

free

Be inspired with beef and lamb

meat

Issue 25 Winter

***Meat & 3 veg
with a twist***

**BE IN
TO WIN**

**NATIONAL
LAMB DAY**

24 MAY



*Look for the
Quality Mark*

TO KNOW YOU'RE
BUYING THE VERY BEST



WARMING RECIPES FOR WINTER

Check out [recipes.co.nz](https://www.recipes.co.nz) for loads more meal ideas.





Let's celebrate

NATIONAL LAMB DAY

- 24 MAY -

Thursday 24 May is National Lamb Day which celebrates one of the most significant milestones in New Zealand's sheep meat history and economy. It marks the day the first shipment of lamb arrived in London. Kiwis love to celebrate their small nation's greatest achievements which is exactly what National Lamb Day is all about.

2018 will be one of the most celebrated yet, as we kick off our 'Lamb and Three Veg Tiki Tour' on Tuesday 1 May. We've made a giant lamb chop that will be visiting some of New Zealand's biggest attractions - including the big L&P bottle in Paeroa and the giant carrot in Ohakune. Driven by Marty Shanahan aka The Backyard Cook, the chop will be making its way from Dargaville to Dunedin over the course of a week.

How you celebrate National Lamb Day is totally up to you. Whether you choose to track down the big chop as it drives through your home town, or host an epic 'lamb party'.

Perhaps you prefer a more intimate celebration dining out at one of our 2018 Excellence Award restaurants, where you will be served up a skillfully composed, delicious lamb dish. Check out our restaurant directory at nzexcellenceawards.co.nz for your local award winning restaurant. If a laid back home-cooked meal is more your flavour, why not visit recipes.co.nz and cook your favourite lamb recipe from the comfort of your own home.

Let us know how you will be celebrating, and be sure to follow us on Beef + Lamb NZ social media for all the National Lamb Day madness.

#NationalLambDay

**Join us at
recipes.co.nz**





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Whilst many of us dread winter, we like to look for the positives in everything. And the comforting cuisine that's best suited to winter is definitely a plus. Slowly cooked dishes featuring tenderly cooked meat, shared amongst family and friends while cosied up inside is something we can't wait to get amongst.

This special edition of mEAT magazine is a celebration of 'meat and three veg' – a staple on New Zealand plates for decades. We have given this classic Kiwi approach a modern twist. Whilst each recipe in this issue is still nutritionally balanced, with at least three veg accompanying the meat, we have experimented with these recipes so that they offer something a little different to the norm.

In celebration of National Lamb Day on 24 May, and paying homage to the big chop's 'Lamb and Three Veg Tiki Tour' (see opposite page) we have included a Classic Lamb Chop recipe on page 14, served with buttery parsnips, carrots, kumara wedges and a side of garden peas. However, in keeping with the theme of putting a twist on the 'meat and three veg' meal, we've also included some innovative meal ideas for serving New Zealand lamb.

Spice up the traditional lamb chop by incorporating it into our fragrant lamb and chickpea stew on page 7. If you want something to warm the soul, look no further than the Lamb Shank Broth on page 11, a heart-warming economical meal that celebrates winter produce. If you're planning on entertaining on National Lamb Day, why not try our Roast Lamb with Potatoes and Leeks on page 13. Lamb legs are perfect when cooking for the family, and this recipe is no exception. The lamb cooks on a bed of potatoes and leeks which allows the flavours to infuse together beautifully. We love using leftover lamb in sandwiches or salads the next day.

Happy National Lamb Day!

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND

MARINATING TIP

Marinating the beef overnight helps to tenderise the meat and allows it to take on the flavours of the marinade.



Marinated Beef Brisket

SERVES **8 WITH LEFTOVERS** PREPARATION TIME **OVERNIGHT MARINATING**

COOKING TIME **4½-5 HOURS**

Whilst a longer cooking time is required for beef brisket, the wait is well worth it for boldly flavoured, tender beef. When paired with warmed tortillas and a crunchy winter slaw, expect a taste sensation that will have you coming back for more.

