

1/2 telegraph cucumber, deseeded
and grated or thinly sliced

1/4 cabbage, very thinly sliced

2.5cm piece fresh ginger, finely
grated

100g rice noodles

1 handful coriander leaves,
roughly chopped

1 handful mint leaves, roughly
chopped

6 Vietnamese mint leaves,
roughly chopped (optional)

Heat a chargrill until very hot.

Beef: Rub beef with a little oil. Place on the grill and grill for 3-4 minutes on each side for medium-rare beef. Remove from the grill to a plate, season and cover loosely with foil and a clean tea towel.

Vietnamese dressing: Place all ingredients in a screw-top jar with a tight fitting lid and shake well.

Salad: Place the carrots, cucumber, cabbage and ginger in a bowl. Drizzle over the dressing and toss to combine. Cover and place in the fridge to allow flavours to mingle.

Put the rice noodles in a bowl and cover with boiling water. Leave for 5 minutes (or according to the instructions on the packet), until soft. Drain well and rinse under cold water.

To serve: Slice the beef thinly across the grain and add to the vegetables with the noodles and herbs. Gently toss to combine all ingredients and serve immediately.

Suggested cut



Beef sirloin steaks

The following cuts also work well in this recipe.



Beef rump steaks



Beef eye fillet steaks

Tips & tricks

- + Bring beef back to room temperature before cooking so you can time cooking accurately.
- + Resting is an important step you should not skip. It allows the meat to relax and the juices to settle.
- + Quality Mark sirloin steak has less than 4% saturated fat. Lean red meat is recognised as a nutritious food to be included in a healthy diet.

Suggested cut



Lamb schnitzel

The following cut also works well in this recipe.



Beef schnitzel

Tips & tricks

- + Use kitchen scissors to make small cuts around the edge of each piece of lamb so they don't curl during cooking.
- + To make lemon vinaigrette; place 3 tablespoons lemon juice and 1 teaspoon Dijon mustard in a bowl and season. Whisk in 6 tablespoons olive oil until emulsified. If vinaigrette is too tart, add extra salt or sweeten with a little honey.
- + For crumbing use the wet-hand/dry-hand method. Use the same hand for dipping in the egg wash, and always use the other hand for coating the egg dunked lamb in the dry ingredients.
- + For semi-dried tomatoes, cut small ripe Roma or cherry tomatoes into halves lengthwise and place on a shallow baking tray lined with baking paper. Drizzle over a dash of olive oil and season with salt and a little sugar. Place in the oven (150°C) for about 45 minutes until semi-dried. The tomatoes are now ready to eat or you can pack into a sterilised jar and cover with light-flavoured oil. Keep refrigerated for up to 2 weeks.

Lamb Parmigiana

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 3-4 MINS

Lamb

500g Quality Mark lamb schnitzel
4 slices mozzarella cheese, cut about 5mm thick
¼ cup plain flour
1 egg, lightly beaten with 2 tablespoons water
2 cups dried breadcrumbs
oil for frying

Zucchini with herbs

3-4 small zucchini, trimmed
1 tablespoon picked oregano or sweet marjoram leaves
¼ cup lemon vinaigrette (see recipe in tips)

Parsley sauce

1 tablespoon olive oil
1 shallot, thinly sliced
1 clove garlic, finely chopped
¼ cup white wine
50g butter
3 tablespoons chopped flat-leaf parsley leaves

To serve

12 semi-dried tomatoes (see recipe in tips)

Lamb: Place the pieces of lamb between 2 sheets of baking paper and bat with a meat mallet to flatten them a little more if necessary. Remove the paper. Place a slice of cheese on 1 side of each piece of lamb and push down lightly to join together (or you could use a little bit of egg wash to stick).

Place the flour, egg and breadcrumbs in three separate shallow bowls. Coat a piece of lamb in the flour, shaking off excess, then dip in the egg and finally coat in the breadcrumbs. Place on a baking tray and repeat with remaining pieces of lamb. Cover and place in the fridge while you prepare the zucchini.

Zucchini with herbs: Use a vegetable peeler to slice each zucchini into long thin strips, sprinkle over the herbs and dress with the vinaigrette. Toss gently and set aside.

Parsley sauce: Place the oil in a wide heavy-based saucepan over medium-low heat. Add the shallot and garlic and cook for 1 minute, stirring continuously. Pour in the wine and allow it to bubble up and reduce. Whisk in the butter and allow to melt, then stir in the parsley.

To serve: Heat a large frying pan over medium heat and add enough oil to cover the base. Once the oil is hot, add the lamb, cheese-side-up and cook for 3-4 minutes, turning once. If necessary cook in two batches. Drain on crumpled kitchen paper and season. Top crumbed lamb with the zucchini and semi-dried tomatoes and pour parsley sauce on top.



