

# Chef

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# new ways with meat





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## introduction

Switch things up with these delicious red meat recipes! There are numerous cuts of beef, veal and lamb, each with its own flavor and cooking qualities. With the recipes in this book, you are guaranteed to make the most of each cut.



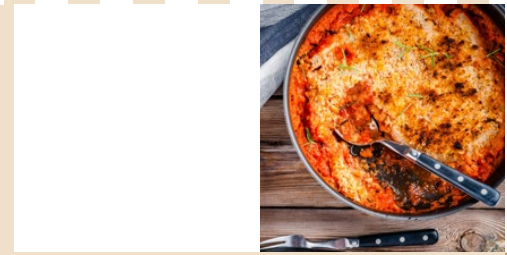
# new ways with meat



## Meat Basics

It is important to select the best meat possible for the recipe you intend to cook. Here is advice on what to look for and how to store your purchase prior to cooking:

- At the butcher or supermarket, choose meat cuts that are as lean as possible; there is no point in paying for fat that you will trim off when you get home.
- Meat for stir-frying must be as tender as possible. Flank steak, skirt steak and sirloin steak are among the best choices.
- There is considerable awareness nowadays among consumers that grass-fed meat is an important part of a well-balanced, nutritionally sound diet.
- Don't buy a cut more expensive than you need. A cheaper one may well give a better result in your particular recipe.
- When it comes to fat, it's good in moderation. Some recipes, such as burgers, do require a little fat for optimum flavor.



- Avoid choosing cuts with dark green bits on the edges, as this may indicate that the meat wasn't refrigerated correctly.
- Beef should be light or dark red. Additionally, avoid buying beef cuts with more fat than meat. Look for lamb cuts that seem firm, pink or light red, with a fine grain. The bones should always be red and porous.
- Avoid cuts that smell rancid, or that are sticky to the touch. The smell should be somewhat acidic.
- Discard red meat that has been in the fridge for over 5 days. If it's ground meat, it will only last 1 or 2 days inside the fridge before it gets spoiled.
- Uncooked cuts such as chops and steaks last for a year in the freezer, while ground meat should be thrown away after 4 months. Cooked meat can be frozen for up to 3 months.

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# baked pasta & mince

■ ■ □ | Cooking time: 2 hours - Preparation time: 15 minutes

## ingredients

- > 2 tablespoons olive oil
- > 1 large onion, chopped
- > 1 kg/2 lb minced beef
- > 60 ml/2 fl oz red wine
- > 700 ml/23½ fl oz jar bottled chunky tomato sauce
- > 2 chicken stock cubes, crumbled
- > 2 tablespoons finely chopped
- > fresh parsley
- > 500 g/1 lb tubular spaghetti
- > 2 egg whites, lightly beaten
- > 2 tablespoons packaged breadcrumbs

## cheese sauce

- > 2 tablespoons butter
- > 2 tablespoons plain flour
- > 595 ml/20 fl oz cups milk
- > 2 egg yolks, lightly beaten
- > 1 cup/3½ oz grated Cheddar cheese

## method

1. Preheat oven to 180°C/350°F/Gas 4. Heat oil in heavy-based pan; add onion. Cook over a medium heat for 2 minutes or until soft. Add mince, stir over high heat until well browned and almost all liquid has evaporated.
2. Add wine, sauce and stock cubes, bring to the boil. Reduce to a simmer and cook, covered, for 1 hour, stirring occasionally. Remove from heat; add parsley, let cool.
3. Bring pan of water to a rapid boil; add pasta and cook until just tender. Rinse under cold water and drain well. Combine pasta with egg whites. Place half the spaghetti over base of greased, deep, ovenproof dish. Cover with mince mixture.
4. To make cheese sauce: heat butter in a medium pan; add flour. Stir over low heat for 2 minutes or until flour mixture is lightly golden. Add milk gradually to pan, stirring until mixture is smooth. Stir constantly over a medium heat for 5 minutes or until mixture boils and thickens; boil for 1 minute; remove from heat. Cool slightly; stir in yolks and cheese.
5. Combine remaining spaghetti with cheese sauce and spread over mince. Sprinkle with breadcrumbs. Bake for 45 minutes or until lightly golden.

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Serves 8



# beef wellington



■■■ | Cooking time: 45 minutes - Preparation time: 5 minutes

## method

1. Preheat oven to 210°C/410°F/Gas 6. Trim meat of excess fat and sinew. Fold tail end under. Tie meat securely with string at regular intervals.
2. Rub meat with pepper. Heat oil in a large, heavy-based pan. Add meat and cook over a high heat, browning well all over. Remove from heat. Add the brandy and ignite carefully, using a long match or taper. Shake pan until flames subside. Allow meat to cool.
3. Spread pâté over top and sides of beef. Cover with mushrooms, pressing them onto the pâté. Place pastry sheets on a lightly floured surface. Brush one edge with a little egg and overlap the edge of the other sheet, pressing well to join.
4. Place beef on the pastry, folding pastry over to enclose the meat completely; trim excess pastry and use to decorate the top, if desired. Brush the edges with egg and seal. Cut a few slits in the top to allow steam to escape. Brush the top and sides with egg. Transfer to a baking dish and cook for 45 minutes for a rare result, 1 hour for medium result and 1 hour and 30 minutes for well done. Remove from oven. Leave in a warm place for 10 minutes, lightly covered with foil. Slice and serve.

## ingredients

- > 1 kg/2 lb beef fillet or rib eye in one piece
- > freshly ground black pepper
- > 1 tablespoon oil
- > 2 tablespoons brandy
- > 125 g/4½ oz peppercorn pâté
- > 60 g/2 oz button mushrooms, sliced
- > 2 sheets frozen puff pastry, thawed
- > 1 egg, lightly beaten

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Serves 6 to 8



# cassoulet

■■■ | Cooking time: 4 hours - Preparation time: 20 minutes

## ingredients

- > 500g/17½ oz dried haricot beans
- > 1½ liters beef stock
- > 500 g/17½ oz pork spareribs
- > 250 g/9 oz cubed lamb
- > 2 tablespoons oil
- > 250 g/9 oz garlic or spiced sausage
- > 125 g/4½ oz piece bacon, cut into cubes
- > 2 medium onions, chopped
- > 2 medium carrots, chopped
- > 2 cloves garlic, crushed
- > 1 bay leaf
- > 1 sprig parsley
- > 1 sprig thyme
- > 6 whole white peppercorns
- > 2 cups/about 90 g/3 oz coarse breadcrumbs
- > 60 g/2 oz firm butter, grated

## method

1. Soak beans overnight in water. Drain and place in a large pan with stock. Bring slowly to boiling point, reduce heat to a simmer and cook for 1 hour until tender. Drain; retain liquid.
2. Trim excess fat and sinew from dish. Heat oil in pan and brown meats, sausage and bacon in several batches. Remove and drain on absorbent paper. Add onion, carrot and garlic to pan and brown well.
3. Preheat the oven to 160°C/325°F/Gas 3. Layer meats, drained beans and vegetables in a large ovenproof casserole. Tie herbs and peppercorns together in a small piece of muslin and add to dish. Pour over liquid from beans, cover dish and bake for 2 hours.
4. Remove the herb bag and discard. Combine breadcrumbs and butter and sprinkle over top of casserole. Return to oven and cook for 30 minutes or until crust is golden and crisp.

