



BEEF & LAMB NI

GOOD HONEST FOOD



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.



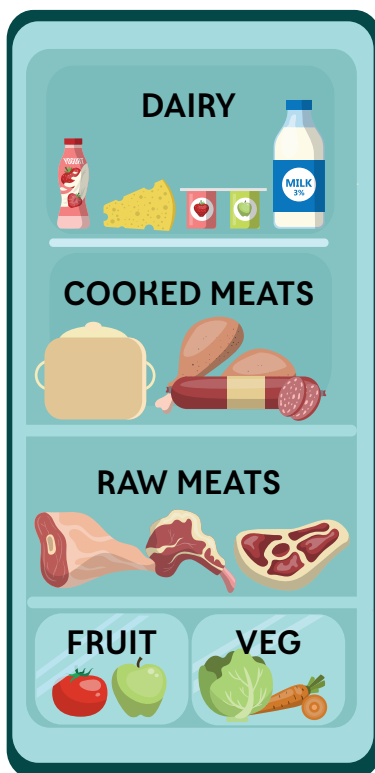
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MEAT SAFETY & HYGIENE

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.



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.lmci.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. 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 (indicate beef/veal) 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 'origin' plus the country name and slaughter plant approval number.

In the case of minced beef the label must contain:

- Reference Number or Batch Code.
- Slaughtered In: - Country of Slaughter
- Age at Slaughter (indicate beef/veal) if less than 12 months old.
- 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.
- Country of cutting and approval number (if cut within the EU)
- Age at Slaughter (indicate beef/veal) if less than 12 months old.

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

LAMB

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



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.





COOKING PREPARATION & TIPS



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.



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.

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.

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

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



SIRLOIN STEAK WITH GARLIC BUTTER

You can't beat a perfected cooked sirloin. Serve with local potatoes, wild mushrooms, garlic butter et voilà! Restaurant-worthy steak in the comfort of your home.



PREPARATION
10 mins



COOKING
30 mins



SERVES
2



OVEN TEMP
180°C/Gas mark 4

INGREDIENTS

2 sirloin steaks
300g baby potatoes
60g chanterelles
A little rapeseed oil for frying
Pinch of good quality salt to taste
White pepper to taste
100g salted butter
2 garlic cloves
1 tsp paprika
1 tsp English mustard
Bunch of chives
1-2 shallots

METHOD

1. Start with boiling the potatoes in salted water, drain, set aside and keep warm
2. Grate the garlic to a fine puree and finely dice the shallots, combine these with herbs, paprika and mustard
3. Soften the butter and mix with the combined ingredients
4. Give the steak 2 – 3 mins on each side until well coloured, rest for at least 5 mins
5. Finish the cooked potatoes in the same pan as the steaks cooked
6. Add a little extra rapeseed oil if necessary and some of the garlic butter
7. Fry the chanterelles 1 - 2 mins in a small drop of rapeseed oil
8. Assemble all ingredients and serve



CHILLI BEEF PASTA

Need some new meal ideas? This quick and easy chilli beef pasta is super tasty and ready in just 30 minutes. The perfect midweek masterpiece.



PREPARATION
10 mins



COOKING
20-25 mins



SERVES
4



OVEN TEMP
180°C/Gas mark 4

INGREDIENTS

500g Northern Ireland Farm Quality Assured beef mince

500g penne pasta

500ml tomato passata

500ml water

1 beef stock cube

2 garlic cloves

1 onion

1 carrot

1-2 tbsp dry chillies

200g mozzarella cheese

Green chilli

A pinch of good quality salt

A little rapeseed oil for frying

METHOD

1. In a suitable ovenproof dish, begin to fry the beef
2. Grate the garlic cloves, finely dice the onion and grate the carrot
3. When the beef has browned add the vegetables and chilli flakes
4. Boil penne pasta in the water for 1 -2 mins, drain and pour into the beef mix
5. Add the tomato passata, stock cube and water, stir well
6. Cover with a lid and place in pre heated oven for 20 mins
7. To finish, sprinkle with grated mozzarella and chopped green chilli
8. Place back into the oven until golden brown – serve and enjoy



HONEY CHILLI BEEF RICE BOWL

Super-quick and super-tasty. You'll be ditching the takeaway menus after you try this Northern Ireland Farm Quality Assured honey chilli beef bowl.



