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For more lamb recipes, visit <http://www.australian-lamb.com/recipes/index.php>

## **Beef, Tomato & Mushroom Braise.**

Serves: 4-6

Preparation Time: 10 minutes

Cooking Time: 30-40 minutes

1kg Round or Topside Steak

2tbsp vegetable oil

1 onion, cut into thin wedges

2 cloves garlic, crushed

250g button mushrooms, halved

500g jar bottled tomato pasta sauce

2tbsp tomato paste

1 cup beef stock

Pinch of sugar

Large pasta shells (cooked), to serve

Basil leaves, to serve

- Cut the steak across the grain into strips (about 1.5cm wide). Season with salt and pepper. Add the oil to the beef strips and mix well.
- Heat a wok or frypan until hot. Stir-fry the beef in three batches. Remove each batch and place in a casserole dish. Add a little oil to pan, add the garlic and mushrooms and cook for 2 minutes or until mushrooms are golden. Add the tomato pasta sauce, tomato paste, stock and sugar, and stir until the mixture boils. Pour over the beef in the casserole dish and stir to combine.
- Cover the casserole dish and place in oven. Cook for 30-40 minutes or until the beef is tender. Serve with the cooked pasta and sprinkle with the basil leaves.

## Osso Bucco.

Serves: 4-6

Preparation: 25 minutes

Cooking: 1 hour 55 minutes

1.5kg osso bucco  
½ cup seasoned flour  
2 tablespoons olive oil  
6 onions, peeled, quartered  
4 garlic cloves, crushed  
1 teaspoon chilli flakes  
2 cups beef stock  
400g can crushed tomatoes  
1 cup red wine  
½ cup balsamic vinegar  
½ cup tomato paste  
2 bay leaves  
1 bunch baby carrots, trimmed, peeled  
2 medium parsnips, halved, cut into wedges  
crusty bread, to serve  
GREMOLATA:  
½ cup coarsely chopped parsley  
zest 1 lemon  
2 garlic cloves, finely chopped

- Toss osso bucco in flour, shaking off excess. Heat half the oil in a saucepan on high. Brown osso bucco in batches for 4-5 minutes each side. Move to a plate.
- Heat remaining oil in same saucepan. Sauté the onion, garlic and chilli flakes for 3-4 minutes until onion is tender. Blend in combined stock, tomatoes, wine, vinegar and tomato paste.
- Return meat to saucepan with bay leaves. Bring to boil, then reduce heat and simmer, covered, for 1¼ hours.
- Add vegetables. Simmer, uncovered for further 20-25 minutes until tender.
- GREMOLATA: Combine all ingredients in a bowl, sprinkle over osso bucco. Serve with crusty bread.

## **Irish Stew.**

Serves: 6

1.25kg lamb neck chops, trimmed  
½ cup plain flour  
3 brown onions, chopped  
1kg Sebago potatoes, peeled, sliced  
2 carrots, peeled, thinly slices into rounds  
2 tablespoons tomato paste  
3 cups boiling water  
3 beef stock cubes, crumbled  
1 cup flat-leaf parsley leaves, chopped  
¼ cup mint leaves, to serve

- Cut chops in half. Place flour in a plastic bag and season with salt and pepper. Place chops in bag and shake well to coat. Transfer chops to a plate. Reserve flour.
- Preheat oven to 130C. Place onions, potatoes and carrots in an ovenproof dish. Top with half the chops. Repeat layers with remaining onions, potatoes, carrots and chops.
- Whisk reserved flour, tomato paste and 2 tablespoons cold water in a large jug until well combined. Slowly add boiling water, whisking constantly. Add stock cubes and parsley. Stir to dissolve stock cubes.
- Pour flour mixture over chops. Cover and cook for 4 hours or until meat tender and sauce thickened. Sprinkle with mint and serve.

## **Basic Beef Casserole.**

Serves: 6

1 tablespoon vegetable oil  
40g butter  
1kg gravy beef or chuck steak, roughly chopped into 2.5cm chunks  
2 onions, finely chopped  
3 garlic cloves, finely chopped  
2 large carrots, cut into 2cm cubes  
2 tablespoons plain flour  
1 tablespoon tomato paste  
1 cup dry red wine  
2 cups beef stock  
400g can chopped tomatoes  
2 tablespoons oregano leaves

- Heat half the oil and half the butter in a large wide-based casserole dish over high heat. When hot, cook the beef, in 3 batches, for 2 minutes or until browned all over. Transfer to a bowl.
- Heat the remaining oil and butter in same pan over low heat. Add the onion, celery, garlic and carrots and cook, stirring for 3-5 minutes until the onion is soft. Add the flour and tomato paste and cook, stirring, for a further minute. Increase the heat to high and return the beef and juices to pan with the red wine. Cook, stirring, for 2 minutes or until wine is reduced by half.
- Reduce heat to medium-low, then add stock and tomatoes and simmer, uncovered, for 1½ - 1¾ hours, stirring occasionally, until beef is tender and sauce is thick. Stir in the oregano leaves and serve.

