

free

Be inspired with beef and lamb

# meat

Issue 13 Summer

## Serving up summer

**BBQ MEALS**  
FOR THE WHOLE  
FAMILY TO ENJOY  
THIS SEASON

**CUTLETS,  
SALADS, STEAKS  
AND MORE**

**BE IN TO WIN!**  
*An iconic Weber BBQ*



Cooking videos and more delicious meal ideas at [recipes.co.nz](http://recipes.co.nz)

# How to cook the perfect steak

- + Take the meat out of the fridge 20-30 minutes before cooking. This allows it to come to room temperature and ensures even cooking.
- + Pat with paper towels, making sure the outside of the meat is as dry as possible before frying. If you want to cut the fat off the steak, do it once it's cooked as fat adds flavour and moisture to the meat while it's cooking. Brush the steaks with oil and season with a little salt and pepper.
- + Preheat a large frying pan (or BBQ) to a high heat. If using a frying pan, the heavier the base, the better – heavy-based pans hold heat longer and cook the meat evenly.
- + It's important not to overcrowd the pan or BBQ, or the meat will stew rather than sear. Cook the steak in batches or use two pans if need be. You should hear a sizzle when the steak hits the pan – no sizzle means the pan isn't hot enough.
- + To test for doneness, use the tip of your clean index finger (or tongs) to gently prod the steak. If the steak is soft and squishy, it's rare. If it's soft but a bit springy, medium-rare. If it's springy, it's medium. Any firmer than that and it's on its way to well-done.
- + Place the steaks onto a wooden board or plate, cover loosely with foil and rest for about 6-7 minutes before slicing across the grain or serving. Resting will allow the meat to relax, and the juices will return to the meat fibres. This means the juices won't run out on to the plate when you cut the steak and results in tender steak.

## Cooking times (based on a steak 22mm thick)



### Rare

Cook each side for 2 minutes, turn once only. **Description:** Internal very red colour, very moist, red juices.



### Medium-rare

Cook each side for approx. 3-4 minutes. Turn once only before pink beads of moisture appear on surface. **Description:** Internal lighter red colour, moist, pink juices.



### Medium

Cook 4-6 minutes each side. Turn once only. **Description:** Internal pink colour, moist, clear to pink juices.



### Well-done

Cook 2-4 minutes each side, then reduce heat and cook a further 4-6 minutes. **Description:** Internal stone grey colour, dry, no sign of pink juices.

## 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 New Zealand Quality Mark beef and lamb, which are important sources of iron, zinc, vitamin B<sub>12</sub> and quality protein, making them wholesome choices to nourish you and your family.

Many Quality Mark cuts also carry the Heart Foundation's Two Ticks, which means they have less than 4% saturated fat and are recognised as 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.**



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Summer is here! Think long nights, BBQs with family and friends, picnics at the beach and plenty of celebrations. In this issue we have your meal solutions for all these special occasions covered.

All of the recipes in this issue of mEAT Magazine can also be found on [recipes.co.nz](http://recipes.co.nz) alongside hundreds of other delicious beef and lamb meal ideas. If you haven't visited [recipes.co.nz](http://recipes.co.nz) before, or in a while, make sure you check it out as we've recently given it a spruce up. Many of the recipes include nutrition information and alternative cut information for when the cut in your fridge doesn't quite match the recipe. And the best part; it's now optimised for mobiles and tablets since we know a lot of you use these devices in the kitchen.

Be sure to enter the competition on the back page as you could be in to win a Q3200 Weber BBQ, which has been proven to be an absolute winner in New Zealand backyards.

And, as always, we'd love to hear from you. If you have any feedback on this issue of mEAT Magazine please get in touch.

In the meantime, stay safe this summer and happy cooking.