PREPARATION
5-10 mins



COOKING
15-20 mins



SERVES
4



OVEN TEMP
High heat on hob

INGREDIENTS

400g Northern Ireland Farm Quality Assured beef rump

6 tbsp corn flour

Pinch of good quality salt

Vegetable oil for frying

1 onion

2 garlic cloves

1 green pepper

360g white rice

100ml sweet chilli

4 tbsp soy sauce

2 tbsp tomato ketchup

2 tbsp honey

2 tbsp sesame seeds (optional)

2 single scallions (optional)

METHOD

1. Slice the rump steak thinly, place in a bowl and toss in cornflour and salt
2. Heat the oil in a wok until hot, add the beef and cook until golden and crisp
3. Scoop out the beef and drain on kitchen paper
4. Reserve some of the oil for the next process, discard the rest
5. Slice the onion and the green pepper and grate the garlic cloves
6. Stir-fry the vegetables for 3 mins to soften slightly
7. Add soy, sweet chilli sauce, tomato ketchup and honey
8. Bubble for 2 mins, then add the beef back to the pan and toss well to coat
9. Cook rice as per bag instructions and serve with the beef
10. Garnish with sesame seeds and fresh scallions



BEEF BURGER WITH GINGER AND TOMATO RELISH

Think this is just an ordinary burger? Think again. These melt-in-the-middle beef burgers with tasty homemade relish are a burger game-changer.



PREPARATION
1 hour



COOKING
15-20 mins



SERVES
4



OVEN TEMP
180°C/Gas mark 4

INGREDIENTS

BEEF BURGER

500g Northern Ireland Farm Quality Assured beef mince

Pinch of good quality salt

2 tbsp pepper

100g breadcrumbs

100g cheddar cheese

CHUTNEY

1 punnet cherry tomatoes

1 tbsp ginger

1 onion

1 garlic clove

100ml rapeseed oil

4 tbsp balsamic vinegar

2 tbsp sugar

METHOD

1. Combine the salt, pepper, breadcrumbs, together in large mixing bowl
2. Shape the beef mince into patties and stuff cheese into them
3. Place the beef patties in the fridge and allow to firm, at least 1 – 2 hours
4. Fry the burgers for 2 mins each side on hot griddle pan then finish in oven 10 mins
5. For the chutney, dice the onion, grate the ginger and the garlic and fry in the oil for 3 mins until softened
6. Add the sugar and vinegar and bring to the boil
7. Half the tomatoes and mix them in ensuring they are coated well, boil until mixture is syrup like and sticky
8. Toast some brioche buns and assemble with burgers and relish



SUPERFOOD STEAK SALAD

Super-quick, super-easy, super-healthy. This superfood steak salad with seared rump steak tastes every bit as good as it looks.



PREPARATION
10 mins



COOKING
30 mins



SERVES
2



OVEN TEMP
180°C/Gas mark 4

INGREDIENTS

2 rump steaks, lean
50g picked kale
100g quinoa
1-2 tbsp pomegranate seeds
1 squash
2 good handfuls spinach
1 lemon
1-2 tbsp sunflower, pumpkin seed
20g Feta
A little rapeseed oil for dressing
Good quality salt to taste
Pepper to taste

METHOD

1. Cook the quinoa as per pack instructions, cool and set aside
2. Split the squash and scoop out the seeds
3. Bake in the oven flesh side up for 30 mins, remove and allow to cool
4. Mix the salad ingredients, kale, quinoa, squash, spinach, seeds, pomegranate
5. Check seasoning and reserve
6. For the beef, oil the rump steaks with some rapeseed oil, salt and pepper
7. Give the steaks 2 – 3 mins on each side until well coloured
8. Allow to rest for at least 5 mins, slice the rump steak
9. Dice the feta, zest and juice half a lemon
10. Assemble - place the salad into a bowl, top with sliced beef and finish with the feta and lemon juice



HEARTY BEEF STEW

A simple, wholesome, flavour-packed meal the whole family love. This beef stew is like a hug in a bowl.



