

The Natural Choice



for  
**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.

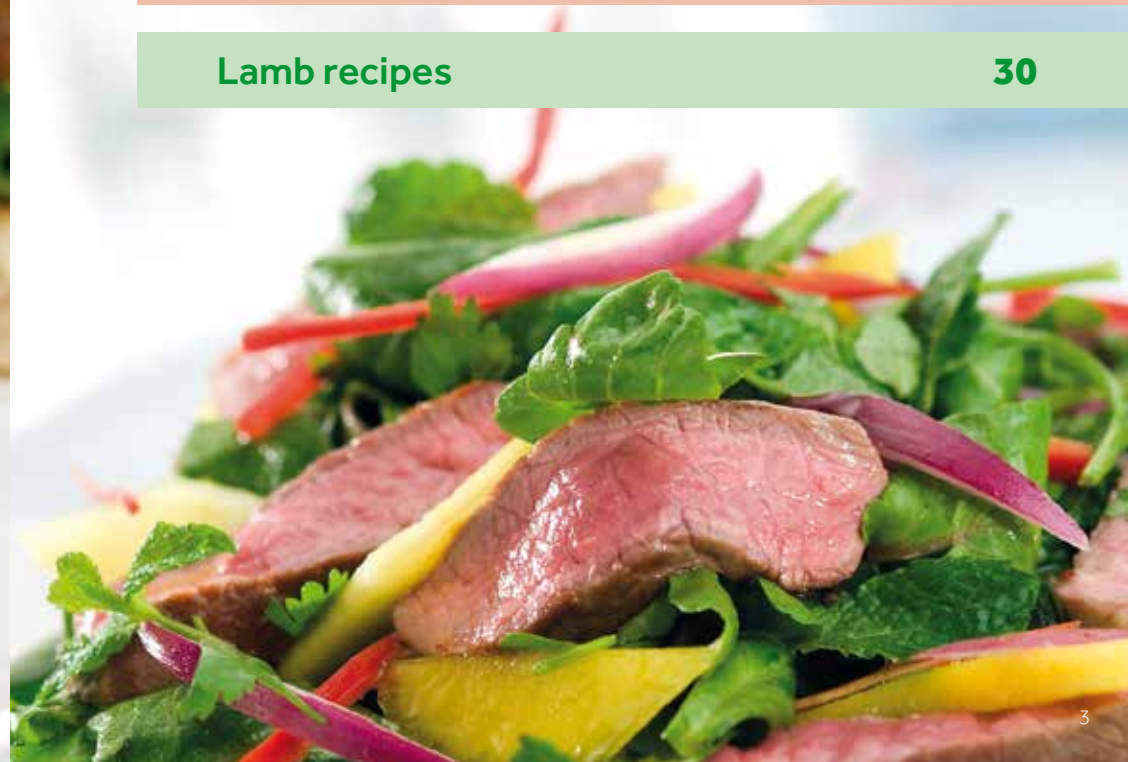
Never before has there been such a wide variety of foods from which to choose. Among the choices are beef and lamb, versatile products as demonstrated by the variety of recipes provided here in "The Natural Choice".

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 and 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 70°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

DAIRY PRODUCTS
COOKED MEATS
RAW MEATS (in lidded boxes)
SALAD & VEGETABLES

# 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 87 standards covering all aspects of farming including stockmanship, animal welfare, animal health, nutrition, housing and handling.

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.lmni.com](http://www.lmni.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.



**YOUR GUARANTEE OF QUALITY FROM FARM TO FORK!**

### 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.
- 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.
- 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.

For more information on beef labelling requirements visit  
<http://www.dardni.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 visit  
<https://www.food.gov.uk>

# Cooking preparation and tips

## Grilling or dry frying

These are healthier cooking methods which avoid the need to add extra fat. Dry frying uses only the melted fat from the meat during cooking. Brown the meat in small batches (about 200g at a time) to keep the pan hot and prevent the meat from stewing. When grilling, ensure the grill is hot before starting to cook. Seal both sides of the meat at the maximum setting and turn down as necessary to a moderately high heat for the remainder of the cooking time.

## 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.

## 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. Root vegetables are ideal cut into large pieces. Allow approximately 450g vegetables and 150ml liquid for a 1.25kg joint. You can use stock as the cooking liquid.

