


The secret to simple, fuss-free

BEEF & LAMB





We live in a constantly changing world where nothing stands still for long. Despite today's hectic lifestyles, what we eat has never been more important to us, and we demand that our food is as **natural and wholesome** as it can be, providing us with the nutrients we need to keep us fit for life.

Never before has there been such a wide variety of foods from which to choose. Among the choices are beef and lamb, versatile products as demonstrated by the variety of recipes provided here in “**The secret to simple, fuss-free beef and lamb**”.

This booklet will provide you with information on the nutritional value, quality assurance and safety of **beef and lamb** and tell you how red meat can form an important part of a healthy balanced diet.



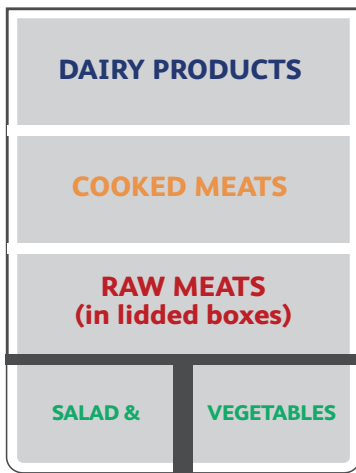
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MEAT SAFETY & HYGIENE

1. Take chilled and frozen meat home quickly. Once home, place in the fridge or freezer at once.
2. Ensure that your fridge and freezer are running at the correct temperature using a fridge/freezer thermometer. The fridge should be kept at 0-5°C*, and the freezer below -18°C. (*0-5°C is the recommended temperature for good practice but 8°C is the legal maximum temperature for cold storage).
3. Keep raw and cooked foods separately. Store raw food at the bottom of the fridge and do not allow the juices of raw meat to drip onto cooked foods. Use separate chopping boards and knives for raw and cooked meats.
4. Always wash your hands thoroughly before and after handling raw foods, after going to the toilet and after handling pets. Keep pets and pests out of the kitchen.
5. Cook meat products such as burgers/mince/sausages and rolled joints until there is no pink meat and the juices run clear. Always follow the cooking instructions.
6. Always thaw frozen meat at the bottom of the fridge. Defrost thoroughly before cooking. Do not re-freeze.
7. Cooked meat leftovers should be cooled quickly at room temperature within 90 minutes and then stored in the fridge for no more than 2 days. Reheat food thoroughly only once until at least 75°C or steaming hot.
8. Cook foods to over 75°C or until steaming hot or keep foods cold at less than 5°C.
9. Use all pre-packed meat before the use by date and always remove canned meat from the cans once opened. Refrigerate and use within 2 days.
10. Keep your kitchen clean, wash and disinfect worktops and utensils between handling food which is raw and food which is cooked.



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RECOMMENDED FRIDGE LAYOUT

NORTHERN IRELAND FARM QUALITY ASSURANCE

The Northern Ireland Beef & Lamb Farm Quality Assurance Scheme (NIBL FQAS) is owned by the Livestock & Meat Commission for Northern Ireland on behalf of the Beef and Sheep meat industry.

NIBL FQAS was developed to give consumers assurances about the farm end of the production chain of their food. It is about farm quality – the quality of the production methods used, the quality of care for animals which is practiced, the quality of the farm environment, and above all the quality of concern for the customer in producing beef and lamb which is wholesome and safe. Farmers must comply with 83 standards covering all aspects of farming including stockmanship, animal welfare, animal health, nutrition, housing and handling, transport, environment and farm procedures (including farm safety).

LMC appoint a Certification Body to independently verify that producers are adhering to the required Standards of the scheme. The Certification Body is accredited to the European Procedures Standard ISO 17065 by the United Kingdom Accreditation Services (UKAS). Currently NIFCC (Northern Ireland Food Chain Certification) operate the certification system for the NIBL FQAS.

NIBL FQAS is one of the longest established of all the farm quality assurance schemes, not only in the UK but probably worldwide, and is one of the strongest tools that the beef and sheep meat industries can have for marketing their products.



For further information visit
www.lmcni.com

LABELLING

Compulsory Labelling Requirements for Beef and Lamb

A key requirement of the labelling legislation is that beef and lamb can be traced back to where it originated. This means that claims regarding how and where it was produced can be checked. European legislation requires that beef and lamb is labelled in a way that consumers can trace it back to where it originated to allow you to make an informed choice based on accurate and verifiable information.

BEEF

As a minimum, the following information must appear on beef labels:

- A reference number or code that would allow the beef to be traced back to the animal or batch of animals from which it was derived.
- The country of birth of the animal.
- The country or countries where the animal was reared (from birth to slaughter).
- Age at slaughter (if less than 12 months old).
- The country where slaughter took place (along with approved slaughter licence number).
- The country where cutting took place (along with approved cutting plant licence number).

If the country of birth, rearing and slaughter is the same then the label may simply state 'country of origin'.

In the case of minced beef the label must contain:

- Reference Number or Batch Code.
- Slaughtered in.
- Age at Slaughter (indicate beef/veal).
- Country Minced/Prepared in.
- Country of origin (if this is not the same as country of preparation).

If the beef comes from outside the European Union, then all of the above information may not be available. If this is the case the label must state:

- Reference Number or Batch Code.
- Origin: Non – EU.
- Country of Slaughter.
- Cut in.
- Age at Slaughter (indicate beef/veal).