Beef

1-1.3kg Quality Mark beef brisket
1 tablespoon each coriander seeds, cumin seeds, yellow mustard seeds
½ tablespoon whole black peppercorns
½ tablespoon soft brown sugar
½ tablespoon smoked paprika
good pinch cayenne pepper
1 cup beef stock

To serve

8 soft tortillas, warmed
2 handfuls of finely shredded green cabbage
2 handfuls of finely shredded red cabbage
1 green apple, finely sliced
1 small red onion, very finely sliced
1 tablespoon white sesame seeds, toasted
½ cup mayonnaise
chipotle sauce
1 green chilli, deseeded and finely sliced
a handful of pumpkin seeds, toasted
2 limes, cut into wedges

Beef: Place the seeds and peppercorns in a small dry frying pan over medium heat and lightly toast – you will smell when they are toasted. Straightaway remove from the pan and leave to cool. Lightly crush the seeds and peppercorns (see tips) and mix with the brown sugar, paprika and cayenne pepper.

Place the beef brisket on a large plate and rub over the spice mixture. Cover and place in the fridge overnight.

The next day, remove beef brisket from the fridge and bring to room temperature.

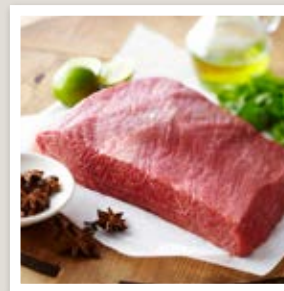
Preheat the oven to 150°C.

Place on a wire rack sitting inside a roasting dish. Pour in the beef stock then cover completely with foil and seal well.

Place in the oven and cook for 4½ - 5 hours. Baste brisket 2-3 times during cooking by spooning over the meat juices. The brisket should be very tender. Remove from the oven and season with salt.

To serve: Slice beef thinly and place 2-3 slices on each tortilla, along with a coleslaw made using the cabbage, apple, red onion and sesame seeds. Serve with small dishes of mayonnaise and chipotle sauce for drizzling over. Top tortilla with chilli and pumpkin seeds. Finally squeeze over a little lime juice. Wrap up and eat.

Suggested cut



Quality Mark beef brisket

The following cut also works well in this recipe.



Quality Mark beef cheeks (cook for 3-3½ hours)

Tips & tricks

- + Crush whole spices using a mortar and pestle or a spice grinder. If you don't have either of these, you can simply place the spices in a metal bowl and crush with the end of a rolling pin.
- + Short of time? Marinate beef brisket for 4 hours.
- + Remove beef from the oven to the bench to baste, so not to lose oven temperature as you do.
- + We like to remove the brisket from the wire rack and place in the accumulated meat juices for the last hour of cooking. Keep covered in foil.
- + Keep meat juices in the fridge for another use or freeze. They can be used as part of the liquid content for a beef stew.
- + You could sharpen the mayonnaise by stirring through 1 tablespoon cider vinegar and 1 tablespoon olive oil.

Mince, Spinach & Mushroom Lasagne

SERVES 4 PREPARATION TIME 1 HOUR COOKING TIME 35-40 MINS

Suggested cut



Quality Mark beef or lamb mince

Tips & Tricks

- + Choose lean Quality Mark beef mince to make lasagne.
- + Taste meat sauce to ensure it is well seasoned for a tasty lasagne.
- + Meat sauce can be frozen.
- + Place a shallow roasting dish of butternut pumpkin, cut into 2cm cubes and tossed in olive oil, salt and freshly ground black pepper in the oven beside the lasagne.