*The team at Beef + Lamb New Zealand*

**BEEF + LAMB**  
NEW ZEALAND



# Crumbed Lamb Cutlets with Warm Green Vegetables

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 10 MINS

*These crumbed lamb cutlets are the perfect addition to a summer's day picnic or, served with the warm green vegetables, are a wonderful meal in their own right. The basil leaves under the golden crumb add a delicious texture and freshness to the cutlets. After you've tried one of these cutlets, we're confident they'll become a staple on your summer menu!*

## Lamb

- 12 Quality Mark lamb cutlets
- 24 small basil leaves
- 1 cup dried white breadcrumbs or panko crumbs
- ¼ cup finely grated Parmesan cheese
- ¼ cup flour
- 1 egg, lightly beaten with a little milk
- Oil for shallow frying

## Herb vinaigrette

- 6 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon liquid honey
- 3 tablespoons chopped fresh herbs, such as Italian parsley, mint and chives

## Green vegetables

- 16 spears asparagus, base snapped off, lower stalks peeled if woody and sliced in half on a diagonal
- 250g snow peas, trimmed
- 2 cups green peas, frozen



*"Protein-rich beef and lamb are essential for my training, helping with muscle recovery. Beef and lamb also keep you full for longer, useful for those watching their weight."*

*Sarah Walker*

## Lamb:

Trim most of the fat from the lamb cutlets. Rub cutlets with a little oil. Press a basil leaf onto the meat on both sides of cutlets. Mix the breadcrumbs and Parmesan cheese together and place on a large plate and the flour on another. Place egg mixture in a shallow bowl. Dip the cutlets in the flour dusting off any excess, then the egg and finally in the breadcrumbs, pressing them down so the cutlets are well coated. Place on a tray and cover. Refrigerate lamb cutlets if you are not cooking them within 20 minutes.

**Herb vinaigrette:** Place all ingredients in a small bowl and whisk to combine.

**Green vegetables:** Steam or boil green vegetables until just tender, drain and place in a serving bowl. Pour over the herb vinaigrette while still warm and toss gently.

**To serve:** If refrigerated, bring lamb cutlets back to room temperature. Pour enough oil into the base of a large frying pan so it comes up the sides by about 2cm. When hot, place in half of the lamb cutlets and pan-fry for 4 minutes, turning once. (This will depend upon thickness of cutlets, see tips). Remove from the frying pan and place on paper towels to drain. Sprinkle with a little salt. Repeat with the remaining cutlets. Place lamb cutlets on a warm serving platter and serve with the warm green vegetables.

## Suggested cuts

The following cuts work well in this recipe.



Lamb cutlets



Lamb schnitzel



Beef schnitzel

## Tips & tricks

- + Cutlets can vary in thickness which will change the cooking time. As a general rule of thumb: for 1 cm thick, cook for 4 minutes, turning once; for 2cm thick, cook for 6 minutes, turning once and for 3cm thick, cook for 10 minutes, turning to brown on all sides. You could also finish thicker cutlets off in the oven.
- + Ensure oil isn't too hot otherwise the crumb will overcook before the meat is ready.
- + Panko breadcrumbs are Japanese breadcrumbs found in the Asian food section of your supermarket.

## Suggested cuts

The following cuts work well in this recipe.



Beef sirloin steak



Beef scotch fillet



Beef rump

## Tips & tricks

- + Have the steaks at room temperature before you place them in the pan to ensure even cooking.
- + If you wish to leave the fat on the sirloin steaks, brown fat first in the hot pan to render it down. If you do this, you will not need to rub any oil on the steaks before cooking.
- + If the lemon juice is too tart in the vinaigrette, adding a little extra salt will help counteract this.
- + You can use brown rice or farro as an alternative to pearl barley. Farro is an ancient grain similar to pearl barley.

