

free

Be inspired with beef and lamb

meat

Issue 15 Winter

Warm up winter

8 CLASSIC
hearty meals



Cooking videos and more delicious meal ideas at recipes.co.nz



Slow cooking with beef and lamb

Whether you're using a slow cooker, or a casserole dish in the oven, there are a variety of beef and lamb cuts available which will produce tender, juicy and succulent family meals that are good for you too. Meals cooked slowly retain maximum nutrition value as well as developing a delicious depth of flavour. Don't let the cooking time put you off; the preparation is quick and easy then the oven or slow cooker takes care of the rest.

TOP TIPS FOR SLOW COOKING

+ Use the appropriate cut

Cuts with a certain amount of marbling and gelatinous connective tissue retain juiciness better than very lean cuts when cooked long and slow. Economical cuts of beef and lamb will cook to perfection when cooked this way.

+ Brown meat first

This not only improves colour but also develops flavour.

+ Cover tightly

A tight fitting lid holds in the heat and liquid resulting in tender meat.

+ Check for readiness at different intervals

Over-cooking can make the meat dry and stringy. If the meat is ready but the cooking liquid has not reduced enough to give a good sauce consistency, remove the meat (keep it covered so the surface does not dry) while you complete the sauce. Then return the meat to the hot sauce.

BEST CUTS FOR SLOW COOKING

Beef: Beef cheeks, blade steak, brisket, chuck steak, cross cut blade, diced beef, gravy beef, oxtail, shin, short ribs (shown opposite) and skirt.

Lamb: Diced lamb, mid loin chops, neck chops, leg steaks (middle), shanks, shoulder and shoulder chops.

HOW TO CONVERT A REGULAR RECIPE FOR A SLOW COOKER

As a general rule, 1 hour of simmering on the cooktop or oven equates to approximately 5-6 hours on low or 2-2.5 hours on high in a slow cooker. As there is little evaporation when cooking with a slow cooker, you need to reduce the amount of liquid.

Reduce the liquid (such as stock, wine or water) by about half of the original amount. A maximum of two cups of liquid will generally be enough for most slow cooker recipes (except soups).



We think one of the best parts of winter, without a doubt, has to be slowly cooked, hearty winter meals. Beef and lamb lend themselves perfectly to this type of cooking, in fact, we'd go as far to say they can't be beat.

In this issue you'll find beautiful meals you'd be proud to serve up at a dinner party with friends or enjoy on a cold winter's evening curled up on the sofa with family. Our cover recipe, Polpettone, suits both these occasions and trust us when we say it's absolutely delicious and will leave you wanting a second helping. The beef roast in this issue uses a more economical cut of beef and simply requires a quick, homemade rub before cooking - easy. We've also included recipes for Turkish lamb pizza, lamb curry, beef skirt ragout, slow cooked beef cheeks, Harira (a hearty lamb and lentil soup), and braised lamb shanks.

Check out the back page competition for your chance to win one of 16 Lodge cast iron skillets. We used one of these to cook the Polpettone and the results were second to none.

As always, we'd love to hear from you. If you have any feedback on this issue of mEAT Magazine please get in touch. Stay warm and enjoy.

The team at Beef + Lamb New Zealand

BEEF + LAMB

NEW ZEALAND

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 B₁₂ and quality protein, making them wholesome choices to nourish you and your family.



**Tough Standards.
Tender Results.**

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?



Turkish Lamb Pizza

SERVES 4 PREPARATION TIME 2-2½ HOURS COOKING TIME 15-20 MINS

This recipe makes two large pizzas, but you could also make small individual pizzas. In this case divide the dough into 14-15 pieces (about the size of an egg), and flatten each so they are thin and about 12cm in diameter. Remove the small pizzas from the oven after 10-15 minutes as the crust will still be soft so you can simply roll it up and eat.

Lamb

500g Quality Mark lamb mince
1 large onion, finely chopped
½ teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon cloves
¼ teaspoon dried chilli flakes (optional)
400g can chopped tomatoes in juice
2 tablespoons tomato paste
¼ cup finely chopped fresh parsley leaves
¼ cup pine nuts, toasted for extra flavour
1 tablespoon lemon juice

Pizza dough

½ teaspoon sugar
1½ teaspoons instant dry yeast (or 7g packet)
3 cups flour
1 teaspoon salt
2 tablespoons oil
25g butter, melted

To serve

Natural unsweetened yoghurt
Small handful parsley leaves, torn

Pizza dough: Place sugar and dry yeast in a small bowl and pour over ¼ cup warm water. Leave until the mixture is frothy, about 5 minutes. (Have your water on the hotter side of warm to activate the yeast as quickly as possible, but not so hot that it destroys the yeast).