For more information on beef labelling requirements visit:
www.daera-ni.gov.uk



LAMB

Compulsory country of origin labelling (CoOL) was introduced across all EU Member States including the UK from 1st April 2015.

Mandatory Labelling Requirements

- Identification of the animal: Identifying the animal at slaughter stage and linking this to the animal or group of animals it came from.
- Batch Code: a code that identifies the meat supplied to the consumer.
- Reared In: the country (or countries) the animal was reared in.
 - For sheep over 6 months of age the Member State on the label is where the animal has spent its last rearing period of at least 6 months.
 - For sheep under 6 months of age the Member State recorded is the country where the whole rearing period took place.
- Slaughtered in: The country where slaughter took place.

If the country of birth, rearing and slaughter is the same then the label may simply state 'country of origin'.

When sheep meat is imported from outside of the EU and information on rearing is not available then it shall be labelled:

- Reared in non-EU; and
- Slaughtered in (Name of third country).
'Origin EU': where minced meat and trimmings are produced exclusively from meat obtained from animals born, reared and slaughtered in different Member States.

For more information on lamb labelling requirements visit:
www.food.gov.uk

COOKING PREPARATION & TIPS



GRILLING OR DRY FRYING

These are healthier cooking methods which avoid the need to add extra fat.

Dry frying is generally used for browning meat and uses only the fat from the meat during cooking. For mince or diced meat, it's a good idea to brown the meat in batches (about 200g at a time) to keep the pan hot and prevent the meat from stewing. Drain off any liquid when browned and before adding other ingredients like vegetables or pulses. When grilling, ensure the grill is hot before starting to cook. Seal both sides of the meat then turn down to a moderately high heat for the remainder of the cooking time.



POT ROASTING

Boned and rolled joints are particularly good for pot roasting. The meat is traditionally browned on the hob, or in a lidded dish in the oven, before being cooked. Trim off any excess fat on the joint before cooking.

Vegetables, herbs and seasoning add extra flavour – but go easy on the salt. Root vegetables cut into large pieces such as parsnips and carrots are ideal. Allow approximately 450g vegetables and 150ml liquid for a 1.25kg joint. You can use stock as the cooking liquid – choose reduced salt versions where possible.







OPEN ROASTING

This is a healthier way of roasting, as after the fat on the joint bastes the meat, it runs off and is collected at the bottom of the roasting tin. To open roast, place a joint, uncovered, on a rack or trivet in a roasting tin so that the largest cut surfaces are exposed and any fat is on top to baste the joint. Make sure the oven is pre-heated to the correct temperature before you start to cook. For covered methods of roasting, e.g. foil, lidded casserole, allow an extra 5 minutes per 450g in addition to the calculated cooking time.

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BRAISING, STEWING AND CASSEROLING

These are all moist methods of cooking which can be done on the hob or in the oven. The meat is simmered slowly at a low temperature with added liquid. As with pot roasting, vegetables, herbs etc. can be added for extra flavour.

This method of cooking is ideal for tenderising less expensive, tougher cuts of meat. You can use stock as the cooking liquid. To thicken the stock, either add flour to the browned meat and vegetables prior to adding the liquid, or stir in a little blended cornflour 10-15 minutes before the end of cooking.

KEEPING IT LEAN

You can reduce the amount of saturated fat in your diet by:

- Choosing lean cuts of beef and lamb and reduced fat mince;
- Looking out for reduced fat versions of popular products like burgers or sausages;
- Checking other ingredients of the recipe and swapping them for lower fat alternatives where possible, e.g. reduced fat cheese or skimmed milk;
- Swapping butter for spreads made with unsaturated fats
- Not adding extra fat or oils in food preparation where possible;
- If you do add fat then use sparingly and choose oils such as olive, sunflower or rapeseed oil.

Remember, it's important to choose the right cooking method for the right cut. The cooking time required will vary according to thickness and your taste.



NUTRITION

No single food contains all the nutrients needed for good health, so it is important that we eat a balanced diet containing a wide variety of different foods from each of the main food groups.

Many of us also need to eat less fat, especially saturated fat, because a diet high in saturated fat is associated with raised levels of cholesterol in the blood which can increase the risk of heart disease. Fat provides more than double the calories (energy) per gram than protein or carbohydrate, so a diet high in fat can lead to weight gain overtime.

Lean red meat, such as lean beef and lamb, can be consumed as part of a healthy, balanced diet at every stage of life. It is lower in fat and saturated fat compared to some other types of meat. Fortunately there are now more cuts of lean red meat available to buy. It is also an important source of protein and provides a range of vitamins and minerals such as B vitamins, iron and zinc.

Notes – 100g lean beef provides 4.1mg zinc.

100g lean lamb provides 3.3mg zinc.

Female (19+ years) reference nutrient intake = **7.0mg/day**

Male (19+ years) reference nutrient intake = **9.5mg/day**



ZINC

Zinc is needed for normal growth and development. It is important for normal reproductive development, processing carbohydrate, fat and protein in food. Zinc also contributes to the normal function of the immune system and wound healing.

Beef is a rich source of zinc, where it is present in a form that is easily absorbed by the body.

IRON

Red meat provides iron. Both beef and lamb contain a form of iron which can be readily absorbed by the body.

Iron is an essential micronutrient with several important roles in the body. It is required to make red blood cells, which are needed to transport oxygen around the body. Iron deficiency is a worldwide problem, even in developing countries. Most at risk in the UK are young children, teenage girls and women of childbearing age, as dietary surveys show that some individuals in these groups have low iron intakes.