## Sirloin Steak, Zucchini & Pearl Barley Salad

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 40 MINS + RESTING

### Beef

400-500g Quality Mark sirloin steak, trimmed

### Salad and vinaigrette

½ cup pearl barley  
3 tablespoons olive oil  
Zest and juice of 1 small lemon  
1 long red chilli, deseeded and finely chopped  
1 teaspoon Dijon mustard  
1 teaspoon liquid honey  
4 medium zucchini, ends trimmed  
2 handfuls rocket or baby spinach leaves  
1 cup basil leaves, torn if large

Give the pearl barley a quick rinse under cold water then place in a saucepan of lightly salted boiling water and cook for 30-40 minutes until tender. Drain and run cold water over the pearl barley to stop the cooking process. Drain again and set aside.

**Beef:** Heat a large heavy-based frying pan over a high heat (or barbecue). Rub steaks with a little oil, season and place in the frying pan. Avoid over crowding to ensure the steaks don't stew. Pan-fry for 3-4 minutes on each side for medium-rare. Place the steaks onto a plate and leave in a warm place to rest for 10 minutes. Slice beef thinly across the grain for a tender result.

**Salad and vinaigrette:** Pour olive oil into a large bowl. Add the lemon zest and juice, chilli, Dijon mustard and honey. Mix using a fork and season to taste. Use a vegetable peeler to peel zucchini (into long thin slices), straight into the vinaigrette. Add rocket (or baby spinach) and basil leaves and gently toss together.

**To serve:** Gently toss pearl barley through zucchini salad and place in a large shallow serving bowl. Top with the sliced beef. Drizzle over the vinaigrette that gathers in the bottom of the bowl. Serve with a side of crusty bread or boiled potatoes.





## Sweet Marjoram Lamb with Summer Leaves & Citrus

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 15 MINS + RESTING

### Lamb

3 Quality Mark lamb rumps, trimmed

### Marinade

2 tablespoons oil  
 ½ tablespoon lemon juice  
 1 tablespoon roughly chopped fresh sweet marjoram or oregano (or 1 teaspoon dried)

### Salad

1½ cups cooked Israeli couscous  
 1 head baby cos lettuce, leaves separated and torn into pieces  
 4 large handfuls baby spinach leaves  
 2 radishes, trimmed and finely sliced  
 2 oranges, peeled and segmented  
 2 tablespoons shelled and toasted pistachio nuts

### Citrus vinaigrette

¼ cup olive oil  
 2 tablespoons orange juice  
 1 tablespoon lemon juice  
 1 teaspoon Dijon mustard  
 1 teaspoon liquid honey

Preheat the oven to 190°C conventional bake.

**Lamb:** Combine marinade ingredients then rub over the lamb. Cover and leave in a cool place for 10-15 minutes to allow the flavours to infuse. Place a roasting dish in the oven to heat.

Heat a frying pan over a medium-high heat and brown the lamb on all sides. Transfer lamb to the heated roasting dish, place in the oven and roast for 10-12 minutes for medium-rare. Remove from the oven and leave to rest, covered loosely with foil for 10 minutes, before slicing across the grain.

**Salad:** Place all prepared ingredients, except pistachio nuts in a large bowl ready for dressing.

**Citrus vinaigrette:** Place citrus vinaigrette ingredients in a small screw top jar and shake well. Season to taste.

**To serve:** Divide lamb slices between 4 plates. Toss salad in the citrus vinaigrette and place beside the lamb slices. Sprinkle with pistachio nuts and serve immediately.

## Tips & tricks

- + If you have an ovenproof frying pan, place straight in the oven after browning lamb rumps.
- + Lamb rumps provide an excellent source of iron, zinc, protein and vitamin B<sub>12</sub> as well as being low in fat; a perfect nourishing all-rounder for the family.
- + For a festive twist, finish the plated salad with extra leaves of sweet marjoram and the seeds of one pomegranate.

## Suggested cuts

The following cuts work well in this recipe.