## Braising, stewing and casseroles

These are all moist methods of cooking which can be carried out either 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 fat in your diet by:

- Choosing lean cuts of beef and lamb and reduced fat mince;
- Checking other ingredients of the recipe or meal and swapping them for lower fat alternatives where possible, e.g. reduced fat cheese;
- Not adding extra fat or oils in food preparation where possible;
- If you do add fat then use minimal amounts 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

With today's hectic lifestyle, it may be perceived as a challenge to eat healthily. 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 lead to 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 over time. Fortunately there are now more cuts of lean red meat available to buy.

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 an important source of protein and provides a range of vitamins and minerals such as B vitamins, iron and zinc.

## Zinc

Zinc is essential for normal growth and development. It is important for normal reproductive development, a healthy 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. Lean beef, when eaten as part of a meal, has also been shown to enhance the absorption of zinc.

100g lean beef provides	4.1mg Zinc
100g lean lamb provides	3.3mg Zinc
Female daily requirement = 7.0mg	
Male daily requirement = 9.5mg	

## 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. For example, 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 and non haem iron. 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. It has been shown that small

amounts of red meat can enhance the absorption of non haem iron from plant foods when eaten as part of a meal.

## B-vitamins

A number of B-vitamins can be found in red meat, including riboflavin (vitamin B<sub>2</sub>), niacin (vitamin B<sub>3</sub>), and vitamin B<sub>12</sub>.

These vitamins are essential for metabolic reactions involved in the normal functioning of the body. For example, vitamin B<sub>12</sub> 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 B<sub>12</sub>, so these foods 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 an important source of 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 increases the risk of heart disease, whereas mono and polyunsaturated fats help to maintain healthy cholesterol levels in the blood. It is advised that we reduce the amount of total fat in the diet, and replace saturated fat with 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.

**Note - On average, lean beef now contains between 5% and 10% fat and lean lamb generally contains 8% fat. Keep a look out for the leanest cuts available.**

## 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 cannot be made by the body and are 'essential' meaning they must be obtained in the diet.

Long chain omega 3 fatty acids are associated with a healthy heart as evidence suggests they may help prevent heart disease. They are also important during pregnancy and breastfeeding to support child development.

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. 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.

## Salt

Salt (sodium chloride) is required 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 above the recommended amount for adults of 6g per day. Most raw foods, including beef and lamb, 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 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. Per 100g, cooked sirloin steak contains 0.23g salt and 100g of cooked lamb leg steak contains 0.25g 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 adding salt; you may not need to add any extra.

## 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 people eat no more than 70g of red and processed meat a day. 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 also including plenty of different fruit and vegetables, basing your meals on wholegrain starchy foods such as rice, pasta, noodles and bread or potatoes in their skins, and including some lower fat dairy foods. Intake of foods with high levels of fat, sugar and salt should be limited.

For further information visit  
[www.food4life.org.uk](http://www.food4life.org.uk)



# Hoi sin beef with rice noodles

*The Natural Choice*

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

**Serves:** 4

## Ingredients

600g Northern Ireland Farm Quality Assured beef rump  
1 large clove of garlic  
½ inch piece of fresh ginger  
6 spring onions  
1 red chilli  
1 yellow pepper  
1 head of pak choi  
1 carrot  
250g dried rice noodles  
2 x 15 ml spoons (2 tbsp) vegetable oil  
1 x 5ml spoon (1 tsp) 5 spice powder  
2 x 15ml spoons (2 tbsp) hoisin sauce  
1 x 15ml spoon (1 tbsp) reduced salt soy sauce  
6 x 15ml spoons (6 tbsp) water

## Equipment

Chopping board, knife, grater, peeler, measuring spoons, saucepan, colander, wok, wooden spoon, tongs, tin foil.

## Method

- 1 Peel and grate the garlic and ginger.
- 2 Remove the root and skin from the spring onions and finely slice.
- 3 Remove the top of the chilli, cut in half, de-seed and finely slice.

- 4 Remove the top and seeds from the yellow pepper and finely slice.
- 5 Remove the leaves from the pak choi stem, wash and drain.
- 6 Peel the carrot and make into ribbons using the peeler.
- 7 On a separate chopping board, finely slice the beef. Remember to wash your hands thoroughly after handling raw meat.
- 8 Bring a pan of water to the boil and add the noodles. Cook for 1 minute. Drain the noodles and set aside.
- 9 Heat a 15ml spoon of oil in the wok and stir fry the beef for 2 minutes. Remove the beef from the wok and wrap in tin foil to keep warm.
- 10 Add the remaining oil to the wok, add the sliced pepper and stir fry for 2 minutes.
- 11 Add the pak choi, carrot, garlic, ginger, chilli, 5 spice powder, hoisin sauce, soy sauce and water.
- 12 Mix and stir fry for 1 minute. Add the beef and mix.
- 13 Serve the beef with the noodles and sprinkle the spring onions on top.





