

free

Be inspired with beef and lamb

meat

Issue 12 Winter

8

HEARTY
RECIPES

Winter classics

COMFORTING
MEALS FOR THE
WHOLE FAMILY

Slow Cooked
PULLED LAMB

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Feature Cut – Lamb Shanks

Lamb shanks are a popular ingredient on winter menus due to their fabulous texture and rich flavour. Easy to prepare, they simply need slow, gentle cooking to release their full potential.

THE CUT Shanks are from the bottom section of the leg just below the lower leg joint. They can be 'French trimmed' which is where a small piece of meat is removed from the bone to make the shank look more appealing.

HOW TO COOK Being a full flavoured cut, lamb shanks can take strong flavours such as a curry based spices, fiery flavours of chilli, strong leafy herbs such as coriander and basil and of course, an old favourite, red wine jus.

Remove the lamb shanks from the refrigerator 30 minutes before cooking to bring to room temperature which results in even cooking. To get the best out of the shanks make sure to sear them first in a very hot pan until they are brown all over, which intensifies the flavour of the final dish. Slowly cook the shanks in a casserole dish with your choice of vegetables, herbs and stock in the oven or slow cooker until they're meltingly tender.

In this issue of mEAT Magazine we've included a warming, flavourful dish - Moroccan Lamb Shanks (page 9). This dish is full of flavour and will leave you feeling satisfied on a cold, winter's night.



NEW ZEALAND BEEF AND LAMB: NATURE'S POWER PACK

Quality ingredients are a vital part of any recipe and when it comes to selecting the very best quality beef and lamb, you need look no further than the New Zealand Beef and Lamb Quality Mark.

Established in 1997, the Quality Mark is your assurance the beef and lamb you buy is New Zealand grown, consistently lean and tender. Only beef and lamb that has met the highest quality standards in tenderness, food safety and animal welfare can hold the Quality Mark.

The recipes in this issue of mEAT Magazine all use lean Quality Mark New Zealand beef and lamb, which are good sources of iron, zinc, vitamin B₁₂ and quality protein, making them wholesome choices to nourish you and your family.

Many Quality Mark cuts also carry Heart Foundation's Two Ticks, meaning the lean cuts have less than 4% saturated fat and are a core food as part of a healthy diet.

To be confident you're buying the very best New Zealand has to offer, look for the New Zealand Beef and Lamb Quality Mark. If it makes the cut, it earns the Mark. Why would you choose anything less?



**Tough Standards.
Tender Results.**



4



6



7



8



10



12



13



14

\$3.58
PER SERVE



Lasagne

SERVES **8-10** PREPARATION TIME **45 MINS** COOKING TIME **45 MINUTES + RESTING**

I believe some things in life are worth taking a little time over, and lasagne is definitely one of them. It's one of the world's most beloved meals, and for good reason; it's tasty, rich, comforting soul food. This recipe makes a huge lasagne, so it's great for a crowd – or make two smaller ones and freeze one.

1kg Quality Mark beef mince
2 onions, finely chopped
5 cloves garlic, crushed
1 large carrot, grated
2 sticks celery, finely chopped
½ cup tomato paste
2 cups Campbell's Real Stock - Beef
1 cup red or white wine (or use stock)
2 x 400g cans chopped tomatoes
2 tablespoons dried oregano
1 tablespoon brown sugar
2 anchovies, very finely chopped (optional)
2 tablespoons balsamic vinegar
2 cups spinach, chopped
400g packet of lasagne sheets

Cheese sauce

100g butter
½ cup flour
3½ cups milk, warmed
1 cup cheddar cheese, grated plus extra for topping
1 tablespoon Dijon mustard



"This recipe is perfect for entertaining: friends and family will love it! The best part is there's always leftovers the next day."

Sarah Walker

Preheat the oven to 180°C conventional bake.

Mince: In your largest frying pan, heat a little oil over a high heat. When the pan is hot, add half the mince, breaking up the big lumps quickly with a wooden spoon. Leave the mince to sizzle until the underside is browned, then stir and brown the other side. Set aside and repeat with the remaining mince.

Discard any excess fat from the pan, replace over a medium heat and add a dash of oil. Add the onions, garlic, carrot and celery, and cook, stirring for about 10 minutes until soft. Add the mince back into the pan with the tomato paste, stock, wine, tomatoes, oregano, sugar, anchovies (if using), and balsamic vinegar. Simmer gently for 25-30 minutes or until reduced to a thick sauce. Add the spinach with 5 minutes to go. Season to taste.

