

free

Be inspired with beef and lamb

meat

Issue 21 Winter

Winter creations

slow cooked

6 hearty winter recipes perfect for your slow cooker



BE IN
TO WIN

8 IMMUNE BOOSTING RECIPES

Red meat can't be beat.

Check out recipes.co.nz for loads more meal ideas.



SLOW COOKING WITH BEEF & LAMB

Whether you're using a slow cooker, or a casserole dish in the oven, there are a variety of Quality Mark beef and lamb cuts available which will produce tender, juicy and succulent family meals that are good for you too. Meals cooked slowly develop a delicious depth of flavour and tenderness.

OUR 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 the meat first

This not only improves colour but also develops flavour.

+ Cover tightly

Cover with a piece of baking paper cut to fit, to lock in moisture. 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 cook top 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. As a general rule, 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).



PREP & RELAX

Don't let the cooking time put you off using the slow cooker; the preparation is quick and easy then the slow cooker takes care of the rest.

Red meat can't be beat.

Help spread the word. Red meat three to four times a week is just what you need to keep you feeling at your peak. Choose Quality Mark New Zealand beef and lamb because red meat can't be beat. To be confident you're buying the very best beef

and lamb New Zealand has to offer, look for the Beef and Lamb Quality Mark sticker on-pack to identify which products have met the highest standards. It's your guarantee it's lean, tender, growth promotant free and of course, it's locally raised.



**Tough Standards.
Tender Results.**

Join us at [recipes.co.nz](https://www.recipes.co.nz)



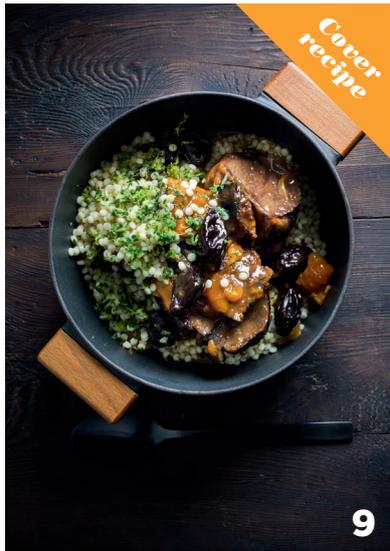
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In our minds, winter calls for slowly cooked dishes bursting with flavour that are meant to be shared amongst family while reflecting on the day just gone. We also love the fact we're able to introduce the slow cooker, which means less time in the kitchen but plenty more variety with the style of meals we get to enjoy.

This issue of mEAT Magazine includes six recipes which can be adapted for the slow cooker or if you prefer to use the oven, that works too. Think tender, fall off the bone beef and lamb served alongside other ingredients that pack a flavour punch.

Take a look at our top tips for slow cooking on the page opposite as you may just find that one of your winter family classics is adaptable for the slow cooker; again allowing you to spend more time out of the kitchen.

Remember to utilise the alternative cuts listed on each recipe, as Quality Mark beef and lamb is incredibly versatile and there is no need to be restricted by a specific cut when there are plenty to choose from. This is especially true for slow cook cuts so take advantage of what's on special.

Not only is flavour important, but we're all looking for ways to make sure our family is well looked after and remain healthy, especially in the cooler months. That's why we've had our nutritionist influence these recipes to ensure each stacks up nutrition-wise and where possible we've added tips such as how to boost iron absorption or the fibre content of meals.

We hope you enjoy the recipes in this issue as much as we do. Happy cooking.

The team at Beef + Lamb New Zealand

BEEF + LAMB
NEW ZEALAND



MEAT TIP

Remove the lamb rump from the fridge 30 minutes before cooking to bring to room temperature, which results in even cooking.

Lamb Wellington

SERVES 4 PREPARATION TIME 30 MINS + RESTING TIME COOKING TIME 20 MINS

Here in New Zealand we're known to be innovative when it comes to food. So for this recipe, we've exchanged the beef in a classic Wellington for a delicious lamb rump.

2 x 300g Quality Mark lamb rump
2 tablespoons each finely
chopped flat leaf parsley leaves
and picked thyme leaves

Pastry

2 sheets pre-rolled butter puff
pastry, slightly thawed
1 egg, lightly beaten
white or black sesame seeds

Potatoes

750g-1kg agria potatoes, peeled
3 tablespoons olive oil
4 sprigs fresh thyme

Pan sauce

½ cup red wine
1 cup beef stock
25g cold butter, cubed

To serve

steamed green vegetables

Preheat the oven to 220°C. Line a shallow roasting tray with baking paper.

