

TRULY AWESOME
TRUE AUSSIE BEEF AND LAMB
RECIPES





TRUE AUSSIE
BEEF RECIPES

Australian Oyster Blade

with Polenta, Portobello Mushrooms, Wilted Greens and Pomegranate Balsamic Vinaigrette



Tips

Resting meat is very important practice if you want to have a juicy steak. When you rest meat you are simply allowing all of the meat juice to be redistributed back in the meat fibres.

Ingredients

4 x 150 g	Australian oyster blade steaks (an outstanding very tender cut of beef shoulder)	2	Portobello mushrooms, roasted
1 ½ cups	yellow cornmeal making 2 cups of hot polenta	1 tbsp	water
4 tbsp	butter	1 cup	veal stock reduction
	Salt and pepper		Polenta making
2	pomegranates	6 cups	water
2 tbsp	12 year old balsamic vinegar	2 tbsp	salt
3 tbsp	olive oil	3 tbsp	unsalted butter

Method

- 1 Bring 6 cups of water to a boil in a heavy large saucepan. Add 2 teaspoons of salt. Gradually whisk in the cornmeal. Reduce the heat to low and cook until the mixture thickens and the cornmeal is tender, stirring often, about 15 minutes. Turn off the heat. Add the butter, and stir until melted. Now you have your 2 cups of hot polenta.
- 2 Mix the soft, just cooked polenta with 2 tablespoons of the butter and season to taste with salt and pepper. Spread the mixture out on baking sheet, cover with plastic wrap, and refrigerate for 2 hours.
- 3 Cut open the pomegranates and carefully remove all of the seeds. Reserve ¼ cup of the seeds. Place the remaining seeds in a blender. Puree for 15 seconds, and then pass through a fine mesh sieve. Place the pomegranate juice in a small saucepan and simmer for 15 to 20 minutes or until the juice is reduced by half and coats the back of a spoon. Place 1½ tablespoons of the pomegranate reduction in a small bowl with the balsamic vinegar. Slowly whisk in the olive oil, season to taste with salt and pepper and fold in the reserved pomegranate seeds.
- 4 Using around 2 ½ inch cutter, cut the cooled polenta into 4 discs. Place the discs in a non-stick sauté pan with 2 teaspoons of the butter. Cook over medium high heat for 3 minutes on each side, or until golden brown and crisp. Remove to paper towels and keep warm.
- 5 Cut the Portobello mushrooms into ¼ inch thick pieces and place in a sauté pan with 1 teaspoon of the butter. Cook over medium heat for 3 minutes, or until hot. Season to taste with salt and pepper. Quickly wilt the greens with the remaining 1 tablespoon of butter and a tablespoon of water in a hot sauté pan and season to taste with salt and pepper. Place the veal stock reduction in a small saucepan and warm over medium heat.
- 6 Right before assembly oil the 4 Australian oyster blade steaks with a little oil then place in a hot pan and cook to your liking. Then let the meat rest in a covered plate 10 minutes
- 7 Assembling the Dish: Place some of the wilted greens in the center of each plate. Lay one of the polenta discs on the greens and top with the remaining wilted greens. Arrange the Portobello mushrooms on top of the greens. Lightly spoon some of the pomegranate vinaigrette and pomegranate seeds over the mushrooms and around the plate. Top with the Oyster blade steak and season with cracked freshly ground black pepper.

Australian Rump Eye

and Eggplant and Potato “Cannelloni” with Wilted Spinach and Cardamom Carrot Juice



Tips

If you want to have clear carrot juice you can boil the liquid and remove the top foam/pulp and you'll be left with a clear liquid. This will surprise your palate when tasting as it will not have the carrot colour.

If you do not like your meat medium or rare you can cook your rump eye a little longer and it will still have maximum flavour as this cut can take high heat and longer cooking.

Ingredients

4	Australian rump eye medallions	2 tbsp	rice vinegar
2	extra-large Idaho potatoes, peeled	4 tbsp	cardamom oil (recipe follows)
½ cup	butter, melted	7 tbsp	vanilla oil (recipe follows)
2	eggplants (about ½ pound) peeled	1 tbsp	butter
5 tbsp	olive oil	2 tbsp	water
	Salt and pepper	2 cups	baby spinach, cleaned
2 cups	julienned yellow onion (thinly sliced)	¼ cup	onion sprouts or alfalfa sprouts
1	clove garlic chopped	¼ cup	red clover sprouts or bean sprouts
½ cup	carrot juice		