PREPARATION
10 mins



COOKING
2 hours



SERVES
2



OVEN TEMP
160°C/Gas mark 3

INGREDIENTS

300g braising steak
1 tbsp tomato puree
750ml-1 litre beef stock
259ml local ale
150g barley
1-2 carrots
1 celeriac
1 onion
10g parsley
100ml approx. rapeseed oil
Pinch of good quality salt
2-4 slices fresh bread
Softened butter (optional)

METHOD

1. First dice the beef into bite size pieces, place in hot casserole dish with some oil
2. Brown the beef all over, this should take 2 – 3 minutes
3. Dice the carrots, celeriac, onion and parsley and add these to the beef along with the barley and tomato puree
4. Cook for about 5 minutes, but be careful not to let it stick to the bottom of the pan
5. Deglaze the casserole dish with the local ale and bring to the boil
6. Pour in the beef stock and cover
7. Allow to simmer for 2-3 hours until the meat is tender, and the stew has thickened
8. Finish with freshly chopped herbs and serve with warm bread and butter



LAMB LASAGNE

At twist on a classic dish, lasagne but made with delicious Northern Irish Farm Quality Assured Lamb.



PREPARATION
30 mins



COOKING
1 hour



SERVES
4



OVEN TEMP
160°C/gas mark 3

INGREDIENTS

500g lamb mince
1 carrot
1 onion
3 mixed peppers
1 courgette
2 garlic cloves
800g tinned chopped tomato
100g basil
1 lamb stock cube
50ml rapeseed oil
Pinch of sea salt

WHITE SAUCE

50g butter
50g flour
500ml milk
50g cheddar cheese

1 packet (250g) pasta sheets
25g approx. cheddar cheese

METHOD

1. Begin browning the NIFQA lamb mince in a deep sized pot with some rapeseed oil
2. Dice the carrot, onion and mixed peppers. Chop the courgette and crush the garlic cloves. Add the vegetables and cook until softened.
3. Cover with tinned chopped tomatoes, lamb stock cube and simmer 20 – 30 minutes
4. Finely shave the basil and add it to the mince mix, careful not to bruise the basil when chopping
5. For the white sauce melt the butter and add flour, stir over a moderate heat for 3 -5 mins
6. Add milk and stir continuously to help combine to a smooth consistency
7. Grate the cheese and fold it in
8. Boil the pasta sheets in small batches for 3 – 5 minutes in salted water
9. Refresh in ice cold water, drain and dry
10. Grate the cheese and layer up the lasagne, NIFQA lamb filling, pasta, sauce, cheese
11. Bake 160 covered for 30 mins, then a further 10 minutes uncovered to get a golden-brown top
12. Serve hot and enjoy



TERIYAKI STYLE GLAZED LAMB LEG STEAKS, STIR FRY NOODLES

If you are craving the fresh taste of the orient at home, this delicious lamb teriyaki style stir fry is full of flavour and perfect for you!



PREPARATION
30 mins



COOKING
1 hour



SERVES
4



OVEN TEMP
160°C/Gas mark 3

INGREDIENTS

4 lamb leg steaks
2 limes worth of juice
2 tbsp honey
4 – 6 tbsp soy sauce
1 tbsp ginger
2 garlic cloves

250g fine noodles
1 red onion
1 carrot
1-2 heads pok choi
1 cup sugar snap peas
50 ml sesame oil
4 - 6 tbsp soy sauce
4 - 6 tbsp sweet chilli sauce
(Optional) coriander
(Optional) scallion
(Optional) cashew nuts