Lamb: Heat a large frying pan over medium-high heat. Rub the lamb with a little oil and place in the hot pan, turning to brown on all sides. Remove from the pan, season and rub lamb with the chopped herbs. Set aside to cool.

Pastry: Lightly flour the bench. Roll 1 sheet of pastry out a little more until 3mm in thickness. Place on 1 lamb rump (cut the pastry so it is square, ensuring you have enough to cover the lamb). Bring 2 opposite corners together, brush the edges with egg wash and crimp together. Repeat on the other side until the lamb rump is completely enclosed in the pastry. Place on the prepared tray. Repeat with remaining lamb rump. Brush the pastry well with the egg wash and make small slits in the top of the pastry, for the steam to escape. Place in the fridge to rest and firm for 30 minutes.

Remove from the fridge, brush with the remaining egg wash and sprinkle with a little flaky sea salt and a few sesame seeds.

Place in the oven and cook for 20 minutes, then remove from the oven and rest for 8-10 minutes before slicing.

Potatoes: Preheat the oven to 190°C.

Cut potatoes into even-sized pieces. Place in a saucepan with cold water just to cover, lightly salt and bring to the boil, then reduce the heat and cook for 5 minutes. Drain and dry off over the heat. Place into a roasting dish, toss with the oil and thyme and season. Place in the oven and roast for 30 minutes until golden and crisp.

Pan sauce: In a wide saucepan, heat the red wine and reduce by half. Add the beef stock and reduce by half again. Add the butter and swirl until glossy. Season.

To serve: Slice each Lamb Wellington in half and serve with the sauce, potatoes and steamed green vegetables.

Suggested cut



Quality Mark lamb rump

Tips & tricks

- + Browning the lamb rump first will seal in the meat juices and help prevent soggy pastry.
- + Choose larger lamb rump if available to allow pastry to cook well and not over cook the lamb.
- + Lamb rump can be wrapped in a thin, savoury crêpe before encasing in the pastry.
- + Lamb rump can be spread with a cooled mushroom duxelle or chicken liver pâté before encasing in the pastry.
- + Boiling the wine removes the alcohol and adds flavour to the pan sauce.

Suggested cut



Quality Mark diced lamb shoulder

The following cuts also work well in this recipe.



Quality Mark lamb neck chops



Quality Mark lamb shanks

Tips & Tricks

- + Choose diced lamb with very little fat. Lean lamb is nutritious for the whole family and a rich source of protein and iron for growing children.
- + If using lamb neck chops or lamb shanks, pull meat off the bone before serving.
- + Add a splash of red wine vinegar to the soup just before serving to give a flavour boost.
- + **Slow cooker** - cook on high for 6 hours. Steam the cabbage separately before the end of cooking and add in with the parsley.

Lamb & Barley Soup

SERVES 8 PREPARATION TIME 20 MINS COOKING TIME 2 HOURS

Packed full of veges and with tender lamb, this soup is convenient and versatile. Leave it to simmer on the stove top and enjoy, or freeze to bring out when you don't have time to cook.

Lamb

500g Quality Mark lamb shoulder, diced
2 onions, finely chopped
2 cloves garlic, roughly chopped
1 litre beef stock
1 litre water (more if needed during cooking)
400g can chopped tomatoes in juice
1 bay leaf, plus a sprig each of rosemary and thyme
 $\frac{3}{4}$ cup pearl barley, rinsed
1 potato, peeled and diced
2 carrots, peeled and diced
1 handful finely shredded green cabbage

To serve

1 handful flat leaf parsley leaves, finely chopped
crusty bread

Lamb: Heat a dash of oil in a large heavy-based saucepan over medium heat. In batches, add the lamb and brown on both sides. Transfer lamb to a plate. Lower the heat, add another dash of oil and the onions and cook until soft, about 5 minutes. Add the garlic and cook for a further 1 minute.