Method

- 1 Cut each potato into large rectangle. Using a mandolin, slice thinly along the widest and longest part of the potato. You will need 16 slices. Brush both sides of the potato slices with the melted butter. Place on a sheet pan lined with parchment paper and bake in the oven at 350 degrees for 10 minutes to soften the potato. Chop the eggplant into 1½ inch batons, toss with 2 tablespoons of the olive oil, and season with salt and pepper, roast in the oven at 350 degrees for 10 to 15 minutes or until tender.
- 2 In a medium sauté pan, place the remaining 2 tablespoons olive oil, the onions and garlic and cook over a medium heat for about 10 to 15 minutes or until caramelised. Season to taste with salt and pepper and set aside. Place the carrot juice in a small saucepan and simmer for 5 minutes. Strain through a fine mesh sieve and let cool. Place the carrot juice in a blender and while on medium speed slowly add the rice vinegar, cardamom oil and vanilla oil. Blend until completely emulsified and season to taste with salt and pepper.
- 3 Lay 2 of the potato pieces side-by-side overlapping ¼ inch and season with salt and pepper. In the centre of each potato place some of the roasted eggplant and caramelized onion, roll up, and return to the parchment lined sheet pan. Repeat this step 7 more times. Place in the oven at 400 degrees for 10 to 15 minutes, or until golden brown. Place 1 tablespoon butter and the water in a medium saucepan and quickly wilt the spinach over medium heat. Remove from the pan and season to taste with salt and pepper.
- 4 In a hot sauté pan add the beef rump medallions with one table spoon of olive oil and cook the medium (internal temperature 55 degrees) more for well-done not recommended. Cover the medallion and rest for at least 5 minutes.
- 5 To make Cardamom Oil: Yield: About 1 cup ½ cup roasted cardamom seeds, in husks 1 cup grapeseed oil
- 6 Place the cardamom and grapeseed oil in a blender and grind until the cardamom is incorporated into the oil. Pour into a container, cover, and let sit until most of the sediment has settled. When ready to use, ladle the oil off the top without disturbing the sediment that has settled. Can be kept for up to 2 weeks in the refrigerator.
- 7 To make Vanilla Oil: Yield: 1 cup 2 vanilla beans 1 cup grapeseed oil
- 8 Split the vanilla beans lengthwise and scrap their pulp into a blender. Add the oil and puree until incorporated. Pour into a container, add the vanilla bean pods, and let sit covered for 1 day before using the oil. Can be kept for 2 weeks in the fridge.
- 9 Assembling the Dish: Place some of the spinach in the centre of the plate and top with the rump medallion. Place 2 of the potato cannelloni on top of the medallion, spoon the cardamom carrot sauce around the plate and top the cannelloni with some of the onion and clover sprouts.

Australian Oyster Blade My Way



Ingredients

1kg Oyster blade cleaned

Rub

20g Allspice

4tbsp Salt

30g Celery salt

15g Garlic powder

15g Onion powder

½ cup Sugar cane

20g Paprika

1 Clove

20g Thyme

20g Black pepper

15g Hot chilli powder

10g w 10g Nutmeg

Marinade

Mix 2½ cup apple juice with 1 1/3 cup non-alcoholic beer

Glaze

Meat juice from the holding tray

1 cup Ketchup

150g Soft butter

Method

1. Place all the rub ingredients in a mixing bowl, apply to the meat and refrigerate for 6 hours.
2. Place the meat in a 100°C degree smoker for ¼ an hour.
3. Place the meat in a large pan.
4. Cover with marinade half way, cover with lid or aluminium foil. Place in 90C degree oven for 3 hours.
5. When the meat is very tender remove from the tray. Mix the remaining juice with ketchup and reduce by half to generate a medium consistence glaze. Add soft butter at the end to bind. Keep warm.
6. Mix some of the glaze with the meat and place in very hot oven for few minutes to allow the glaze to glue on the meat, garnish and serve.

Australian Oyster Blade Mushroom Risotto



Ingredients

1.4 kg	Australian Oyster blade
1 cup	Assorted mushroom
3 small	Shallots fine chopped
1 Large clove	Garlic, mashed
1	Baby leek, finely chopped
1 medium	Carrot, fine chopped
1 ½ cup	Egyptian rice ½ cup of rice vinegar + ½ tbsps sugar mixed
3 ½ cups	Beef stock, hot
4 tbsp	Labnah Handful Rutabaga Micro green Lime juice
5 tbsp	Parmesan regiano Salt and pepper to taste

Method

1. On a hot grill place the oyster blade steak and cook to medium, or to your liking.
2. Place the steak in clean plate and cover very loosely with aluminium foil keep warm.
3. Place the mushroom in a sauce pan on a low heat and cook until completely dry and most of the liquid has evaporated.
4. In a suitable pan add some oil, shallots, garlic carrots and leeks add rice and stir for 5 to 8 minutes.
5. Add the vinegar mixture, stir for 3 minutes.
6. Add the stock in three stages, allowing the rice to absorb the liquid before each addition.
7. Season the steak with salt and pepper and slice the rested oyster blade around into 2 mm thick slices.
8. When the risotto is cooked to your desired consistency add the mushroom, Labnah, parmesan and stir.
9. Adjust seasoning.
10. Assembly
11. Place enough risotto in a centre of a place top with slices of the oyster blade and garnish with the extra labnah.
12. Garnish with the micro green.

