

Simple Tips to Make Your

# MEAT

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With rising food prices, we're all looking for ways to save on the weekly shopping bill. There are many simple ways to save money and enjoy healthy food at low prices.

This leaflet shows how smarter shopping and good cooking help lean beef and lamb remain part of a healthy, balanced and affordable diet for your family.

Enjoy.



*Allyson Gofton*

# Shopping

Shop wisely and save money. Follow these tips in the supermarket or your local butcher's shop:

- **Look out for specials** and use catalogues, coupons and discount cards.
- **Plan meals for the week** and write a shopping list. It will stop you buying unnecessary extras.
- If you have a freezer, **buy more than you need and freeze the extra in smaller portions.** A large pack of meat on special, split into smaller amounts, will be cheaper than buying lots of smaller packs.
- **Butchers are there to help you.** Ask their advice on which meat is best for your recipe.
- **Mince, chops, chuck, schnitzel, topside steaks and casserole meat offer value for money,** ideal for family meals.
- **Beans, such as baked beans, lentils, rice and pasta** are cheap and **help make a dish go further.** Add a can of baked beans to the Mince and Pasta Bake recipe overleaf or a can of kidney beans to a Shepherd's pie and you'll feed an extra mouth or two.
- **Buy fruit and vegetables in season** – they are much cheaper and tastier. Frozen and canned fruit and vegetables are also economical.
- **Try making your own** instead of buying ready-made, eg pizza, pasta sauce. This way the kids can help too and you can choose the ingredients you want.



# Cooking

Cooking your own meals is very cost effective, and using cheaper cuts of meat doesn't mean you sacrifice taste or quality. Choosing the best cooking method is key to getting the most out of your meat. Below are the most suitable ways to cook different beef and lamb cuts. For more information, please refer to 'Today's Lamb Cuts' and 'Today's Beef Cuts' brochures, which can be ordered by calling freephone 0800 733 466, or visit [www.beeflambnz.co.nz](http://www.beeflambnz.co.nz)

## Moist Heat Cooking Methods

Moist heat cooking methods are best suited to cheaper cuts of beef and lamb.

Suitable cuts: Blade, chuck, skirt, topside, fresh silverside, oxtail, shanks, neck chops, shoulder chops, mince.

- **Slow cooking, Braising or Casserole cooking**

Cut meat into cubes and brown in a frying pan over a high heat. Transfer to a casserole dish. Repeat with seasonal vegetables. Remove excess fat from pan and add stock or liquid, stir well then pour over meat and vegetables. Liquid should almost cover meat. Cover dish tightly and cook in a preheated oven or slow cooker according to the recipe.

- **Simmering**

Weigh meat to calculate cooking time. Bring a large pot of water almost to simmering, place meat in pot. Add vegetables and flavourings, eg herbs and spices. Bring to a simmer but do not boil, reduce heat to low. Skim and discard any fat from surface of liquid often. Cover and cook gently until tender.

## Cooking times for simmering

<b>Fresh meat:</b>	30-40 mins per 500g
<b>Corned meat:</b>	45-60 mins per 500g

## Dry Heat Cooking Methods

Suitable cuts: fillet, rump, sirloin, scotch, mince, schnitzel, leg steaks.

- **Grilling or barbecuing**

Brush meat with a little oil and season or marinate. Preheat grill or barbecue and cook to preferred degree of doneness.

- **Shallow frying or stir-frying**

Heat a little oil in a frying pan on medium to high heat. Add meat and cook quickly to preferred degree of doneness, turning once, until browned. Rest for 1 minute per 100g of meat before serving.

- **Roasting**

Remove meat from refrigerator about 30 minutes before cooking and weigh to calculate cooking time using table below. Preheat oven to 160-180°C. Place meat on a rack in a roasting dish and cook for calculated time, basting occasionally. When cooked, remove from oven and cover meat with foil. Rest in a warm place for 10-20 minutes before carving.

## Cooking times for roasting

Degree of cooking	Minutes per 500g	Internal temperature of cooked meat
Rare	20-25	50°C
Medium	25-30	65°C
Well done	30-35	75°C

# Leftovers

Make the most of leftovers. They make great, unexpected, extra meals. Try these ideas for using them up:

- **Use leftover roast lamb or beef** by cutting up for sandwiches, filled rolls, soups, pies, stews, risottos, wraps or on top of pizzas. **These iron-rich meals can supply up to a third of your child's daily iron needs.**
- **Extend leftover stir-fry meat** by wrapping it in filo, adding it to an omelette or toasted sandwich, combining with pasta or rice, or encasing it in a tortilla or wrap.
- **Casserole leftovers** can be put in a dish with a mashed potato or kumara topping and baked in the oven, or re-heated and enjoyed with rice or pasta.
- **Use leftover mince** on a baked potato, in a wrap, in a toasted sandwich, on mini pizzas, in tacos, in burgers, with pasta or rice or as meatballs. **One cup of lean beef mince provides as much iron as two whole loaves of wholemeal bread or four cans of baked beans, and it's cheaper too!**
- **Put cooked meat into the fridge within an hour**, covered in plastic wrap or stored in an airtight container. Use within 3 days. Alternatively, freeze leftovers in airtight containers and eat within 1-2 months.
- **Adding rice to leftover meat** is an inexpensive and tasty way of bulking out leftovers. Simply cut up strips of leftover beef or lamb and add to a packet of cooked fried rice (available in the rice section of the supermarket), for a delicious and quick meal.