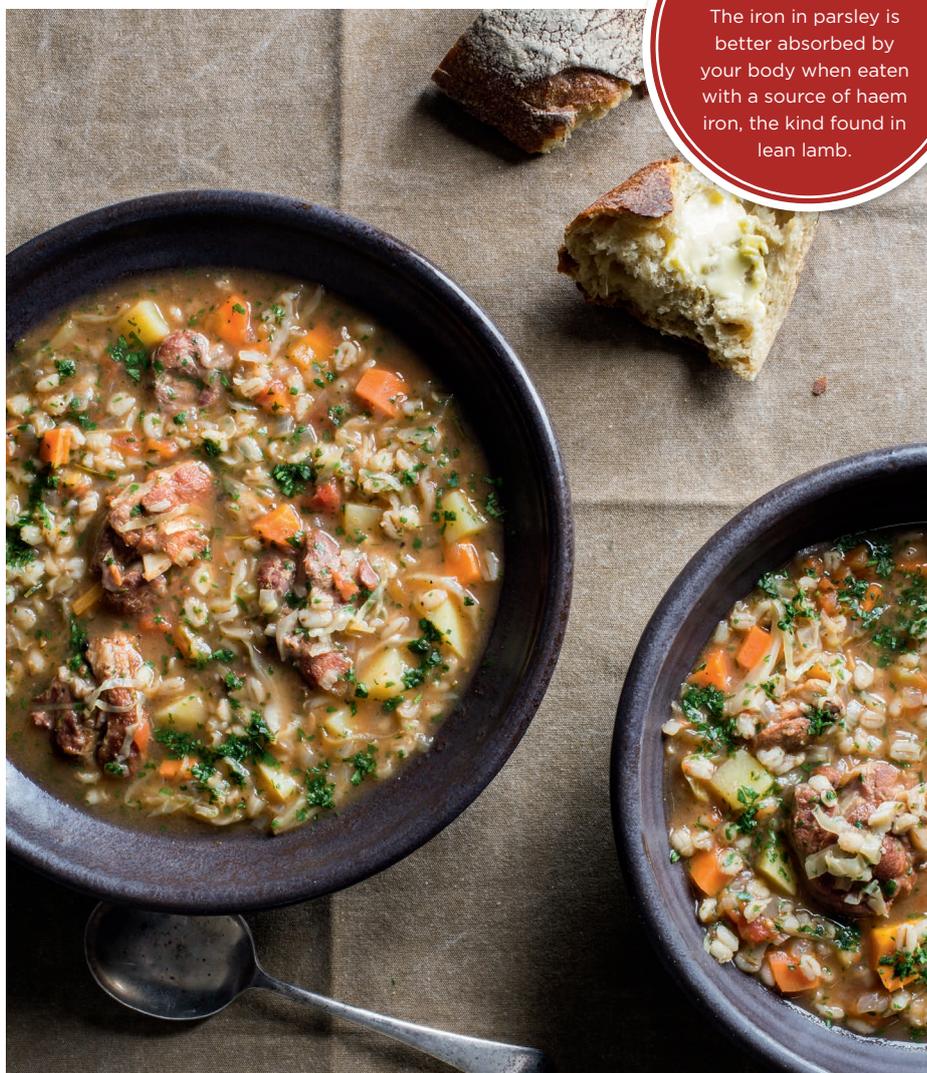
Pour in the stock, water and tomatoes. Return the lamb to the saucepan along with the herbs and pearl barley. Bring the soup up to the boil, season, then cover and reduce the heat. Simmer for 1½ hours until the lamb is almost tender, stirring frequently.

Add the potato, carrots and cabbage and simmer for a further 30 minutes until the potatoes and carrots are tender. Remove the herbs and discard.

To serve: Serve soup hot, sprinkled with the chopped parsley and fresh crusty bread on the side.

NUTRITION TIP

The iron in parsley is better absorbed by your body when eaten with a source of haem iron, the kind found in lean lamb.





Ultimate Kiwi Pie

SERVES 6 PREPARATION TIME 2½ HOURS FOR MEAT FILLING COOKING TIME 45-50 MINS

Beef

500g Quality Mark beef cross-cut blade steak, cut into 3cm pieces
 2 tablespoons seasoned flour
 1 onion, chopped
 500g crown pumpkin, peeled and cut into 3cm pieces
 1 carrot, peeled and sliced
 ½ cup red wine, or extra stock
 1 cup beef stock
 ½ can crushed tomatoes
 1 bay leaf
 splash red wine vinegar

Pastry

2 sheets pre-rolled savoury shortcrust pastry, thawed
 2 sheets pre-rolled flaky puff pastry, thawed

Egg wash

1 egg yolk
 1 tablespoon milk

Preheat the oven to 160°C.

Beef: Roll the beef in seasoned flour. Heat a frying pan over medium-high heat, add a dash of oil and brown beef in batches. Transfer beef to an ovenproof casserole dish as you go.