Cheese sauce: Melt butter in a large saucepan over a medium-low heat. Add flour and cook, stirring, for 3-5 minutes (don't let it brown). Remove from heat and slowly add all the warmed milk in a thin stream, whisking all the time, until smooth. Return to heat and cook, stirring, until thickened. Add the cheese and mustard, stirring until smooth. Season to taste and remove from heat.

To assemble: Grease your largest baking dish (or two small). Add a layer of lasagne sheets to the bottom and spread over a third of the meat sauce followed by a third of the cheese sauce. Repeat until ingredients are used up, finishing with a layer of white sauce. Sprinkle with extra cheese.

Cover with tinfoil with a couple of steam holes, and bake for 35 minutes. Remove the foil and cook a further 10 minutes or until the top is golden brown and bubbling (you can grill it at the end to help it along). Transfer to a wooden board and rest for at least 10 minutes before you cut and serve it.

Serve with a fresh crunchy salad and tangy vinaigrette (see tips).

Suggested cuts

The following cuts work well in this recipe.



Beef or lamb mince

Tips & tricks

- + Browning mince first is an important step you shouldn't skip. Not only does it allow you to drain the fat off, browning is where most of the flavour comes from.
- + Beef and lamb mince is a fantastic, affordable way to provide your family with a healthy boost of iron, zinc and protein.
- + The leanest grade of beef mince is premium and carries the Heart Foundation's Two Ticks, identifying it as a core food as part of a healthy diet with less than 4% saturated fat.
- + Always defrost mince in the fridge - only use the microwave if you plan to cook it immediately.
- + To make life easier, you can use a food processor to chop the onion, garlic, celery and carrot to a fine mince before frying.
- + To make a simple vinaigrette, whisk ¼ cup extra virgin olive oil with 2 tablespoons red or white wine vinegar, 1 teaspoon Dijon mustard, 1 tablespoon chopped fresh herbs and salt and pepper.

Suggested cuts

The following cuts work well in this recipe.



Beef schnitzel



Lamb schnitzel

Tips & tricks

- + For tender results, be careful not to overcook the meat. As soon as both sides are golden brown, remove from the pan and allow to rest.
- + Ensure the oil is hot before adding the meat otherwise the meat will be cooked before the crumb is crispy.
- + 'Neutral oil' is oil that doesn't carry a strong flavour - I recommend grape seed oil, rice bran oil or light olive oil for this.
- + If you can't find panko crumbs, normal breadcrumbs will do - or make your own by processing bread in a processor.
- + You may want to trim your schnitzels to half the size to make cooking easier.
- + Among the many lean cuts that carry the Heart Foundation Two Ticks, beef and lamb schnitzels have less than 4% saturated fat and are a core food as part of a healthy diet.

Crumbed Beef Schnitzel with Creamy Cheese Sauce

SERVES 4-5 PREPARATION TIME 10 MINS + 20 MINS TO SET COOKING TIME 20 MINS

Beef

500g Quality Mark beef schnitzel
¼ cup neutral oil
½ cup flour
2 eggs, lightly beaten with 2 tablespoons milk
2 cups panko crumbs
1 tablespoon dried thyme or 2 tablespoons fresh thyme leaves

Creamy cheese sauce

50g butter
2 tablespoons flour
2 cloves garlic, crushed
1 cup milk
1 cup cheddar cheese, grated
2 teaspoons Dijon mustard

To serve

¼ cup chopped chives
Lemon wedges

Preheat the oven to 50°C conventional bake.

Beef: Place the flour, eggs and panko crumbs into separate bowls. Add the thyme to the panko crumbs and mix to combine. Season the schnitzels. Coat each one in flour, dip in the egg mixture and then coat with the panko crumb. Repeat with the other schnitzels. Cover and refrigerate for 20 minutes to help the egg set.

Heat 1 cm of oil in a large frying pan over a high heat. When the oil is hot, add the schnitzels a couple at a time and cook until golden brown. Turn and cook the other side. Transfer to a plate lined with paper towels and keep warm in the oven until serving.