Beef

500g Quality Mark beef mince
1 tablespoon olive oil
1 onion, finely chopped
1 carrot, finely chopped
1 stick celery, strings removed
with a vegetable peeler and
finely chopped
2 tablespoons tomato paste
2 cups beef stock
¼ teaspoon dried oregano

Vegetables

300-350g fresh spinach, stems
removed
2 tablespoons olive oil
2 onions, finely sliced
3 cloves garlic, crushed
250-300g button mushrooms,
wiped clean and thickly sliced
400g can chopped tomatoes in
juice
1 bay leaf
pinch sugar
250g good quality ricotta cheese
250g traditional sour cream
1 egg
¼ cup freshly grated Parmesan,
plus ¼ cup for sprinkling
3 large sheets instant dried
lasagne pasta

Beef: Heat the oil in a heavy-based saucepan over medium heat. Add the onion, carrot and celery and cook for 5-7 minutes, until soft. Add the mince, breaking it up with a wooden spoon and cook until beginning to colour. Add the tomato paste, stock and oregano and season. Bring to a simmer then lower the heat and cook gently for 40-45 minutes until the liquid has reduced. Set aside.

Preheat the oven to 180°C. Grease a medium-sized ovenproof dish.

Vegetables: Heat a frying pan over medium heat and add washed, undrained spinach, in batches. Cook for 1-1½ minutes until the spinach has wilted. Place in a sieve to drain further and set aside.

Add the oil to the pan with the onions and cook over low heat until the onions are soft. Add the garlic and cook for a further 1 minute. Stir in the mushrooms and cook for 2 minutes. Add the tomatoes, bay leaf, a pinch of sugar and season. Continue cooking, stirring occasionally until the sauce is thick. Remove bay leaf.

Place the ricotta cheese, sour cream and egg in a bowl and mix well. Stir through the first measure of Parmesan. Spoon a few tablespoons of meat sauce into the dish, then half the ricotta mixture. Top with lasagne to cover. Spoon over half of the mushroom mixture, then half the wilted spinach, then half of the meat sauce. Repeat the lasagne, mushroom, spinach and meat sauce layers. Top with lasagne finishing with the ricotta mixture. Sprinkle over the remaining Parmesan and place in the oven for 35-40 minutes until hot and golden.





Lamb & Chickpea Stew

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 2 HOURS

Lamb

800g Quality Mark lamb shoulder chops (or thereabouts)
 2 teaspoons ground cumin
 1 teaspoon each ground coriander, ground ginger, ground fennel seed, paprika, ground turmeric
 pinch ground cinnamon
 3 tablespoons olive oil
 1 onion, cut into 8 wedges
 2 large carrots, cut into even-sized pieces
 2 potatoes, cut into even-sized pieces
 4 dates, pitted and chopped
 400g can chopped tomatoes in juice
 1½ cups vegetable stock or other light flavoured stock
 1 cup canned chickpeas, drained

Preheat the oven to 160°C.

Lamb: Mix the spices together in a bowl, then sprinkle evenly over the lamb shoulder chops.

Heat 2 tablespoons oil in a large frying pan over medium-high heat. Add the chops and brown on both sides. Transfer to a large casserole dish. Wipe out the pan with kitchen paper.

Add the remaining oil, the onion wedges, carrots, potatoes and dates with any remaining spices into the pan and cook for 2-3 minutes, tossing them with a wooden spoon.

Pour the tomatoes and stock into the hot frying pan and bring up to a simmer, then spoon into the casserole dish with the chops and season.

Place in the oven and cook for 1½ hours. Remove from the oven and add the chickpeas. Return to the oven for a further ½ hour.

Serve alongside steamed broccoli or your favourite greens.

Suggested cut



Quality Mark lamb shoulder chops

The following cut also works well in this recipe.