Lower the heat and add another dash of oil to the pan. Add the onion and cook until soft, then add the pumpkin and carrot slices. Pour in the red wine and allow to bubble and reduce slightly. Add the stock and tomatoes and stir well. Season. Add to the casserole dish with the bay leaf. Cover meat with a piece of baking paper, cut to fit. Cover with lid and cook for 2½ hours, until the beef is tender. Remove from the oven and thicken the sauce with a small amount of butter and flour paste (mix together 25g softened butter with 2 tablespoons flour until you have a paste). Discard the bay leaf, add a splash of red wine vinegar and leave beef to cool completely.

Pastry: Preheat the oven to 190°C.

Place the shortcrust pastry sheets, one on top of the other, and roll a little more to fit a 23cm pie tin, leaving the overhang. Lightly prick the base with a fork. Spoon in the cooled filling. Brush the edge of the pastry with egg wash. Roll flaky pastry out as above, to fit pie. Place the pastry top on, cut away excess pastry and crimp the edges. Make a few slits in the top with a knife for the steam to escape. Brush the top with egg wash and place in the oven. Cook pie for 45 - 50 minutes until the pastry is well browned and the filling piping hot.

Suggested cut



Quality Mark beef cross cut blade steak

The following cuts also work well in this recipe.



Quality Mark beef chuck steak



Quality Mark gravy beef

Tips & tricks

+ Both shortcrust and flaky pastry is used in this dish as they each give different results for the base and top of the pie. You could also only top the pie with the flaky pastry if you prefer.

+ **Slow cooker** - cut beef, pumpkin and carrot into 2.5cm pieces. Finely chop 1 small onion. Roll the beef in seasoned flour and brown. Place chopped vegetables and bay leaf in the preheated slow cooker and stir. Add the beef. Combine the wine, ½ cup beef stock and crushed tomatoes, season and pour over the beef and vegetables. Cook on low for 8-9 hours or on high for 4½- 5½ hours. Thicken with a little butter and flour paste if necessary. Follow instructions in method to create the pie.



Mediterranean Beef with Gremolata

SERVES 4 PREPARATION TIME 15 MINS COOKING TIME 2½ HOURS

This Mediterranean-inspired dish is sweet sophistication, with the meltingly tender beef paired beautifully with the sweet flavours of the dry fruit and cinnamon. Serve with Israeli couscous and let the compliments roll in.

Beef

600g Quality Mark beef cross cut blade steak, cut into 5cm pieces
1 onion, finely chopped
1 clove garlic, crushed
1 teaspoon ground coriander
1 tablespoon flour
1 cup beef stock
1 cup water
1 cinnamon stick
8 dried apricots
6 pitted prunes

Gremolata

2 cloves garlic
finely grated zest of 1 lemon
2 tablespoons each finely chopped flat leaf parsley leaves and mint leaves

To serve

Israeli couscous or couscous
wilted spinach or steamed green vegetables

Preheat the oven to 170°C.

Beef: Heat a large frying pan over medium-high heat. Rub the beef with a little oil and brown off on both sides in batches. Transfer to a casserole dish as you go.

Reduce the heat to low and add another dash of oil. Add the onion and cook until soft, about 5 minutes. Add the garlic and coriander and cook for a further 30 seconds until aromatic. Stir in the flour, then pour in the stock and water and bring up to the boil. Add the cinnamon stick, then pour over the beef. Cover and place in the oven to cook for 2 hours.

Remove beef casserole from the oven, taste for seasoning and add the apricots and prunes. Return to the oven for a further 30 minutes.

Gremolata: Finely chop the garlic and place in a small bowl with the lemon zest and herbs. Mix well to combine.

To serve: Remove beef casserole from the oven, top with gremolata and serve with couscous and greens.

Suggested cut



Quality Mark beef cross cut blade steak

The following cuts also work well in this recipe.