In the diet, iron exists in two forms: haem-iron found in meat and non-haem iron found in plant sources. Haem-iron is the form found in meat and, in most cases, is more readily absorbed and utilised by the body than non-haem iron.

B-VITAMINS

A number of B-vitamins can be found in red meat, including riboflavin (vitamin B2), niacin (vitamin B3), and vitamin B12.

These vitamins are essential for metabolic reactions involved in the normal functioning of the body. For example, vitamin B12 is required for the formation of red blood cells, to help keep the nervous system healthy, and to help release energy from food. Meat, animal-derived foods (e.g. milk and eggs) and fish are the only foods that naturally provide vitamin B12, so these foods can make an important contribution to a healthy, balanced diet.

PROTEIN

Protein is essential for growth, maintenance and repair of the body, and can also provide energy. Proteins are made up of long chains of amino acids. Some amino acids can be synthesised in the body, others, known as essential amino acids, cannot so they must be obtained from the diet. Red meat, as well as other animal foods, is a high quality protein as it contains the eight essential amino acids.

FAT

It is important to remember that we need to include a small amount of fat in our diets, as it helps the body absorb fat-soluble vitamins A, D, E and K, along with providing essential fatty acids such as long chain omega-3's. The type of fat consumed is also important to consider because different fatty acids have different effects on blood cholesterol levels. A diet high in saturated fat can lead to high levels of cholesterol in the blood which can increase the risk of heart disease, whereas replacing saturated fat with mono- and poly-unsaturated fats helps to reduce cholesterol levels in the blood. It is advised that we reduce the amount of total fat in the diet, and replace saturated fat with some unsaturated fats.

Fat found in food almost always has a combination of saturated, monounsaturated and polyunsaturated fatty acids, and lean beef and lamb typically provides monounsaturated fatty acids and saturated fatty acids in similar proportions, with a small amount of polyunsaturated fatty acids.

The fatty acid profile of red meat can differ depending on a number of factors including the type, the cut, and the animal's feed. Because meat contributes to saturated fat intakes, it is recommended to eat moderate amounts, choose lean varieties and trim off any visible fat before consumption.

LONG-CHAIN OMEGA-3 FATTY ACIDS

Polyunsaturated fatty acids are made up of two main groups: omega-3 and omega-6. Some types of omega-3 and omega-6 fatty acids, linoleic acid and alpha linolenic acid, cannot be made by the body and are 'essential' meaning they must be obtained in the diet.

Long-chain omega-3 fatty acids, contribute to the normal function of the heart. They are also important during pregnancy and breastfeeding to support child development. Oily fish are the richest source of long-chain omega-3 fatty acids. Although only a small amount of long chain omega-3's are found in meat, there are very few natural sources other than oily fish, therefore meat can help to contribute to long chain omega-3 intakes especially for those who consume little or no oily fish. The actual amount of long chain omega-3's found in meat is dependent on the feed, with grass-fed animals generally having higher levels than grain-fed ones.

Note - On average, lean beef now contains between 5 % and 10 % fat and lean lamb generally contains 8 % fat. By law minced meat can only be labelled 'lean' if it has a fat content of 7 % or less. Keep a look out for the leanest cuts or products available.

SALT

Salt (sodium chloride) is needed in small amounts in the diet to help regulate the water content and the balance of electrolytes in the body. However, too much salt in the diet can cause high blood pressure which increases the risk of heart disease and stroke. Current dietary surveys show salt intakes are, on average, above the maximum daily intake for adults of 6g (children's intakes should be lower). Most raw foods, including beef and lamb, naturally contain very small amounts of salt, however during processing, preparation, preservation and serving, salt is often added. Most of the salt we consume comes from processed foods, so the food industry have been continually working to reduce the amount of salt present in processed foods, as well as food consumed outside of the home. This has helped to reduce salt intakes in the UK over recent years, although work still needs to be done to help reduce intakes further.

When choosing foods, always read the food label to check how much salt it contains. As a guide, foods containing more than 1.5g per 100g are high in salt, while those containing less than 0.3g per 100g are low in salt.

Grilled lean rump steak (100g) provides 0.19g salt and grilled lamb steak (100g) provides 0.18g salt.

When cooking, try alternatives to salt, such as fresh (or dried) herbs, garlic, black pepper, lemon juice or try marinating. Always taste food before automatically adding salt; you may find your food tastes good without it.

OTHER NUTRIENTS

Red meat also provides useful amounts of magnesium, copper, cobalt, phosphorus, chromium and nickel.

DON'T FORGET!

Lean red meat can be included as part of a healthy, balanced diet. It is recommended that adults who eat a lot of red and processed meat (more than 90g cooked weight per day) cut down to 70g. 70g is equivalent to a small steak (about the size of a pack of cards), a quarter-pounder beef burger, or two slices of roast lamb.

Get the balance of your diet right by eating plenty of different fruit and vegetables, basing your meals on wholegrain starchy foods such as rice, pasta, noodles and bread, and potatoes in their skins, including some good quality protein such as lean meat, beans and pulses, fish and eggs and some lower fat dairy foods or calcium-fortified alternatives. Foods high in fat, sugar and/or salt are not needed in the diet, so should be eaten less often and in smaller amounts.



food4life

For further information visit
food4life.org.uk

BEEF & BEETROOT RISSOLES WITH BEAN & AVOCADO SALAD



PREPARATION
15min



COOKING
10min



SERVES
6



TOP TIP

- Wear gloves when handling the beetroot to avoid staining your hands.
- Wear gloves when preparing the chilli. Wash hands thoroughly and do not touch mouth or eyes.