# Mini meatball marinara subs

*The Natural Choice*

**Preparation time:** 10 minutes

**Cooking time:** 20 minutes

**Serves:** 4-6

## Ingredients

575g Northern Ireland Farm Quality Assured minced steak  
1 garlic clove  
1 egg  
60g fresh breadcrumbs  
2 x 15 ml spoons (2 tbsp) tomato puree  
1 x 5ml spoon (1 tsp) English mustard  
1 x 15 ml spoon (1 tbsp) Worcestershire sauce  
Pepper

## Tomato sauce

1 x reduced salt beef stock cube  
250 ml water  
1x 400g can of chopped tomatoes  
1 garlic clove  
4 x 15ml spoons (4 tbsp) tomato puree

## Equipment

Chopping boards, knives, garlic crusher, small mixing bowl, fork, measuring spoons, mixing bowl, frying pan, tongs, kettle, measuring jug, can opener, saucepan, wooden spoon

## Method

- 1 Peel and crush the garlic.
- 2 Crack the egg into a small mixing bowl and lightly beat.
- 3 Place the mince, half the crushed garlic, breadcrumbs, tomato puree, mustard and egg into a mixing bowl and mix.
- 4 Using your hands divide the mince into 24 equal portions.
- 5 Form into meatballs. Remember to wash your hands thoroughly after handling raw meat.
- 6 Heat a frying pan and dry fry the meatballs for 10 minutes, turning occasionally to ensure they cook evenly. Check that the meatballs are thoroughly cooked and there are no pink juices.
- 7 While the meatballs are cooking, prepare 250ml of stock.
- 8 Add the tomatoes, stock, crushed garlic and tomato puree to a saucepan and bring to the boil.
- 9 Simmer for 10 minutes.
- 10 Serve the meatballs in toasted sub rolls with the tomato sauce.



# Home made beef burgers with Mediterranean vegetables

*The Natural Choice*

**Preparation time:** 15 minutes

**Cooking time:** 30 minutes

**Serves:** 4-6

## Ingredients

450g Northern Ireland Farm Quality Assured lean beef mince

2 red onions

1 courgette

1 yellow pepper

1 lemon

2 sprigs of fresh thyme

2 sprigs of fresh rosemary

1 x 15ml spoon (1 tbsp) olive oil

1 x 15ml spoon (1 tbsp) mustard

1 x 15ml spoon (1 tbsp) low sugar tomato ketchup

2 x 15ml spoons (2 tbsp) chilli sauce

1 x 15ml spoon (1tbsp) fresh thyme

## Equipment

Chopping board, knife, zester, baking tray, mixing bowl, wooden spoon,

## Method

- 1 Pre-heat the oven to 180°C or Gas mark 4.
- 2 Peel the red onions and cut into thick slices.
- 3 Cut the top and bottom off of the courgette and slice lengthways.

- 4 Remove the stalk and seeds from the pepper and slice into rings.
- 5 Zest the lemon.
- 6 Place the vegetables on a baking tray with the lemon zest, sprigs of thyme and rosemary. Drizzle with olive oil.
- 7 Place the mince in a mixing bowl and add the mustard, tomato ketchup, chilli sauce, and remaining thyme. Mix well.
- 8 Using your hands divide the mince into 4 equal portions and shape into burgers. Remember to wash your hands thoroughly after handling raw meat.
- 9 Place the burgers on the baking tray with the vegetables and cook for 25-30 minutes. Check that the burgers are thoroughly cooked and there are no pink juices.
- 10 Serve the burgers with crusty bread and a side salad.



# Quick Italian beef stew

*The Natural Choice*

**Preparation time:** 10 minutes

**Cooking time:** 15 minutes

**Serves:** 4

## Ingredients

600g Northern Ireland Farm Quality Assured rump steak, trimmed and cut into thin strips  
1 garlic clove  
1 medium red onion  
1 red pepper  
1 courgette  
Handful of flat leaf parsley  
1 reduced salt beef stock cube  
2 x 15 ml spoons (2 tbsp) olive oil  
1 x 400g can of chopped tomatoes  
200g cherry tomatoes  
100ml water  
2 x 15ml spoons (2 tbsp) balsamic vinegar  
1 x 400g can cannellini beans

## To serve

Crusty bread

## Equipment

Chopping board, garlic crusher, knife, measuring spoons, can opener, colander, frying pan or wok, plate, wooden spoon, measuring jug.