Quality Mark beef chuck steak



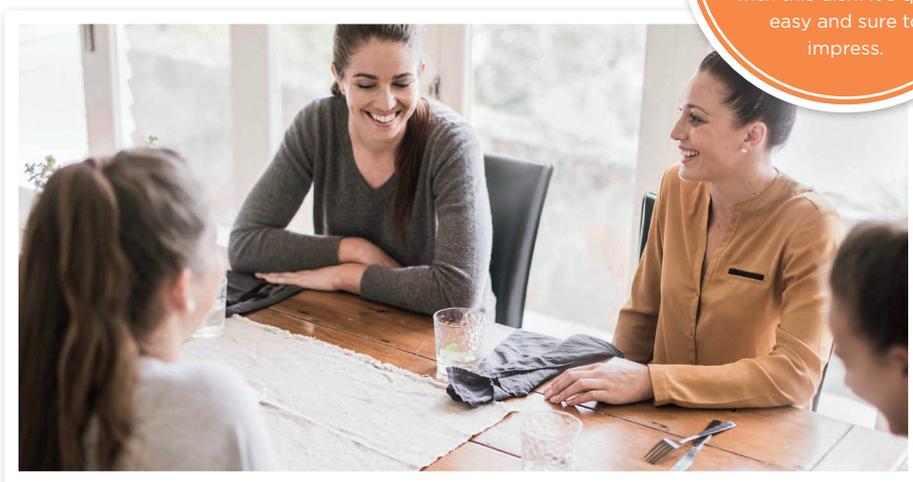
Quality Mark gravy beef

ENTERTAINING?

You won't be slaving away in the kitchen all night with this dish. It's quick, easy and sure to impress.

Tips & tricks

- + Add 1 x 400g can drained and rinsed chick peas with the dried fruit for added fibre.
- + **Slow cooker** - cut beef into 3cm pieces and brown. Place the beef, onion and garlic in the preheated slow cooker and sprinkle over the coriander and flour. Pour over the stock and $\frac{3}{4}$ cup water. Add the cinnamon stick and cook on low for 8-9 hours or on high for 4-4½ hours. Add apricots and prunes 40 minutes before the end of cooking.



Slow Cooked Dukkah Bolar

SERVES 8 PREPARATION TIME 20 MINS COOKING TIME 4½ HOURS IN A SLOW COOKER ON HIGH

Suggested cut



Quality Mark beef bolar roast

The following cut also works well in this recipe.



Quality Mark beef topside roast

Tips & tricks

- + This recipe was developed especially for the slow cooker which gives the meat a tender and juicy result.
- + Dukkah is a mix of herbs, nuts and spices, typically used as a dip with bread and olive oil.
- + When thickening the meat sauce, turn the slow cooker to high if you have been cooking on low.
- + Leftover cold meat is perfect for sandwiches the next day.
- + **Oven roast** - preheat oven to 200°C. Rub the beef with a little oil and the dukkah mix 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.

Beef

1.5kg - 1.7kg Quality Mark beef bolar roast
¼ cup store-bought dukkah
1 cup beef stock, warmed
25g butter, softened
2 tablespoons plain flour

Oven roasted root vegetables

3 red kumara, peeled
4 parsnips, peeled
4 carrots, peeled
4 tablespoons crème fraîche or sour cream
2 tablespoons roughly chopped toasted hazelnuts

Preheat the slow cooker for 20 minutes.