My Asian Noodle



Ingredients

- 8 oz Australian beef sirloin thinly sliced
- 4 cups beef stock
- 1 red bell pepper, quartered
- 2 sliced carrots
- 3 tbsp light soy sauce
- 2 ts each minced garlic and grated fresh ginger
- 8 oz uncooked soba noodles
- 1 small bunch bok choy (about 12 oz)
- Enoki mushroom
- ½ cup each sliced scallions and chopped cilantro

Method

1. Bring a large pot of lightly salted water to a boil. Stir noodles into boiling water; cook as package directs. Drain and rinse.
2. Add broth, water, bell pepper, carrot, soy sauce, garlic and ginger to Dutch oven. Bring to a boil, reduce heat, cover and simmer for 5 minutes or until vegetables are crisp-tender.
3. Add bok choy to Dutch oven; cover and cook 3 minutes or until vegetables is tender.
4. Stir in noodles and the raw beef; heat through. Off heat, stir in scallions and cilantro.
5. Top with cilantro, scallion and enoki.
6. Serve hot.

Australian Rib Eye

with Marinated Portabella Mushrooms and Blue Cheese



Ingredients

Marinade for the mushroom :

- ¼ cup extra-virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp soy sauce
- 1 tsp chopped fresh rosemary
- ½ tsp freshly ground black pepper
- ¼ tsp kosher salt
- 2 large portabella mushrooms, each 5 to 6 inches in diameter
- ¾ cup fresh bread croutons
- 1 tbsp finely chopped fresh Italian parsley
- ½ cup blue cheese
- Kosher salt as needed
- Freshly ground black pepper

For garnish

- Cilantro leaves, optional
- Roasted red pepper, optional

Method

1. Place the steak on hot grill, grill for 3 to 4 minutes on each side, rest loosely covered with aluminium foil in a warm place .
2. In a small bowl whisk the marinade ingredients
3. Wipe the mushrooms clean with a damp cloth or paper towel. Remove and discard the stems. With a teaspoon, carefully scrape out and discard the black gills from the mushroom caps. Place the mushrooms, cap sides up, on a rimmed plate and brush them with the marinade. Turn the mushrooms over and brush again. If you are intending to execute this recipe on the grill then prepare the grill for direct cooking over medium heat.
4. In a small bowl combine the croutons with the parsley.
5. Grill the mushrooms, gill sides down, over direct medium heat, with the lid closed, until the mushrooms begin to soften, 4 to 6 minutes. Brush the cap sides with some of the remaining marinade from the plate, turn them over, add ¼ cup of the cheese on top of each mushroom. Close the lid and cook until tender when pierced with a knife. Remove from the grill.
6. Distribute evenly the combined croutons and parsley over the mushrooms. Salt and pepper to taste slice the rested rib eye steaks and serve immediately with the mushroom

Barbecued Beef Kebabs

with Vegie Side Skewer



Tips

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Ingredients

- 600g rump steak
- 1 medium red onion, cut into wedges
- 1 large red capsicum, cut into 2cm squares
- 4 small zucchini, cut into 2cm rounds
- 250g packet haloumi cheese, cut into 2cm cubes
- 1 tbsp olive oil
- 2 tbsp lemon juice
- Green salad and grilled garlic bread to serve

Method

1. Cut the beef into 2.5cm cubes. To make the beef kebabs, thread the cubed beef, red onion and capsicum alternatively onto small skewers.
2. To make the vegie kebabs, thread the cherry tomatoes, zucchini and haloumi alternatively onto small skewers. Combine the oil and lemon juice, then brush the mixture over the beef and vegie kebabs.
3. Preheat the barbecue char-grill plate or pan to moderately-hot before adding the beef kebabs. Let the beef kebabs cook on one side until moisture appears before you turn. Cook for 2 minutes on each side. Cook the vegie kebabs for 1-2 minutes on each side.
4. Remove the kebabs from the heat, cover loosely with foil and allow to rest for 3 minutes before serving. Serve kebabs with green salad and garlic bread.

Beef Meatballs

Traditional



Ingredients

- 600g lean beef mince
- 1/3 cup water
- 2 slices thick bread, torn
- Grated rind and juice of 1 lemon
- 1 cup risoni, cooked
- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 punnets cherry tomatoes, halved
- 150g baby English spinach
- 1/2 cup basil leaves
- Salad of lettuce, cucumber and avocado to serve

Method

1. Preheat oven to 180°C. Place mince in a bowl. Pour water over bread. Set it aside, then mix it with a fork.
2. Add bread, rind and juice to mince, mix well. Shape small spoonfuls into meatballs.
3. Line a tray with baking paper. Place meatballs in a single layer on tray. Lightly brush or spray meatballs with oil.
4. Cook for 15 mins, or until meatballs are cooked through. Heat oil in a large frypan over a medium-high heat. Add onion, cook until soft, add tomatoes, cook until just soft. Add spinach and basil, stir to mix. Divide risoni between serving plates, top with meatballs and tomato mixture.
5. Serve with salad.