Quality Mark diced lamb shoulder

Tips & tricks

- + Lamb shoulder chops are perfect for slow cooking, making them tender and succulent.
- + Cut excess fat from lamb shoulder chops if necessary.
- + Keep all the vegetables a similar size when cutting so they all cook at the same time.
- + Fresh Medjool dates are great here. They are found in the fresh fruit and vegetable section of your supermarket.
- + **Slow cooker:** On high for 3-3½ hours. Brown chops first to remove excess fat. Root vegetables often take longer to cook than meat. Cut them into small even-sized pieces, 1-2cm and place at the bottom of the slow cooker. Add meat and remaining ingredients except chickpeas to the slow cooker. Add chickpeas in the last ½ hour along with a cornflour paste to thicken.

Suggested cut



Quality Mark beef sirloin steak

The following cut also works well in this recipe.



Quality Mark beef eye fillet steak

Tips & tricks

- + The very thin slices of sirloin will 'cook' a little in the hot stock. If you would prefer, you can pan-fry the sirloin steak, rest then cut into very thin slices.
- + If necessary, remove any fat cap from the sirloin.
- + Place the sirloin in the freezer until well chilled. This will make the sirloin easier to slice thinly.
- + Wilt 2 good handfuls of spinach and divide between each bowl. Top each bowl with a little picked watercress.
- + Drizzle ramen bowls with a little chilli oil.

Simple Beef Ramen Bowl

SERVES 4 PREPARATION TIME 25 MINS COOKING TIME 15-20 MINS

Hailing from Japan, this hot culinary trend is popular for a reason. Quick and easy to prepare, this vegetable packed beef stock is loaded with flavour. A creative, fun dish where you can encourage everyone at the table to add their own miso and beef.

Beef

300-400g Quality Mark beef sirloin steak
2 litres good quality beef stock
270g ramen noodles
2 teaspoons sesame oil
4 medium-sized eggs, at room temperature
1 tablespoon vegetable oil
100g shiitake mushrooms, left whole if small
200g button mushrooms, wiped clean and sliced
1 cup frozen corn kernels, optional
light soy sauce to season, if needed
4 baby bok choy, cut in half lengthwise and steamed until tender
3 spring onions, trimmed and thinly sliced
4 teaspoons naturally fermented white miso paste

Beef: Place the beef stock in a saucepan and place over low heat.

Cook the ramen noodles in boiling water for 4 minutes. Drain well, then toss through the sesame oil to prevent noodles sticking.

Place the eggs in boiling water and boil for 6 minutes for runny yolks. Drain and run under the cold tap, then remove their shells.

Heat the vegetable oil in a large frying pan over medium heat. Add the mushrooms and cook until lightly coloured. Add the corn and mix to combine.

To serve: Slice the sirloin as thinly as you can and divide between 4 small dishes. Turn up the heat on the beef stock so it is steaming-hot. Taste and season with soy sauce, if needed.

Divide the ramen noodles between 4 warmed ramen bowls or large soup bowls. Pour in the steaming-hot beef stock, then add the mushrooms, corn and bok choy. Cut the eggs in half and add to each bowl, topping with spring onions.

Serve each bowl of beef stock with a teaspoon of miso paste to stir through for that delicious umami flavour. Each person then has their own dish of thinly sliced beef to add to their ramen bowl.

Dip and swirl the beef pieces into the broth. If cut very thin the beef will change colour. Eat and repeat until you have had enough.



Suggested cut



Quality Mark beef blade steak

The following cuts also work well in this recipe.



Quality Mark gravy beef



Quality Mark beef chuck steak

Tips & tricks

- + Spiced beef can be frozen.
- + Looking for a bit of heat? Add a good pinch dried red chilli flakes with the other dry spices.
- + Spiced beef is delicious the next day after the flavours have developed further.
- + Serve with roughly chopped coriander if available, or flat leaf parsley.
- + Spiced beef is also delicious served with rice.