INGREDIENTS

500g Northern Ireland Farm Quality Assured steak mince
½ small red onion
1 small raw beetroot
1 garlic clove
1 small handful flat-leaf parsley
90g cooked quinoa
1 x 2.5 ml spoon (½ tsp) paprika
1 egg
1 x 5 ml spoon (1 tsp) olive oil
Salad
200g green beans
A small handful of parsley
1 avocado
½ small red chilli
½ a lemon
1 bag of wild rocket leaves

TO SERVE

Low fat Greek natural yogurt

EQUIPMENT

Weighing scales, chopping boards, knives, peeler, grater, garlic crusher, large mixing bowls, measuring spoons, small bowl, forks, wooden spoon, frying pan, tongs, spoons, juicer, saucepan, colander, plates.

METHOD

1. Prepare the vegetables and garlic:
 - Peel the onion and finely dice;
 - Peel, top and tail the beetroot and grate;
 - Peel the garlic and crush;
 - Chop the parsley.
2. Place the mince in a large mixing bowl.
3. Add the onion, beetroot, garlic and parsley, cooked quinoa and paprika.
4. Crack the egg in a small bowl and beat. Add half to the mince.
5. Mix the ingredients together thoroughly. Add more egg if needed.
6. Divide the mince into 12 equal size balls and place on a separate chopping board (ideally red). Flatten slightly to make rissoles. Remember to wash your hands thoroughly after handling raw meat.
7. Heat the olive oil in a frying pan.
8. Place the rissoles in the frying pan and cook for 3-4 minutes on each side until cooked all the way through.
9. While the rissoles are cooking, prepare the salad using a clean chopping board and equipment:
 - Top and tail the green beans and cut them in half;
 - Chop the parsley;
 - Cut the avocado in half, remove the stone using a spoon, peel and chop the flesh into cubes;
 - Remove the top of the chilli and cut in half. Discard the seeds and slice finely;
 - Juice the lemon.
10. Bring a saucepan of water to the boil and add the green beans. Cook for 2 minutes.
11. Place the parsley, avocado, chilli and lemon juice in a bowl with the rocket.
12. Drain the green beans and rinse under cold water to cool. Add to the bowl.
13. Mix well.
14. Place the salad onto plates and drizzle a little of the Greek yogurt on top.
15. Remove the rissoles from the frying pan and place on top of the salad.

BEEF & MUSHROOM BROTH



PREPARATION
10min



COOKING
10min



SERVES
4



TOP TIP

- When preparing the chillies, wear gloves. Thoroughly wash hands and do not touch eyes or mouth.

INGREDIENTS

2 x 300g thick Northern Ireland Farm Quality Assured rump steaks
250g mushrooms
1 large garlic clove
2.5 cm (1 inch) piece of fresh ginger
1 carrot
6 spring onions
1 red chilli
Small bunch of coriander
2 x 5 ml (2 tsp) olive oil
125 ml teriyaki sauce
75 ml oyster sauce
2 x 15 ml (2 tbsp) rice wine vinegar
1 x 15 ml (1 tbsp) brown sugar
750 ml boiling water
1 x beef stock cube
300g cooked rice noodles

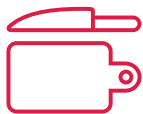
EQUIPMENT

Chopping boards, knives, garlic crusher, peeler, grater, fork, brush, frying or griddle pan, tongs, plate, foil, large saucepan, wooden spoon, measuring spoons, measuring jug, kettle, fork, ladle, bowls.

METHOD

1. Prepare the vegetables, ginger and garlic:
 - Wipe the mushrooms and slice;
 - Peel the garlic and crush;
 - Peel the ginger and grate;
 - Top and tail the carrot, peel and chop into matchsticks;
 - Remove the tops of the spring onions and finely slice;
 - Remove the top of the chilli and finely slice (you may wish to remove the seeds);
 - Chop the coriander.
2. Brush the steaks with a little of the olive oil.
3. Heat the frying or griddle pan.
4. Add the steaks to the pan and cook for 4-5 minutes on each side until cooked thoroughly.
5. Once cooked, remove the steaks from the pan and place on a plate. Cover with foil and leave to rest.
6. Heat the remaining olive oil in a large saucepan.
7. Add the mushrooms and fry until golden brown.
8. Stir in the teriyaki sauce, oyster sauce, rice wine vinegar, brown sugar.
9. Make up the beef stock with boiling water. Add to the pan.
10. Add the carrots to the saucepan and cook until tender.
11. Stir in the noodles and spring onions.
12. Thinly slice the steaks on a separate clean chopping board.
13. Add the steak slices to the broth to warm through for 3 minutes.
14. Ladle the broth into bowls.
15. Sprinkle the chillies and coriander over the broth and serve.