Beef Steak

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Ingredients

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- 2 Australian Striploin steaks
- 50ml Cooking oil
- 30g butter
- Salt and pepper

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Method

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1. Lightly season the Australian Striploin steaks on both sides with salt and pepper.
2. Heat the frying pan until it is moderately hot.
3. Brush the Australian Striploin steaks with oil – always brush the steaks and never the pan as the oil will burn in the hot pan and make the steaks taste bitter.
4. Gently place the Australian Striploin steaks into the frying pan, with plenty of space between them. Resist the urge to move or turn them! There should be lots of sizzle.
5. Control the heat of the pan until the Australian Striploin steaks are sizzling, neither burning, nor stewing.
6. Once this is achieved, leave the Australian Striploin steaks to cook for 3 minutes (for steaks 15mm thick). Then turn over and cook for a further 3 minutes.
7. Remove the Australian Striploin steaks from the pan to rest for 3 minutes, loosely covered.
8. Your Australian Striploin steaks are ready to serve!

American 'Fiesta' Skirt Steak Salad



Tips

You can serve salad rolled up as burritos in store-bought, warmed flour tortillas as a 'do-it-yourself' rustic dinner in the center of the table

Leftovers can be wrapped up in a wrap the night before in foil and toasted the next day for lunch.

Can serve with tinned refried beans instead of whole borlotti beans.

You can substitute any soft cheese here such as goats cheese, grated tasty or labne (Mediterranean yoghurt cheese)

Ingredients

800g Beef skirt steak

Marinade:

1 small Brown onion, roughly chopped

75ml Balsamic vinegar

2 tbsp. Extra-virgin olive oil

½ tsp. Freshly ground pepper

½ bunch Coriander, including stalks

Chargrilled vegetables:

1 Yellow capsicum, seeds and stem removed, sliced thickly lengthwise

1 Red capsicum, seeds and stem removed, sliced thickly lengthwise

2 Brown onions, sliced thinly into rounds

1tbsp. Extra-virgin olive oil

400g tin Borlotti beans, rinsed

2 large Vine-ripened tomatoes, quartered

1tbsp. Balsamic vinegar

Sea salt and freshly cracked pepper, to taste

To serve:

2 Ripe avocados, sliced

1 bunch Rocket leaves, washed

Extra-virgin olive oil, to serve

Method

1. Place marinade ingredients in a food processor and process until finely chopped and almost a paste. Marinate steak for at least 30 minutes in the marinade blend or up to two hours.
2. Preheat a char grill over high heat. Remove meat from marinade and wipe off what you can. Cook steak pieces 2 minutes on each side for medium rare or 5 minutes for medium and set aside to rest. Wipe pan with paper towel and do not change temperature of pan.
3. In a mixing bowl, toss capsicum, and onion with oil, salt and pepper then add to chargrill pan. Cook for 8-10 minutes until very soft, add tomatoes and cook until grilled and softened, adding the balsamic vinegar toward the end. Place rocket leaves on a platter, top with caramelized vegetables and beans, then add avocado slices and top with thinly sliced steak.
4. Drizzle with some extra balsamic and olive oil and serve.

Rogan Josh



Ingredients

1 kg	Australian Beef
1 cup	mustard/refined oil
3 cups	broth
2 cups	of canned tomatoes
1	onion
3 tsp	red chili powder
3 tsp	fennel powder
2 tsp	ginger powder
2 tsp	cumin powder
3 tsp	brown cardamom powder
1 tsp	asafoetida
4 pieces	of green cardamom
2	cinnamon sticks
2	bay leaves
2	cloves
4	cloves garlic
1/3 tsp	saffron (optional)
1 cup	curd
	Salt to taste

Method

1. Heat oil in a pressure cooker. Add cinnamon, bay leaves, green cardamom, cloves, 1 tsp salt, asafoetida, and Australian Beef together. Sauté beef till it turns brown. Once browned, add a cup of broth.
2. Add the onion, garlic, red chili powder, fennel powder, and ginger powder into the beef. Keep stirring for about a minute and add the cups of tomato.
3. Keep on stirring till you get a reddish tinge. Add 2 cups broth and pressure cook for 20 minutes. Check if the meat is tender. Peel and grind green and brown cardamom and add to the beef dish. Mix the curd nicely in the mixer and pour it into the pressure cooker along with the saffron. Finally, sprinkle cumin powder and simmer for a minute and serve.



TRUE AUSSIE
LAMB RECIPES

Australian Lamb Shank

Cobbler, Potato Torte with Caramelized Onions and Beef Stock Reduction



Tips

Keep the potato torte in the baking dish until room temperature ensuring it stays together.

Do not over mix the dough—it should have visible pieces of butter.