Creamy cheese sauce: Melt the butter in a small saucepan over a medium-low heat. Add the flour and garlic and cook, stirring for a few minutes until pale and frothy (not brown). Remove from the heat and slowly pour in the milk, whisking all the time to avoid lumps. Replace over a medium heat and simmer, stirring for 5 minutes or until thickened. Add the cheese and mustard and simmer for a few minutes until melted and smooth. Season to taste and keep warm.

To serve: Drizzle the schnitzels with the sauce, sprinkle with chives and add a squeeze of lemon, and serve with your choice of steamed seasonal vegetables or salad.



\$6.12
PER SERVE



Beef & Potato-Top Bake

SERVES 4-5 PREPARATION TIME 20 MINS COOKING TIME 2½ HOURS

Filling

800g - 1kg Quality Mark gravy
beef, trimmed and cut into 6cm
chunks
2 cups red wine (or use additional
stock)
1 onion, chopped
4 cloves garlic, crushed
1 leek, finely chopped
400g button mushrooms, sliced
1 cup Campbell's Real Stock -
Beef
½ cup tomato paste
1 tablespoon Dijon mustard
2 bay leaves
1½ tablespoons cornflour mixed
with 2 tablespoons water

Crunchy potato topping

1kg mashing potatoes, peeled and
chopped
50g butter
½ cup grated cheese
½ cup breadcrumbs

Preheat the oven to 140°C conventional bake.

Filling: Heat a little oil in a large pan over a high heat. Add the beef in batches and brown all over, then transfer to a casserole dish. Add the red wine to the pan; let it bubble rapidly for 30 seconds and pour over the meat.

Return the pan to a medium heat and add a dash more oil with the onion, garlic and leek and cook, stirring for 5 minutes. Add the mushrooms and cook for another 5 minutes. Add the stock, tomato paste, mustard, bay leaves and cornflour mixture. Stir to combine then pour over the meat in the casserole dish and stir. Cover and bake in the oven for 2½ - 3 hours. Cool while your prepare the potatoes (remove the bay leaves).

Increase the oven temperature to 200°C conventional.

Crunchy potato topping: Place the potatoes in a large pot of cold water. Bring to a simmer and cook for 15-20 minutes or until tender. Drain and replace over a low heat for a minute to remove excess moisture. Mash briefly.

Stir the butter through and season to taste. Arrange spoonfuls on top of the meat mixture to cover. Toss the breadcrumbs in a dash of oil and scatter over the potato with the cheese. Bake in the oven for 15 minutes until golden on top (you can grill for the last few minutes).

Serve with seasonal vegetables.

Tips & tricks

- + Don't cut the meat up too small or it will dry out. The tender meat will shred apart later into smaller pieces.
- + This dish can be made in the slow cooker for around 8 hours on low or 5-6 hours on high. Reduce the amount of wine (or stock) to 1 cup.
- + The cooked filling can be frozen for up to a month.
- + A serving of lean beef provides up to a third of a woman's iron requirements - important for energy levels.

Suggested cuts

The following cuts work well in this recipe.



Gravy beef



Chuck steak



Beef shin (remove bones before adding potato top)

Moroccan Lamb Shanks

SERVES 4-5 PREPARATION TIME 20 MINS COOKING TIME 4 HOURS

Lamb shanks are a beloved Kiwi classic, and it's not hard to see why. Although the shank is one of the least tender parts of the lamb (meaning it has excellent flavour), when it's slow cooked, it falls off the bone. I've put a Moroccan twist on this recipe – the lovely hum of all those delicious aromatic spices will warm you up on even the chilliest of evenings.

Lamb

4 Quality Mark lamb shanks
2 onions, chopped
5 cloves garlic, crushed
1 tablespoon fresh ginger, finely grated
1 tablespoon each ground coriander, turmeric and cumin
1 teaspoon each white pepper and mixed spice
2 cups Campbell's Real Stock – Beef
½ cup tomato paste
1 x 400g can chopped tomatoes
¾ cup unsweetened yoghurt
1 carrot, finely chopped or grated
Zest of 1 lemon
1 cup dried apricots

Couscous

1½ cups couscous
½ cup flaked almonds
½ cup fresh coriander or parsley, roughly chopped



"Nothing beats a hearty dish like this on a cold winter's night. The lamb is so tender and just falls off the bone - delicious!"

Sophie Pascoe

Preheat oven to 140°C conventional bake.

Lamb: Bring lamb out of the fridge an hour before cooking. Cut through the tendon that connects the meat to the bone at the bottom of the shank – this will allow the meat to bunch up nicely. Brush the shanks with oil and season.