BEEF BURRITO BOWL



PREPARATION
10min



COOKING
20min



SERVES
6



INGREDIENTS

500g Northern Ireland Farm Quality Assured steak mince
1 red onion
1 red pepper
1 yellow pepper
1 large clove of garlic, crushed
1 x 5 ml spoon (1 tsp) olive oil
2 x 5 ml spoon (2 tsp) ground cumin
1 x 5 ml spoon (1 tsp) paprika
1 x 5 ml spoon (1 tsp) mild chilli powder
1 x 15 ml spoon (1 tbs) tomato puree
100 ml water
1 beef stock cube
1 can of red kidney beans, drained and rinsed
For the rice
250g basmati rice
500 ml water

TO SERVE

2 avocados
250g cherry tomatoes
Small bunch of coriander
150g Cheddar cheese
1 lemon
Handful of rocket leaves
3 x 15 ml spoon (3 tbs) natural yogurt

EQUIPMENT

Chopping board, knife, garlic crusher, saucepan with lid, measuring jug, measuring spoons, frying pan, wooden spoon, spoon, grater, juicer, can opener, colander, serving spoon, large bowls.

METHOD

1. Prepare the vegetables and garlic:
 - Peel the onion and finely slice;
 - Remove the tops of the pepper, remove the seeds and thinly slice;
 - Peel the garlic and crush.
2. Add the 500ml of water to the saucepan and bring to the boil. Add the rice and cook for 15 minutes with the lid on.

3. While the rice is cooking, cook the mince and vegetables.
4. Heat the olive oil in the frying pan.
5. Add the onion to the frying pan and cook for a few minutes, stirring occasionally.
6. Add the peppers and cook for 5 minutes stirring occasionally.
7. Add the cumin, paprika, chilli powder and garlic and cook for a further minute.
8. Stir in the mince to the pan and break up with a wooden spoon.
9. As the mince starts to brown, add the tomato puree and 100ml water. Crumble in the stock cube and stir.
10. Cook for 10 minutes, stirring occasionally.
11. While the mince is cooking prepare the garnishes:
 - Cut the avocados in half, remove the stone with a spoon, peel and slice;
 - Halve the cherry tomatoes;
 - Chop the coriander;
 - Grate the cheese;
 - Cut the lemon in half and juice.
12. Remove the rice from the heat, leave the lid on and leave to steam for 5 minutes.
13. Drain and rinse the kidney beans and add to the mince. Stir and cook for 2 minutes.
14. Drain the rice and serve into large bowls.
15. Serve the mince on top of the rice.
16. Add avocado slices, cherry tomatoes, a sprinkle of cheese, rocket and coriander on top of the mince.
17. Drizzle a little lemon juice and yogurt on top of each bowl.

CHINESE STEAK & SWEET POTATO BRUSCHETTA



PREPARATION
10min



COOKING
10min



SERVES
4



INGREDIENTS

2 x 200g Northern Ireland Farm Quality Assured sirloin steaks
2 large sweet potatoes
1 x 5 ml spoon (1 tsp) olive oil
Black pepper
225g green beans
100g frozen peas
Small bunch of fresh coriander
Large handful of wild rocket leaves
Marinade
2 garlic cloves
2.5cm (1 inch) piece of ginger
1 x 15 ml spoon (1 tbs) honey
1 x 5 ml spoon (1 tsp) Chinese five spice
100 ml soy sauce
60 ml oyster sauce

EQUIPMENT

Chopping boards, knives, garlic crusher, peeler, grater, measuring spoons, mixing bowl, mixing spoon, baking tray, brush, oven gloves, tongs, frying/griddle pan, plate, foil, saucepan, colander, plates.

METHOD

1. Pre-heat the oven to 200°C/gas mark 5.
2. Prepare the marinade:
 - Peel the garlic and crush;
 - Peel the ginger and grate;
 - Add the garlic and ginger to a mixing bowl;
 - Add the honey, Chinese 5 spice, soy sauce and oyster sauce;
 - Mix well.
3. Prepare the vegetables:
 - Trim the green beans;
 - Chop the coriander.
4. Add the steaks to the marinade, mix well and leave for 20 minutes.
5. Wash the sweet potatoes thoroughly and slice lengthways into 4 thick slices.
6. Place the sweet potato slices onto a baking tray and brush with the olive oil.
7. Season with black pepper and bake for 15 minutes, until golden and tender.
8. Heat the frying pan until very hot, remove the steaks from the marinade and add to the frying pan.
9. Cook for 2-3 minutes on each side until thoroughly cooked.
10. Once cooked, remove the steaks from the frying pan, place on a plate and cover with foil to rest for 5 minutes.
11. Add the marinade to the pan and cook to reduce for a few minutes.
12. Bring a saucepan of water to the boil, add the green beans and cook for 2 minutes.
13. Add the peas and cook for a further minute.
14. Drain the beans and peas.
15. Slice the steaks.
16. Remove the sweet potato from the oven and arrange on plates.
17. Add the slices of steak, green beans and peas on top of the sweet potato.
18. Drizzle the sauce on top and scatter the coriander and rocket leaves over the dish.

ITALIAN BEEF CASSEROLE & PARMESAN POTATOES



PREPARATION
10min



COOKING
1 hour 40min



SERVES
6



INGREDIENTS

600g Northern Ireland Farm Quality Assured braising steak
200g baby onions
2 carrots
1 celery stick
250g mushrooms
2 garlic cloves
Black pepper
100g pancetta
1 x 5 ml spoon (1 tsp) olive oil
1 x 410g can chopped tomatoes
1 x 15 ml spoon (1 tbs) tomato puree
500 ml boiling water
1 x beef stock cube
2 bay leaves
Parmesan potatoes
1 kg Maris Piper potatoes
60g parmesan cheese

EQUIPMENT

Chopping boards, knives, peeler, garlic crusher, measuring spoons, casserole dish, wooden spoon, tongs, plate, measuring jug, fork, kettle, can opener, oven gloves, saucepan, colander, grater.