Ingredients

4	Australian lamb shanks		Salt and pepper
1	onion chopped		Tart Dough (recipe follows)
1	carrot chopped	3	Chinese mushroom, thinly sliced
3	celery rib chopped	1	egg yolk
4	cardamom pods	1 tbsp	water
6 cups	of water	1/3 cup	beef stock reduction
1 tbsp	butter	4	spring fresh thyme
1	small Spanish onion, peeled and julienned	4 tbsp	white truffle oil
6-8	small Irish cobbler potatoes		
3 tbsp	heavy cream		

Method

- 1 In a stock pot place chopped onion, carrots, celery, Australian lamb shanks, cardamom and 6 cups of water and bring to the boil then reduce to simmer until the meat falls off the bones. Remove meat from the bone and keep warm.
- 2 Sauté the butter and onions in a medium sauté pan for 10 to 15 minutes, or until caramelised and deep golden brown. Remove from the pan and cool. Slice the potatoes into 1/8 inch thick slices, place in a bowl, and toss with the heavy cream. Season to taste with salt and pepper.
- 3 On a lightly floured surface, roll out the tart dough 1/8 inch thick. Cut into 8 circles large enough to line and cover four 3 by 1/2 inch ring molds—(other molds of a similar size will also work). Place the ring molds on a parchment-lined sheet pan and fill with the tart dough. Allowing for some overhang, place a few mushroom slices in the bottom of the dough and line with some of the caramelized onions. Arrange 4 or 5 potato slices in a pinwheel pattern and season with salt and pepper.
- 4 Cover the potato with some of the sliced mushroom and place another layer of potatoes on top. Season with salt and pepper. Place a final layer of mushroom on top of the potatoes, reserving some for the garnish, and spread some of the remaining caramelized onions on top. Lay another circle of tart dough on top of the onions and seal the edges. Repeat for the other 3 molds. Place in the refrigerator for 30 minutes. In a small bowl, whisk the yolk and water together. Using a pastry brush, lightly coat the top of the torte with the egg wash.
- 5 Place in the oven at 375 degrees for 35 to 40 minutes or until golden brown. Let sit for 5 minutes, remove from the rings, and cut into thirds. Place the beef stock reduction in a small saucepan and warm over medium heat.
- 6 To make the Tart Dough: 1 1/2 cups of flour 1 teaspoon kosher salt 1 cup cold butter, chopped 1/3 cup ice water
- 7 Place the flour, salt and butter in a bowl and, using a fork or dough cutter, cut the butter into the flour until you have pea-sized chunks. Add the water and mix until just combined (the dough should have visible pieces of butter). Form into a ball, wrap in plastic and place in a refrigerator for 1 hour before rolling out.
- 8 Assembling the Dish: Place three of the torte wedges on each plate with the points facing out place some warm lamb shank meat in the centre of the wedges. Spoon the beef stock reduction around the torte and sprinkle with the remaining truffle slices and fresh thyme. Drizzle the white truffle oil around the plate if you like truffle oil.

Minced Australian Lamb

and Rice in Cabbage Roll with Parsnips
in Kaffir Lime Curry Broth



Tips

Whilst this is a very easy and elegant dish which is perfect for a special occasion it actually tastes much better the following day so you can make it a day ahead of your event and warm through before serving.

Ingredients

500g	Australian minced lamb	1	quart tomato water
12	Large cabbage leaves	¼ ounce	fresh kaffir lime leaves cut into chiffonnade (very thin slices)
½ cup	basmati rice	3 tbsp	curry butter
1 tbsp	veg oil		
2 cups	water		
2 tbsp	butter		
2	parsnips peeled		

Method

- 1 Blanch the cabbage leaves in boiling salted water, shock in ice water and pat dry. Lay the leaves flat and with a chef's knife, remove part of the thick white inner core of the cabbage, leaving the leaf intact.
- 2 In a medium hot sauté pan add 1 teaspoon oil and sauté the minced lamb until caramelized but not fully cooked about 5 minutes
- 3 To make tomato water: Place 5 tomatoes in a blender and puree, then place puree in a cheese cloth or strong coffee filter and place in a strainer with some sort of container underneath to catch all the clear tomato water. The water should not be red it should be clear.
- 4 In a medium saucepan, combine the rice with 2 cups of water and 1 tablespoon of the butter. Bring to a simmer and cover for about 40 minutes or until all of the liquid is absorbed. Turn off the heat and let it sit, covered for 10 minutes.
- 5 Peel and slice parsnips, into 28 round discs into ¼ inch thick - Finely dice the remaining parsnips. Place in a sauté pan with 1 teaspoon butter and sauté for 3 to 4 minutes. Fold in the cooked rice and season to taste with salt and pepper.
- 6 In a small saucepan, bring the tomato water to a simmer. Cut all of the kaffir lime leaves into a fine chiffonnade, reserving 2 tablespoons for the garnish, add the Kaffir leaves to tomato water and steep for 3 to 4 minutes or until the leaves begin to lose their bright green colour. Strain, whisk in the 3 TBS of the curry butter 1 teaspoon at a time, and season to taste with salt and pepper.
- 7 Fill each of the cabbage leaves with some of the rice & lamb mixture and roll up, folding in the sides. Place on an ovenproof dish and bake at 350 degrees for 3 to 5 minutes, or until hot. Remove from the oven and cut off both ends.
- 8 To make curry butter: In a large bowl mix 1 tbsp of curry powder to 5 tbsp of soft butter then refrigerate and use as needed Sauté the 28 parsnip discs in the remaining 2 teaspoons curry butter for 4 to 5 minutes or until caramelized.
- 9 Assembling the Dish: Place 4 of the parsnip discs in the bottom of each bowl. Place three cabbage rolls upright in the centre of the discs. Ladle in the kaffir lime broth and garnish with the chiffonnade of kaffir lime leaves.