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Serves 6

## tip from the chef

*Cook 2 days ahead without the breadcrumbs and butter. Reheat with the topping ingredients.*





# crown

## roast of lamb

■■■ | Cooking time: 45 minutes - Preparation time: 20 minutes

### method

1. Preheat oven to 210°C/410°F/Gas 6. Cook onion and apple in butter until soft. Remove from heat and stir in breadcrumbs and herbs. Whisk apple juice and egg yolks together. Stir into breadcrumb mixture.
2. Place egg whites in a small, dry mixing bowl. Using hand mixer, beat egg whites until soft peaks form. Fold lightly into stuffing mixture.
3. Place crown roast in a baking dish. Place a sheet of lightly greased foil in the base of the roast to hold stuffing cavity. Roast meat for 45 minutes, or until cooked to the degree you like. To serve, cut between cutlets to separate.

### ingredients

- > 1 crown roast (minimum 12 cutlets)
- > 2 medium brown onions, peeled and chopped
- > 1 green or cooking apple, peeled and chopped
- > 20 g/¾ oz butter
- > 2 cups/about 120 g/4 oz fresh breadcrumbs
- > 2 tablespoons chopped fresh sage
- > 1 tablespoon chopped fresh parsley
- > ¼ cup/60 ml/2 fl oz unsweetened apple juice
- > 2 eggs, separated

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Serves 6

### tip from the chef

*Ask your butcher to shape the crown roast and tie it with string. Wrap foil around the cutlet bones to prevent them from burning.*



# mushroom meat pie

■ ■ □ | Cooking time: 40 minutes – Preparation time: 15 minutes

## ingredients

- > 750 g/26 oz minced beef
- > 1 tablespoon oil
- > 1 medium onion, chopped
- > 100 g/3½ oz button mushrooms, sliced
- > 1 cup/235 ml/8 fl oz beef stock
- > 2 tablespoons tomato paste
- > 2 tablespoons plain flour
- > 2 sheets frozen shortcrust pastry, thawed
- > 1 sheet frozen puff pastry, thawed
- > 1 egg, lightly beaten

## method

1. Preheat oven to 240°C/475°F/Gas 9. Heat oil in a heavy-based pan; add onion and mince. Cook over medium-high heat until meat is well browned and almost all liquid has evaporated. Use a fork to break up any lumps.
2. Add the mushrooms, stock and tomato paste. Reduce heat, simmer, uncovered, for 15 minutes. Mix the flour with a little cold water to make a smooth paste. Stir into meat, bring to the boil and cook until sauce has thickened. Cool.
3. Line a 23 cm pie plate with shortcrust pastry, overlapping the sheets if necessary. Moisten edges with water, cover with puff pastry and press edges together to seal. Trim excess pastry and use to decorate top, if desired.
4. Brush top with beaten egg and make a few steam holes. Place dish on a baking tray in oven; cook 10 minutes. Reduce oven temperature to moderate 180°C/350°F/Gas 4 and bake for 30 minutes or until pastry is golden.

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Serves 6

## tip from the chef

*To make individual pies, cut circles from the pastry to fit small pie plates, using a plate as a guide.*



# grilled

## teriyaki beef

■□□ | Cooking time: 16 minutes - Preparation time: 15 minutes

### method

1. Trim meat of excess fat and sinew. Slice meat across the grain evenly into long, thin strips. Thread meat on skewers, weaving them in place.
2. Combine stock, sauces, lime juice, honey, spring onion, garlic and ginger in a small bowl, whisk for 1 minute or until well combined. Place skewered meat in a shallow dish, pour marinade over. Store in refrigerator, covered with plastic wrap, for 2 hours or overnight, turning occasionally. Drain, reserving marinade.
3. Place skewered meat on a cold, lightly oiled grill tray. Cook under high heat for 2 minutes each side to seal, turning once. For a rare result, cook a further 1 minute each side. For medium and well done results, lower the grill tray or reduce heat, and cook a further 2 to 3 minutes each side for medium and 4 to 6 minutes each side for well done. Brush occasionally the reserved marinade during cooking. Serve immediately.

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Serves 6

### ingredients

- > 6 topside steaks, about 350g/12 oz each
- > 1 cup/235 ml/8 fl oz beef stock
- > ¼ cup/60 ml/2 oz teriyaki sauce
- > 2 tablespoons hoisin sauce
- > 2 tablespoons lime juice
- > 1 tablespoon honey
- > 2 spring onions, finely chopped
- > 2 cloves garlic, crushed
- > 1 teaspoon finely grated ginger

### tip from the chef

For wooden skewers, soak in water 30 minutes to prevent burning.



# irish stew

■ ■ □ | Cooking time: 2 hours 30 minutes - Preparation time: 10 minutes

## ingredients

- > 1 kg/2 lb lamb neck chops
- > ¼ cup/30 g/1 oz plain flour
- > 4 medium onions, sliced
- > 2 cups water
- > 8 medium potatoes, quartered
- > 4 carrots, sliced
- > ¼ cup/5 g chopped fresh parsley

## method

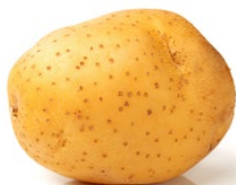
1. Preheat oven to 160°C/325°F/Gas 3. Trim meat of excess fat and sinew. Toss in flour; shake off excess.
2. Place meat in a 2-liter ovenproof dish. Add onion and water, cover, cook for 1 hour 30 minutes.
3. Add potatoes and carrots, cook further 1 hour, covered, until meat and potatoes are tender. Add parsley, stir to combine.

**Variation:** The potatoes can also be sliced thickly and used to line the base of the dish. During the long, slow cooking, the potatoes will disintegrate, thickening and enriching the cooking liquid. Add wide strips of bacon and chopped carrots for a more substantial meal.