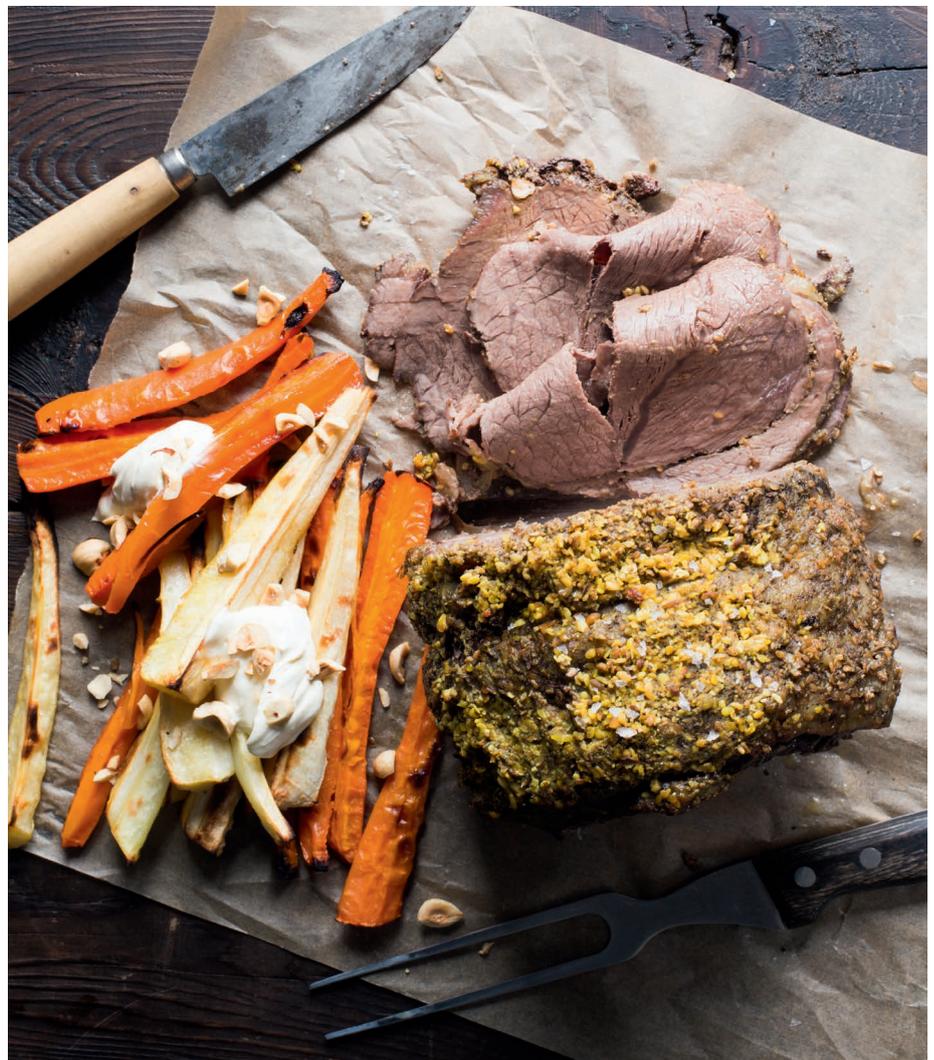
Beef: Rub the beef with a little oil and the dukkah mix. Place in the preheated slow cooker and pour around the warmed stock. Cover with the lid and cook for 4½ hours on high or 7½-8½ hours on low.

Make a paste with the butter and flour and 30 minutes before the end of cooking, whisk into the juices gathered in the slow cooker to make a sauce for the beef. Continue cooking.

Meanwhile, preheat the oven to 190°C.

Oven-roasted root vegetables: Cut the vegetables into long slices lengthwise. Place in a large bowl, toss with a little oil and season. Place in a single layer into a shallow roasting tray. Roast in the oven for 40-45 minutes or until crisp and golden.

To serve: Remove the beef from the slow cooker to a warmed plate and season. Cover loosely with foil and a clean tea towel and leave to rest in a warm place for 20 minutes, before slicing across the grain. Place the roasted vegetables in a shallow dish, top with the crème fraîche and sprinkle over the hazelnuts. Pour the sauce into a warmed jug and serve alongside.





NUTRITION TIP

Being high in fibre and protein, this recipe will leave you feeling satisfied.

Pulled Beef Nachos

SERVES 6 PREPARATION TIME 35 MINS COOKING TIME 2½ HOURS

Beef

750g Quality Mark beef chuck steak, cut into 5cm pieces
 2 onions, finely chopped
 4 cloves garlic, crushed
 2 teaspoons ground cumin
 2 teaspoons ground allspice
 1 teaspoon dried oregano or 1 tablespoon chopped fresh oregano leaves
 1 cup beef stock
 400g can chopped tomatoes in juice
 1 tablespoon tomato paste
 1 tablespoon cider vinegar
 1 tablespoon brown sugar
 good pinch dried red chilli flakes
 1 cinnamon stick
 1 bay leaf
 400g can red kidney beans, drained and rinsed

To serve

corn chips
 sour cream
 sprigs fresh coriander leaves
 limes for squeezing

Preheat the oven to 160°C.

Beef: Place a large frying pan over low heat. Add a dash of oil and the onion and cook until soft, about 5 minutes. Add the garlic and cook for a further 30 seconds. Transfer to a casserole dish.

Rub the meat with the cumin, allspice and oregano. Increase the heat and add another dash of oil to the pan. Add the beef in batches and brown on both sides, placing in the casserole dish as you go.

Pour the stock, tomatoes, tomato paste, vinegar and add the brown sugar to the pan and bring up to the boil. Add the chilli flakes, cinnamon stick and bay leaf and pour into the casserole dish. Cover with the lid, place in the oven and cook for 2 hours.

Remove beef from the oven and add the red kidney beans. Return to the oven and continue to cook for a further 30 minutes.

To serve: Remove and discard the cinnamon stick and bay leaf. Pull pieces of the beef apart using 2 forks. Season.

