

free

Be inspired with beef and lamb

meat

Issue 09 Spring

8

FAB MEAL
IDEAS

Fresh ideas



**TASTY TAKES
ON PIZZA, PASTA
AND MORE!**

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Feature Cut – Beef Shin

Don't be fooled by its appearance; once slowly cooked this cut transforms to produce some of the most flavoursome and tender dishes you'll ever taste.

THE CUT Beef shin is prepared from the bottom portion of either the front or rear leg. As this cut comes from a working muscle, it contains a high amount of connective tissue. This tissue breaks down when prepared using slow, moist cooking methods such as casseroles and braising. These impart a rich, full bodied flavour and melt in your mouth texture.

HOW TO COOK Most commonly associated with Osso Buco, this cut really shines when slowly cooked with plenty of aromatics. It is perfect as an everyday meal or a weekend dinner when entertaining with family and friends.

Oil the beef shin then brown in a frying pan over a high heat. Transfer the beef shin to a casserole dish or slow cooker and add stock or liquid along with your choice of vegetables. Liquid should almost cover the meat. Cover the dish tightly and cook in a preheated oven or slow cooker according to the recipe.

In this issue of mEAT Magazine we've included a delicious recipe; Beef Shin Ragú with Fresh Pappardelle (page 14). If you're trying shin for the first time, this recipe will win you over – guaranteed!



BEEF + LAMB = NATURE'S POWER PACK

The recipes in this issue of mEAT Magazine 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.

+ IRON for energy

The iron in red meat is well absorbed by the body and needed for healthy blood, giving us energy, as well as playing an important role in brain development of babies.

+ Exclusive VITAMIN B₁₂

Only found in foods of animal origin, it has an important role in contributing to our genetic make-up, healthy blood and a well-functioning nervous system.

+ Healing ZINC

Zinc helps fight infection and to heal wounds, as well as numerous other body functions.

+ Quality PROTEIN

The protein in red meat is the best quality, containing a complete range of amino acids – the building blocks for growth.



When purchasing beef and lamb look for the New Zealand Beef and Lamb Quality Mark to know you're buying the best New Zealand has to offer.

BEEF + LAMB

NEW ZEALAND



Asian Inspired Beef with Greens

SERVES 4-6 PREPARATION TIME 10 MINS COOKING TIME 10 MINS

The best thing about this dish is as well as tasting delicious, it's so quick and easy to prepare. I use reduced salt soy sauce as this amount of standard soy sauce can make it too salty. You can be flexible with the green vegetables – choose whatever is available and in season. Hoisin sauce is available in your supermarket and gives the dish a great flavour.

Beef

- 600g-700g Quality Mark beef rump steak, trimmed and thinly sliced
- 1 teaspoon sesame oil
- 1 red chilli, deseeded, finely chopped
- 3 cloves garlic, crushed
- 2 teaspoons ginger, finely grated
- ¼ cup hoisin sauce
- ¼ cup reduced salt soy sauce
- 2 teaspoons cornflour mixed with ½ cup Campbell's Real Stock – No Added Salt Beef
- 3 cups chopped green vegetables (Asian greens, broccoli, cabbage, spinach, celery etc.)

To serve

- Cooked brown rice
- ½ cup roasted peanuts, roughly chopped
- Fresh coriander
- Extra chopped chillies (optional)

Beef:

Heat a dash of oil in a wok or large frying pan over a high heat. When the pan is very hot, add the beef and sear quickly to brown (do this in two batches to get a nice dark colour and avoid the meat stewing). Set the beef aside.

Reduce the heat to medium, add the sesame oil, chilli, garlic and ginger and stir-fry for a few minutes. Add the hoisin sauce, soy sauce and stock/cornflour mixture and simmer for a few minutes until thickened. Turn the heat to high, add all the vegetables into the pan with the meat and its juices and stir-fry for another few minutes until the vegetables are bright green and just tender.

To serve: Serve immediately on brown rice with a sprinkle of peanuts, coriander and chillies.

Tips & tricks

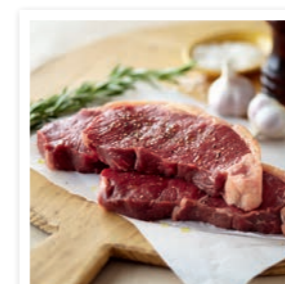
- + Sear the beef in two batches to avoid crowding and stewing in the pan, resulting in juicier beef.
- + Slice meat across the grain for optimum tenderness.
- + Create a leaner dish by trimming all the fat from the beef.
- + You don't need to season the beef before cooking as the soy sauce will add lots of flavour.
- + You can use toasted sesame seeds or cashews in place of peanuts if you prefer.
- + Using brown rice will enhance the fibre content of the meal.
- + For a stir-fry with more of a spicy kick, leave the seeds in the chillies.