Australian Rump Medallion

with Goat Cheese Packages, Hazelnuts, Shallots, and Yellow Lentil Vinaigrette



Ingredients

4 x 150g	Australian Rump centre medallions rubbed with oil	1/3 cup	of olive oil
1/2 cup	chopped carrot	1/2 cup	hazelnuts, toasted, peeled and chopped.
1/2 cup	chopped Spanish onion	6	ounces goat cheese cut in 1 1/2 ounce rounds
1/2 cup	chopped celery	1	shallot cut in small dice
1 tbsp	grape seed oil	1	shallot cut in small dice
1	eggplant (about 3 inches wide)	1 tbsp	sherry vinegar
2	shallots, peeled and thinly sliced	1 tbsp	water
1/2 cup	non-alcoholic Burgundy white wine	1 cup	arugula
	Salt and Pepper	1 cup	arugula
16	slices of pickled apple (see recipe)	1 cup	spinach leaves
1/2 cup	yellow, lentils, barely and peas	3 tbsp	small diced carrot
1 3/4 cups	water	3 tbsp	small diced celery
12	thin slices zucchini	3 tbsp	small diced shiitake mushrooms

Method

1. Caramelize the carrot, onion and celery in a small saucepan with 2 teaspoons of the grapeseed oil. In a hot sauté pan place the eggplant slice and pan grill until tender.
2. Place the sliced shallots in a small saucepan with the Burgundy and simmer over a medium heat for 12 to 15 minutes, allowing the Burgundy to be absorbed by the Shallots. Season to taste with salt and pepper.
3. Place the yellow lentils mixture in a small saucepan and cover with 1 3/4 cups of water. Bring to a simmer and cook very slowly for about 20 minutes, or until done. (if you boil the lentils they will break apart)
4. To make Pickled Apple: 4 x green granny smith apples cored and thinly sliced 1 cup of rice vinegar 3 tablespoons of brown sugar 1/2 cup of beetroot juice teaspoon of salt
5. Mix all ingredients together in a small jar and leave for 3 hours
6. Blanch the Zucchini in boiling salted water, shock in ice water, and blot with paper towels. Lay the zucchini slices on a non-stick sheet pan, coat lightly with olive oil and place under the broiler for 4 minutes, or until the slices are slightly browned. Lay 3 slices of zucchini, browned side down, overlapping, on a backing pan. Place a small mound of the hazelnuts in the centre of the zucchini and place a round of the goat cheese on the hazelnuts.
7. Place the diced shallots and sherry vinegar in a bowl, slowly drizzle in the remaining olive oil, and whisk until it is incorporated. Season to taste with salt and pepper.
8. On the top of the goat cheese place 5 slices of pickled apple and the shallot mixture. Fold the two ends of the zucchini together to wrap the goat cheese. Place the sheet pan in the oven at 350 degrees for 3 to 5 minutes, or until the cheese is soft and begins to sweat.
9. In a hot sauté pan add the rump centre medallion and pan grill until done to your liking. Cover the meat and rest for 5 minutes.
10. In a sauté pan, place the water and 2 tablespoons of the sherry mixture add the arugula greens and 2 cups of the spinach, and gently wilt over medium heat. In a sauté pan with the remaining 1 teaspoon of grape seed oil, sauté the carrots, celery and shiitake mushrooms. Toss half of the carrot mixture with the wilted greens. Season to taste with salt and pepper; Drain any excess liquid for the lentils. In a small saucepan, toss the lentils with the remaining dice vegetables and sherry mixture. Cook over low heat until warm. Season to taste with salt and pepper.
11. Assembling the Dish: Spoon some of the warm lentils onto each plate. Place a slice of the eggplant on top of the lentils. Top with some of the wilted greens and another slice of grilled eggplant. Place the zucchini wrapped goats cheese on top and top with Rump center and top with a small amount of pickled apple. Drizzle with some of the pickled apple juice around the lentils.

Lamb Biryani



Ingredients

1kg	diced lamb
180g	(2/3 cup) natural yoghurt
3	garlic cloves, crushed
2 tbs	finely grated fresh ginger
2	long fresh green chillies, halved, deseeded, thinly sliced
1 tsp	garam masala
1/2 tsp	ground turmeric
1/2 tsp	chilli powder
1/2 tsp	ground cardamom
1 tsp	salt
400g	(2 cups) basmati rice, rinsed, drained
60g	ghee
2	large brown onions, halved, thinly sliced
1 x 7cm	cinnamon stick
2 tbs	fresh lemon juice
500ml	(2 cups) milk
1/4 tsp	saffron threads
1/3 cup	firmly packed coarsely chopped fresh coriander
130g	(1/2 cup) natural yoghurt, extra, to serve