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Serves 6

## tip from the chef

*Traditionally, Irish stew is made from mutton, which has a stronger flavor than lamb and benefits from lengthy cooking. Some butchers stock mutton on a regular basis or will order it in for you.*





# lamb

## & filo pie

■ ■ □ | Cooking time: 50 minutes - Preparation time: 5 minutes

### method

1. Heat oil in a heavy-based pan; add onion and mince. Cook over a medium-high heat for 10 minutes or until well browned and all the liquid has evaporated. Use a fork to break up any lumps of mince as it cooks. Stir in parsley, mint, cinnamon and pine nuts; mix well.
2. Preheat oven to 180°C/350°F/Gas 4. Lightly grease a 33 x 23 cm ovenproof dish with butter or oil. Work with 2 sheets of filo at a time, keeping the remainder covered with a clean, damp tea towel to prevent them drying out. Brush the top sheet of the first 2 sheets with melted butter. Place a further 2 pastry sheets on top and again brush with butter. Line the baking dish with these 4 sheets; do not trim the excess.
3. Spread a quarter of the lamb mixture over the pastry sheets. Continue buttering and layering 4 pastry sheets and meat alternately, finishing with 2 sheets of pastry. Fold overhanging ends over onto the top. Bake for 40 minutes or until pastry is crisp and golden.

### ingredients

- > 2 tablespoons oil
- > 2 medium onions, chopped
- > 1 kg/2 lb minced lamb
- > ¼ cup/5 g chopped fresh parsley
- > 2 tablespoons chopped fresh mint
- > 1 teaspoon ground cinnamon
- > ½ cup/70 g/2 oz pine nuts
- > 1 x 375 g/13 oz packet filo pastry
- > 250 g/9 oz unsalted butter, melted

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Serves 6

### tip from the chef

*Filo very quickly becomes dry and brittle if exposed to the air.*



# roast beef fillet

## with béarnaise sauce

■ ■ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

### ingredients

- > 1 x 1.5 kg/3 lb whole beef fillet
- > freshly ground black pepper, to taste
- > 1 tablespoon oil
- > 30g/1 oz butter
- > 1 clove garlic, crushed
- > 1 cup water

### easy béarnaise sauce

- > ½ cup/120 ml/4 fl oz tarragon vinegar
- > 2 bay leaves
- > 2 teaspoons black peppercorns
- > 4 spring onions, chopped
- > 5 egg yolks, lightly beaten
- > 250 g/9 oz butter, melted

### method

1. Preheat oven to 210°C/410°F/Gas 6. Trim the meat of excess fat and sinew. Tie meat securely with string regular intervals to retain its shape. Rub meat all over with pepper.
2. Heat oil, butter and garlic in a deep baking dish on top of the stove, add meat; brown it all over on high heat. Place a rack in the dish and put the meat on top; add the water to dish. Transfer to oven. Roast meat for 45 minutes for a rare result, 1 hour for a medium result and 1 hour 10 minutes for well done. Baste the meat occasionally with the pan juices. Remove from oven. Leave in a warm place for 10 minutes, covered with foil. Remove string before slicing.
3. To make béarnaise sauce: combine vinegar, bay leaves, peppercorns and spring onion in small pan. Bring to the boil; reduce heat to a simmer, cook, uncovered, until liquid has reduced to 2 tablespoons. Strain, reserving the liquid.
4. Place liquid and egg yolks in a food processor bowl or blender, process for 30 seconds. With motor constantly running, add melted butter slowly in a thin stream, processing until it is all added. Serve with the sliced meat.

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Serves 6





# roast lamb

## with mint sauce

■ ■ □ | Cooking time: 1 hour - Preparation time: 20 minutes

### method

1. Preheat oven to 210°C/410°F/Gas 6. Trim lamb of excess fat and sinew. Using a sharp knife, make 4 deep slits in the lamb. Insert slivers of garlic in the slits. Rub meat all over with oil and pepper; place on a roasting rack in deep baking dish; pour the water into dish.
2. Roast meat 1 hour for a rare, 1 hour 15 minutes for medium result, and 1 hour 30 minutes for well done. Baste meat occasionally with pan juices. Remove from oven. Leave in a warm place for 10 minutes, covered with foil. Serve lamb with Gravy and Mint Sauce, and commercially made mint jelly, if desired.
3. To make gravy: heat pan juices in baking dish; add flour. Stir over a low heat for 3 minutes or until the flour mixture is bubbling and lightly golden. Add combined stock and soy sauce gradually to pan, stirring constantly until gravy boils and thickens. Boil further 1 minute; remove from heat, strain into a jug.
4. To make mint sauce: combine water and sugar in a small pan. Stir constantly over low heat until mixture boils and sugar has dissolved. Reduce heat to a simmer, cook mixture without stirring, uncovered, 3 minutes to make a syrup. Remove pan from heat; combine syrup with mint and vinegar in a jug.

### ingredients

- > 1 x 1.5kg/3 lbs leg lamb
- > 4 cloves garlic, cut in slivers
- > 1 tablespoon olive oil
- > ½ teaspoon ground black pepper
- > ⅔ cup/160 ml/5½ fl oz water

### gravy

- > 2 tablespoons plain flour
- > 2 cups/475 ml/16 fl oz chicken stock
- > 2 teaspoons soy sauce

### mint sauce

- > ¼ cup/60 ml/2 fl oz water
- > ⅓ cup/70 ml/2½ oz sugar
- > 2 tablespoons malt vinegar
- > ⅓ cup/5 g finely chopped fresh mint



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Serves 8

# shepherd's pie

■ ■ □ | Cooking time: 1 hour 15 minutes - Preparation time: 15 minutes

## ingredients

- > 2 tablespoons oil
- > 1 medium onion, chopped
- > 1 clove garlic, crushed
- > 750 g/26½ oz minced lamb
- > 250 g/9 oz button mushrooms, sliced
- > ½ cup/75 g/2½ oz tomato paste
- > 1 tablespoon Worcestershire sauce
- > 3 tablespoons chopped fresh parsley
- > 2 tablespoons dry sherry
- > 2 tablespoons corn flour
- > 1½ cups/350 ml/12 fl oz beef stock

## topping

- > 4 large potatoes, chopped
- > 350 g/12 oz pumpkin, chopped
- > 30 g/1 oz butter
- > 1 egg, lightly beaten

## method

1. Preheat oven to moderate to 180°C/350°F/ Gas 4. Heat oil in heavy-based pan. Add onion and garlic, cook, stirring, until soft. Add mince, cook over high heat for 5 minutes or until well browned and all the liquid has evaporated. Use a fork to break up any lumps of mince as it cooks.
2. Add the mushrooms, tomato paste, Worcestershire sauce, parsley and sherry, stirring until combined. Combine corn flour with stock until smooth. Add to pan, stir over a medium heat for 3 minutes or until the mixture boils. Reduce heat to a simmer. Cook, covered, 25 minutes; stir occasionally.
3. Spoon mixture into a 2-liter ovenproof dish or a 23 cm pie plate. Spread with Topping. Bake for 45 minutes or until brown.
4. To make topping: cook potato and pumpkin in boiling water 10 minutes or until tender; drain. Place potato and pumpkin in a bowl, add butter and egg, mash until smooth.