Lamb rumps



Lamb leg steaks



Lamb backstrap





# Lamb Steaks with Mushroom Stuffing, Wok Vegetables & Green Tea Noodles

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 20 MINS

*This recipe is the summer version of a classic favourite, Lamb Wellington. The mushroom stuffing adds flavour, succulence and interest to the lamb steaks. And once placed on the noodles with the vegetables straight from the wok, not to mention the stunning sesame dressing, it's a complete meal which is both fresh and filling.*

## Lamb

4 Quality Mark lamb steaks

## Mushroom stuffing

1 shallot or small onion, very finely chopped  
250g button mushrooms, wiped and finely chopped  
½ cup canned chopped tomatoes  
1 teaspoon finely chopped fresh thyme (or ½ teaspoon dried)

## Sesame dressing

2 tablespoons tahini  
1 tablespoon Dijon mustard  
2 tablespoons light soy sauce  
1½ tablespoons sesame oil  
1 tablespoon rice wine vinegar  
2 tablespoons orange juice  
2 tablespoons water  
1 tablespoon sugar

## Wok vegetables

250g button mushrooms, wiped and quartered if large  
250g broccoli  
½ cup chicken stock  
250g snow peas, trimmed

## To serve

200-250g green tea noodles, cooked (or use buckwheat or egg noodles)

**Mushroom filling:** Heat a dash of oil in a frying pan over a medium heat. Add shallot and stir continuously, until the shallot begins to turn golden. Add the mushrooms, tomatoes and thyme. Season and cook over a medium-high heat, stirring until all the moisture has evaporated (about 5 minutes). Set aside and leave to cool completely.

**Sesame dressing:** Place all ingredients in a blender or put in a jar and shake until well incorporated. Season to taste.

**Lamb:** Place lamb steaks on a chopping board. Using a large sharp knife, cut through each lamb steak horizontally (stopping just before you cut right through), and open out (as if you were reading a book). Cover the opened out lamb steaks with plastic wrap or baking paper. Using a meat mallet, rolling pin or the base of a small heavy saucepan, pound each lamb steak until it's about 5mm thick. Spread cooled mushroom filling over one side of each lamb steak then fold back over and secure with a toothpick. Rub lamb steaks with a little oil. Heat a large frying pan over a medium-high heat. Cook lamb steaks for 3 minutes each side, turning once for medium-rare lamb. Remove and place on a warm plate, cover very loosely with foil and leave to rest while you cook the vegetables.

**Wok vegetables:** Heat a dash of oil in a wok or large frying pan with lid. Add the mushrooms and cook until just beginning to soften and colour. Add broccoli and stock, place on the lid and allow broccoli to steam, about 1-2 minutes. Remove lid, add snow peas and stir vegetables.

**To serve:** Divide cooked noodles and wok vegetables between 4 plates and place on a lamb steak. Drizzle over a little of the sesame dressing and serve. Serve extra sesame dressing separately.

## Suggested cuts

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



Lamb leg steaks



Lamb rumps



Lamb backstrap

## Tips & tricks

- + Make sure the pan is hot before adding the lamb steaks to avoid stewing the meat.
- + Resting is an important step you should not skip. It allows the meat to relax and the juices to settle back into the meat, instead of running out all over the place when you cut into it.
- + If using broccoli, don't forget to peel the stalks lightly, cut into pieces and add to wok vegetables.

## Suggested cuts

The following cuts work well in this recipe.



Beef scotch fillet



Beef rump steak



Beef eye fillet steak

## Tips & tricks

- + Scotch fillet steaks vary in size, so choose 4 of a similar size with a thickness of about 2.5cm.
- + Did you know lean beef and lamb contains omega 3 contributing to heart health, particularly important for those who don't eat much fish.
- + Tahini is a thick creamy paste of ground sesame seeds, most commonly used in hummus. You can buy tahini in your supermarket.