Suggested cuts

The following cuts will work well in this recipe.



Beef rump steak



Beef sirloin steak



Beef eye fillet



"I love the fresh flavours in this dish and it's simple to prepare. It's the perfect choice when I have family and friends over."

Sarah Walker

\$5.87
PER SERVE



Lamb Cutlets with Potato Rösti & Fresh Herb Pistou

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 35 MINS

Lamb

1 Quality Mark lamb rack with 8 cutlets

Potato rösti

6-7 medium potatoes, peeled and grated
2 teaspoons rosemary, finely chopped
2 tablespoons butter, melted
¼ cup oil

Pistou

½ cup fresh Parmesan, grated
1 cup fresh basil leaves
½ cup fresh mint leaves
1 clove garlic, crushed
3 anchovy fillets
1 tablespoon red or white wine vinegar (or use lemon juice)
4 tablespoons olive oil



"I still don't think you can beat juicy, tender lamb and this recipe is further proof. It's perfect as an everyday meal, but the fresh herb pistou makes it a little more special. Yum!"

Lisa Carrington

Preheat the oven to 220°C.

Lamb: Trim the fat layer off the lamb rack. Rub the rack with a little oil and season with salt and pepper. Heat a frying pan until hot, then sear the lamb for a few minutes each side to brown (or if you leave the fat layer on, cook this side longer to render out some of the fat and crisp it up nicely). Transfer the lamb to a roasting dish and bake in the oven for 12-16 minutes depending on how you like it done. Remove from the oven, cover loosely with foil and leave to rest for 10-15 minutes before carving across the grain.

Rösti: Squeeze as much liquid out of the grated potato as you can – the more the better. Combine the potato, rosemary and melted butter in a bowl and season with salt and pepper. Press down into 5-6 patties about 2cm thick. Heat oil over a medium-high heat and fry the rösti until golden brown on both sides, about 5-7 minutes.

Transfer to the middle of the oven for 15-20 minutes to finish cooking while the lamb rests.

Pistou: Place all ingredients in a food processor or mortar and pestle and blend (or chop everything very finely). You may need to add more oil if it's too thick. Taste and season if required.

To serve: Slice the lamb rack into 1 or 2 bone cutlets, drizzle with a little pistou and serve with the rösti and a salad or vegetables.

→
Watch our video
on preparing a
lamb rack



Suggested cuts

The following cuts work well in this recipe. See recipes.co.nz for cooking times.



Lamb rack



Lamb rump



Lamb loin chops

Tips & tricks

+ Let the lamb racks come to room temperature. Remove from fridge about half an hour before cooking and pat dry with paper towels before oiling the lamb.

+ This recipe could suit a wide variety of lamb cuts. For quick frying cuts like steaks and loin chops, you don't need to finish them in the oven, pan frying to medium-rare will do. If using lamb rumps, you can use the same cooking method as the rack, but roast for 15-18 minutes.

+ Cutlets are good for little hands to hold on to and provide a good source of protein for growing kids.

+ You can use any soft herbs you have for the pistou – parsley, chives etc.

Lamb, Pumpkin & Cashew Pizza with Lemon Aioli

SERVES 4 PREPARATION TIME 10 MINS COOKING TIME 45 MINS

Pizza

2 Quality Mark lamb rumps
3 cups pumpkin, peeled and cut into 3cm sized pieces
4 Turkish pizza bases
¾ cup tomato relish (or pizza sauce)
1½ cups mozzarella, grated
½ cup fresh Parmesan, grated
1 red onion, sliced into rounds
¾ cup cashew nuts
1 teaspoon whole cumin seeds
8 tablespoons lemon aioli (see recipe in the tips or use store bought)
Fresh herbs to garnish (coriander, parsley, mint, basil)

Preheat the oven to 200°C.

Place the pumpkin in a roasting dish, coat with a dash of oil, season with salt and pepper and roast in the oven for 15-20 minutes until just cooked.

Increase the oven temperature to 250°C fan bake, and preheat the oven tray you'll use for the pizza (this will help the base crisp up).