Heat a little oil in a large frying pan over a high heat. Sear the shanks, two at a time, to brown all over. Set aside in a large casserole dish with a lid.

Reduce the heat to medium, add a little more oil to the pan along with the onion and cook, stirring for 5 minutes to soften. Add the garlic, ginger, spices and pepper and cook for another 2 minutes. Continue stirring so the spices don't stick and burn. Turn up the heat, add the stock and tomato paste, bring to a rapid simmer and scrape up any bits of caramelised meat stuck to the bottom. Add the tomatoes, yoghurt, carrot, lemon zest and stir. Pour over the shanks, cover and cook in the oven for 3½ – 4 hours. Add the apricots with 1 hour to go.

Remove from the oven and gently remove the shanks from the sauce (careful as they will be very delicate) and set aside covered in foil. If the sauce needs thickening, transfer to a saucepan, add ¼ cup water mixed with 2 teaspoons cornflour and simmer for 5-10 minutes until thickened.

Couscous: Cook according to packet directions. Just before serving, stir through half the almonds and herbs.

To serve: Spoon some couscous on serving plates, top with a shank, ladle on sauce and sprinkle with remaining almonds and herbs – and a dash of extra yoghurt if you like.

Suggested cuts

The following cuts work well in this recipe.



Lamb shanks



Lamb shoulder chops



Diced lamb shoulder

Tips & tricks

- + Browning creates the great depth of flavour you get once lamb shanks are cooked.
- + This recipe can be made in the slow cooker for around 8 hours on low or 6 hours on high. If the sauce isn't thick enough at the end, simmer it rapidly in a saucepan to reduce it.
- + Add a pinch of chilli or cayenne pepper if you like a little heat.
- + Beef and lamb are rich in iron, zinc and vitamin B₁₂ helping your immune system fight off winter ails.

\$5.11
PER SERVE



\$5.72
PER SERVE



Hearty Lamb & Rosemary Pie

SERVES 5-6 PREPARATION TIME 15 MINS COOKING TIME 4 HOURS

Is there anything more comforting on a chilly winter evening than a big hearty meat pie? This one ticks all the boxes for me; incredibly tasty, loaded with veges and using one of the most delicious cuts of lamb, the shoulder. All bundled up in a puff pastry shell, it's as equally good for a mid-week feast or when you're entertaining.

Lamb

800g Quality Mark diced lamb shoulder
25g butter
1 onion, finely chopped
2 sticks celery, chopped
1 red capsicum, chopped
2 medium orange kumara, peeled and diced
4 cloves garlic, chopped roughly
3 tablespoons fresh rosemary, chopped
2 cups Campbell's Real Stock - Beef
½ cup tomato paste
Zest of 1 lemon plus 1 tablespoon juice
2 anchovies, chopped (optional)
2 cups chopped spinach
3 teaspoons cornflour mixed with 2 tablespoons water

To assemble

4-5 pre-rolled pastry sheets (or 2x 400g blocks)
1 egg beaten with 1 tablespoon milk

Preheat the oven to 140°C conventional bake.

Lamb: Cut the lamb shoulder into large 5-6cm chunks.

Heat a little oil in a large frying pan over a high heat. When hot, season the lamb with salt and pepper, then fry in 2-3 batches until browned all over. Transfer to a casserole dish.

Reduce the heat to medium, add the butter and a splash of oil along with the onion, celery, capsicum and kumara. Cook, stirring for about 10 minutes until everything is soft and starting to caramelise. Add the garlic and rosemary and cook for another couple of minutes.

Add the stock, tomato paste, lemon juice and zest and anchovies (if using) and stir to combine. Pour over the lamb and mix gently to combine. Cover the dish with a lid (or 2 layers of tinfoil) and bake in the oven for 3½ - 4 hours or. Remove from the oven and let cool slightly. Stir through the spinach and cornflour mixture. Taste and season as required.

Increase the oven temperature to 200°C fan bake (220°C conventional).

To assemble: Line 4-6 greased small pie dishes (or one large dish) with pastry. Add the filling, brush the bottom pastry edges with some of the egg, cover with a pastry lid and press to seal. Brush the top with egg wash and cut a couple of air holes. Bake in the lower half of the oven for 20-30 minutes, or until the pastry is dark golden brown and cooked through.