## Method

**1** Peel and crush the garlic. Peel and finely chop the onion.

- 2** Remove the top and seeds from the pepper cut into dice.
- 3** Top and tail the courgette and cut into dice. Chop the parsley.
- 4** Drain the cannellini beans.
- 5** Prepare 100ml of stock.
- 6** Heat 1 x 15ml spoon of oil in the pan and fry half of the beef for 2-3 minutes. Remove from the pan and put on a plate. Repeat with the remaining beef.
- 7** Add the remaining oil to the pan and stir fry the onions until they begin to soften.
- 8** Add the pepper and courgette and stir fry for 1 minute stirring continuously.
- 9** Add the chopped tomatoes, cherry tomatoes, stock, garlic and balsamic vinegar, stir and bring to the boil.
- 10** Simmer for 5 minutes.
- 11** Add the cooked beef, cannellini beans and parsley to the pan, stir and cook for 3 minutes.
- 12** Serve the stew with crusty bread.



# Crunchy meaty skewers

*The Natural Choice*

**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes, plus at least 30 minutes to marinate  
**Serves:** 2

## Ingredients

225g lean rump steak  
1 x 15ml spoon (1tbsp) coriander seeds  
½ x 5ml spoon (½ tsp)  
black peppercorns  
1 x 15ml spoon (1tbsp) fresh thyme  
1 lime  
1 x 15ml spoon (1tbsp) olive oil  
Pinch of chilli powder

## Equipment

Pestle and mortar, juicer, zester, measuring spoons, mixing bowl, mixing spoon, chopping board, knife, cling film, skewers, grill pan, oven gloves.

## Method

- 1 Place the coriander seeds, peppercorns and thyme in the pestle and mortar and crush together.
- 2 Zest and juice the lime.
- 3 Place the lime juice and zest, olive oil and chilli powder in a bowl. Add the crushed coriander seeds, peppercorns and thyme. Mix together to make the marinade.
- 4 Cut the beef into small cubes and add to the marinade. Mix well. Remember to wash your hands thoroughly after handling raw meat.
- 5 Cover the bowl with cling film and refrigerate, leave to marinate for 30 minutes to 4 hours.
- 6 Pre-heat a medium grill.
- 7 Remove the meat from the fridge and carefully thread onto skewers. Remember to wash your hands thoroughly after handling raw meat.
- 8 Place the skewers onto a grill pan and grill for 12-15 minutes, turning half way through cooking.
- 9 Serve the skewers with noodles and a little yoghurt mixed with spring onion and cucumber.



# Creamy peppered beef

*The Natural Choice*

**Preparation time:** 20 minutes

**Cooking time:** 40 minutes

**Serves:** 4

## Ingredients

500g Northern Ireland Farm Quality Assured chump steak

1 red onion

1 red pepper

1 yellow pepper

250g mushrooms

2 cloves garlic

1 x 15ml spoon (1 tbsp) olive oil

1 x 5ml spoon (1 tsp) chilli powder

1 x reduced salt beef stock cube

250 ml water

150ml reduced fat crème fraiche

Black pepper

## Equipment

Chopping boards, knives, garlic crusher, large frying pan, wooden spoon, measuring spoons, measuring jug.

## Method

- 1 Finely slice the onion.
- 2 Remove the stalk and seeds from the peppers and finely slice.
- 3 Clean and slice the mushrooms. Peel and crush the garlic.

- 4 On a separate chopping board, thinly slice the steak. Remember to thoroughly wash your hands after handling raw meat.
- 5 Heat the oil and fry the onion until soft. Stir in the sliced beef and cook until browned.
- 6 Add the peppers, stir and fry for 5 minutes until they begin to soften.
- 7 Add the mushrooms, stir and fry until golden. Stir in the garlic and chilli powder.
- 8 Dissolve the beef stock cube in 250ml of boiling water.
- 9 Add the stock, crème fraiche and black pepper to the meat mixture and stir.
- 10 Bring to the boil and simmer for 20 minutes.
- 11 Serve with wild rice.