Spiced Beef with Pickled Cauliflower

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 2½ HOURS

Beef

500g Quality Mark beef blade steak, cut into 3cm cubes
3 tablespoons plain flour
3 tablespoons vegetable oil
1 onion, finely sliced
2 cloves garlic, finely chopped
5cm piece ginger, finely chopped
1 tablespoon curry powder
1 teaspoon ground cumin
1 teaspoon ground coriander
400g can chopped tomatoes in juice
1½-2 cups beef stock
1 cup coconut milk
½ cup lentils, rinsed

Pickled cauliflower

4 large cauliflower florets, cut into small pieces
½ teaspoon flaky salt
1 green chilli, deseeded and finely chopped
2 tablespoons lemon juice
2 teaspoons cider vinegar
1 tablespoon olive oil
½ teaspoon brown mustard seeds
2-3 tablespoons coriander or flat leaf parsley leaves, chopped

To serve

flatbread, warmed

Preheat the oven to 160°C.

Beef: Dust the beef with the flour, shaking off excess. Heat 2 tablespoons oil in a large frying pan over medium-high heat. Place in the beef, in batches and brown on both sides. Transfer to a casserole dish as you go.

Turn the heat to low, add the remaining oil and place in the onion. Cook until the onion is soft, about 5-7 minutes. Add the garlic and ginger and cook for a further 1 minute. Add the curry powder, cumin and coriander and cook for 30 seconds until aromatic.

Add the tomatoes, 1½ cups beef stock, coconut milk and lentils. Pour over the beef, cover and place in the oven to cook for 2 hours, then remove from the oven, check seasoning and add extra stock, if needed. Cook for a further 30 minutes until the beef is tender.

Pickled cauliflower: Place the cauliflower and salt in a glass bowl and toss well. Cover and place in the fridge for 3 hours. Remove from the fridge and drain away any liquid. Add the cayenne pepper, chilli, coriander, sugar, lemon juice and cider vinegar. Mix well.

Heat the oil in a small frying pan, add the mustard seeds and as soon as they begin to pop, tip over the cauliflower.

To serve: Serve spiced beef in 4 warmed bowls with the pickled cauliflower and flatbread along with your favourite seasonal greens.

MEAT TIP

Look for beef with a marbling of fat and connective tissue as this adds flavour and tenderness to the beef.





Lamb Shank Broth

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 2½ HOURS

Who can resist a vegetable packed broth with tender lamb. The perfect way to warm up on a cold winter day. We like to make extra and leave in the freezer for a healthy go-to meal when time poor.

Lamb

2-3 Quality Mark lamb shanks
2 litres vegetable stock or other light flavoured stock
1 bay leaf, sprig of thyme and rosemary
1 onion, diced
2 tablespoons pearl barley
1 large carrot, diced
1 small leek, white and light green parts only, well washed and finely sliced
1 small turnip, peeled and diced
½ small swede, peeled and diced
1 stick celery, strings removed with a vegetable peeler and finely sliced
1 tablespoon finely chopped flat leaf parsley
Sriracha sauce (optional)

Lamb: Place the lamb shanks and herbs in a large saucepan. Pour in the vegetable stock, bring up to the boil then skim away any fat that is rising to the surface. Lower the heat and simmer, covered for 1 hour.

Skim away any further fat, then add the onion and pearl barley and continue simmering, covered for a further 1 hour.

Add the carrot, leek, turnip, swede and celery to the broth then taste and season. Continue to simmer for a further 30 minutes or until the vegetables are all just tender.

Remove the lamb shanks from the pan and place on a board. Pull away the meat and cut into smaller pieces (pieces that will sit easily on a soup spoon). Remove the herbs and discard.

Return the lamb to the pan, bring back up to the boil and finally check seasoning.

Serve lamb broth in 4 warmed soup bowls and sprinkle with chopped parsley. Drizzle with Sriracha sauce for a bit of heat.

Suggested cut



Quality Mark lamb shanks

The following cuts also work well in this recipe.