Serve with a salad and tomato relish or chutney.

Suggested cuts

The following cuts work well in this recipe.



Diced lamb shoulder



Lamb shoulder chops (use 1kg)



Lamb neck chops (use 1kg)

Tips & tricks

- + Make sure the pan is nice and hot when you sear the meat, and don't overcrowd the pan or it will stew rather than sear.
- + You can make the filling in advance and keep it in the fridge for a few days until you need it.
- + You can make this dish in a slow cooker, on low for 8 hours or high for 6 hours. If the sauce needs thickening at the end of cooking, simmer in a saucepan with 2 tsp of cornflour with ¼ cup water.
- + Do you know New Zealand beef and lamb contains omega-3 which is important for heart, brain and eye health?



\$2.88
PER SERVE



Suggested cuts

The following cuts work well in this recipe.



Beef or lamb mince

Tips & tricks

- + Browning the meatballs first is important as it adds to the flavour of the dish.
- + Be careful when frying the meatballs as they can fall apart if you're not gentle.
- + When you stir the sauce through the pasta, add 2 tablespoons of reserved pasta cooking water at the same time to help the sauce stick to the pasta.
- + Kids love mince, and it loves them too - providing a protein boost for growth.

The Best Spaghetti & Meatballs

SERVES 4-5 PREPARATION TIME 30 MINS COOKING TIME 10 MINS + 20 MINS TO SET

Meatballs

500g Quality Mark beef mince
½ cup breadcrumbs
½ cup onion, finely chopped
3 cloves garlic, crushed
1 egg, lightly beaten
2 tablespoons parsley, finely chopped
1 tablespoon fresh thyme leaves, finely chopped
2 tablespoons tomato paste
1 tablespoon oil

Sauce

¾ cup red wine (or use stock)
1½ cups Campbell's Real Stock – Beef
½ cup tomato paste
400g can chopped tomatoes in juice
1 tablespoon dried oregano
1 tablespoon balsamic vinegar
2 teaspoons brown sugar

To serve

Cooked spaghetti
Fresh basil
Grated cheese

Meatballs: Add the mince to a large bowl with the breadcrumbs, onion, garlic, egg, herbs, tomato paste, oil and season. Mix gently to combine using clean hands. Shape the mixture into balls slightly bigger than a golf ball. Cover and refrigerate for 20 minutes to set.

Heat a little oil over a medium-high heat in a large frying pan and brown the meatballs all over (do this in batches). Once browned, remove carefully with tongs and set aside on a plate.

Sauce: Drain any oil from the pan and return it over a high heat. Add the wine (or stock) and let it bubble for 30 seconds, scraping the pan with a wooden spoon to incorporate all those crunchy caramelised meat juices from the meatballs. Add the stock, tomato paste, tomatoes, oregano, balsamic vinegar and sugar. Stir.

Add the meatballs back to the pan and simmer uncovered for 15-20 minutes, or until the sauce has thickened to a pasta sauce consistency (turn the meatballs over once). Taste and season as required.

To serve: Toss the sauce through the just-cooked drained spaghetti in the spaghetti cooking pot. Add to serving bowls, top with meatballs and sprinkle with cheese and basil.

Greek Lamb Sausage Rolls

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 40 MINS

Filling

500g Quality Mark lamb mince
1 large onion, finely chopped
4 cloves garlic, crushed
1 marinated roasted red capsicum, chopped
2 cups chopped spinach
1½ tablespoons dried oregano
2 teaspoons ground cumin
1 teaspoon paprika
Zest and juice of 1 lemon
⅓ cup uncooked couscous
1 tablespoon tomato paste
½ cup feta, crumbled
1 egg, lightly beaten
Pinch of chilli flakes (optional)

To assemble

300g pre-rolled pastry sheets (3x sheets)
1 egg beaten with 1 tablespoon milk
2 tablespoons sesame or poppy seeds

Preheat oven to 170°C fan bake (190°C conventional) and line a tray with baking paper.

Filling: Heat a little oil in a frying pan over a medium heat, add the onion and cook for 5 minutes until soft. Add the garlic, capsicum, spinach, oregano, cumin, paprika, lemon zest and juice, and cook for another few minutes, or until most of the moisture has evaporated.

Cool slightly then add to a mixing bowl with the lamb mince, couscous, tomato paste, feta, egg and chilli (if using) and season. Mix gently with clean hands until just combined.