# Chilli con carne

*The Natural Choice*

**Preparation time:** 10 minutes

**Cooking time:** 50 minutes

**Serves:** 4

## Ingredients

500g Northern Ireland Farm  
Quality Assured minced beef

2 large onions

2 cloves garlic

Parsley

1 x reduced salt beef stock cube

300ml water

2 x 5ml spoons (2 tsp) chilli powder

4 x 5ml spoons (4 tsp) cumin powder

4 x 15ml spoons (4 tbsp) tomato puree

2 x 439g cans red kidney beans

## Equipment

Chopping board, knife, garlic  
crusher, frying pan, measuring  
spoons, measuring jug, fork, wooden  
spoon, can opener, colander

## Method

- 1** Peel and finely chop the onion.  
Peel and crush the garlic.
- 2** Chop the parsley.
- 3** Dry fry the mince in a large frying  
pan for 3-4 minutes until browned.
- 4** Add the garlic and onions and fry for  
10-12 minutes, stirring continuously.
- 5** Dissolve the stock cube in  
300ml of boiling water.
- 6** Add the stock, chilli powder, cumin  
and tomato puree to the pan and stir.
- 7** Drain the kidney beans  
and add to the mince.
- 8** Simmer for 25 minutes. Add  
the chopped parsley.
- 9** Serve with boiled rice.



# Beef and pasta

*The Natural Choice*

**Preparation time:** 10 minutes

**Cooking time:** 20 minutes

**Serves:** 4

## Ingredients

1 Northern Ireland Farm Quality Assured sirloin steak

2 garlic cloves

1 onion

700g cherry tomatoes

60g fresh basil

1 x 15ml spoon (1 tbsp) olive oil

480g dried pasta

1 x 5ml spoon (1 tsp)

ground black pepper

120g crumbled goats cheese

## Equipment

Chopping boards, garlic crusher, knives, measuring spoons, 2 large saucepans, wooden spoon, weighing scales, colander, tin foil, frying pan or skillet

## Method

- 1 Peel and crush the garlic. Peel and finely chop the onion.
- 2 Cut the cherry tomatoes in half.
- 3 Thinly slice the basil.
- 4 Heat the oil in a large saucepan and cook the onion and garlic until soft.
- 5 Add the tomatoes and cook for 3 minutes until they start to soften. Add the basil and stir.
- 6 Remove the saucepan from the heat and set aside.
- 7 Bring water to the boil in a large saucepan, add the pasta and cook for 10-12 minutes. Drain the pasta.
- 8 Add the tomatoes to the pasta and stir. Cover with tin foil to keep warm and set aside.
- 9 Season the steak with black pepper.
- 10 Heat a frying pan or skillet and cook the steak for 4 minutes on each side.
- 11 Remove the steak from the pan and cut into thin slices.
- 12 Serve the pasta with the steak slices and top with the crumbled goats cheese.



# Grilled lamb chops with mint and fruity couscous

*The Natural Choice*

**Preparation time:** 15 minutes

**Cooking time:** 35 minutes

**Serves:** 4

## Ingredients

8 Northern Ireland Farm Quality Assured lamb chops or lamb leg steaks

## Marinade

4 x 15ml spoons (4 tbsp) olive oil

1 clove garlic

2 x 5ml spoons (2 tsp) mint sauce

1 x 2.5g spoons (1/2 tsp) chilli flakes

Black pepper

## Couscous

200g couscous

1 x reduced salt chicken stock cube

1 red onion

1 clove garlic

1 x 15ml spoon (1 tbsp) fresh coriander

1 x 15ml spoon (1 tbsp) fresh mint

½ pomegranate (optional)

1 x 15ml spoon (1tbsp) olive oil

1 x 2.5g spoon (1/2 tsp) chilli flakes

80g dried cranberries

100g wild rocket leaves

Black pepper

## Dressing

2 tablespoons of honey

2 tablespoons of light olive oil

1 tablespoon of red wine vinegar

A small pinch of chilli flakes

## Equipment

Chopping boards, garlic crusher, measuring spoons, small mixing bowls, mixing spoons, knife, measuring jug, kettle, large mixing bowl, mixing spoons, large frying pans, tin foil, serving bowl, fork.

## Method

**1** Peel and crush the garlic.

**2** Mix the olive oil, garlic, mint sauce and chilli flakes in a bowl. Season with black pepper.

**3** Place the lamb chops into the marinade and leave for 10 minutes. Remember to thoroughly wash your hands after handling raw meat.

**4** Put the couscous into a large bowl.

**5** Boil the kettle and pour 250ml of water over the stock cube and stir to make up the stock.

**6** Pour the stock over the couscous, stir and leave to cook for 10 minutes.

**7** Peel, and chop the onion. Peel and crush the garlic.

**8** Finely chop the coriander and mint.

**9** Using a large spoon, tap the back of the pomegranate to remove the seeds.



**10** Heat 1 x 15ml spoon olive oil in a frying pan and fry the onions until soft. Add the crushed garlic, chilli flakes and cranberries and cook for 3 minutes.