## Barbecued Steaks with Baba Ghanoush & Tomato Salad

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 20 MINS + RESTING

### Beef

4 x Quality Mark scotch fillet steaks

### Baba ghanoush

1 medium eggplant  
1 clove garlic, crushed  
2 tablespoons parsley, finely chopped  
2 tablespoons tahini  
Pinch ground cumin  
Juice of ½ lemon  
2 tablespoons oil

### To serve

200g punnet cherry tomatoes, halved  
1 cup mint leaves, roughly chopped  
1 tablespoon white wine vinegar  
3 tablespoons oil  
4 pitas, grilled on the barbecue until hot  
1 head baby cos lettuce, leaves separated  
Store-bought basil pesto

**Baba ghanoush:** Preheat barbecue grill. Roast eggplant over barbecue grill or open flame, turning regularly, until it starts to collapse and the skin is quite black, about 15 minutes. Set aside to cool. Remove every bit of skin and discard, then very quickly rinse eggplant under cold water. Press flesh with the back of a spoon or potato masher to remove excess liquid, or place in a colander to drain. Chop flesh and place in a bowl with garlic, parsley, tahini and cumin and stir to combine. Stir in lemon juice and oil.

**Beef:** Heat a barbecue until hot. Rub beef steaks with a little oil, season and place on the barbecue with a space between each. Barbecue for 3 minutes on each side for medium-rare steaks. Remove steaks to a warm plate and cover loosely with foil and leave to rest for 5 minutes.

**To serve:** In a bowl, combine tomatoes and mint. Drizzle over vinegar and oil and season to taste. Plate steaks with pita bread, baba ghanoush, cos lettuce leaves and tomato salad. Top with a little basil pesto.





## Hand Held Beef Mince Pies

SERVES 4 PREPARATION TIME 40 MINS COOKING TIME 40 MINS

### Beef

500g Quality Mark beef mince  
 2 large handfuls spinach leaves  
 with stems removed (about  
 170g), or frozen (see tips)  
 1 onion, finely chopped  
 1 teaspoon ground allspice  
 1 teaspoon ground cumin  
 1 tablespoon tomato paste  
 1 cup beef stock  
 3 tablespoons pine nuts, toasted  
 1 cup small cubes tasty cheddar  
 cheese (about 100g)

### To assemble

3 sheets frozen puff pastry,  
 thawed  
 1 egg, lightly beaten with a little  
 milk

### To serve

Your favourite tomato sauce or  
 chutney

Preheat oven to 190°C conventional bake.

**Beef:** Heat a large frying pan over a medium heat. Place spinach in the pan and cook, stirring occasionally, for 1-2 minutes until the spinach has wilted. Drain well and roughly chop.

Add a dash of oil to the frying pan with the onion and cook over a low heat for about 5 minutes or until the onion is soft but not coloured. Increase the heat and add the beef mince, stirring to break up the mince and prevent the onion from burning. Cook until the mince begins to brown, about 10 minutes. Stir in the spices and cook for 1 minute, then add the tomato paste and cook for a further minute. Stir in the beef stock, season and cook until the stock has been absorbed. Set aside. Once cool, stir through toasted pine nuts, spinach and cheese.

**To assemble:** Cut each sheet of pastry into 4 squares. Working with 1 pastry square at a time, brush the edges with beaten egg wash. Heap 3 tablespoons of mince filling onto one side then fold pastry over so corners meet to form a parcel. Seal edges with a fork. Place on a lined baking tray. Brush the tops with beaten egg wash to glaze and cut a small slit in the top of each pie to vent steam. Place in the oven and cook for 20 minutes or until golden.

Serve with your choice of tomato sauce or chutney and a green salad.

## Suggested cuts

The following cuts work well in this recipe.



Beef or lamb mince

## Tips & tricks

- + These mince pies can be made the day before, glazed then covered with plastic wrap and refrigerated. The next day, remove from refrigerator, glaze again and cook.
- + Stirring the beef mince with a wooden spoon during browning helps to break up the meat ensuring even cooking.
- + When you hear the beef mince sizzling it has been browned.
- + Frozen spinach could be used instead of fresh. Thaw well then dry off in a hot frying pan to remove excess moisture.
- + Grate in the zest of half a lemon for extra flavour.
- + Kids love mince and being rich in protein, iron and zinc, it's great for them too.