## Country Beef with Herb Scones.

Serves: 4

Preparation: 20 minutes

Cooking time: 2 hours 35 minutes

1kg diced chuck steak  
½ cup plain flour  
¼ cup oil  
2 onions, chopped  
2 garlic cloves, crushed  
150g button mushrooms, quartered  
1 cup beef stock  
¼ cup plum jam  
¼ cup brown vinegar  
1 tablespoon Worcestershire sauce

### HERB SCONES:

1 ½ cups self-raising flour  
½ teaspoon baking powder  
2 tablespoons finely chopped chives or parsley  
½ cup cream  
1/3 cup milk, plus extra to brush  
1 egg yolk

- Toss together steak and flour, shaking off excess. Heat oil in a large saucepan on high. Cook steak in batches for 5 minutes, until brown. Remove from pan. Reduce heat to medium and add onion and garlic. Cook for 3 minutes, until onion softens. Return steak to pan with mushrooms, stock, jam, vinegar and simmer for 2 hours, until beef is very tender. Transfer to a shallow 8-cup ovenproof dish.
- Preheat oven to 180C or 160C fan.
- To make herb scones, sift flour, baking powder and a pinch of salt onto a flat surface. Add herbs. Make a well in centre. Pour combined cream, milk and egg yolk into well. Knead flour lightly into wet ingredients until mixture comes together to form a dough. Press out to a 2cm thickness and cut into about 24 squares.
- Arrange scones over beef and brush with a little extra milk. Bake for 20 minutes, until scones are puffed and golden. Serve.

## **Beef mince with chick peas.**

Serves: 4

1 teaspoon oil  
2 cloves garlic, crushed  
1 onion, chopped  
500g minced beef  
410g canned tomatoes  
2 tablespoons tomato paste  
1 small beef stock cube  
1 teaspoon ground allspice  
310g canned chick, rinsed, drained  
100g snow peas  
1 tablespoon chopped fresh parsley

- Heat oil in pan, add garlic and onion, cook, stirring, until onion is soft. Add mince, cook, stirring, until mince is browned.
- Add undrained crushed tomatoes, paste, crumbled stock cube and allspice. Bring to boil, simmer, covered, until mince is cooked.
- Stir in chick peas and peas, simmer uncovered for 5 minutes, stir in parsley. Serve.

## **Lentil and Beef Stew.**

Serves: 6

2 tablespoons oil  
2 onions, chopped  
500g minced beef  
2 carrots, chopped  
2 celery sticks, chopped  
400g canned tomatoes  
2 small beef stock cubes  
1 cup water  
1 cup red lentils, rinsed, drained  
¼ cup dry red wine  
1 ½ cups water, extra  
2 tablespoons tomato paste  
2 teaspoons sugar  
¼ cup shredded fresh basil

- Heat oil in pan, add onions and mince, cook, stirring until mince is browned. Stir in carrots, celery, undrained crushed tomatoes, crumbled stock cubes and water.
- Bring to boil, simmer, covered for about 30 minutes or until vegetables are tender.
- Stir in lentils, wine, extra water, paste and sugar. Bring to boil, simmer, uncovered, until lentils are tender and mixture is thick. Stir in basil.

## **Lamb Kofta with Tomato Sauce and Yoghurt.**

Serves: 4

500g minced lamb  
½ cup cracked wheat  
1 onion, chopped  
1 clove garlic, crushed  
1 teaspoon ground coriander  
1 teaspoon garam masala  
2 tablespoons olive oil  
2 pitta pocket breads  
200g carton plain yoghurt  
TOMATO SAUCE:  
2 tablespoons olive oil  
2 large tomatoes, peeled, chopped  
1 teaspoon paprika  
1 tablespoon chopped fresh coriander

- Blend or process mince, wheat, onion, garlic, coriander and garam masala until combined. Shape 2 level tablespoons of mixture onto skewers.
- Heat oil on barbecue late or in pan, cook kofta until well browned and cooked through.
- Split pitta bread in half, toast on both sides until crisp. Top halves with kofta, tomato sauce and yoghurt.

Tomato Sauce:

Heat oil in pan, add tomatoes and paprika, cook, stirring, about 5 minutes or until sauce is thick, stir in coriander.