Method

1. Combine the lamb, yoghurt, garlic, ginger, chilli, garam masala, turmeric, chilli powder, cardamom and salt in a large glass or ceramic bowl. Cover with plastic wrap and place in the fridge for 2 hours to develop the flavours.
2. Bring a saucepan of salted water to the boil. Add rice and bring to the boil. Remove from heat. Drain. Rinse under cold water. Drain well and set aside.
3. Melt ghee in a large non-stick saucepan over medium heat. Add onion and cook, stirring, for 5 minutes or until golden brown.
4. Add the lamb mixture and cinnamon stick. Spread rice over the lamb mixture. Add the lemon juice. Combine the milk and saffron in a jug and pour over the rice. Increase heat to high. Cook, covered, for 10 minutes. Reduce heat to low and cook, covered, stirring occasionally, for 1 hour. Remove from heat and gently stir to separate the grains.
5. Spoon biryani among bowls. Sprinkle with coriander on top.

Lamb Kofta

with Couscous with Goat Cheese



Tips

Kofta, patties, rissoles, and burgers should always be thoroughly cooked. They should not be served rare or pink. A good guide is to insert a skewer into the thickest part; if it is ready to eat the juices will be clear. Freeze mince you don't intend to use. Uncooked mince can be frozen for 2-3 months. Rather than freezing loose mince in roundish shape as bought from the butcher lay it out flat to freeze. This is important as it allows the mince to freeze evenly and it allows the mince to thaw evenly. Cooked mince dishes can also be frozen for later use. Thaw frozen mince (and any meat) in the fridge, on the lowest shelf below and/or away from any ready to eat food. And only thaw in the microwave if using the mince immediately thereafter.

Ingredients

- 600g lamb mince
- 2 shallots, very finely chopped
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1 punnet cherry tomatoes
- 2 bunch asparagus, cut into 4cm lengths
- 1 clove garlic, crushed
- 200g couscous, cooked
- Mint leaves to garnish

Method

1. Place the lamb mince, shallots, cumin and cinnamon and a little salt and pepper in a large bowl. Using your hand bring the mixture together and knead lightly until combined. Shape mixture into 12 oval sausages (kofta).
2. Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Place the tomatoes and asparagus on a tray and drizzle with a little olive oil. Cook for 15 minutes. Toss the cooked tomatoes and asparagus with the crushed garlic and cooked couscous, drizzle with a little olive oil.
3. Add enough oil to a medium-sized, heavy based frypan to come one-third of the way up the side of the pan. Heat the oil over a moderately-high heat.
4. Cook the lamb kofta in batches over a medium-high heat, until golden and cooked through. Drain on absorbent paper. Allow the oil to reheat between batches. Serve the lamb kofta with the couscous and sprinkle with the mint leaves.

Australian Forequarter Chops

on Mashed Potato



Ingredients

- 4 large Australian forequarter chops or
- 1 Australian lamb shoulder trimmed of fat
- 50 ml vegetable oil
- 2 cloves garlic, minced
- 2 medium carrots peeled and diced
- 2 medium onions diced
- 1 tbsp lemon zest, grated
- 500 ml veal or vegetable stock
- 2 tbsp tomato paste
- 400 gms tin crushed peeled tomatoes
- 2 sprigs thyme, 2 bay leaf and 1 tbsp mixed herbs
- Salt and pepper to taste
- Mashed potato:
 - 4 large potatoes peeled and boiled
 - 50 ml milk
 - 50 ml cream
 - 50 gms butter
 - Salt and pepper to taste

Method

1. In an ovenproof saucepan with a tight fitting lid, sear the Australian forequarter chops or Australian lamb shoulder in the oil until brown on all sides.
2. Add diced carrot, garlic, thyme, bayleaf and mixed herbs and cook for 5 minutes.
3. Add tomatoes, stock and lemon zest, bring to the boil and place covered with lid in a preheated 180 degree oven for 2 hours for chops and 3 hours for shoulder.
4. After peeling, boiling and draining the potatoes, add milk, cream and butter and mash to a smooth paste, season to taste with salt and pepper. Add more milk if necessary or if too thick.
5. Serve Australian lamb on top of mashed potato drizzled with the cooking juices.

Salt and Pepper Lamb

with Char-Grilled Vegetables



Ingredients

3 x 220g	Lamb Rumps, fat trimmed
3	Egg Whites
120g	Rice flour
100g	Plain flour
½ tsp	Sea salt
½ tsp	Freshly ground pepper
	Vegetable oil, to fry
1	Red capsicum, cut into thick strips
1	Green capsicum, cut into thick strips
2	Zucchini, thinly sliced
	Green onions, thinly sliced
	Chilli mayonnaise and lime wedges, to serve

Method

1. Slice the lamb rump across the grain into small, thin strips
2. Place the flours, salt and pepper in a large bowl and stir to combine
3. In a separate bowl, whisk the egg whites.
4. Heat the vegetable oil to 180°C. Dip the lamb into the egg white and then the dry seasoning, shaking off any excess.
5. Cook the lamb, in batches, for 3 to 4 minutes or until lightly golden and crispy. Drain on a paper towel lined plate.
6. Meanwhile, in a lightly oiled char-grill pan over medium-high heat, cook the capsicum and zucchini for 2 to 3 minutes each side, or until slightly charred and tender.
7. Serve the salt and pepper lamb sprinkled with green onions with the chargrilled vegetables, mayonnaise and lime wedges

Australian Boneless Lamb Shoulder Roast

with Crushed Kipflers



Tips

Omit the yoghurt if desired and substitute with freshly squeezed lemon juice and olive oil.