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Serves 4 to 6



## tip from the chef

*Use cooked minced beef in place of lamb to make cottage pie.*





# standing rib

## roast with horseradish cream

■ ■ □ | Cooking time: 1 hour - Preparation time: 10 minutes

### method

1. Preheat oven to 240°C/475°F/Gas 9. Trim meat of excess fat and sinew. Tie the meat securely with string at regular intervals to retain its shape. Rub all over with the combined oil, garlic and pepper; place in a deep baking dish, bone side down (which forms a natural rack).
2. Roast meat for 15 minutes. Reduce to moderate 180 °C. Cook further 45 minutes for rare, 1 hour for medium and 1 hour 15 minutes for well done. Baste meat occasionally with pan juices. Remove from oven. Leave in a warm place 10 minutes, covered with foil. Remove the string. To carve, cut close along the bones and remove fillet; then slice vertically. Serve with horseradish cream.
3. To make horseradish cream: Place the egg yolks, relish, vinegar, mustard and pepper in a food processor bowl or blender. With the motor running constantly, add the oil slowly in a thin, steady stream until it has all been added and the mixture is thick and pale.

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Serves 8

### ingredients

- > 1 x 1.5 kg/3 lb standing rib roast
- > 1 tablespoon oil
- > 2 cloves garlic, crushed
- > freshly ground black pepper

### horseradish cream

- > 3 egg yolks, lightly beaten
- > 3 tablespoons horseradish relish
- > 1 teaspoon white vinegar
- > ½ teaspoon mustard powder
- > freshly ground black pepper, to taste
- > 1 cup/230 g/8 oz olive oil

### tip from the chef

*Horseradish cream can be made 1 day ahead and stored in an airtight jar in the refrigerator.*



# steak

## & kidney pudding



■ ■ □ | Cooking time: 4 hours - Preparation time: 30 minutes

### method

1. Cut meat evenly into 3 cm cubes. Peel skin from kidneys, cut kidneys into quarters. Toss meat and kidneys in flour.
2. Heat butter and oil in a heavy-based pan. Add onion and garlic, stirring until soft; remove. Add meat and kidneys in batches, cooking them over a medium-high heat until browned; drain on absorbent paper.
3. Return onion, garlic, meat and kidneys to pan with mushrooms, wine, stock, parsley and bay leaf; bring to the boil. Reduce heat to a simmer, cook, covered, for 1 hour or until the meat is tender, allow mixture to cool.
4. Sift flour into a bowl, stir in the grated suet. Add water to mix to a firm dough. Knead on a lightly floured surface until smooth. Roll two-thirds of suet pastry to fit the base and sides of an 8-cup pudding basin; brush the top edge with water.
5. Spoon meat filling into pastry. Roll remaining pastry to cover basin, press edges of pastry together to seal. Grease a sheet of greaseproof paper large enough to cover the top of the basin plus about 5 cm all round.
6. Place foil over pudding, secure quartered tightly with string. Place basin in a pan. Add enough water to come halfway up sides of basin. Bring to boil, reduce heat to a simmer, cook, covered, 3 hours. Turn out, cut into wedges to serve.

### ingredients

- > 500 g/17½ oz round or rump steak
- > 200 g/7 oz lamb kidneys
- > 2 tablespoons plain flour
- > 30 g/1 oz butter
- > 1 tablespoon oil
- > 1 medium onion, sliced
- > 1 clove garlic, crushed
- > 125 g/4½ oz button mushrooms, quartered
- > ½ cup/120 ml/4 oz red wine
- > 1 cup/240 ml/8 fl oz beef stock
- > 2 tablespoons chopped fresh parsley
- > 1 bay leaf

### Suet Pastry

- > 1½ cups/180 g/6 oz self-raising flour
- > 90 g/3 oz suet, skinned, finely grated
- > ½ cup/120 ml/4 oz water, approximately

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Serves 4-6



# steak

## diane

■ □ □ | Cooking time: : 15 minutes - Preparation time: 5 minutes

### ingredients

- > 6 fillet steaks, about 130g/4½ oz each
- > ½ teaspoon ground black pepper
- > 45 g/1½ oz butter
- > 20 g¾ oz butter, extra
- > 4 cloves garlic, crushed
- > 2 spring onions, finely chopped
- > 2 tablespoons Worcestershire sauce
- > 1 tablespoon brandy
- > ½ cup/120 g/4 oz heavy cream
- > 2 tablespoons finely chopped fresh rosemary

### method

1. Trim meat of excess fat and sinew. Flatten steaks to an even thickness. Nick edges to prevent curling. Sprinkle each steak with pepper. Heat butter in pan; add steaks. Cook over high heat 2 minutes each side to seal, turning once. For a rare result, cook a further minute each side. For medium and well done results, reduce heat to medium, cook a further 2 to 3 minutes each side for medium and 4 to 6 minutes each side for well done. Remove from pan; drain on absorbent paper.
2. Heat extra butter in pan. Add garlic fresh parsley and spring onion and cook gently for 3 minutes. Add Worcestershire sauce and brandy and stir to dislodge crusty pieces from bottom of pan.
3. Stir in the cream; simmer 5 minutes. Return steaks to pan with parsley and heat through.

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Serves 6



### tip from the chef

*Have all the ingredients ready before beginning; the highlight of this dish is the tender meat cooked to just the right degree.*





# beef

## & red wine casserole

■ □ □ | Cooking time: 170 minutes - Preparation time 15 minutes

### method

1. Heat oil in a large frying pan over moderate heat. Add bacon and onion, cook for 2 minutes. Increase heat to high and add meat, brown rapidly on all sides, then add tomato paste and garlic.
2. Add wine, brandy, stock and orange rind, cover and cook for a further 15 minutes.
3. Transfer to a large ovenproof dish, cover and cook in a moderately low oven for 2½ hours.
4. Sprinkle spring onions on top when serving, and garnish with orange rind if desired.