**11** Add the onions, garlic, chilli flakes and cranberries to the couscous and stir. Cover with tin foil to keep warm.

**12** Heat a frying pan, remove the lamb chops from the marinade and fry for 4-5 minutes on each side.

**13** Remove the lamb chops from the pan and cover with tin foil to rest for 2 minutes. Check that the chops are thoroughly cooked and there are no pink juices.

**14** In a small bowl mix the honey, light olive oil, red wine vinegar and chilli flakes together to make the dressing.

**15** Remove the foil from the couscous, add the pomegranate seeds and rocket leaves. Pour over the dressing and mix.

**16** Remove the lamb chops from the foil and serve with the couscous.



# Spiced lamb pitta pockets

*The Natural Choice*

**Preparation time:** 5 minutes

**Cooking time:** 15 minutes

**Serves:** 4

## Ingredients

500g Northern Ireland Farm  
Quality Assured lamb mince

1 garlic clove

1 red chilli

6 spring onions

1 x 15ml spoon (1 tbsp) fresh mint

1 x 15ml spoon (1 tbsp) fresh coriander

1 x 15ml spoon (1 tbsp) medium  
curry powder

8 mini wholemeal pitta pockets

2 x 5ml spoons (2 tsp) mango chutney

## To serve

Lettuce leaves

Extra mango chutney

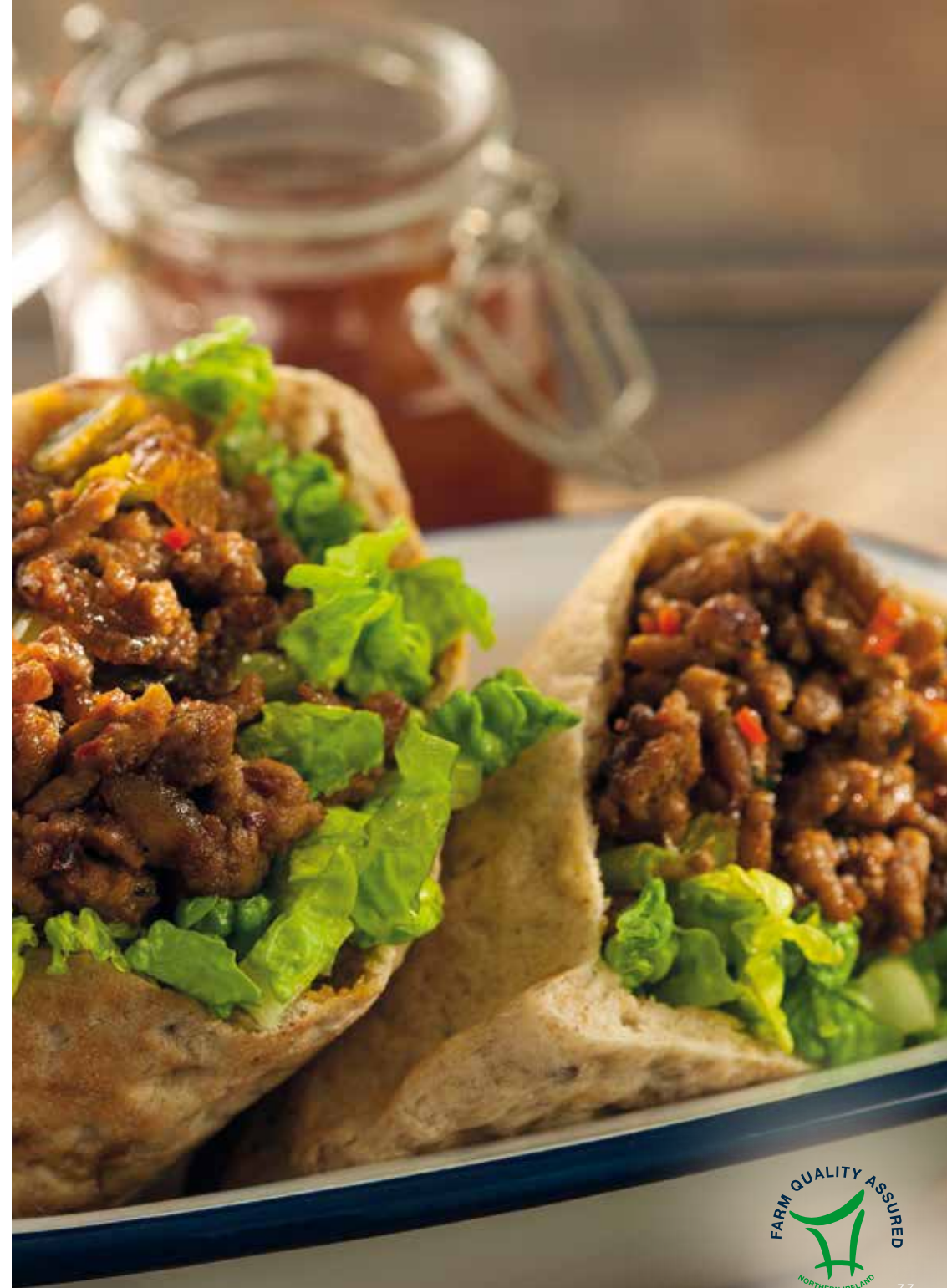
Natural yogurt with a little  
chopped fresh mint