METHOD

1. Pre-heat the oven to 180°C/ gas mark 4.
2. Prepare the vegetables:
 - Peel the onions;
 - Top and tail the carrots, peel and chop;
 - Wash the celery and slice;
 - Wipe the mushrooms and slice;
 - Peel the garlic and crush;
 - Peel the potatoes and slice.
3. On a separate chopping board (ideally red), cut the steak into cubes. Season with black pepper.
4. Chop the pancetta. Remember to thoroughly wash your hands after handling raw meat.
5. Heat the oil in a casserole dish, add the steak and brown.
6. Remove the steak from the pan and place on a plate.
7. Add the pancetta to the casserole dish and fry until golden. Remove the pancetta from the pan and place on the plate with the steak.
8. Reduce the heat and add the onions, carrots, celery, mushrooms and garlic to the casserole dish. Mix and cook for 5 minutes.
9. Make up the beef stock with boiling water.
10. Add the chopped tomatoes, tomato puree, beef stock and bay leaves to the casserole dish. Mix well.
11. Add the beef and pancetta to the casserole dish and mix well.
12. Place the lid on the casserole dish and bring to the boil.
13. Place the casserole dish in the oven and cook for 90 minutes.
14. While the casserole is cooking, bring a saucepan of water to the boil and add the potatoes.
15. Reduce the heat and simmer for 10-15 minutes until the potatoes are tender.
16. Drain the potatoes and leave to cool.
17. Remove the casserole dish from the oven and remove the lid.
18. Carefully arrange the potatoes on top of the casserole.
19. Grate the parmesan cheese and sprinkle on top of the potatoes.
20. Cook in the oven for a further 10 minutes without the lid until the potatoes are golden.

TURKISH FLATBREAD WITH BEEF, RED ONION, FETA & POMEGRANATE



PREPARATION
30min



COOKING
15min



SERVES
6



TOP TIP

- Serve the flatbreads with a side salad.

INGREDIENTS

Dough

- 340g bread flour
 - 1 x (7g) sachet dried active yeast
 - 1 x 5ml spoon (1 tsp) sugar
 - 1 x 5ml spoon (1 tsp) salt
 - 190ml luke warm water
 - 2 x 15 ml spoon (2 tbs) olive oil
 - 1 x 5ml spoon (1tsp) oil
- ### Topping
- 500g Northern Ireland Quality Assured steak mince
 - ½ red onion
 - 2 large garlic cloves
 - Small handful parsley
 - 4 small tomatoes
 - 1 x 5ml spoon (1 tsp) paprika
 - 1 x 5ml spoon (1 tsp) dried chilli flakes
 - 2 x 15 ml spoon (2 tbs) tomato paste
 - 2 x 15 ml spoon (2 tbs) honey
 - 60g feta cheese
 - 1 x 15 ml spoon (1 tbs) pomegranate seeds
 - ½ lemon
-

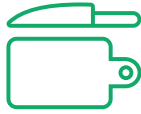
EQUIPMENT

Weighing scales, large mixing bowls, mixing spoons, measuring jug, cling film, flour dredger, rolling pin, pastry brush, baking tray, chopping board, knife, garlic crusher, frying pan, wooden spoon, oven gloves, juicer.

METHOD

1. Preheat the oven to 220°C/gas 8.
2. Make the bread:
 - Place the flour, yeast, sugar and salt into a large bowl and mix;
 - Make a well in the centre of the flour and pour in the warm water and olive oil;
 - Mix to form a dough;
 - Transfer the dough to a clean, dry surface and knead until smooth (about 10 minutes);
 - Return the dough to the bowl and cover with cling film;
 - Put the dough in a warm place to prove until it has doubled in size.
3. When the dough has doubled in size, place onto a clean dry surface and divide into 2 equal pieces.
4. Dust the surface with flour and roll each piece of dough into an oblong shape flatbread.
5. Brush a baking tray with a little oil and place the flatbreads onto the tray.
6. Brush a piece of cling film with a little oil and cover the flat breads. Leave the flatbreads to rest while you prepare the topping.
7. Prepare the vegetables, garlic and herbs:
 - Peel and finely slice the onion;
 - Peel and crush the garlic;
 - Chop the parsley,
 - Dice the tomatoes.
8. Heat a frying pan and dry fry the mince, stirring to break up any lumps. Drain any excess liquid from the pan.
9. Stir in the onion and garlic and cook until soft.
10. Add the tomatoes, paprika, chilli flakes, tomato puree and mix well.
11. Cook for 5 minutes, stirring occasionally, until the tomatoes have softened and the mixture is quite dry.
12. Remove from the heat and stir in half of the parsley.
13. Remove the cling film from the flatbreads and spoon the mince mixture over the flatbreads.
14. Drizzle the honey over the flatbreads.
15. Bake for 15 minutes until golden.
16. Juice the lemon.
17. When baked sprinkle the rest of the parsley over the flatbreads, and add the pomegranate seeds, feta cheese and lemon juice.