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Serves 6

### ingredients

- > 4 tablespoons olive oil
- > ¾ cup chopped bacon, rind removed
- > 1 large onion, chopped
- > 750 g/1½ lb blade steak, fat removed, cut into 2 cm/¾ in cubes
- > 2 tablespoons tomato paste (purée)
- > 2 cloves garlic, crushed
- > 1 cup red wine
- > ¼ cup brandy
- > 1 cup beef stock
- > 1 tablespoon grated orange rind
- > ¼ cup chopped spring onions
- > orange rind for garnish

### tip from the chef

Add 1 sliced carrot, ½ sliced red pepper and 1 cubed potato to this delicious casserole, if desired.



# beef fillet

## with horseradish cream

■ ■ □ | Cooking time: 20 minutes – Preparation time: 10 minutes

### ingredients

- > 1 whole beef fillet, trimmed of fat and tied to hold its shape
- > 3 tablespoons crushed black peppercorns
- > 3 tablespoons olive oil
- > 1 French breadstick, sliced
- > watercress sprigs or lettuce leaves, for garnish

### horseradish cream

- > 2 teaspoons gelatin
- > 60 ml/2 fl oz water
- > 250 g/8 oz sour cream
- > 2 tablespoons bottled horseradish
- > 2 tablespoons chopped fresh parsley

### method

1. Preheat oven to 250°C/500°F/Gas 9. Pat fillet dry and coat well on all sides with black pepper. In a baking dish just large enough to hold beef, heat oil over high heat until hot but not smoking. Add beef and brown on all sides. Place dish in oven and roast beef for 15-17 minutes. Cool to room temperature.
2. To make horseradish cream, soften gelatin in cold water, then stir over hot water until dissolved. Stir together sour cream, horseradish and parsley, add gelatin and mix well. Spoon into a bowl, cover and chill until set.
3. To serve, slice beef into 1 cm/½ in thick slices, arrange on sliced bread with a little watercress or lettuce and a spoonful of chilled horseradish cream.

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Serves 20-25

### tip from the chef

*Depending on the size of the fillet you may need to cut it in half before cooking. Roast fillet and prepare the cream the day before party, wrap well and chill. Bring beef to room temperature to serve.*



# beef with pumpkin & lemon grass



■ ■ □ | Cooking time: 110 minutes - Preparation time: 15 minutes

## method

1. Heat oil in large heavy based saucepan. Cook onions over medium heat until golden. Stir in allspice, cinnamon, ginger and peppers.
2. Add meat to pan, cook over high heat until browned. Stir in lemon grass and chicken stock. Bring to the boil, reduce heat and simmer, covered, for 45 minutes.
3. Stir in pumpkin, cover and simmer for 45 minutes or until beef is tender. Remove from heat and stir in garlic. Season to taste.

## ingredients

- > 2 tablespoons oil
- > 2 onions, chopped
- > 1 teaspoon whole allspice
- > 1 cinnamon stick
- > 1 teaspoon grated fresh ginger
- > 2 green peppers, sliced
- > 750 g/1½ lb chuck steak, cut into 5 cm/2 in cubes
- > 2 tablespoons chopped fresh lemon grass
- > 500 ml/16 fl oz chicken stock
- > 500 g/1 lb pumpkin, cut into 4 cm/1½ in cubes
- > 2 cloves garlic, crushed

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Serves 4

## tip from the chef

*Serve this unusual and flavorsome dish accompanied by bowls of unflavored yogurt and topped with freshly chopped coriander.*



# best-ever hamburgers

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

## ingredients

- > 750 g/1½ lb lean beef mince
- > 1 onion, very finely chopped
- > 1 carrot, finely grated
- > 1 tablespoon Worcestershire sauce
- > 1 tablespoon ketchup
- > dash chili sauce
- > ½ teaspoon dried oregano
- > ½ teaspoon dried thyme
- > freshly ground black pepper
- > 6 wholemeal rolls, split
- > lettuce leaves
- > 6 slices cooked beetroot
- > 6 slices cucumber
- > 2 tomatoes, sliced

## method

1. Combine beef mince, onion, carrot, Worcestershire sauce, ketchup, chili sauce, oregano, thyme and black pepper to taste in a large bowl and mix well.
2. Wet hands and shape mixture into 6 patties. Cook in a nonstick frying pan for 5-6 minutes, pressing down with a spatula.
3. To assemble burgers, toast rolls. Place lettuce, burger, beetroot, cucumber and tomato on bottom half of each roll. Top with remaining half roll.

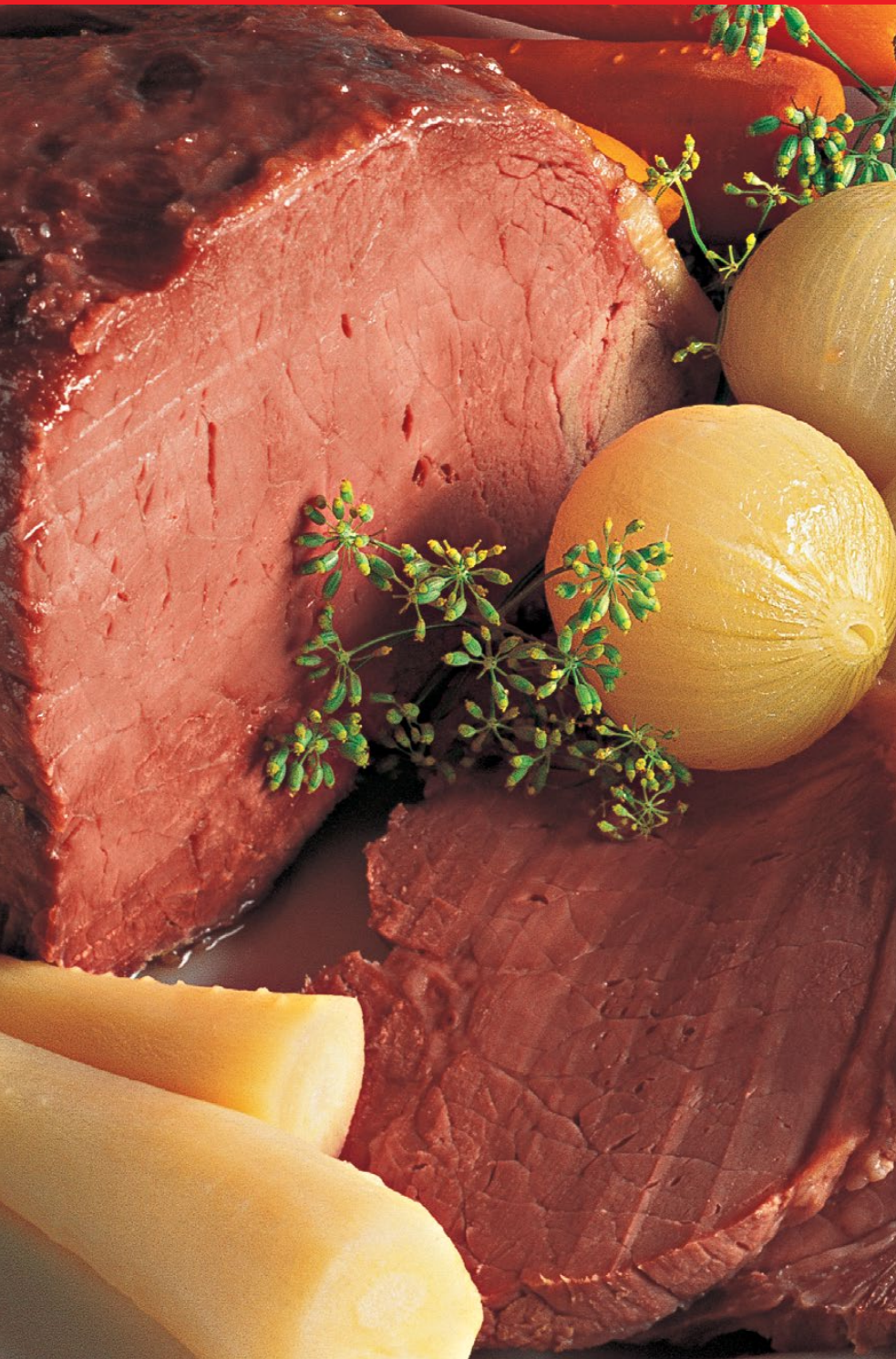
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Serves 6