Heat a dash of oil in a frying pan over a high heat. Season the lamb rumps with salt and pepper and sear quickly in the pan to brown all over. Transfer to a roasting dish and bake in the oven for 15 minutes. Remove from the oven, cover loosely with foil and set aside to rest for 10-15 minutes before slicing across the grain.

While the lamb is resting, brush the edges of the pizza bases with oil and spread them with relish. Top with cooked pumpkin, cheeses, onion and cashews. Sprinkle with cumin seeds. Transfer to the preheated oven tray and bake in the middle of oven for 7-10 minutes until the base is golden brown at the edges.

Slice the lamb and arrange on the cooked pizzas. Drizzle with lemon aioli and garnish with herbs. Serve with a seasonal salad.



\$4.74
PER SERVE

Tips & tricks

+ If using lamb or beef steaks, you don't need to finish them off in the oven. Just fry in the pan over a high heat for about three minutes each side or until cooked to your liking.

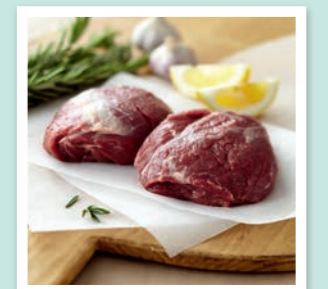
+ If you have any leftover lamb, it's delicious on sandwiches with aioli, lettuce, avocado and cucumber. Or make a hearty winter salad with the warmed lamb, pumpkin, chickpeas, baby spinach, herbs, cashews, aioli and some toasted garlic pita.

+ To reduce the fat content of this dish, substitute some of the cheese with Edam.

Lemon Aioli: Combine 1 egg, the zest of 1 large lemon, 1 clove crushed garlic and 1 teaspoon Dijon mustard in a bowl and whisk vigorously. Very slowly add in 1 cup of oil in a very thin stream while continuing to whisk. After a few minutes, the mixture will start to thicken and you can add the oil slightly faster. Keep whisking until all the oil is incorporated. Add 1-2 tablespoons of lemon juice and season with salt and pepper. This will keep for up to two weeks in the fridge in a sealed container.

Suggested cuts

The following cuts work well in this recipe.



Lamb rump



Beef rump steak

Beef Nachos with Avocado Salsa

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 35 MINS

My husband really loves nachos (he's always requesting them for dinner), so I wanted to create a recipe with a healthy twist that was still delicious. After all, real Mexican food isn't meant to be greasy. Here I've used lovely spices, good quality ingredients and instead of corn chips I've baked some wholemeal wraps. The result is delightful, so much so my husband announced I was a genius. Enjoy!

Nachos

- 500-600g Quality Mark lean beef mince
- 1 onion, finely chopped
- 3 cloves garlic, crushed
- 2 teaspoons mild smoked paprika
- 1 teaspoon ground cumin
- ¼ teaspoon chilli powder (optional)
- 400g can chopped tomatoes
- 400g can red kidney beans, drained
- 2 cups Campbell's Real Stock – No Added Salt Beef
- 1 cup roasted red capsicum, sliced
- 1 teaspoon brown sugar
- 3-4 wholemeal wraps

Salsa

- 1 large ripe avocado, diced
- 1 cucumber, deseeded, diced
- ½ cup fresh coriander, chopped
- Juice of 1 lime

To serve

- Sour cream
- Fresh coriander



"These are not your ordinary nachos. The mince has plenty of delicious spicy flavours and when paired with the crunchy wraps I just can't resist going in for seconds!"

Sophie Pascoe

Preheat the oven to 180°C.

Nachos: Heat a little oil in a large frying pan over a high heat. Fry the mince in two batches to brown, drain off the fat and set the mince aside in a bowl.

Wipe the pan clean, reduce the heat to medium and add a dash of oil. Add the onion and garlic and cook, stirring for 5 minutes until soft. Add the drained mince back to the pan along with the spices, tomatoes, beans, stock, capsicum and sugar. Simmer until reduced to a thick sauce (around 20-30 minutes). Taste and season as required.

Brush the wraps lightly with oil, sprinkle with a pinch of salt and place on oven trays. Bake in the oven for about 10 minutes or until crisp, turning over once. Break them into big chips.

Salsa: Combine the ingredients gently in a bowl just before serving and season with salt and pepper.

To serve: Place chips onto plates and top with the mince. Add a spoonful of salsa, a dollop of sour cream and fresh coriander.