To assemble: Arrange one third of the mince filling in a neat log down the middle lengthways of one of the pre-rolled pastry sheets. Fold up both sides of the pastry snugly to meet on top, trim with 2cm overlap, and brush egg wash on both parts where the pastry joins up. Press to seal. Cut the rolls into thirds or quarters with a sharp knife and place seam-side down on the baking tray, a few centimetres apart. Repeat with remaining pastry and mince. Brush the rolls all over with the egg wash, and prick the tops a few times with a fork to let the steam escape during cooking. Sprinkle with seeds. Bake in the lower half of the oven for 40 minutes until the pastry is dark golden brown and puffy.

Serve with salad and a dollop of tomato relish.

Suggested cuts

The following cuts work well in this recipe.



Lamb or beef mince

Tips & tricks

- + Once you have rolled and cut the sausage rolls, you can keep in the fridge for a couple of hours before baking – you can even freeze them for up to a month. Just make sure they are sealed tightly to avoid freezer-burn. Defrost in the fridge before baking.
- + You can find marinated red capsicums (peppers) in the pickle section. If not, you can chop and fry a fresh one.
- + If you don't have couscous, you can use ½ cup of dried breadcrumbs instead.
- + Cooking the onions on a medium heat for a while allows the sugars to start to caramelise, water to evaporate and lovely flavour to develop. If it's too hot, the onions will burn.
- + If you have time try rolling out pastry blocks for the sausage rolls (rather than pre-rolled sheets). It gives you a puffier result and seems to stick to the filling better.
- + Enjoy lean beef and lamb 3-4 times per week with plenty of vegetables as part of a healthy lifestyle.



\$5.28
PER SERVE



Slow Cooked Pulled Lamb

SERVES 6 PREPARATION TIME 20 MINS COOKING TIME 5 1/2 HOURS

I'm not sure how many of you have ever slow-cooked a lamb shoulder before, but I have to say done properly, I think it's one of the most sensational meals you could ever eat. The shoulder has an incredible flavour, and cooking it on a low heat for a long time gives you ridiculously tender meat that literally falls off the bone. Smothered in a rich gravy from the cooking juices, you'll be in heaven with this meal. And the best part is it's dead simple to make. My kind of recipe.

1- 1.5kg Quality Mark lamb shoulder, bone-in
25g butter
4 large onions, quartered
1 whole bulb garlic, cloves peeled
1 cup white wine
1 cup Campbell's Real Stock - Chicken
4 stalks fresh rosemary
3 bay leaves
Zest of 1 lemon
1 tablespoon Dijon or wholegrain mustard
2 anchovies, finely chopped
1 tablespoon cumin seeds
3 teaspoons cornflour mixed with 1/4 cup water
Fresh chopped herbs, to garnish

Preheat the oven to 140°C conventional bake.

Heat a little oil in a large frying pan over a high heat. Add the lamb, skin side down, and cook until browned. Turn over and cook the other side until browned, then set aside on a plate. Drain excess fat from the pan.

Reduce the heat to medium-high, add the butter to the same pan and cook the onions for a few minutes until golden. Add the garlic cloves and cook for another few minutes. Add the wine, turn up the heat and let it bubble rapidly for a minute (scrape up any caramelised meat juices stuck to the bottom). Add the stock, rosemary stalks, bay leaves and lemon zest. Stir and carefully pour everything into your largest roasting dish.

Add the lamb to the dish, skin-side up. Spread the mustard and anchovies over top and drizzle with olive oil. Sprinkle with the cumin seeds and season.

Cover the dish tightly with tinfoil and bake in the oven for 5 hours or until falling off the bone. Baste the lamb a couple of times whilst cooking. Remove the tinfoil, turn up the oven to 200°C and cook for another 10-15 minutes until the lamb is browned and crunchy on top.

Transfer the lamb to a warmed plate or platter (you can use a dinner plate to transfer it instead of tongs, as it will be falling apart and very tender) and cover with the foil. Let it rest for 10-15 minutes before serving.

To remove the layer of oil on top of the pan juices, gently lay 6-7 paper towels flat on the surface without pressing down. Wait a few minutes for them to soak through, then discard. Pour the remaining pan juices through a sieve into a clean saucepan. Add the cornflour mixture and boil until reduced to a nice pouring sauce while the lamb rests. Taste and season as required.