## tip from the chef

*Just because you are watching what you eat, there is no need to give up all the best things in life. These delicious hamburgers will satisfy all the family –and you needn't tell them just how healthy they are!*





# boiled

## beef dinner

■ □ □ | Cooking time: 2 hours - Preparation time: 10 minutes

### method

1. Place meat in a large heavy-based saucepan. Add brown sugar, vinegar, mint, onion, peppercorns and enough water to cover meat. Bring to the boil, then reduce heat and simmer for 1¼-1½ hours.
2. Add carrots, onions and parsnips to pan and cook over a low heat for 40 minutes longer or until vegetables are tender.
3. To make glaze, place redcurrant jelly, orange juice and Grand Marnier in a small saucepan and cook over a low heat, stirring occasionally, until well blended. Transfer meat to a serving plate and brush with redcurrant mixture. Slice meat and serve with vegetables and any remaining redcurrant mixture.

### ingredients

- > 1½ kg/3 lb corned beef silverside
- > 2 tablespoons brown sugar
- > 1 tablespoon cider vinegar
- > 2 sprigs fresh mint
- > 1 onion, peeled and studded with 4 whole cloves
- > 6 peppercorns
- > 6 small carrots, peeled
- > 6 small onions, peeled
- > 3 parsnips, peeled and halved

### redcurrant glaze

- > ½ cup/155 g redcurrant jelly
- > 2 tablespoons orange juice
- > 1 tablespoon Grand Marnier liqueur

.....  
Serves 6

### tip from the chef

*Simple and satisfying, this boiled beef dinner is served with creamy mashed potatoes and horseradish cream. There are sure to be requests for second helpings. To make horseradish cream, whip ½ cup/125 ml cream until soft peaks form, then fold through 3 tablespoons horseradish relish.*



# carpaccio

## with mustard mayonnaise

■ ■ □ | Cooking time: 0 minutes - Preparation time: 25 minutes

### ingredients

- > 500 g/1 lb eye fillet beef, in one piece
- > 1 lettuce, leaves separated and washed
- > 1 bunch/250 g/8 oz watercress
- > 90 g/3 oz Parmesan cheese, grated

### mustard mayonnaise

- > 1 egg
- > 1 tablespoon lemon juice
- > 2 cloves garlic, crushed
- > 2 teaspoons Dijon mustard
- > ½ cup/125 ml/4 fl oz olive oil
- > freshly ground black pepper

### method

1. Trim meat of all visible fat and cut into wafer-thin slices. Arrange beef slices, lettuce leaves and watercress attractively on four serving plates. Sprinkle with Parmesan cheese.
2. To make mayonnaise, place egg, lemon juice, garlic and mustard in a food processor or blender and process to combine. With machine running, slowly add oil and continue processing until mayonnaise thickens. Season to taste with black pepper. Spoon a little mayonnaise over salad and serve immediately.

.....  
Serves 4

### tip from the chef

*To achieve very thin slices of beef, wrap the fillet in plastic food wrap and place in the freezer for 15 minutes or until firm, then slice using a very sharp knife.*





# chili

## con carne

■□□ | Cooking time: 45 minutes - Preparation time: 10 minutes

### method

1. Heat oil in a frying pan over a medium heat. Cook onions, chilies and garlic, stirring, for 3 minutes or until golden.
2. Add beef and cook, stirring, for 10 minutes or until brown.
3. Stir in tomato sauce, wine and tomato paste, bring to simmering and simmer, stirring occasionally, for 20 minutes or until mixture reduces and thickens.
4. Add beans and cook, stirring occasionally, for 10 minutes.

### ingredients

- > 1 tablespoon vegetable oil
- > 2 onions, chopped
- > 2 small fresh red chilies, finely chopped
- > 1 clove garlic, crushed
- > 500 g/1 lb lean beef mince
- > 250 ml/8½ fl oz quantity classic tomato sauce
- > ¼ cup/60 ml/2 fl oz red wine
- > 2 tablespoons tomato paste (purée)
- > 440 g/14 oz canned red kidney beans, rinsed and drained

.....  
Serves 4

### tip from the chef

*Chili con carne can be served in many different ways. For the simplest of meals accompany it with boiled rice or pasta and a tossed green salad. It also makes a delicious topping for baked jacket potatoes or spooned over corn chips and topped with cheese and sour cream you have the ever popular nachos.*