Quality Mark lamb neck chops



Quality Mark lamb shoulder chops

Tips & tricks

- ✦ From time to time, skim away fat from the surface of the broth. This will help keep the broth clear and remove excess fat. You can make the broth the day before to allow any fat to rise to the top and solidify. It can then be easily removed.
- ✦ Season the broth well to ensure good flavour. Begin tasting the broth as the liquid begins to reduce.
- ✦ **Slow cooker:** Place all ingredients in a preheated slow cooker. Add 1½ litres vegetable stock and cook on high for 3-4 hours until the meat falls off the bone. Season to taste.

From the Beef + Lamb New Zealand Nutritionist

We often talk about the concept of 'meat and three veg', more so when referring to how our grandparents used to eat. If this conjures up an image of roast mutton with potatoes, cauliflower and broccoli, you might wonder if this style of eating is relevant today. Or, as is the case for an increasing number of Kiwis, your heritage might be an ocean away from the typical Kiwiana family dinner.

Meat and three veg isn't necessarily about those four ingredients being placed next to each other on the plate, instead we might like to think of it as a metaphor for a simple, well-balanced style of eating. Check out page 15 for an example of what this typical Kiwi meal can look like; a good quality protein paired with fresh vegetables, a range of starchy and non-starchy, and maybe an easy extra like frozen peas.

A well-balanced meal is one that ticks off your macronutrients: carbohydrates, fats and protein. A handy visual is the 'healthy plate' model which says $\frac{1}{4}$ of our plate should be carbohydrate foods (grains or starchy vegetables), $\frac{1}{4}$ is our protein foods, and $\frac{1}{2}$ the plate is made up of non-starchy vegetables.

While our Spiced Beef with Pickled Cauliflower on page 10 might not fit the bill on its initial appearance, it's a 21st century example of meat and three veg. The recipe starts with the basics; blade steak, chopped tomatoes and cauliflower, then adds new flavours and ingredients like coconut milk, lentils and brown mustard seeds. Serve with flatbread and a handful of added greens and the family will be perfectly satisfied with this balanced meal.

For such a small country, we're experiencing greater diversity than ever before. Celebrate traditions with our Lamb Shank Broth on page 11 or step out of your comfort zone with our Simple Beef Ramen Bowl on page 8. It's our guarantee that whichever recipe you choose from this issue of mEAT magazine will be well-balanced and simple enough for any night this week.

Emily Parks

CARVING TIP

Use a sharp carving knife and cut down across the grain for tender lamb.



Roast Lamb with Potatoes & Leeks

SERVES **4-6** WITH LEFTOVERS FOR SANDWICHES

PREPARATION TIME **40 MINS**

COOKING TIME **1½ HOURS**

Lamb

- 1.5kg Quality Mark boneless leg of lamb
- 4-5 sprigs rosemary
- 3 cloves garlic, thinly sliced
- 1kg red skinned potatoes, peeled and thickly sliced (about 2.5cm)
- 3 medium-sized leeks, white and light green part only, well washed and thinly sliced
- 3 tablespoons olive oil
- ½-1 cup dry white wine

Herb and vinegar sauce

- 2 cups firmly packed flat leaf parsley leaves
- ¼ cup capers, drained
- 2-3 anchovy fillets, drained of oil
- 2 cloves garlic, crushed
- 1 teaspoon Dijon mustard
- 2 tablespoons white wine vinegar
- ¼ cup olive oil

Herb and vinegar sauce: Place the parsley, capers, anchovy fillets, garlic, mustard and vinegar in the bowl of a small food processor. Process until the parsley is well chopped, then drizzle in the oil through the feed tube and season. Place in a small bowl, cover and keep in the fridge until ready to use.

Preheat the oven to 200°C. Grease a roasting dish.

Lamb: Open the lamb out, flesh-side-up and season with salt and freshly ground black pepper. Place on 3-4 rosemary sprigs, then close up and tie with kitchen string to hold its shape. Using a sharp knife make small incisions in the fat of the lamb, about 5-7cm apart. Place a garlic slice and 2-3 rosemary leaves in each slit. Rub the lamb with oil and season.