Suggested cut

The following cut will work well in this recipe.



Beef or lamb mince

Tips & tricks

- + Browning mince in small batches over a high heat will avoid the mince stewing and result in a much richer flavour.
- + Choose premium or prime mince for a lower fat family meal. Premium mince meets the Heart Foundation Tick of Approval, having less than 4% saturated fat.
- + For a complete meal add grated carrot and/or courgette or chopped spinach – you'll just need to reduce the liquid a little longer.
- + You can use tortillas or any other type of flatbread to make the chips, and you can omit the oil and salt before you bake them if you prefer.
- + If you like a little spice, add chopped fresh chillies to the mince mix.
- + Jars of roasted capsicums (or red peppers) are available at your supermarket. If you prefer to make your own, place fresh capsicums under a hot grill until blackened all over. Place in a plastic bag for 10 minutes, then peel off the skin, discard, and chop the flesh.



\$8.96
PER SERVE



Standing Beef Rib Roast with Smoked Cheddar & Chive Mash

SERVES 6 PREPARATION TIME 20 MINS COOKING TIME 1-2 HOURS

This is probably my favourite cut of beef to roast – it's more or less one huge piece of scotch fillet with the bone left in and the texture and flavour is simply unbeatable. If you can't find it instore, ask your butcher. Because it's so visually impressive with those great bones, it's a knockout dish to serve when you're entertaining – and easy to prepare as well.

Beef

2kg Quality Mark whole beef rib eye, bone-in

Shallots

4 shallots, peeled and sliced into rings
2 teaspoons cornflour
¼ cup oil

Mash

1.5kg Agria potatoes, peeled and chopped evenly
2 tablespoons butter
½ cup smoked Cheddar, grated (or use plain Cheddar)
½ cup chives, finely chopped

Pan jus

2 cups red wine
1 cup Campbell's Real Stock – No Added Salt Beef
1 tablespoon butter
1 teaspoon brown sugar

To serve

Cooked seasonal vegetables

Preheat the oven to 220° C.

Beef: Pat the beef dry with a paper towel, coat with a little oil and season with salt and pepper. Heat a large frying pan over a high heat and when the pan is very hot, sear the meat until browned all over. Transfer to a roasting dish (bone side down) and roast in the oven for 15 minutes. After 15 minutes, reduce the oven temperature to 160°C and continue to cook for 20 minutes per 500g for medium (or 15 minutes per 500g for rare). Remove from the oven, cover loosely with foil and rest for 20-30 minutes before carving across the grain.

Shallots: Shake the shallots with the cornflour in a small bag to coat. Heat the oil in a small saucepan over a medium-high heat. Add the shallots and cook for 5-10 minutes until they are golden brown and crispy, stirring occasionally. Drain on paper towels and sprinkle with a pinch of salt.

Mash: While the meat is cooking, place the potatoes in a pot of cold salted water. Bring to the boil, then immediately reduce to a gentle simmer and cook until the potatoes are tender. Drain, then place back over a low heat for a minute or so to dry out any remaining moisture. Mash the potatoes or pass through a potato ricer or sieve. Stir in the butter and cheese using a wooden spoon then add chives. Season if required.

Pan jus: To make the jus, discard any excess fat from the roasting dish, place the dish on the stovetop over a medium-high heat, add the red wine and bring to the boil for 30 seconds. Reduce the heat and simmer until reduced by two thirds, scraping the bottom to add flavour. Add the stock and simmer for another few minutes. Whisk through the butter and sugar and pour into a jug.

To serve: Spoon mounds of potato onto serving plates. Slice the rested meat and place a slice or two on top of the potato. Drizzle the beef with jus, sprinkle with shallots and serve with a side of seasonal vegetables or a salad.



Suggested cuts

The following cuts work well in this recipe. See [recipes.co.nz](https://www.recipes.co.nz) for cooking times.



Whole beef rib eye



Whole beef eye fillet



Whole beef sirloin

Tips & tricks

- + Take the beef out of the refrigerator 30 minutes before cooking for an even cooking result.
- + After cooking, allow meat to rest for approximately 5 minutes per 500g and for optimal tenderness, carve across the grain.
- + Browning the beef first is important for flavour, colour and texture.
- + As a general rule, one rib will serve one very hungry person or two average serves.
- + If there's any leftover, sliced roast beef with salad makes a tasty, nutritious sandwich the next day.
- + Keep an eye on the shallots as they cook – they go from perfect to burnt very quickly.