# Homemade Beef Burgers with Grilled Vegetables

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 20 MINS

As it's summer, these beef burgers can be cooked on the barbecue along with the vegetables, but they can just as easily be cooked in a frying pan or on a char-grill on the stove top. The bistro butter adds succulence and extra flavour to the burgers, but is not a must.

## Patties

600g Quality Mark beef mince  
1 onion, very finely chopped  
1 clove garlic, crushed  
2 slices wholemeal toast bread  
soaked in 2 tablespoons milk  
1 egg  
1 teaspoon Dijon mustard  
2 tablespoons grated Parmesan  
cheese (optional)  
1 tablespoon oil

## Bistro butter

50g butter, softened  
1 clove garlic, crushed  
2 tablespoons parsley leaves, very  
finely chopped  
1 teaspoon thyme leaves, chopped

## Grilled vegetables

2 zucchini, trimmed, halved  
lengthwise and sliced  
diagonally  
1 red or yellow capsicum, sliced  
into thick pieces  
Seasonal vegetables, eg eggplant,  
fennel  
2 tablespoons oil  
Juice of ½ lemon

## To serve

200g store-bought hummus

**Bistro butter:** Mix all the ingredients together in a small bowl. Add freshly ground black pepper then place on a piece of baking paper and roll up into a cigar shape, twisting the ends. Place in the freezer to firm up quickly.

**Patties:** Preheat the barbecue plate, grill or frying pan to a medium heat. Place the onion, garlic, bread with milk, egg, Dijon mustard and Parmesan cheese (if using), in a large bowl and mix well to break up the bread or mix in a food processor. Add the beef mince and season. Mix to combine.

Using wet hands mix together forming into 8 patties about 2.5cm thick, pressing together just enough to form loose but shaped patties. Make a horizontal slit in the side of each patty and place in a small slice of the bistro butter.

Place the patties onto a well heated oiled barbecue plate or pan. Cook for about 5 minutes on each side before transferring to a warm plate. Cover loosely with foil and leave to rest while you grill the vegetables.

**Grilled vegetables:** Place prepared vegetables in a large bowl and toss with oil and lightly season. Cook on the barbecue, grill or frying pan for about 3 minutes on each side until tender.

**To assemble:** Stack the ingredients by placing one patty on a plate and spread with a little hummus. Place on some grilled vegetables then top with another patty. Finish with a few more grilled vegetables. Repeat with remaining patties and vegetables. Serve with a simple green leaf salad dressed with vinaigrette.

## Suggested cuts

The following cuts work well in this recipe.



Beef or lamb mince

## Tips & tricks

- + The best way to determine the patty is cooked through is to use a meat thermometer. Patties should reach an internal temperature of 75°C.
- + Use red onion or spring onion in your patties for a milder onion flavour.
- + Toss 2 tablespoons drained and chopped capers through the grilled vegetables for an extra zing.



"Dishes with lean beef or lamb provide a boost of daily essential nutrients, important for energy levels, getting me through my busy training days."

Sophie Pascoe





# Herb Stuffed Butterflied Leg of Lamb

SERVES 6-8 PREPARATION TIME 30 MINS COOKING TIME 1 HOUR + RESTING

*Cooking lamb is a favourite with many Kiwi families at Christmas time. This recipe has been tried and tested and believe us, it's perfect for the festive season. The lamb is meltingly tender and the herb stuffing adds bursts of flavour not to mention beautiful colour to the dish. But the best part? It's quick, which means more time to spend with family and friends.*