# herbs schnitzels

■ □ □ | Cooking time: 10 minutes – Preparation time: 20 minutes

## ingredients

- > 4 lean veal schnitzels
- > ¼ cup/60 ml/2 fl oz lemon juice
- > ¼ cup/60 ml/2 fl oz dry vermouth
- > 3 tablespoons vegetable oil
- > ¾ cup/90 g/3 oz dried breadcrumbs
- > 1 tablespoon chopped fresh rosemary
- > 1 tablespoon chopped fresh parsley
- > flour to coat
- > 1 egg, lightly beaten
- > 30 g/1 oz butter
- > 2 teaspoons cornflour blended with ½ cup/125 ml/4 fl oz cream

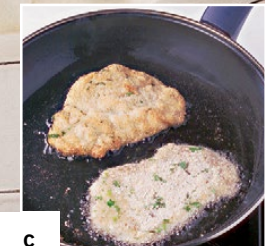
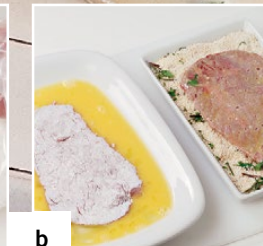
## method

1. Trim veal of all visible fat and place in a shallow dish. Combine lemon juice, vermouth and 2 tablespoons oil. Pour over veal and set aside to marinate for 10-15 minutes.
2. Drain meat and reserve marinade. Combine breadcrumbs, rosemary and parsley and place in a shallow dish. Place flour in a plastic food bag, add veal and shake to coat (a). Shake excess flour from veal, then dip in egg and coat with breadcrumb mixture (b).
3. Heat butter and 1 tablespoon oil in a frying pan and cook veal (c) for 2-3 minutes each side or until golden. Remove from pan, set aside and keep warm.
4. Drain pan of excess fat and pour in reserved marinade. Bring to the boil and boil until liquid has reduced by half, whisk in cornflour mixture and cook, stirring, until sauce thickens. Spoon sauce over veal and serve immediately.

.....  
Serves 2

## junior chef says

*For something different you might like to replace the rosemary in this recipe with thyme, oregano or marjoram. Serve these tasty schnitzels with a stir-fry of leeks, mushrooms and pumpkin or carrot, or a tossed green salad and baked potatoes.*



a

b

c

# ossobuco



■ ■ □ | Cooking time: 90 minutes – Preparation time: 20 minutes

## method

1. Heat oil in a large frying pan. Add pimientos and onions and cook, stirring occasionally, until onions are translucent. Use a slotted spoon to transfer vegetables to a bowl.
2. Flour veal shanks lightly on both sides. Add butter to the frying pan; when butter foams, add veal shanks and sauté until meat is brown on all sides.
3. Add wine and cook over high heat, stirring to pick up the bits and pieces attached to the bottom of the frying pan. When wine is reduced by half, add stock cube.
4. Return vegetables to the frying pan and add tomatoes. Cover and simmer for 1 hour or until meat falls away from the bone.
5. Serve shanks in a deep dish, top with tomato sauce and garnish with parsley.

## ingredients

- > 4 tablespoons olive oil
- > 1½ cups pimientos, drained, cut into strips
- > 2 onions, chopped
- > ½ cup flour
- > 4 large veal shank slices, 4 cm/1½ in thick, with the bone
- > 2 tablespoons butter
- > 1 cup dry white wine
- > 1 chicken stock cube, crushed
- > 1½ cups chopped canned tomatoes
- > 1 tablespoon chopped fresh parsley

.....  
Serves 4

## tip from the chef

*This classic preparation becomes even more tasty if 3 tablespoons of diced smoked bacon are added to it.*



# pot-au-feu

■ ■ □ | Cooking time: 3 hours 35 minutes - Preparation time: 20 minutes

## ingredients

- > 2-2.5 kg/4-5 lb topside of beef
- > 1 onion, studded with
- > 4 cloves
- > ½ teaspoon black peppercorns
- > 2 cloves garlic
- > 1 bouquet garni
- > 4 large potatoes, quartered
- > 4 large carrots, cut into 5 cm/2 in pieces
- > 4 parsnips, cut into 5 cm/2 in pieces
- > 8 stalks celery, cut into 5 cm/2 in pieces
- > 4 thin leeks, cut into 5 cm/2 in pieces
- > ½ cup/125 ml/4 fl oz red wine

## method

1. Place beef, clove-studded onion, black peppercorns, garlic and bouquet garni in a large saucepan. Add cold water to cover and bring to the boil over a medium heat, remove any scum as necessary. Reduce heat, cover and simmer for 2½-3 hours.
2. Add potatoes, carrots, parsnips, celery and leeks to pan and simmer for 20-30 minutes or until vegetables are tender.
3. Remove meat and vegetables from cooking liquid, set aside and keep warm.
4. Strain cooking liquid and discard clove-studded onion, black peppercorns, garlic and bouquet garni. Return cooking liquid to saucepan, add wine, bring to the boil and simmer for 5 minutes. To serve, slice meat and arrange with vegetables on a large serving platter. Place cooking liquid in a soup tureen and pass separately.

.....  
Serves 8

## tip from the chef

*This is a wonderfully economical dish to make for a crowd. Serve the meat, vegetables and broth together in soup plates. Accompany with French bread and a selection of mustards and pickles. You can prepare this dish to the end of step 1 the day before, then about 1 hour before serving, remove the layer of fat that has set on the surface, bring to the boil and complete as described in recipe.*





# spaghetti

## bolognese

■ ■ □ | Cooking time: 55 minutes - Preparation time: 15 minutes

### method

1. To make sauce, heat oil in a frying pan over a medium heat. Add onion and garlic and cook, stirring, for 3 minutes or until golden.
2. Add beef and cook, stirring, for 10 minutes or until browned. Stir in tomatoes, tomato paste and wine and bring to the boil. Reduce heat and simmer for 15 minutes. Add Worcestershire sauce and basil and simmer for 15 minutes longer or until sauce reduces and thickens. Season to taste with black pepper.
3. Cook pasta in boiling water in a large saucepan following packet directions. Drain well and place in a warm serving bowl.
4. To serve, spoon hot sauce over pasta and sprinkle with Parmesan cheese and parsley.