# Mince and Pasta Bake

## Ingredients - Serves 4-6

- 500g lean beef or lamb mince
- 1 onion, peeled and chopped
- 1 tsp minced garlic
- 3 stalks celery, finely chopped
- 1 tsp each dried basil and oregano
- 400g can peeled tomatoes in juice
- ¼ cup liquid beef stock
- 4-6 cups of your favourite cooked pasta shapes

## Topping

- ¾ cup grated cheese

## Method

Cook onion in a little oil in a frying pan on low heat for 5 minutes. Add garlic and cook for 1 minute. Set aside. Add mince and cook until brown. Return the onion to the pan with the celery and dried herbs, tomatoes in their juice and beef stock. Cover and simmer gently for about 30 minutes, stirring occasionally.

Pour the mince into a baking dish and mix in cooked pasta. Cover with grated cheese. Bake at 190°C for about 30 minutes until well-coloured on top.

## TIP

For an extra meal, cook a little extra mince and add a can of baked beans.



# Beef or Lamb Stir-fry

## Ingredients - Serves 4

- 500g lean beef schnitzel or lamb leg steaks
- 2 Tbsp soy sauce
- 1 onion, peeled and sliced
- 2 stalks celery, thinly sliced
- 3 tsp minced garlic
- 150g mushrooms, sliced
- 100g snowpeas or green beans, finely sliced
- 1-2 Tbsp black bean and garlic sauce, or hoisin or oyster sauce

## Method

Cut meat across the grain into thin strips. Mix with 1 Tbsp soy sauce and a seasoning of pepper. Cover and set aside for 5-10 minutes.

Heat a dash of oil in a large wok or frying pan. Over a high heat, stir-fry the meat in two or three batches until just browned. Remove the beef as it browns. Do not overcook.

Reduce heat, stir-fry the onion for a few minutes then add the celery, garlic, mushrooms, snowpeas and meat with remaining soy sauce and black bean and garlic sauce. Stir or toss well until very hot. Serve immediately with rice or noodles.



### TIP

Use leftovers in an omelette or combine with pasta or rice.

# Golden Syrup Pot Roast Bolar

## Ingredients - Serves 6-8

- 1 – 1.5kg piece of beef bolar, topside or rump
- 2 Tbsp oil
- 1 carrot, peeled and chopped
- 1 onion, peeled and sliced
- 2 stalks celery, trimmed and chopped
- 1 apple, cored and diced
- 1 Tbsp chopped fresh thyme
- 1 Tbsp chopped parsley
- 2-3 Tbsp golden syrup
- 1 cup liquid beef stock
- 1 cup water

## Method

Heat the oil in a frying pan, seal the beef bolar, topside or rump on all sides until well browned. Place vegetables and apple in the base of a deep oven-proof dish and sit the bolar on top. Season well with pepper, sprinkle over herbs and drizzle over golden syrup. Cover with a tight-fitting lid and place in a preheated 140°C oven for 30 minutes per 500g.

When cooked, remove meat from the dish. Strain cooking juices into a saucepan and add beef stock and water. Simmer until reduced by half. Remove from the heat. Serve the bolar sliced with vegetables.

## TIP

Try this recipe in a slow cooker. Use only 1 cup of liquid & cook on low for 6-8 hours.



# A Lot for a Little

- A lamb leg steak or two loin chops gives us the same amount of iron as a grilled chicken breast, but at half the price.
- Need a quick energy boost? For less than a dollar, a slice of chopped lamb's fry added to a cup of mince doubles the iron content.
- A family of four will obtain 3mg of iron for under \$1.50 each from a 500g pack of lean beef mince. This is a quarter of the daily iron needed by growing teenage boys and a fifth for teenage girls.
- The protein in a sirloin steak costs the same as the protein in a can of tuna, gram for gram. Protein helps us feel full for longer, which is good for weight control.
- One slice of corned silverside gives our children four times the amount of infection-fighting zinc as 4-5 slices of bread, for less than half the price.
- One serving of lamb can give us half the vitamin D we need each day; beef about a quarter. A tasty alternative to popping pills.



For more information and recipes, contact  
**Beef and Lamb New Zealand**  
Freephone **0800 733 466** Website **[www.recipes.co.nz](http://www.recipes.co.nz)**