Line the base of a roasting dish with the potato and leeks. Place the lamb on top and pour in the white wine. Cover the roasting dish with a lid of baking paper and foil.

Place in the oven and roast for 30 minutes. Lower the oven temperature to 180°C, remove the foil and baking paper lid and baste the lamb with its cooking juices. Cover the roasting dish with the lid of baking paper and foil and continue to roast the lamb for a further 1 hour. You may need to turn on the grill and brown the lamb once cooked.

Remove lamb from the oven, cover and leave to rest for 10 minutes in a warm place. Carve the lamb and serve with the leeks and potatoes and the herb and vinegar sauce. A bowl of steamed green vegetables will complete the meal.

Suggested cut



Quality Mark boneless leg of lamb (see tips)

The following cut also works well in this recipe.



Quality Mark lamb shoulder

Tips & tricks

- + Basting the lamb will keep it moist during roasting.
- + Ask your butcher to leave the lamb shank intact when boning out the leg of lamb. It makes for a great presentation of the lamb once roasted.
- + Lamb, leeks, potatoes and rosemary are a wonderful combination of flavours. The hint of garlic is magic.

Classic Kiwi 'Lamb & Three Veg'

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 10-12 MINS

When cooked quickly lamb loin chops develop a delicious caramelised crust and have a pink juicy centre. Paired with buttery parsnips and carrots, chunky kumara and a side of peas, you have yourself a kiwi classic, dinnertime favourite.

Lamb

4-6 Quality Mark lamb loin chops
a few thyme leaves for sprinkling

Buttery parsnips and carrots

2-3 parsnips, peeled and trimmed
2-3 carrots, peeled and trimmed
50g butter
½ cup homemade fresh white breadcrumbs
2 teaspoons roughly chopped thyme leaves

To serve

Cooked green garden peas

Buttery parsnips and carrots:

Cut the parsnips and carrots into even-sized pieces, cutting them on the diagonal. Place in a saucepan, cover with cold water and lightly salt. Bring up to the boil and cook until just tender. Drain and dry off over the heat. Melt the butter in a large frying pan, add the parsnips and carrots and cook for 5 minutes, tossing the pan to brown evenly. After 5 minutes add the breadcrumbs and cook until they begin to brown. Season and add the thyme.

Lamb: Heat a large frying pan over medium-high heat. Grind some freshly ground black pepper over the lamb chops. Place lamb chops in the pan, cooking the fat-side first to release fat and flavours. Cook lamb chops for 10-12 minutes, turning once. Remove from the pan to a board or warmed plate and season with salt.

To serve: Serve loin chops on the board with a scattering of thyme leaves. Place the buttery parsnips and carrots in a warmed serving bowl. Pass a bowl of cooked green garden peas. Chunky roasted kumara wedges and aioli are great here too. Everyone dig in.

Suggested cut



Quality Mark lamb loin chops

The following cut also works well in this recipe.



Quality Mark lamb cutlets

Tips & tricks

- + Bring lamb loin chops to room temperature before cooking.
- + **Pan sauce:** You can make a pan sauce using ½ cup red wine, 1 cup beef stock, 25g cubed cold butter. Pour the red wine in the hot frying pan and reduce by half. Add the beef stock and reduce by half again. Add the butter and swirl until glossy. Season and strain into a warmed jug.
- + Process one-day old white bread into rustic breadcrumbs rather than fine breadcrumbs to give more crunch to the dish.



NUTRITION TIP

Lamb loin chops are an excellent source of zinc which is needed for memory, learning and attention.



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TERMS AND CONDITIONS:

Entries must be received by 1 August 2018.

Beef + Lamb New Zealand Inc will make the final decision on the winners. 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.

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BEEF + LAMB

NEW ZEALAND

Recipes by Kathy Paterson
Photography by Tam West

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

recipes.co.nz



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