## Equipment

Chopping board, knife, garlic crusher,  
weighing scales, measuring spoons,  
garlic crusher, large non-stick frying  
pan, mixing spoon.

## Method

- 1 Peel and crush the garlic. Remove the top of the chilli, cut in half lengthways, deseed and slice.
- 2 Remove the root and skin from the spring onions and finely slice.
- 3 Chop the mint and coriander.
- 4 Heat a large non-stick frying pan and dry fry the lamb mince with the curry powder, garlic and chilli for 20 minutes until the mince is cooked. Stir continuously.
- 5 Toast the mini pitta pockets and cut in half.
- 6 Add the mango chutney, mint, coriander and spring onions to the mince and stir through.
- 7 Spoon the mince mixture into the toasted pitta pockets and add the lettuce leaves.
- 8 Serve with extra mango chutney and a little natural yogurt with mint.



# Yummy lamb curry

*The Natural Choice*

**Preparation time:** 20 minutes

**Cooking time:** 15-20 minutes

**Serves:** 4

## Ingredients

600g Northern Ireland Farm Quality Assured lean lamb leg steak

½ large onion

1 clove of garlic

1 small handful fresh coriander

1 small handful fresh mint

4 spring onions

1 x 5ml spoon (1 tsp) olive oil

1 x 15ml spoon (1 tbsp) Madras curry powder

1 x 400ml can reduced fat coconut milk

½ reduced salt lamb stock cube

2 x 5ml spoons (2 tsp) tomato puree

1 x 5ml spoon (1 tsp) mango chutney

## To serve

Cooked basmati rice

Naan bread

Mango chutney

## Equipment

Weighing scales, chopping boards, knives, garlic crusher, measuring spoons, measuring jug, mixing spoon, large frying pan, mixing spoon, can opener.

## Method

- 1 Peel and chop the onion. Peel and crush the garlic.
- 2 Chop the coriander and mint.
- 3 Remove the root and skin from the spring onions and chop.
- 4 Using separate chopping board, thinly slice the lamb. Remember to thoroughly wash your hands after handling raw meat
- 5 Heat the oil in a large frying pan and fry the onion until soft.
- 6 Add the garlic, curry powder, coconut milk, stock cube, tomato puree and mango chutney and stir.
- 7 Bring the sauce to the boil and simmer for 5 minutes, stirring continuously.
- 8 Add the spring onions and chopped herbs.
- 9 Add the lamb, stir and simmer for 2-3 minutes. Check that the lamb is thoroughly cooked and there are no pink juices.
- 10 Serve with basmati rice, naan bread and mango chutney.



# Mini lamb and sweet potato pies

*The Natural Choice*

**Preparation time:** 15 minutes

**Cooking time:** 15-20 minutes

**Serves:** 4

## Ingredients

500g Northern Ireland Farm Quality

Assured lean lamb mince

1 medium onion

1 garlic clove

1 small handful basil

2 large sweet potatoes

2 x 5ml spoons (2 tsp) olive oil

1 x 5ml spoon (1 tsp) tomato puree

400g can chopped tomatoes

100ml water

½ reduced salt lamb stock cube

1 x 5ml spoon (1 tsp) cinnamon

1 small can (198g) of sweet corn

50g Parmesan cheese

## Equipment

Chopping boards, knives, garlic crusher, peeler, measuring spoons, large frying pan, wooden spoon (mixing spoon), can opener, measuring jug, saucepan, colander, serving dish, grater, oven gloves.

## Method

**1** Peel and chop the onion finely. Peel and crush the garlic.

**2** Chop the basil.

**3** Peel the sweet potato and cut into small pieces. Cook the sweet potato in boiling water for 15-20 minutes until tender.