LAMB TIKKA MASALA



PREPARATION
10min



COOKING
20min



SERVES
4



INGREDIENTS

4 Northern Ireland Farm Quality Assured lamb leg steaks
1 small onion
1 red pepper
1 yellow pepper
1 small piece fresh ginger
2 garlic cloves
1 small handful coriander
1 small handful mint
1 x 5 ml spoon (1 tsp) oil
1.5 x 15ml spoon (1½ tbs) tikka curry powder
1 x 5 ml spoon (1 tsp) ground coriander
1 x 5 ml spoon (1 tsp) ground cumin
1 x 2.5 ml spoon (½ tsp) chilli powder
1 x 2.5 ml spoon (½ tsp) turmeric
1 x 400g can chopped tomatoes
200ml boiling water
1 x lamb stock cube
1 x 15 ml spoon (1 tbs) cornflour
50ml cold water
2 x 15 ml spoon (2 tbs) natural low fat yogurt

TO SERVE

300g basmati rice
500ml water

EQUIPMENT

Weighing scales, chopping boards, knives, peeler, garlic crusher, measuring spoons, measuring jug, fork, kettle, can opener, large saucepans, wooden spoons, small mixing bowl, spoon, bowls.

METHOD

1. Prepare the vegetables, garlic, ginger and herbs:
 - Peel the onion and finely chop;
 - Remove the top of the peppers, remove the seeds and finely slice;
 - Peel the ginger and grate;
 - Peel the garlic and crush;
 - Chop the coriander and mint.
2. Heat the oil in a large saucepan.

3. Add the onion and fry for 3 minutes until soft.
4. Stir in the pepper slices and fry for 3 minutes.
5. Add the curry powder, ground coriander, cumin, chilli powder, turmeric, garlic and ginger and stir well.
6. Make up the lamb stock with boiling water.
7. Add the chopped tomatoes and lamb stock to the saucepan and stir well.
8. Bring to the boil, reduce the heat and allow to simmer for 15 minutes, stirring occasionally.
9. While the Tikka Masala is cooking, cook the rice.
10. Bring 500 ml of water to the boil, add the rice, stir once and put the lid on.
11. Reduce the temperature and leave to simmer for 15 minutes.
12. Remove the saucepan from the heat but don't remove the lid or stir the rice. Leave to steam for 5 minutes.
13. Finely slice the lamb on a separate clean chopping board (ideally red). Remember to wash your hands thoroughly after handling raw meat.
14. Add the lamb to the Tikka Masala sauce and stir well.
15. Cook the lamb in the sauce for 5 minutes until thoroughly cooked.
16. Mix the cornflour and 50ml cold water in a small bowl to form a paste.
17. Stir the cornflour in to the Tikka Masala sauce to thicken.
18. Remove the Tikka Masala from the heat and add the natural yogurt, mint and coriander. Stir well.
19. Spoon the steamed rice into bowls and top with the Tikka Masala.

LAMB BUDDHA BOWL WITH SALSA VERDE



PREPARATION
10min



COOKING
10min



SERVES
4



INGREDIENTS

4 Northern Ireland Farm Quality Assured lamb leg steaks
2 large sweet potatoes
1 head of broccoli
1 x 5 ml spoon (1 tsp) oil
Black pepper
4 large handfuls of baby spinach leaves
1 can chickpeas
250g cherry tomatoes
250g ready cooked baby beetroot
100g feta cheese
Salsa verde
1 garlic clove
Small handful fresh mint
Small handful fresh coriander
½ small red onion
1 x 15 ml spoon (1 tbs) Dijon mustard
2 x 15 ml spoon (2 tbs) balsamic vinegar
4 x 15 ml spoon (4 tbs) olive oil

EQUIPMENT

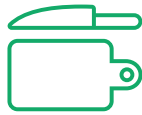
Baking tray, oven gloves, tongs, chopping boards, knives, brush, saucepan, colander, measuring spoons, garlic crusher, frying pan, plate, foil, mixing bowl, spoon, bowls, can opener.

METHOD

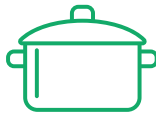
1. Pre-heat the oven to 200°C/gas mark 5. Place the baking tray in the oven to heat up.
2. Prepare the vegetables:
 - Thoroughly wash the sweet potatoes and cut into wedges;
 - Cut the broccoli into florets;
 - Peel and crush the garlic;
 - Chop the mint and coriander;
 - Peel and finely chop the onion.
3. Remove the baking tray from the oven and lay the sweet potato wedges on the baking tray.
4. Brush the sweet potatoes with the olive oil and season with black pepper.

5. Bake the sweet potatoes in the oven for 20 minutes, until crisp and tender.
6. Bring a saucepan of water to the boil and cook the broccoli until tender. Drain and set aside.
7. While the potatoes are baking, cook the lamb.
8. Heat a frying pan and brush the lamb steaks with a little oil and season with black pepper.
9. Fry the steaks for 2 minutes on each side or until they are cooked through and no pink remains
10. Remove the steaks from the frying pan, place on a plate and cover with foil. Leave to rest for 5 minutes.
11. Make the salsa verde:
 - Place the garlic, mint, coriander, onion, Dijon mustard, balsamic vinegar and olive oil into a bowl;
 - Mix well and allow the flavours to develop for 5 minutes.
12. Slice the lamb on a separate clean chopping board (ideally red).
13. Remove the sweet potato wedges from the oven and arrange in bowls.
14. Arrange the spinach leaves on top of the potato wedges.
15. Drain the chick peas and add to the bowls.
16. Add the cherry tomatoes, broccoli, and beetroot to the bowls.
17. Arrange the slices of lamb on top.
18. Drizzle the salsa verde on top.
19. Crumble the feta cheese and sprinkle on top.