METHOD

1. Cook the noodles as per packet instructions
2. Crush the garlic and the ginger and juice the limes, combine these with the honey and soy sauce in a bowl to create the teriyaki glaze
3. Brown the lamb in hot pan on one side 3-5 minutes then cover with teriyaki dressing
4. Flip the steaks over and allow sauce reduction to become syrup like
5. Remove from heat, and rest until serving
6. Heat a large sauce pan or wok and add sesame oil
7. Slice the red onion, carrot and sugar snap peas, add these along with the rest of the vegetables and coat with the sesame oil before adding the cooked noodle
8. This process should only take a couple of minutes
9. If using a small pan cook the stir fry in small batches
10. If the pan is too crowded the vegetables will stew rather than fry
11. Retaining heat in the pan is key
12. Add the soy and sweet chilli and toss
13. Finish with shaved cashews, scallions and coriander
14. Serve with the teriyaki glazed NIFQA lamb steak



ROAST LEG OF LAMB

Banquet style Sunday lunch served up with this show stopping lamb leg, homemade roast potatoes and amazing salsa verde. Full of flavour and roasted to perfection.



PREPARATION
30 mins



COOKING
1 hour



SERVES
4



OVEN TEMP
140°C-180°C/
Gas mark 3

INGREDIENTS

2kg lamb leg
1 bulb garlic
Few sprigs rosemary
Few sprigs thyme
1 lamb stock cube
2-4 tbsp rapeseed oil
A pinch of sea salt

TO SERVE

4-6 single carrots
1.5 kg rooster potatoes

SALSA VERDE

50g mint
50g flat leaf parsley
2 garlic cloves
1 tbsp capers
1 tbsp gherkins
1 single lemon
1 tbsp mustard (optional)
100ml rapeseed oil

METHOD

1. Using a small knife pierce a series of deep holes all over the fleshy parts of the lamb leg
2. Peel the garlic cloves and smash them, place these along with the rosemary and thyme into the pockets
3. Mix some water and stock cube into a paste and rub over the lamb leg
4. Season with good quality salt and place on tray on top of the carrots
5. Oven roast for 90 mins @ 140°C
6. Remove the lamb and the carrots from oven
7. Cover the lamb with foil and rest 30 mins, retain any resting juices
8. Peel and quarter your potatoes
9. Boil in salted water for 8-10 mins, then drain and dry
10. Tip potatoes onto a roasting tray, drizzle with oil and bake
11. Roast at 180C for 30 minutes until crispy and golden brown
12. For the salsa verde, chop the mint and parsley, crush the garlic, dice the gherkins and zest and juice the lemon, combine these along with the remaining ingredients in a bowl
13. Allow this sauce to infuse at room temperature for a few hours
14. Reheat the carrots in a pan with a drizzle of honey, glaze until syrup like
15. Serve the lamb, carrots, roasties banquet style with the salsa verde on the side



SPICED LAMB RAGU

Whoever you serve this amazing, spiced Lamb Ragu to is in for a real treat, it's sure to be a favourite.



PREPARATION
15 mins



COOKING
70 minutes



SERVES
4



OVEN TEMP
160°C/Gas mark 3

INGREDIENTS

450g lamb leg steak
180g smoked bacon, lardons
100g mushrooms
1 onion
1 garlic clove
1 – 2 tbsp chilli powder
2 – 3 tbsp tomato Puree
2 – 3 tbsp soy Sauce
2 – 3 tbsp balsamic vinegar
1 glass white wine
Water if necessary
100ml rapeseed oil
Maldon salt to taste

50g Parmesan cheese
250g Pappardelle Pasta

METHOD

1. Cut the NIFQA lamb into chunks and brown in a pan with some rapeseed oil
2. Add the pancetta and cook another few minutes before adding the vegetables
3. Slice the mushrooms, dice the onion and crush the garlic. Get some colour on the vegetables and coat in the meat juices
4. Add chilli powder and tomato puree, cook 3 – 5 minutes further
5. Deglaze the pot with soy, balsamic, wine and scrape the pot with a wooden spoon
6. If the mixture is quite thick add some water
7. Cover with a lid and cook on low heat for 1 hour
8. Cook the Pappardelle in boiling salted water, drain, dry
9. Drizzle with rapeseed oil and parmesan before serving
10. Uncover the ragu and check the consistency, if quite thin allow the sauce to reduce
11. Serve on heated plates, Pasta, Ragu and freshly grated parmesan

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