Sift the flour and salt on to a clean, warm bench top and make a well in the centre. Pour in the oil and butter and ¾ cup warm water. Add the frothy yeast mixture and mix well. Knead dough until smooth and elastic, about 10 minutes. Place dough in a lightly oiled warm bowl, turn dough over to coat top with oil, cover with plastic wrap and a tea towel. Leave in a draught-free warm spot until the dough doubles in volume, about an hour.

Lamb: Preheat the oven to 220°C.

Heat a dash of oil in a large frying pan and add the chopped onion. Cook over a low heat until the onion is soft, about 5-10 minutes. Turn up the heat and add the lamb mince. Allow to sizzle, then stir with a wooden spoon to break up the meat and cook until browned. Add the cinnamon, allspice, cloves, and dried chilli flakes and cook for about 1 minute. Add the tomatoes, tomato paste, parsley and pine nuts. Season with salt and freshly ground black pepper and cook over a moderate heat for 8-10 minutes until most of the moisture has evaporated but the lamb mince is not dry. Add the lemon juice and mix well.

Lightly oil a large flat baking tray. Divide the pizza dough into 2 pieces and flatten each piece until very thin. Place on the baking tray. Divide lamb mince between the 2 pieces of dough and brush the pizza edges with a little oil. Cover loosely with plastic wrap and leave for 10 minutes to rest the dough and allow it to rise a little.

Remove plastic wrap and place in the oven (lower down in the oven so the base of the pizzas cook well), and bake for 15-20 minutes until lightly golden around the edges.

To serve: Serve the pizzas drizzled with some unsweetened yoghurt and top with torn pieces of parsley.



"These iron-rich pizzas are perfect when I am socialising with family and friends."

Lisa Carrington

Suggested cuts

The following cuts work well in this recipe.



Lamb or beef mince

Tips & tricks

- + Lamb mince requires good seasoning and needs to be well browned. Place lamb mince into a frying pan and let it sizzle for a few minutes to brown then begin breaking up using a wooden spoon.
- + Lean lamb mince is one of 15 lamb cuts which carry the Heart Foundation's Two Ticks having less than 4% saturated fat and being recognised as a core food for a healthy diet.
- + Lamb mince is ideal for making meatballs, burgers and patties and is popular in Middle Eastern recipes such as lamb koftas where the lamb mince is flavoured with cumin, cinnamon and garlic.
- + If you are unable to locate lamb mince, just ask the butcher. They should be able to prepare some for you.
- + Pizza dough can be made in advance, shaped and frozen. When needed remove from the freezer and bring dough back to room temperature.

Suggested cut



Diced lamb shoulder

The following cuts also work well in this recipe.



Lamb shoulder



Lamb leg steaks

Tips & tricks

- + If using a whole lamb shoulder trim away excess fat before cutting into pieces.
- + If your curry has too much liquid at the finish of cooking, remove the lamb and reduce sauce down until thick enough to coat the lamb. Alternatively, add more liquid during cooking if needed.
- + New Zealand lamb is grass-fed and contains higher levels of omega 3 than meat from grain-fed animals overseas.
- + We love Madhur Jaffrey's lamb curries and this is a slight variation on one of hers.

Lamb Curry

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 1½ HOURS

Lamb

500g Quality Mark diced lamb shoulder
3 tablespoons oil
½ cinnamon stick
2 bay leaves
4 cardamom pods
1 large onion, finely chopped
2 cloves garlic, crushed
2.5cm piece fresh ginger, peeled and finely grated
¼ teaspoon cayenne pepper
¾ cups Campbell's Real Stock - Beef
½ teaspoon garam masala
2 tablespoons fresh coriander leaves, finely chopped

To serve

Roti
Cucumber and yoghurt raita
Cooked rice

Lamb: Heat the oil in a heavy-based saucepan and when hot, add the cinnamon stick, bay leaves, and cardamom pods. Cook until aromatic, then add the onion and cook, stirring continuously until the onion begins to colour. Add the garlic and ginger and cook for a further 30 seconds.