Serve with corn chips and sour cream and top with sprigs of coriander. Pass the lime wedges.

Suggested cut

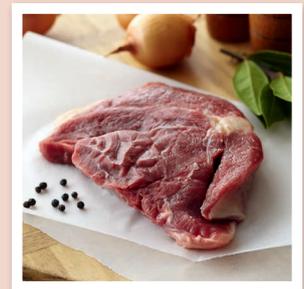


Quality Mark beef chuck steak

The following cuts also work well in this recipe.



Quality Mark beef blade steak



Quality Mark gravy beef

Tips & tricks

- + 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, producing tender pull-apart beef.
- + **Slow cooker** - cook on low for 8-9 hours or high for 3¾- 4½ hours. 45 minutes before the end of cooking time, turn slow cooker to high (if cooking on low) and add the beans.

*From the Beef + Lamb
New Zealand Nutritionist*

Food has the ability to support our immune system, and a nutritious diet providing all essential vitamins and minerals is required to keep us from being struck by common winter ailments. However, busy lives and reliance on convenience foods can prevent us from meeting our daily nutrient targets. During these cooler months, there's a lot to be said for the benefits of a healthy diet.

Lean Quality Mark beef and lamb are good sources of iron, zinc and selenium which are all required in some capacity for a healthy immune system. However, meat is not eaten on its own and instead, invites other healthy foods to the plate. Take our Lamb & Barley Soup in this issue of mEAT. Combining lean Quality Mark lamb with vegetables and pearl barley makes for a nourishing dish high in immune boosting nutrients, as well as adding sources of vitamin C and fibre.

We've made it easy to keep the family in good health this winter by providing slow cooker alternatives to six of the recipes in this issue. Slow cooking allows for using cheaper cuts of beef and lamb without compromising on taste or tenderness. You also won't scrimp on nutritional value with our Mediterranean Beef with Gremolata recipe providing a whopping 7.5mg iron per serve - nearly half the amount of iron women need each day. Iron deficiency can weaken our ability to fight infection and getting enough iron each day is especially important for high-risk groups, such as children and women of childbearing age.

Lean Quality Mark beef and lamb can be thought of as nature's multivitamin. The iron and zinc are easily absorbed and you only need a small amount to reap the benefits - lean red meat provides a lot in a little!

I'll be cooking the slow cooker version of our Pulled Beef Nachos this winter. With plenty of spice and iron-rich Quality Mark beef, it's just the meal to prevent catching the aches and chills of the cooler season.

Emily Parks





Lancashire Hot Pot

SERVES 4 PREPARATION TIME 20 MINS

+ PICKLING TIME COOKING TIME 2 HOURS

Winter is a time for woolly socks and fireplaces, hot chocolates and of course, hot pots. This saucy casserole is covered in buttery potato slices and is sure to warm any belly on a winter night.

Lamb

600g Quality Mark diced lamb shoulder
½ cup seasoned flour
2 medium-sized onions, halved lengthwise and cut into 1cm wedges
1 carrot, peeled and diced
1 parsnip, peeled and diced
1 cup beef stock, warmed
1 cup hot water
1 bay leaf
1 teaspoon picked thyme leaves
3 large all-purpose potatoes, cut into 1cm slices
butter for topping

Pickled red cabbage

1 cup white wine vinegar
¼ cup white sugar
½ teaspoon ground allspice
1 teaspoon salt
½ small red cabbage, very finely sliced
1 small handful flat leaf parsley leaves, roughly chopped

Preheat the oven to 170°C.

Lamb: Lightly grease a wide medium-sized casserole dish. Coat the diced lamb with the seasoned flour and place in the casserole dish as you go.

Add the onions, carrot and parsnip and pour in the hot stock and water. Add the bay leaf and thyme leaves. Arrange the potato slices on top, in an overlapping pattern. Top with a few small pieces of butter.

Cover with a tight-fitting lid and place in the oven. Cook for 1½ hours, then remove the lid and cook for a further 30 minutes. Remove the bay leaf before serving.

Pickled red cabbage: Place the vinegar, sugar, allspice and salt in a saucepan and place over low heat. Bring slowly to the boil to dissolve the sugar, then simmer for 2 minutes. Set aside to cool.

Place the red cabbage in a ceramic or glass bowl and pour over the cooled pickling liquid. Cover and place in the fridge for at least 4 hours, stirring occasionally. Stir through the chopped parsley before serving the pickled red cabbage with the lamb.