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our recipe video





Baked Lamb & Rosemary Cannelloni

SERVES 4-6 PREPARATION TIME 20 MINS COOKING TIME 40 MINS

Filling

- 600-800g Quality Mark lean lamb mince
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 x 400g cans chopped tomatoes
- 1 cup Campbell's Real Stock - Salt Reduced Chicken
- ¼ teaspoon cayenne pepper
- 1 teaspoon sugar
- 2 tablespoons fresh rosemary, finely chopped
- 1 cup pumpkin, grated
- 1 cup spinach, chopped
- ¾ cup fresh mint leaves, roughly chopped (plus extra for garnish)
- 200g crème fraîche

Cannelloni

- 3-4 fresh lasagne sheets
- 1 cup cheese, grated - mozzarella, Cheddar, Parmesan or a mixture

Preheat the oven to 180°C.

Filling: Heat a dash of oil in a large saucepan over a very high heat. Add the lamb in two batches to brown, breaking up any lumps with a wooden spoon. Drain and set aside in a bowl.

Reduce the heat to medium and add another dash of oil to the pan. Add the onion and garlic and cook for about 5 minutes until the onion is soft. Add the lamb back to the pan along with one can of tomatoes, stock, cayenne pepper, sugar, rosemary, pumpkin and spinach. Simmer for about 10 minutes until reduced to a thick sauce. Stir through the mint and season to taste.

Cannelloni: Cover the base of the baking dish with the second can of tomatoes. Bring a pot of water to the boil. Remove from heat then soak the unfolded pasta sheets for a few minutes to soften. Gently remove with a wooden spoon and cool slightly, then cut into rectangles. Spoon a line of the mince near the short edge of a rectangle and roll it up. Place the roll seam side-down in the baking dish. Repeat until the dish is full.

Spread the crème fraîche over the cannelloni tubes to cover them, sprinkle with the cheese, season with salt and pepper and bake in the oven for 30 minutes. If need be, grill for a few minutes just before serving to get it golden and bubbling on top. Just before serving, sprinkle with extra mint leaves. Serve with a crisp seasonal salad dressed with vinaigrette (see tips and tricks).

Tips & tricks

- + If you have extra pasta and mince, you can make another smaller dish of cannelloni and freeze it for a quick week night meal.
- + Cooking mince from room temperature will help it brown better. Remove from the fridge about half an hour before cooking.
- + Cut the strips of pasta to fit the dish you have, i.e. for an oval oven baking dish, use increasingly smaller rolls toward the ends.
- + Try my favourite vinaigrette for a green salad: Combine 1 tablespoon red wine vinegar with 3 tablespoons olive oil and 1 teaspoon Dijon mustard. Whisk or shake well and season. It's zingy and delicious!
- + To reduce the fat content of this dish, substitute some of the cheese with Edam.

Suggested cut

The following cut will work well in this recipe.



Beef or lamb mince



\$4.28 PER SERVE



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\$5.06 PER SERVE

Indian-Spiced Lamb & Chickpea Curry

SERVES 4-5 PREPARATION TIME 15 MINS COOKING TIME 3 HOURS

Lamb

- 1kg Quality Mark lean lamb shoulder chops
- 2 tablespoons butter or clarified butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 teaspoons fresh ginger, finely chopped
- 1 tablespoon each garam masala, turmeric, ground cumin, ground coriander, curry powder
- ¼ teaspoon cayenne pepper
- 1 cup Campbell's Real Stock - No Added Salt Chicken
- 400g can chopped tomatoes
- 400g can chickpeas, drained and rinsed
- Juice of 1 large lemon (about 2 tablespoons)
- ½ cup natural unsweetened yoghurt

To serve

- Natural unsweetened yoghurt
- Fresh coriander, chopped
- Steamed rice and warmed naan bread

Preheat the oven to 150°C.

Lamb: Heat a dash of oil in a large frying pan over a high heat. Season the lamb with a little salt and pepper and brown on both sides (this is best done in batches). Set the chops aside.

Reduce the heat to medium and add the butter or clarified butter and another dash of oil to the same pan. Add the onion, garlic and ginger and cook, stirring, for about 5 minutes until the onion is soft. Add the spices and cayenne pepper and cook for another few minutes, stirring all the time so the spices don't stick and burn.