Add the lamb pieces and cook, stirring until the lamb is well coated in the spices. Add the cayenne pepper, beef stock and ¾ cup water and bring to a simmer. Cover saucepan with a tight fitting lid and simmer gently for about an hour or until the lamb is tender. Stir through the garam masala and chopped coriander.

To serve: Remove the bay leaves, cinnamon stick and cardamom pods before serving. Serve lamb curry with roti, cucumber raita and rice if you wish.

Slow cooker option

Preheat slow cooker for 20 minutes. Place lamb and other ingredients, except garam masala and coriander, into the slow cooker and cook on high for 6-8 hours. Stir through the garam masala and coriander and remove the bay leaves, cinnamon stick and cardamom pods before serving.



Suggested cut



Beef skirt

The following cuts also work well in this recipe.



Beef rump steak



Beef cross-cut blade steak

Beef Ragout

SERVES 4 PREPARATION TIME 30 MINS COOKING TIME 2-2½ HOURS

Beef

650g Quality Mark skirt steak
3 tablespoons seasoned flour
3 medium carrots, finely chopped
1 onion, finely chopped
1 leek, white part only, finely sliced
2 cloves garlic, crushed
3 anchovy fillets, drained
2 bay leaves
1 - 1½ cups Campbell's Real Stock - Beef
400g can chopped tomatoes in juice

To serve

Cooked pasta
Parmesan cheese

Preheat oven to 170°C.

Beef: Cut beef skirt steak into approximately 1cm pieces and roll in the seasoned flour. Place in a medium-sized casserole dish with the carrots, onion, leek, garlic, anchovy fillets and bay leaves.

Pour in the beef stock and tomatoes, cover and place in the oven. Cook for 2-2½ hours until the meat is tender. Remove from the oven after an hour, stir and season as required. Return to the oven.

Serve ragout hot with cooked pasta and freshly grated Parmesan cheese.

Slow cooker option

Preheat slow cooker for 20 minutes. Place lamb and other ingredients into the slow cooker and cook on high for 6-8 hours.

Tips & tricks

- + Small pieces of meat for this ragout don't need to be browned as it will dry the meat out.
- + Ensure your casserole dish has a tight fitting lid to prevent liquid evaporating too quickly. Placing a disc of baking paper on before the lid helps with this. Add more stock if necessary during cooking.
- + If you have leftover stock, try filling ice cube trays and storing in freezer. It's handy to use and a great way to add more flavour to your dinners.



Slow-cooked Beef Cheeks

SERVES 4-6 PREPARATION TIME 1 HOUR COOKING TIME 3-3½ HOURS

Beef cheeks, when cooked long and slow result in tender, juicy and flavoursome beef. When paired with silky smooth polenta, doused in a rich sauce spiced with a little orange for freshness, you have a dish made in heaven. Impress your guests this winter with a recipe that requires minimum fuss but delivers maximum impact.

Beef

4 Quality Mark beef cheeks, trimmed of silver skin
 3 tablespoons seasoned flour
 2 stalks celery, strings removed and finely diced
 1 carrot, very finely diced
 1 onion, finely diced
 3 cloves garlic, crushed
 2 bay leaves
 Pared rind of 1 orange
 1 teaspoon ground cumin
 ½ teaspoon ground allspice
 1 cup red wine
 2 cups Campbell's Real Stock - Beef

To serve

Polenta or mashed potato
 Carrots (or your choice of veges)
 Fresh parsley, chopped

Beef: Preheat the oven to 160°C.

Add a dash of oil to a large casserole dish (one that is suitable for stovetop and oven) and place over a medium-high heat. Dust beef cheeks with seasoned flour, place in casserole dish and brown on both sides (do this in batches to avoid overcrowding the dish). Transfer to a plate as you go.

Lower the heat and add another dash of oil. Add the celery, carrot and onion and cook until soft. Add the garlic, bay leaves, orange rind, ground cumin and allspice and cook for a further one minute.

Return browned beef cheeks to the casserole dish, pour in the red wine and bring to the boil. Pour in the beef stock, bring up to the boil again then cover with a disc of baking paper and a tight fitting lid. Place in the oven and cook for 3-3½ hours or until the beef cheeks are almost falling apart. Stir beef cheeks halfway through cooking and check seasoning as required.