.....  
Serves 4

### ingredients

- > 500 g/1 lb spaghetti
- > 60 g/2 oz fresh Parmesan cheese, grated
- > 2 tablespoons chopped fresh parsley

### *bolognese sauce*

- > 1 tablespoon vegetable oil
- > 1 onion, chopped
- > 1 clove garlic, crushed
- > 500 g/1 lb lean beef mince
- > 440 g/14 oz canned tomatoes, undrained and mashed
- > 2 tablespoons tomato paste (purée)
- > ¼ cup/60 ml/2 fl oz red wine
- > 1 tablespoon Worcestershire sauce
- > 1 tablespoon chopped fresh basil or 1 teaspoon dried basil
- > freshly ground black pepper

### tip from the chef

*Fresh Parmesan cheese is best purchased in a piece then grated as required. Once you have tried fresh Parmesan you will realize that it has a much milder and better flavor than the grated cheese that comes in packets.*



# veal chops with sun-dried tomatoes

■ ■ □ | Cooking time: 45 minutes - Preparation time: 30 minutes

## ingredients

- > 8 veal chops, trimmed of all visible fat
- > seasoned flour
- > 60 g/2 oz butter
- > 1 clove garlic, crushed
- > 6 slices prosciutto, chopped
- > 2 tablespoons chopped fresh rosemary
- > 250 ml/8 fl oz dry white wine
- > 16 sun-dried tomatoes, chopped
- > 4 tablespoons chopped fresh basil

## method

1. Coat chops with flour. Melt butter in a frying pan and cook garlic, prosciutto and rosemary over a high heat for 2 minutes. Add chops and brown on both sides.
2. Stir in wine. Bring to the boil, reduce heat and simmer for 30 minutes or until veal is cooked.
3. Remove chops and prosciutto from pan and set aside to keep warm. Increase heat, stir in tomatoes and cook until sauce is reduced by half. Stir in basil and spoon sauce over chops and top with prosciutto.

.....  
Serves 4



## tip from the chef

*Sun-dried tomatoes are becoming increasingly popular and are available from most delicatessens.*



# veal with tomato and cheese

■■■ | Cooking time: 35 minutes – Preparation time: 20 minutes

## method

1. Beat veal steaks until very thin or ask your butcher to do it for you. Dip veal into egg, then coat in combined breadcrumbs and Parmesan cheese.
2. Heat 2 tablespoons oil in pan, cook veal until golden brown on both sides. Drain on absorbent paper. Arrange veal in a single layer in a lightly greased shallow ovenproof dish.
3. Heat remaining oil in saucepan, cook onion 5 minutes, stirring occasionally. Add tomatoes and remaining ingredients except cheese. Cook slowly for 5 minutes. Purée mixture in blender or processor until smooth.
4. Pour tomato sauce mixture over veal, top with cheese slices. Bake in moderate oven 10-15 minutes or until cheese melts and veal is heated through.

## ingredients

- > 500 g/1 lb thin veal steaks (about 5 medium steaks)
- > 1 egg, beaten
- > 1 cup wholemeal breadcrumbs
- > ¼ cup grated Parmesan cheese
- > ¼ cup oil
- > 1 small onion, finely chopped
- > 400 g/13 oz canned tomatoes, undrained
- > ¼ teaspoon dried basil
- > ½ chicken stock cube, softened in ¼ cup hot water
- > 1 tablespoon tomato paste
- > 1 clove garlic, crushed
- > small strip lemon peel
- > 6 slices mozzarella cheese

.....  
Serves 4-6

## tip from the chef

*A good dish to make for guests.*



# new york reuben

■ □ □ | Cooking time: 10 minutes – Preparation time: 10 minutes

## ingredients

- > 220 g/7 oz canned or bottled sauerkraut, drained and rinsed in cold water
- > 4 thick slices rye bread
- > 4 tablespoons Thousand Island dressing
- > 8 slices corned beef
- > 4 slices Swiss cheese

## method

1. Place sauerkraut between sheets of absorbent kitchen paper and squeeze to remove as much moisture as possible.
2. Place bread slices under a preheated hot grill and toast on one side.
3. Spread untoasted side of each bread slice with dressing, then top with a generous layer of sauerkraut, 2 slices corned beef and a slice Swiss cheese.
4. Return to grill and cook for 3-4 minutes longer or until topping is heated through and cheese melts. Serve immediately.

.....  
Serves 4



## tip from the chef

*First created by Reuben's Restaurant in New York there are now as many versions of this famous New York sandwich as there are chefs who make it.*



# barbecued port-glazed lamb

■□□ | Cooking time: 2 hours - Preparation time: 10 minutes

## method

1. Preheat covered barbecue to a medium heat.
2. To make glaze, place mustard, orange rind, nutmeg, port, honey and vinegar in a saucepan, bring to simmering over a low heat and simmer until mixture thickens and reduces slightly.
3. Place lamb on a wire rack set in a roasting tin and brush with glaze. Pour port and water into roasting tin, place on barbecue, cover with lid and cook for 2 hours, brushing with glaze at 15-minute intervals, or until cooked to your liking.

.....  
Serves 8

## ingredients

- > 2.5 kg/5 lb leg of lamb
- > 1 cup/250 ml/8 fl oz port
- > 1½ cups/375 ml/12 fl oz water

### port glaze

- > 4 tablespoons Dijon mustard
- > 2 teaspoons finely grated orange rind
- > ½ teaspoon grated nutmeg
- > 1½ cups/375 ml/12 fl oz port
- > ½ cup/125 ml/4 fl oz honey
- > 2 tablespoons balsamic vinegar

## tip from the chef

*Check the quantity of liquid in the roasting tin regularly during cooking and add more water if required.*



# cajun cutlets

■ □ □ | Cooking time: 8 minutes - Preparation time: 40 minutes

## ingredients

- > 125g/4oz butter
- > 3 teaspoons Cajun seasoning
- > 1 small red chili, seeded and chopped
- > 12 lamb cutlets
- > 1 tablespoon olive oil

## method

1. Beat the butter to soften and mix in 1½ teaspoons of the Cajun seasoning and the chopped chili. Place butter along the center of a piece of plastic wrap or greaseproof paper to one-centimeter thickness. Fold plastic wrap over the butter then roll up. Smooth into a sausage shape and twist ends. Refrigerate to firm.
2. Trim the cutlets if necessary and snip the membrane at the side to prevent curling. Flatten slightly with the side of a meat mallet. Mix together 1½ teaspoons of the Cajun seasoning and olive oil then rub mixture well into both sides of the cutlets.
3. Place in a single layer onto a tray, cover and stand 20 minutes at room temperature, or longer in the refrigerator.
4. Heat the barbecue or electric barbecue grill to high. Place a sheet of baking paper on the grill bars, making a few slashes between the bars for ventilation. Place cutlets on grill and cook for 3 minutes each side for medium and 4 minutes for well-done. When cooked, transfer to a serving plate and top each cutlet with a round slice of Cajun butter. Serve immediately with vegetable accompaniments.

.....  
Serves 6

## tip from the chef

*Suitable for all barbecues. Ideal for electric grill/barbecue.*



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# new ways with meat