## **Beef Stroganoff.**

Serves: 6

1kg Fillet, rib eye or rump steak  
6 tablespoons butter  
1 medium onion, sliced very thinly  
250g mushroom caps, sliced thinly  
Salt and freshly ground black pepper  
Pinch of nutmeg  
1 Cup sour cream at room temperature

- Remove every trace of fat and gristle from the steak, and cut into thin strips. If the meat is chilled in the freezer for 15 minutes, it will be easy to slice thinly.
- Heat 3 tablespoons of the butter in a large, heavy based frying pan, and cook the onion over low heat until soft and transparent. Remove onion with a slotted spoon and set aside.
- Increase heat to moderately high, and add beef strips to butter remaining in pan. Toss until strips are brown – a minute or so, don't overcook. Remove beef and set aside.
- Add the remaining 3 tablespoons of butter to pan and heat. Stir in the mushrooms and cook for 2 minutes.
- Return beef and onions to pan, with any juices that have collected. Season generously with salt and pepper, and add a pinch of nutmeg.
- Stir sour cream into the pan and allow sauce to heat through but do not boil. Serve at once.

## **Meat & Egg Pie.**

Serves: 6

2 tablespoons butter  
1 large onion, chopped finely  
2 cups finely chopped cooked meat  
2 large potatoes, boiled, peeled and chopped finely  
3 tablespoons chopped parsley  
Salt and freshly ground black pepper  
3 eggs, beaten with ½ cup of milk

- Heat butter in a large fry-pan and cook onion over medium heat until soft and golden. Add meat, potatoes, parsley and salt and pepper to taste; mix well.
- Transfer mixture to a shallow, greased casserole dish. Pour eggs over the top and cut through the meat mixture with a knife, so the egg can trickle through.
- Bake in a moderately hot oven, for 20 minutes, or until set and golden brown.

## **Little Meat Loaves.**

Serves: 6-8

750g topside mince or veal and pork mince  
1 packet French onion soup mix  
1 cup fresh breadcrumbs  
½ cup chopped parsley  
2 eggs, beaten  
4 rashers bacon, rinds removed

Combine mince, soup mix, breadcrumbs, parsley and eggs.  
Pack mixture into deep patty pans or muffin tins, filling them to the top.  
Cut bacon rashers into squares and press a square on top of each little loaf. Bake loaves in a hot oven for 25 minutes.  
Allow loaves to rest in the tin for a few minutes after removing from oven. Run a sharp knife around the edge of each loaf and lift out with a spoon or spatula. Serve with vegetables or a salad.

## Cooking Guide and Recipes

Which cut for what recipe or method of cooking?

### Beef

Cut type	How to cook
Scotch Fillet	BBQ, Grill or Pan Fry
Sausages	BBQ, Grill or Pan Fry
Oyster Blade	Pan Fry or Casserole
Silverside	Roast or corned beef
Osso Bucco	Casserole
Round Steak	Stirfry, BBQ or Grill
Blade Roast	Roast
Blade	BBQ Stirfry or Casserole
Gravy (diced)	Stirfry BBor Casserole
Chuck (diced)	Stirfry or Casserole
T-Bone	BBQ, Grill or Pan Fry
Rump	BBQ, Grill or Pan Fry
Topside	Roast or dice for Stirfry
Rolled Roast	Roast
Schnitzel	Lightly crumb and shallow fry
Ribs	Marinate and BQQ, Grill or fry
Sirloin	Grill, Pan Fry, BBQ
Mince	Spagetti Bologniase, Lasagne, Chinese dishes, Hamburgers
Eye Fillet	BBQ, Grill or Pan Fry

### Lamb

Cut	How to cook
Leg Roast	Slow roast Greek style or Sunday Roast
BBQ Chops	BBQ
Loin Chops	BBQ, Grill or Pan Fry
Neck chops	Casserole
Lamb Flaps	Cut into ribs
Pack of Lamb	Roast
Lamb Shanks	Casserole
Ribs	Marinate , Grill or BBQ
Forequarter	Roast or make into chops and BBQ

### **How to cook the perfect Steak**

6. Refer to above for the correct cut – all times depend on the thickness
7. Set BBQ or pan on Medium to high heat
8. Put the steak on and leave for 4-7 minutes Wait for juices to show on the top.
9. RARE - turn and cook for approx. 2 -3 minutes and then let rest for 5 minutes
10. MEDIUM - turn and cook for approx. 4 – 5 minutes and then let rest for 5 minutes
11. WELL DONE- turn and cook for approx. 5 – 7 minutes and then let rest for 5 minutes

For ideas about recipes, health and nutrition and further cooking guides, click here [www.themainmeal.com.au/](http://www.themainmeal.com.au/) .

We would also love to have your suggestions, so please contact us!