To serve: Remove bay leaves and serve beef cheeks with polenta or mashed potato and carrots that have been cooked in a little water with a teaspoon of honey and butter. Garnish with a sprinkle of fresh parsley.

Slow cooker option

Preheat slow cooker for 20 minutes. Brown ingredients as per recipe and make the sauce, then transfer to preheated slow cooker and slow cook on low for 8 hours.



"Beef can be described as nature's power pack, providing a good source of protein, iron, zinc and vitamin B₁₂ - perfect for my training regime."

Sophie Pascoe

Tips & tricks

- + Order your beef cheeks in advance from your supermarket or butcher as they have become a very popular cut of meat.
- + Don't be afraid to keep cooking beef cheeks at a low temperature. There is a significant difference between them being meltingly tender and not cooked quite enough.
- + This dish can be made the day before and reheated at a low heat in the oven for approximately an hour.
- + Dishes using beef provide a good source of iron and zinc, contributing to your immunity through the cooler months.

Suggested cut



Beef cheeks

The following cuts also work well in this recipe.



Beef cross cut blade



Beef chuck steak

Suggested cuts

The following cuts work well in this recipe.



Beef or lamb mince

Tips & tricks

- + Wet your hands before shaping meatballs. This helps to prevent meat sticking to your hands.
- + Use fresh herbs in your meatball mixture - 1 tablespoon each of finely chopped parsley, thyme and oregano. A teaspoon of chopped fresh sage is also good here.
- + For better flavour in your favourite dishes try swapping water for Campbell's Real Stock - the results are amazing.
- + To bump up the fibre of this dish, use wholegrain breadcrumbs.
- + Polpettone is Italian for large meatballs or meatloaf.



"Mince is versatile and a firm family favourite of mine. It helps to keep my protein intake on par for training and recovery."

Sarah Walker

Polpettone

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 25 MINS

Beef meatballs

500g Quality Mark beef mince
1 cup fresh white breadcrumbs
3 cloves garlic, crushed
1 egg, lightly beaten
3 tablespoons milk
1½ teaspoons Worcestershire sauce
1 teaspoon dried mixed herbs

Tomato sauce

1 onion, finely chopped
2 cloves garlic, sliced
400g can chopped tomatoes in juice
1½ - 2 cups Campbell's Real Stock - Vegetable
1 tablespoon tomato paste
1 teaspoon sugar
1 bay leaf

To serve

⅓ cup freshly grated Parmesan cheese
½ cup roughly chopped parsley leaves

Preheat the oven to 220°C.

Beef: Lightly oil a deep baking dish or skillet (one that will fit 8 meatballs comfortably in a single layer).

Mix all meatball ingredients together well, then shape into 8 meatballs and place in prepared baking dish.

Tomato sauce: Place a dash of oil in a heavy-based saucepan, over a low heat, and add the onion and garlic. Cook until the onion is soft, about 10 minutes. Add tomatoes, stock, tomato paste, sugar, bay leaf and season well.

Simmer for 10 minutes to allow all the flavours to mingle and the liquid to reduce a little. Remove from the heat, cool for about 5 minutes, remove the bay leaf, then process in a food processor until you have a smooth sauce.

Beef: Pour sauce over the meatballs and cook in oven for 25 minutes turning meatballs once after 15 minutes.

To serve: Serve hot sprinkled with the Parmesan cheese and chopped parsley.



Tips & tricks

- + Trim away most of the fat on the lamb shoulder before cutting into pieces.
- + If using lamb neck chops (or shanks or shin) pull meat off the bone before serving soup.
- + Lean lamb is nutritious for the whole family, as a rich source of protein and iron for growing kids.
- + Harira is a traditional Moroccan soup, ours is made with lamb and lentils.

Suggested cut



Lamb shoulder

The following cuts also work well in this recipe.