Add the stock to the pan, bring to the boil then immediately turn off the heat. Stir in the tomatoes, chickpeas, lemon juice, yoghurt and the lamb and its juices. Taste and season as required. If your pan is ovenproof, cover tightly and cook in the oven for 3 hours or transfer everything to a covered casserole dish.

To serve: Before serving, you can remove the meat from the bones if you like so it's easier to eat. Serve the curry with steamed rice, a dollop of unsweetened yoghurt (I like to add a sprinkle of lemon zest and fresh herbs to the yoghurt), fresh coriander and hot crispy naan bread.

Suggested cuts

The following cuts work well in this recipe.



Lamb shoulder chops



Lamb neck chops



Diced lamb shoulder

Tips & tricks

- + You can use the slow cooker for this recipe with the same amount of liquid.
- + To make clarified butter, simply melt butter over a low heat and tip into a small bowl. The milk solids settle at the bottom and the golden oil is the clarified butter - carefully pour that out and use for frying. Because you take out the milk solids, the butter won't burn in the pan and it's better for frying. Very simple, yet it adds such a great flavour to Indian dishes.
- + To get the most juice out of a lemon, microwave it for 20 seconds and then roll it on a hard surface to soften it before cutting and squeezing.

\$3.03
PER SERVE

Beef Shin Ragù with Fresh Pappardelle

SERVES 4-6 PREPARATION TIME 15 MINS COOKING TIME 3 HOURS

The Italian word 'Ragù' more or less means a meaty sauce for pasta (Bolognese is a type of ragù). This beef shin version is a lovely way to make a rich, flavoursome sauce using a very economical cut. I like the way the meltingly tender chunks of meat add a great texture to the sauce too. The sauce freezes well so it's easy to whip up a quick meal on a week night, or you can use the slow cooker for the ragù during the day and cook the pasta when you get home.

Beef

800g Quality Mark beef shin
2 tablespoons butter
1 large onion, finely chopped
3 cloves garlic, crushed
2 sticks celery, finely chopped
2 carrots, finely chopped
2 tablespoons fresh oregano leaves, chopped (or use 2 teaspoons dried)
3 tablespoons tomato paste
2 anchovy fillets, chopped
1 cup red wine (or use extra stock)
2 cups Campbell's Real Stock – No Added Salt Beef
1 bay leaf

To serve

Cooked pappardelle (or tagliatelle)
Fresh Parmesan, grated or shaved
Parsley, chopped

Preheat the oven to 150°C.

Beef: Season the beef with a little salt and pepper. Heat a dash of oil in a large frying pan over a very high heat and sear the beef to brown all over (you may need to do this in two batches). Set the beef aside.

Reduce the heat to medium, add the butter and another dash of oil to the pan and cook the onion, garlic, celery, carrot and oregano for about 7-10 minutes until the vegetables are soft. Add the tomato paste and anchovies and cook for another few minutes. Add the wine, turn up the heat and let it bubble for 30 seconds. Add the stock and the bay leaf.

If your pan is ovenproof, add the beef and its juices back to the pan and cover with the lid or, transfer everything to a covered casserole dish. Bake in the oven for 3 hours, stirring a couple of times to ensure the beef stays mostly covered with liquid.

To serve: Remove the meat with tongs and place on a clean board. Remove and discard the bones and pull the beef into chunks with two forks. If necessary, at this point you can simmer the sauce in a saucepan on the stovetop to reduce and thicken it. Add the meat back into the sauce, taste and season as required.

Spoon the meat sauce onto the hot pasta and sprinkle with grated Parmesan and chopped parsley. Serve with a side of green salad.

Suggested cuts

The following cuts will work well in this recipe.



Beef shin



Beef blade steak



Lamb shanks



Tips & tricks

- + Slow cooker option: At the point when you have added the cooked beef and its juices back into the pan, transfer everything to a slow cooker and cook on high for 3-4 hours or low for 6-8 hours.
- + Slow cooking is a great way to use some of the more economical cuts of beef and lamb. The slow cooking results in tender beef and lamb which is full of flavour.
- + It's good to use a wide pasta like pappardelle for chunky sauces like this - if you can't find it, you can buy fresh lasagne sheets and cut them into 2-3cm strips - bingo, homemade pappardelle! You can also use tagliatelle or fettuccine.
- + Using low salt stock reduces the sodium content of this dish.
- + As an alternative to pasta, try serving with potato or kumara mash or use as a pie filling.



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