**4** Heat the olive oil and fry the onion until soft. Add the garlic and minced lamb and fry until the lamb is cooked.

**5** Add the tomato puree, chopped tomatoes, water, stock cube, cinnamon and basil and stir.

**6** Bring to the boil and simmer for 10 minutes.

**7** Drain the sweetcorn and add to the meat mixture, stir and simmer for 5 minutes.

**8** Drain the sweet potato.

**9** Pre-heat the grill to medium.

**10** Spoon the lamb into a serving dish and top with the sweet potato.

**11** Grate the parmesan. Sprinkle the parmesan on top of the lamb and potatoes.

**12** Grill for a few minutes until the cheese is golden brown.



# Mini lamb burgers with tomato relish & mint yoghurt

*The Natural Choice*

**Preparation time:** 25 minutes

**Cooking time:** 15 minutes

**Serves:** 6

## Ingredients

500g Northern Ireland Farm Quality Assured lean minced lamb

½ small onion

1 clove garlic

A small handful fresh mint

A small handful fresh parsley

1 egg

1 x 2.5ml spoon (1/2 tsp) chilli flakes

1 x 5ml spoon (1tsp) cinnamon

1 x 5ml spoon (1tsp) tomato puree

1 x 5ml spoon (1tsp) oil

## To serve

3 small crusty rolls

3 x 15ml spoons (3 tbsp) natural yoghurt

2 x 5ml spoons (2 tsp) mint sauce

Rocket leaves

3 x 15ml spoons (3 tbsp) tomato chutney

## Equipment

Chopping boards, knife, garlic crusher, mixing bowls, fork, measuring spoons, mixing spoons, large frying pan, tongs, tin foil.

## Method

- 1 Peel and finely chop the onion. Peel and crush the garlic.
- 2 Finely chop the mint and parsley.
- 3 Break the egg into a small bowl and lightly beat.
- 4 Place all the ingredients except the oil, in a large mixing bowl and mix together.
- 5 Using your hands, divide the mixture into 6 equal portions.
- 6 On a clean chopping board, shape 6 burgers with the mixture. Remember to wash your hands thoroughly after handling raw meat.
- 7 Heat the oil in a large frying pan and cook the burgers for 6 minutes on each side until golden brown. Check that the burgers are thoroughly cooked and there are no pink juices. Remove the burgers from the pan and wrap in tin foil to rest for 3 minutes.
- 8 Combine the yogurt and mint sauce in a small bowl and mix.
- 9 Remove the burgers from the tin foil and serve on half of a crusty roll with a little rocket, tomato chutney and mint yoghurt.



# Lamb with mango, chilli and mint salad

*The Natural Choice*

**Preparation time:** 15 minutes

**Cooking time:** 15 minutes

**Serves:** 4

## Ingredients

2 Northern Ireland Farm Quality Assured large lamb leg steaks  
1 peeled clove of garlic - optional  
1 x 5ml spoon (1 tsp) olive oil  
Black pepper

## Mango salad

1 small red onion  
1 mild red chilli  
2 x 5ml spoons (2 tsp) mint leaves  
2 x 5ml spoons (2 tsp) coriander leaves  
1 mango  
1 bunch of watercress leaves

## Dressing

1 lime  
2 x 15ml spoons (2 tbsp) olive oil

## Equipment

Measuring spoons, chopping boards, grill pan, tongs, tin foil, chopping board, knife, mixing bowls, mixing spoons, lemon juicer, grater.

## Method

- 1 Rub the lamb steaks with the garlic and season with black pepper. Remember to thoroughly wash your hands after handling raw meat.
- 2 Heat the grill pan and cook the lamb for 3-4 minutes on each side. Remove the lamb from the grill pan and wrap in tin foil to rest for 5 minutes.
- 3 Peel the onion and finely slice. Remove the top of the chilli, cut in half lengthways, deseed and slice finely.
- 4 Finely chop the mint and coriander.
- 5 Peel and remove the stone from the mango and finely slice.
- 6 Place the watercress in a mixing bowl and add the onion, mango, chilli and herbs.
- 7 Zest and juice the lime and pour into a small bowl. Add the olive oil and stir.
- 8 Pour the dressing over the salad and mix.
- 9 Remove the lamb steaks from the tin foil and slice. Serve the lamb on top of the salad.



LOW RES IMAGE

# Notes

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# Notes

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For further information on any beef or lamb related queries, contact:

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