Diced lamb shoulder



Lamb neck chops

Harira

SERVES 4 PREPARATION TIME 20 MINS COOKING TIME 1½ HOURS

Lamb

350g Quality Mark lamb shoulder
½ teaspoon ground cumin
½ teaspoon smoked paprika
¼ teaspoon cayenne pepper
2 bay leaves
Pared rind of ½ lemon
4 cups Campbell's Real Stock - Vegetable
400g can chopped tomatoes in juice
½ cup lentils
1 onion, diced
1 carrot, diced

To serve

2 handfuls fresh coriander leaves, chopped

Lamb: Cut lamb shoulder into 3cm pieces and place in a large saucepan with a dash of oil, ground cumin, paprika, cayenne pepper, bay leaves, lemon rind and vegetable stock. Place over a low heat and simmer, covered, until the lamb is tender, about an hour.

Pour in 2 cups water, tomatoes, lentils, onion and carrot and simmer for a further 30 minutes until all is tender.

To serve: Sprinkle with fresh coriander leaves and serve with warm crusty bread if you wish.

Slow cooker option

Preheat slow cooker for 20 minutes. Trim away excess fat from lamb and place in slow cooker with remaining ingredients, except coriander and slow cook on high for 6-8 hours.

Roast Bolar with Homemade Spice Rub

SERVES 6 PREPARATION TIME 30 MINS COOKING TIME 40-45 MINS + RESTING

We can't think of a better family Sunday lunch or dinner than roast beef with all the trimmings -Yorkshire puddings, rich gravy and crispy roast potatoes.

Beef

1.2kg Quality Mark beef bolar

Spice mix

1 teaspoon ground coriander
1 teaspoon cumin
1 teaspoon curry powder
1 teaspoon sweet paprika
½ teaspoon dried oregano
Good pinch dried red chilli flakes
2 cloves garlic, crushed
¼ cup oil
Juice of ½ lemon

Crispy roast potatoes

1.5 kg floury potatoes, peeled and cut into halves
¼ cup oil
25g butter

To serve

Your choice of roast seasonal vegetables
Gravy
Yorkshire Puddings (see tips for recipe)

Preheat the oven to 230°C.

Beef: Combine all the spice mix ingredients together in a small bowl.

Rub over the beef roast and place on a wire tray on a baking dish. Reduce the oven temperature to 200°C and place in the oven to roast for 40-45 minutes for medium-rare beef.

Remove beef from the oven and place on a warmed plate, cover loosely with foil and a clean tea towel and leave to rest.

Crispy roast potatoes: Place potatoes in a saucepan of salted water and bring to the boil. Reduce the heat and allow to simmer for 5-8 minutes, just so they are slightly soft around the edges. Drain and place saucepan back over the heat. Shake saucepan to dry off potatoes. Score the surface of each with a fork to scruff them up.

Place oil and butter into a roasting dish and place in oven to heat. Add potatoes, tossing well so that every surface is covered. Roast for 45 minutes at least until thoroughly golden and crisp. Sprinkle with a little salt before serving.

To serve: Serve slices of beef with the potatoes, peas, gravy and Yorkshire puddings if you wish (see tips).



Suggested cut



Beef bolar

The following cut also works well in this recipe. See recipes.co.nz for cooking times.



Beef sirloin

Tips & tricks

- + Baste beef with meat juices once during roasting to keep succulent.
- + Use your favourite seasoning blend to add extra flavour to the beef roast or use some dukkah which you have mixed with a little oil to make a paste.
- + Yorkshire Puddings: Sift 1 cup flour and ½ teaspoon salt in a mixing jug and make a well in the centre. Add 2 eggs and lightly beat together, then gradually beat in ½ cup milk and 2 tablespoons cold water until a smooth batter is formed. Cover and set aside for at least 15 minutes. Place a 6-hole muffin tin in the oven to heat for 5 minutes then add a teaspoon of beef cooking fat to each hole and heat until fat is hot and smoking. Quickly pour the batter into the muffin holes and cook for 15-20 minutes until golden and well risen.



From the Beef + Lamb New Zealand Nutritionist

Living in a world of over abundance of food choices and health information often leaves us overwhelmed, questioning what's relevant to me and my family.

The advent of fad diets is not new, but the spreading of misinformation on these diets is. The balanced lifelong approach seems to have been pushed aside for short-lived quick fixes.

If we took a page or two out of our grandmothers' recipe books, we would see they are wholesome meals with fresh ingredients, namely meat and vegetables – simple, yet nutritious. It needn't veer far from this today, perhaps with your own modern twist of fresh flavours on traditional favourites.