## Lamb

1 Quality Mark butterflied leg of lamb (about 1.5kg)

## Green herb paste

2 spring onions, very finely chopped  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh coriander  
1 tablespoon chopped fresh chives  
1 teaspoon chopped fresh oregano, or ½ teaspoon dried  
2 cloves garlic, crushed  
3 tablespoons lemon juice  
¼ teaspoon ground cumin  
3-4 tablespoons oil

## Beetroots and dressing

3 bunches baby beetroot (about 15)  
2 tablespoons cider vinegar  
1 tablespoon pure maple syrup  
¼ cup olive oil

## To serve

8 large shallots, root end trimmed and peeled  
16 baby potatoes, scrubbed  
Steamed green beans  
Gravy

Preheat the oven to 220°C conventional bake.

**Green herb paste:** Place all the ingredients, except the oil in a food processor and mix for 30 seconds. Drizzle in the oil until it forms a paste. Season and set aside.

**Lamb:** Open out the lamb, trim off excess fat and skin and place with the flesh side up. Spread over the green herb paste. Starting from one narrow end, roll up neatly into the best shape you can and tie at intervals with kitchen string to secure.

Place lamb in a roasting dish and place in preheated oven. Roast for 20 minutes, then reduce the oven temperature to 190°C and roast for a further 40 minutes together with the shallots and potatoes. Transfer lamb and roasted vegetables to a warm plate, cover loosely with foil and keep in a warm place while you make the gravy.

**Beetroots and dressing:** While the lamb is roasting, prepare beetroots. Put the vinegar and maple syrup in a bowl and whisk in the oil. Season with salt and freshly ground black pepper. Set aside. Boil beetroot in lightly salted water for about 35 minutes or until just tender when tested with a skewer. Peel beetroot either by using a small sharp knife, or by using your fingers to rub off the skins under slowly running cold water. Cut beetroots in half and place into the dressing and toss. Set aside.

**To serve:** Slice lamb and place down the centre of a large platter. Surround lamb with roasted shallots and potatoes on one side and beetroot and steamed green beans on the other.

Serve with a jug of gravy.

## Suggested cuts

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



Butterflied leg of lamb



Lamb leg, bone in



Carvery leg of lamb

## Tips & tricks

+ This recipe also works well with smaller cuts of lamb for special occasions. If using lamb rumps (about 350g each), brown first to sear then roast for 10-12 minutes at 190°C. Rest. If using lamb loins, each weighing about 200g, pan-fry for 4 minutes each side for medium lamb and allow to rest before serving.

+ To make a basic gravy, discard most of the fat from the roasting dish at the end of cooking. Whisk in 1 tablespoon of flour, then 2 cups of stock. Cook on stovetop, stirring continuously until a syrup consistency.



*"Lean New Zealand lamb is jam-packed full of protein, iron, zinc and vitamin B<sub>12</sub> keeping your immune system healthy."*

*Lisa Carrington*

Win

# Be in to win a Q3200 Weber Family Q BBQ.

Proven to be an absolute winner in New Zealand backyards. It can easily cater for big parties and is the ultimate outdoor appliance for roasting, baking and barbecuing.

## Simply tell us...

which three cuts you can use for the 'Sweet Marjoram Lamb with Summer Leaves & Citrus' recipe (on page 7).



### ➔ TO ENTER

Visit [facebook.com/newzealandbeefandlamb](https://facebook.com/newzealandbeefandlamb) and click on the competition app.

Alternatively, email [recipes@beeflambnz.co.nz](mailto:recipes@beeflambnz.co.nz) or send a letter with your answer to:

Beef + Lamb New Zealand Inc,  
PO Box 33 648, Takapuna,  
Auckland 0740

#### TERMS AND CONDITIONS:

Entries must be received by 31 January 2015.

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](https://facebook.com/newzealandbeefandlamb).

Recipes by Kathy Paterson  
Photography by Manja Wachsmuth

**BEEF + LAMB**  
NEW ZEALAND

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