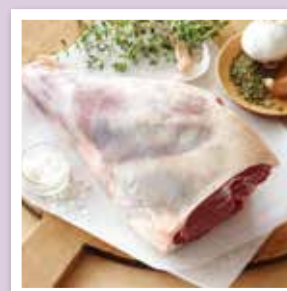
To serve: Pull the lamb into nice big chunks. Serve on mashed potatoes or kumara with seasonal vegetables, pour gravy over and scatter with fresh herbs if you like.

Suggested cuts

The following cuts work well in this recipe.



Lamb shoulder



Lamb leg, bone in

Tips & tricks

- + Take the lamb out of the fridge 1-2 hours before cooking so it doesn't go in the oven cold.
- + Searing the lamb at the start is important, as with long slow cooking, it won't get a nice dark colour in the oven.
- + The skin and fat layer on the top of the lamb is great for adding flavour and conserving moisture - don't trim it off.
- + Although lamb shoulder is one of the least tender cuts of meat, it has great flavour. When slow cooked the result is soft, tender meat.
- + At the end of the cooking process, you'll be able to shred the meat off the bone with tongs or a fork, no need for a knife.
- + Protein-rich lamb reduces hunger and helps you feel full for longer, so perfect if you are watching your weight.



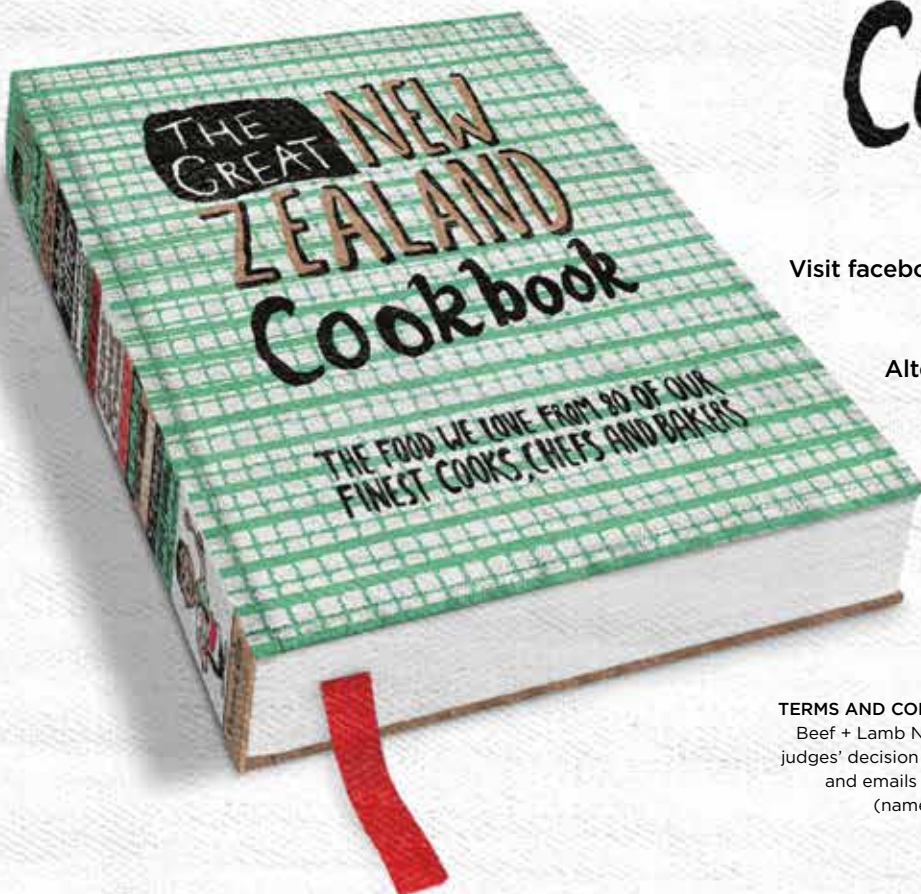
"This dish really has the wow factor. The flavours of the lamb are just beautiful and the way it pulls off the bone - yum!"

Lisa Carrington

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TERMS AND CONDITIONS: Entries must be received by 30 September 2014. Beef + Lamb New Zealand Inc. will make the final decision on 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. For full terms and conditions, see the competition app at facebook.com/newzealandbeefandlamb.

Recipes by Chelsea Winter
Photography Manja Wachsmuth

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