Spicy Sausage Rolls

MAKES 16 SMALL OR 12 MEDIUM-SIZED ROLLS PREPARATION TIME 30 MINS
COOKING TIME 30-35 MINS

Beef

500g Quality Mark beef mince
1 small red onion, finely grated
1 teaspoon finely grated fresh ginger
1½ tablespoons sambal oelek (see tips) or your favourite chilli sauce
2 tablespoons finely chopped flat-leaf parsley leaves
1 cup fresh breadcrumbs
2 tablespoons milk
1 egg, lightly beaten

To assemble

2 sheets frozen pre-rolled butter puff pastry, defrosted
1 egg, lightly beaten with a little milk, for brushing
sesame seeds, for sprinkling

Satay sauce

½ cup crunchy peanut butter
½ cup coconut cream
¼ cup water
2 teaspoons light soy sauce
1 teaspoon sesame oil

Preheat the oven to 200°C. Lightly grease a large shallow baking tray.

Beef: Place all beef ingredients in a large bowl and mix together. Season.

To assemble: Lightly flour the benchtop and cut each pastry sheet in half. Divide the mince mixture into 4 sausage shapes as long as your pastry. Working with 1 piece of pastry at a time, place 1 portion of the mince mixture slightly off-centre on 1 piece of pastry. Press together and use a fork to seal the edges. Brush with egg wash, then cut into desired size.

Make a small slit in the top of each sausage roll to vent steam. Place the rolls on the baking tray and sprinkle with sesame seeds. Cook for 30-35 minutes, until the pastry is well browned and the mince cooked.

Satay sauce: Place all the sauce ingredients in a small heavy-based saucepan and cook over a low heat. Stir until combined. If the sauce is too thick, add extra cold water until you have the desired consistency.

To serve: Serve sausage rolls with satay sauce.

Suggested cut



Beef or lamb mince

Tips & tricks

- + Sambal oelek is a spicy Southeast Asian chilli sauce. It is available in the international section of your supermarket.
- + Finely grating the onion eliminates the necessity to cook and soften down before adding cold to the mince.
- + Make up the sausage rolls ahead and keep in the fridge until ready to cook.
- + Kids love mince and being rich in protein, iron and zinc, it's great for them too.

*From the Beef + Lamb
New Zealand Nutritionist*

What does food mean to you? Perhaps you belong to the ‘food is fuel’ crowd, eating purely as a primal human need. Or maybe you’re more of a self-confessed foodie with a passion for home cooking. Whatever your preference, necessity or enjoyment, summer seems to be the time of year when food becomes more indulgent, preparation is easier and salads are a welcome addition instead of a threat reserved for naughty children.

Another thing that’s easier in the summer is taking time to relax and properly wind-down. Or so it should be. Stress is a big part of our daily lives and I often wonder if we shouldn’t scoff at the so-called concept of “island time”. I’m a big believer in the four-day working week!

For many people the very basic act of eating can become difficult and confusing. Food becomes complicated and less enjoyable when we’re confined by diet parameters and reading food labels. I know moderation isn’t sexy but it’s true that what matters most is what you do every day not what you do on occasion. Eating mostly whole foods and a balanced diet removes the need for counting calories. There will be days this summer when you’ll need an ice-cream to cool down but I guarantee a nutritious meal, such as our Vietnamese beef salad has never tasted so good after a day at the beach.

This issue of mEAT Magazine plays to your desires for a stress-free summer. While the sprinkler keeps the kids entertained why don’t you make a batch of spicy sausage rolls? Made with fresh, whole ingredients – it would be rude not to!

Emily Parks



Lamb Rump Roast with Tender Greens & Hollandaise Sauce

SERVES 4 PREPARATION TIME 25 MINS
COOKING TIME 15 MINS

Lamb

3 x Quality Mark lamb rumps

Stuffing

1 handful baby spinach leaves
75g creamy feta

Hollandaise sauce

200g unsalted butter
3 tablespoons white wine vinegar
2 whole black peppercorns
3 egg yolks
juice of ½ lemon

To serve

Fresh cut herbs such as parsley, chives and chervil

Preheat the oven to 210°C. Place a shallow roasting tray in the oven to heat.

Lamb: Make a cut in the side of each lamb rump to make a pocket. Mix together the spinach and feta and season. Fill into each lamb rump and skewer to hold mixture in place, if necessary.

Heat a large frying pan over medium-high heat. Place lamb fat-side-down in the hot pan and brown. Turn and brown the other side.

Remove hot tray from the oven and place in the lamb fat-side-up. Return to the oven and cook for 12-15 minutes for pink lamb. Remove from the oven, cover with foil and a clean tea towel and leave to rest for 10 minutes.