Suggested cut



Quality Mark diced lamb shoulder

The following cuts also work well in this recipe.



Quality Mark beef chuck steak



Quality Mark beef blade steak

Tips & tricks

- + If your family does not like parsnip, then use 1 cup peeled and diced pumpkin.
- + Save time by pickling the cabbage the night before.
- + **Slow cooker** - cook on low for 7-8 hours or on high for 4-5 hours. Place the vegetables in the preheated slow cooker then top with the lamb. Arrange the potato slices on top, in an overlapping pattern. Top with a few small pieces of butter, then a piece of baking paper to prevent the potato slices discolouring. To finish, remove the crockery insert from the slow cooker and place under hot grill until potato is a golden colour.

Oven Roasted Beef Sirloin

SERVES 4-6 PREPARATION TIME 20 MINS COOKING TIME 15-18 MINS

This is what you've been waiting for; roast beef with all the trimmings. The beef is roasted in the oven and served with the Yorkshire puddings, gravy, and seasonal vegetables of your choice.

Beef

2 x Quality Mark sirloin steaks
on the bone
(approx. 400g each)

Yorkshire puddings

2 cups flour
1 teaspoon salt
4 eggs, lightly beaten
1 cup milk
¼ cup cold water

Pan sauce

½ cup red wine
1 cup beef stock
25g cold butter, cubed

To serve

horseradish cream
roasted vegetables of your choice

Preheat the oven to 210°C. Place a shallow roasting tray in the oven to heat.

Beef: Heat a large frying pan over medium-high heat. Season steaks and working with 1 steak at a time, use tongs to place the steak in the frying pan, browning the fatty edge first. Cook until the fat is golden and rendered. Repeat with remaining steak. Place both steaks back in the frying pan and brown well. Transfer to the hot tray and cook in the oven for 15 minutes.

Remove steaks from the oven and place on a warmed plate, cover with foil and a clean tea towel and leave to rest for 10-15 minutes.

Yorkshire puddings: Sift the flour and salt into a large mixing jug and make a well in the centre. Add eggs, then gradually beat in the milk and water until you have a smooth batter. Cover and set aside for at least 15 minutes.

Heat a 12-hole muffin tin in the oven for 5 minutes. Spoon 1 teaspoon of the collected beef fat (or use butter), into each muffin hole. Place back in the oven and heat until the fat is smoking. Remove from the oven and quickly pour the batter into the muffin holes and cook in the oven for 15 minutes or until golden and puffed.

Pan sauce: Pour the red wine into the hot frying pan and reduce by half. Add the beef stock and reduce by half again. Add the butter and swirl until glossy. Season and strain into a jug.

To serve: Serve steaks with the pan sauce, horseradish cream and Yorkshire puddings. Roasted root vegetables are the perfect accompaniment.

Suggested cut



Quality Mark sirloin steaks on the bone. If no bone then reduce cooking time - cook as you would a piece of steak without bone. Visit recipes.co.nz for cooking times.

The following cut also works well in this recipe.



Quality Mark beef scotch steaks

Tips & tricks

- + Have your steak at room temperature before cooking so you can time cooking accurately.
- + If you like your steak with a good outer crust, then rub steaks with salt and freshly ground black pepper before cooking. Alternatively, season steak after cooking.
- + Resting is very important for tender, juicy results.
- + Beef and lamb contain a "meat factor" which increases iron absorption. Add leftover meat to your lunch the next day for a better iron intake.
- + Boiling the wine removes the alcohol and adds flavour to the pan sauce.

SPECIAL OCCASION?

We think this dish is a stand-out choice for impressing guests on a chilly winters night.



Win

Be in to win 1 of 2 Bosch MUM5Pro Kitchen Machines (RRP \$899 each)

When every single one of our appliances makes your life a little bit easier – that's Bosch in every detail.

To be in to win...

Tell us your favourite beef or lamb cut to cook in your slow cooker.



The Bosch MUM5Pro Kitchen Machine is a powerful, durable kitchen machine which is easy to use. It is a real all-rounder, which comes with a great range of accessories, including a professional patisserie set (professional beating whisk, professional flexible stirring whisk, kneading hook), a continuous shredder with 5 discs, a mincer, a blender, a citrus press and more.

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recipes.co.nz

Alternatively, email your answer to 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 28 August 2017.

Beef + Lamb New Zealand Inc will make the final decision on the winner. 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, visit recipes.co.nz.



BOSCH
Invented for life

BEEF + LAMB
NEW ZEALAND

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