LAMB, BEETROOT & FETA BURGERS WITH FLATBREAD & PINK SLAW



PREPARATION
10min



COOKING
15min



SERVES
6



TOP TIP

- Wear gloves when grating the beetroot to prevent your hands from getting stained.

INGREDIENTS

500g Northern Ireland Farm Quality Assured minced lamb
½ small red onion
2 cloves garlic
1 small raw beetroot
1 handful of fresh mint
1 egg
Black pepper
1 x 5 ml spoon (1 tsp) oil
Slaw
1 red onion
2 carrots
¼ red cabbage
1 x 15 ml spoon (1 tbs) olive oil
3 x 15 ml spoon (3 tbs) balsamic vinegar
1 x 15 ml spoon (1 tbs) honey

TO SERVE

6 wholemeal seeded flat breads
1 bag of baby salad beetroot leaves
2 small ready cooked beetroot
150g feta cheese
2 x 15 ml spoon (2 tbs) pomegranate seeds

EQUIPMENT

Chopping boards, knives, garlic crusher, peeler, grater, small mixing bowl, fork, large mixing bowls, wooden spoons, large frying pan, fish slice, measuring spoons, plates.

METHOD

1. Prepare the vegetables, garlic and herbs for the burgers:
 - Peel the onion and finely chop;
 - Peel the garlic and crush;
 - Peel the beetroot and grate;
 - Chop the mint.
2. Break the egg into a small bowl and lightly beat.
3. Add the lamb mince, onion, garlic, beetroot, mint and half the egg to a large mixing bowl.
4. Season with black pepper and mix the ingredients well. Add more egg if necessary.
5. Divide the lamb mince into 6 equal sized balls and flatten into burger patties, on a separate clean chopping board (ideally red). Remember to wash your hands thoroughly after handling raw meat.
6. Heat the oil in a large frying pan and fry the burgers for 5 minutes on each side, until golden brown and thoroughly cooked and no pink remains. Alternatively, grill under a medium heat for 5 minutes each side.
7. While the burgers are cooking, prepare the slaw:
 - Peel the onion and finely slice;
 - Top and tail the carrots, peel and grate;
 - Finely slice the red cabbage;
 - Add the ingredients to a large mixing bowl;
 - Add the olive oil, balsamic vinegar and honey and mix well.
8. Warm the flatbreads in a microwave.
9. Grate the cooked beetroot.
10. To serve, arrange the warm flatbreads on plates and top with the lamb burgers, baby beetroot leaves and grated beetroot. Crumble the Feta cheese and sprinkle the pomegranate seeds on top. Add the slaw on the side.

MOROCCAN LAMB WITH ROASTED BUTTERNUT COUSCOUS



PREPARATION
15min



COOKING
25min



SERVES
4



INGREDIENTS

4 large Northern Ireland Farm Quality Assured lamb cutlets
3 x 5 ml spoon (3 tsp) Moroccan seasoning
1 x 5ml spoon (1 tsp) olive oil
Butternut squash couscous
500g butternut squash
1 large red onion
Handful of parsley
2 x 15 ml spoon (2 tbs) olive oil
1 x 5 ml spoon (1 tsp) ground coriander
1 x 5 ml spoon (1 tsp) ground cumin
100g halloumi
300g couscous
400ml boiling water
1 x chicken stock cube
80g dried cranberries
Black pepper
1 lemon
1 bag wild rocket leaves

EQUIPMENT

Weighing scales, chopping board, peeler, spoon, knife, mixing bowls, measuring spoons, mixing spoons, baking trays, oven gloves, pastry brush, tongs, frying/char-grill pan, measuring jug, kettle, fork, cling film, juicer, plates, foil.

METHOD

1. Preheat oven to 200°C/ gas mark 6.
2. Prepare the vegetables and herbs:
 - Peel the butternut squash, cut in half and remove the seeds with a spoon. Cut into cubes;
 - Peel and cut the onion into wedges;
 - Chop the parsley.
3. Place the butternut squash and onion into a mixing bowl. Add the olive oil (leaving a small amount for the Halloumi), coriander and cumin and mix well until coated.
4. Pour the butternut squash and onion mix onto a baking tray and roast for 15 minutes.
5. Cut the halloumi into small cubes.
6. Brush the frying/char-grill pan with the remaining oil and heat. Add the halloumi and cook until golden.
7. Place the couscous in a bowl.
8. Make up the stock with boiling water and pour over the couscous.
9. Cover the bowl with cling film and set aside for 10 minutes until the couscous absorbs the stock.
10. Remove the cling film from the couscous and fluff up using a fork. Add the cooked butternut squash and onion, halloumi, cranberries and parsley. Season with black pepper.
11. Juice the lemon and pour over the couscous. Mix well.
12. Return the frying/char-grill pan to the heat.
13. Using a clean board (ideally red) brush the lamb cutlets with oil and sprinkle the Moroccan seasoning over the top.
14. Add the lamb to the pan and cook for 4 minutes on each side until cooked thoroughly. Transfer to a plate and cover with foil and rest for a few minutes.
15. To serve, add the couscous to plates and top with the lamb and rocket leaves.

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