At Beef + Lamb New Zealand, we love to take a classic dish and put our own spin on it to enhance it further, be it by introducing new flavour combinations or taking inspiration from other cultures – something any grandmother would be proud to cook and eat.

Healthy eating doesn't need to be complicated, and when it comes to a nourishing dinner or lunch, cooking fresh at home helps achieve a balanced diet, and meat and at least 3 veges, which all our recipes comprise, deliver a tasty and nutritious punch.



Braised Lamb Shanks

SERVES 6 PREPARATION TIME 30MINS
COOKING TIME 2-2½ HOURS

Lamb

- 4 Quality Mark lamb shanks
- 3 tablespoons seasoned flour
- 1 large onion, finely chopped
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 1 red chilli, deseeded and finely chopped
- Pared rind of 1 small lemon
- 1 cup Campbell's Real Stock - Vegetable
- 400g can chopped tomatoes in juice
- 1 cup diced bottled char-grilled capsicum (see tips)
- 3 tablespoons tomato paste
- 2 teaspoons Worcestershire sauce
- Good pinch of brown sugar
- 2 bulbs garlic
- 1 cup orzo

Preheat the oven to 160°C.

Lamb: Heat a dash of oil in a large heavy based frying pan over a medium-high heat. Dust lamb shanks with seasoned flour then brown all over. Transfer to a casserole dish. (If you have a casserole dish that can go from stovetop-to-oven, then use that).

Lower the heat and add the onion and cook until just soft, 5-7 minutes. Add spices, chilli and lemon rind and cook until aromatic, about 1 minute.

Add vegetable stock, tomatoes, capsicum, tomato paste, Worcestershire sauce and brown sugar. Bring to the boil, season and pour over the lamb shanks. The liquid should just cover the lamb shanks. Place on a tight fitting lid and place in the oven to cook for 2 hours. After an hour, slice garlic bulbs in half horizontally and place in a piece of foil. Drizzle with a little oil then wrap up tightly. Place in the oven beside the lamb shanks and roast until the cloves are very soft.

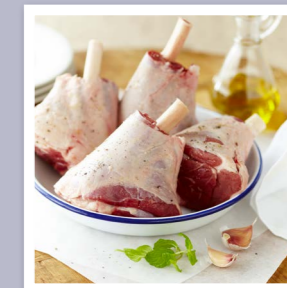
Remove lamb shanks from the oven and add the orzo. Return to the oven and cook for a further half hour. The orzo should be al dente and the meat almost falling off the bone.

To serve: Give each person a half of roasted garlic to squeeze over their lamb shanks.

Slow cooker option

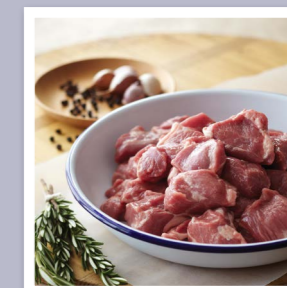
Place all ingredients except orzo in slow cooker and cook on low for 8-9 hours (or high for 4 - 4 ½ hours). Cook orzo separately and add before serving.

Suggested cut



Lamb shanks

The following cuts also work well in this recipe.



Diced lamb shoulder



Lamb shoulder chops

Tips & tricks

- + As an excellent source of protein, this dish is perfect for muscle recovery after a workout, and for growing children.
- + Char-grilled red capsicums can be bought in jars from your supermarket and are perfect to use in winter when fresh capsicums are out of season.

Win

Be in to win 1 of 16 Lodge Cast Iron Skillets (RRP \$82.50)

A kitchen essential, the cast iron skillet is the "greatest pan for a whole lot of reasons" according to Kiwi chef Al Brown, "I use Lodge from America, I've used them forever and simply adore them. It's the original non-stick pan, retains heat, is beautiful to cook on and it lasts a lifetime."

To be in to win...

Simply cook any recipe from this issue of mEAT Magazine, take a photo and send it to us.



➔ TO ENTER

Visit facebook.com/newzealandbeefandlamb and click on the competition app.

Alternatively, email your photo to recipes@beeflambnz.co.nz or send a letter with your photo to: Beef + Lamb New Zealand Inc, PO Box 33 648, Takapuna, Auckland 0740

TERMS AND CONDITIONS:

Entries must be received by 30 September 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.

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BEEF + LAMB

NEW ZEALAND

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