Hollandaise sauce: Melt the butter and allow to cool a little. Place the vinegar, peppercorns and a dash of water in a small saucepan and reduce to 1 tablespoon. Place the egg yolks in a heatproof bowl over a saucepan of gently simmering water. Strain in the 1 tablespoon of reduced liquid (to remove peppercorns). Whisk until thick and foamy, then whisk in the butter a little at a time until you have a thick creamy sauce. Add lemon juice to taste and season.

To serve: Serve lamb with seasonal greens (asparagus is great while still in season), and hollandaise sauce. Top with freshly cuts herbs. Boiled new season’s potatoes are delicious too.

Suggested cut



Lamb rump

The following cuts also work well in this recipe. Refer to recipes.co.nz for cooking times.



Lamb leg steaks



Lamb backstrap

Tips & tricks

- + We left the fat cap on the lamb rumps to give us extra flavour and keep the lamb moist during cooking.
- + Cooking time will depend on the size of your lamb rumps as they do vary. If they are small, cook for 10-12 minutes in the oven.

Ribs with Hot Smashed Potatoes

SERVES **4-6** PREPARATION TIME **35 MINS** COOKING TIME **25 MINS**

Surprise guests this festive season with something a little more special than what you would normally barbecue. This is the ultimate recipe for when you want to impress without spending too long standing over the grill. Serve alongside smashed potatoes with aromatic rosemary and garlic to complement the beef perfectly.

Beef

2 x Quality Mark rib eye steaks on the bone (approx. 500g each)

Smashed potatoes

600-800g small potatoes, scrubbed
3 tablespoons olive oil
2 cloves garlic, crushed
2 tablespoons finely chopped rosemary leaves

Herb sauce

2 handfuls basil leaves
1 small handful flat-leaf parsley leaves
1 clove garlic, crushed
1 tablespoon lemon juice
 $\frac{3}{4}$ cup olive oil

To serve

crisp green salad

Preheat the oven to 210°C. Place a shallow roasting tray in the oven to heat. Line a second shallow roasting tray with baking paper.

Beef: Heat a barbecue grill plate until hot. Rub beef with a little oil and season.

Place on the hot grill and barbecue for 8 minutes. Transfer to the hot tray and place in the oven for a further 17 minutes. Remove from the oven and place beef on a warmed plate, cover loosely with foil and a clean tea towel. Leave to rest in a warm place for 15 minutes or more.

Smashed potatoes: Parboil the potatoes in lightly salted boiling water for 10 minutes. Drain. Place potatoes on the baking paper lined tray and crush lightly with a potato masher (you want to break the skin). Drizzle with the oil and season. Place in the oven and roast for 15 minutes, then remove and sprinkle over the garlic and rosemary. Return to the oven and roast for a further 10 minutes until crisp and golden.

Herb sauce: Place the herbs and garlic in a food processor and season. Process until the herbs are well chopped. Add the lemon juice, drizzle in the olive oil and process until well combined. Place the sauce in a small bowl, cover well with plastic wrap and place in the fridge.

To serve: Serve beef with the smashed potatoes, the herb sauce and a crisp green salad.

Suggested cuts



Rib eye on the bone, sliced into steaks

The following cuts also work well in this recipe. Refer to recipes.co.nz for cooking times.



Beef eye fillet steaks



Beef sirloin steaks

Tips & tricks

- + Take your meat out of the fridge for at least 30 minutes - 1 hour in warm weather before cooking.
- + Due to the thickness of this steak you will get a great outer crust on the meat during initial cooking and then an evenly cooked middle.
- + Salting the meat before cooking on the barbecue will help achieve this crust too.



Win

To be in to win...

Simply tell us which is your favourite recipe from this issue of mEAT magazine



→ **TO ENTER VISIT**
recipes.co.nz

Alternatively, email your answer to recipes@beeflambnz.co.nz or send a letter with your answer to: Beef + Lamb New Zealand Inc, PO Box 33 648, Takapuna, Auckland 0740

*Entrants must include an email address with their entry

TERMS AND CONDITIONS:

Entries must be received by 24 February 2017. Beef + Lamb New Zealand Inc will make the final decision on the winner. The judges' decision is final and correspondence will not be entered into. Letters and emails can only be chosen from those including full contact details (name, address, email and phone number). One entry per person. For full terms and conditions, visit recipes.co.nz.

Recipes by Kathy Paterson
Photography by Tam West

BEEF + LAMB

NEW ZEALAND

Beef + Lamb New Zealand Inc. PO Box 33 648, Takapuna, Auckland 0740.
Ph 0800 733 466 E enquiries@beeflambnz.co.nz

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