Get your local butcher to truss your boneless lamb shoulder roast.

Ingredients

1.2kg	Boneless Lamb shoulder roast, fat trimmed, trussed*
60ml (¼ cup)	Extra virgin olive oil
1 tbsp	Sweet paprika
2 tsp	Smoked paprika
3 Cloves	Garlic, crushed
2 tbsp	Finely chopped marjoram
2 tbsp	Finely chopped tarragon
	Baby wild rocket salad, to serve
	SMASHED KIPFLERS
700g	Kipflers, washed
190g (2/3 cup)	Natural Greek-style yoghurt
75g (¼ cup)	Seeded kalamata olives, drained, halved
¼ cup	Firmly packed basil leaves, finely shredded
1 Small	red onion, finely chopped

Method

1. Preheat oven to 180C. To roast the boneless lamb shoulder, place oil, spices, garlic with herbs in a large bowl and stir to combine. Add lamb and using your hands, rub well to coat. Transfer lamb to a large roasting pan with a roasting rack. Pour any excess marinade left in bowl over the lamb and season liberally with salt and pepper. Roast for 1½ hours or until cooked through to your liking. Rest for 10 minutes before carving to serve.
2. Meanwhile, to make crushed kipflers, boil, steam or microwave kipflers until tender. Drain and place in a large heatproof bowl. Using a potato masher or fork, coarsely crush kipflers until smashed but still chunky. Stir in remaining ingredients until combined. Season to taste.
3. To serve, divide smashed kipflers among four plates, top with carved lamb and serve with baby wild rocket salad.

Roast Lamb

with Roasted Tomatoes and Asparagus

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Ingredients

- 1 1/2 kg easy carve leg of lamb
- 1 punnet cherry tomatoes
- 1 red onion, peeled and cut into wedges
- 2 bunches asparagus, trimmed
- 2 tbsp olive oil
- 4 sprigs rosemary

Method

1. Preheat the oven to 180°C. Place lamb in a roasting dish, brush lightly with oil and season with salt and pepper. Toss the vegetables with the oil and rosemary sprigs and set aside.
2. Place lamb in oven. Roast for 1 hour for rare, 1 hour 15 minutes for medium, or 1 hour 30 minutes for well done. After the first 40 minutes of cooking time, add the vegetables around the lamb in the roasting dish and continue to cook.
3. Remove lamb, cover loosely and allow to rest for 15 minutes before carving. Serve lamb with roasted vegetables.

BBQ Lamb Cutlets

with Potato Wedges and Sour Cream



Ingredients

- 16 Australian lamb cutlets or chops trimmed of fat
- BBQ sauce marinade:
- 2 cup tomato ketchup
 - 1 onion finely diced
 - ½ cup white vinegar
 - 3 tsp Worcestershire sauce
 - 2 tsp mild mustard
 - 2 tsp Tabasco sauce
 - ½ cup soft brown sugar
- Potato wedges:
- 4 large potatoes cut into wedges
 - 50 ml vegetable oil
 - 100 gms sour cream
 - 2 tbsp chopped mint
 - Salt and pepper

Method

1. Mix all the ingredients for the BBQ sauce marinade and marinate Australian lamb in refrigerator for at least 1 hour.
2. Cut potatoes into wedges and place on an oven tray and lightly coat with oil, salt and pepper. Bake in a 200C oven until crisp, shaking tray occasionally (approx 25 minutes).
3. Remove Australian lamb from marinade and grill cutlets or chops until cooked over a medium heat to stop the sauce burning. Alternatively, place on roasting tray and roast in pre heated oven for 15 minutes at 180C.
4. Serve with potato wedges topped with sour cream and chopped mint.

Banjari Gosht



Ingredients

600gm	Australian Lamb
200gm	onions
150gm	yogurt
40gm	ginger paste
40gm	garlic paste
25gm	red chili powder
15gm	turmeric powder
20gm	coriander powder
15gm	coriander seeds – roasted and crushed
50gm	whole garam masala
6	whole w
2 cups	lamb stock

Method

1. Heat oil, add sliced onions and sauté till they turn brown.
2. Add ginger paste and stir. Then, add garlic paste along with red chili powder, turmeric powder, coriander powder and coriander seeds. Add yogurt and lamb. Add lamb stock. Continue cooking until lamb is very tender and most liquid is absorbed.
3. Garnish with pounded coriander seeds and whole green chilies. Serve immediately.

Curried Lamb Mulligatawny



Ingredients

1	Australian Lamb shoulder, cubed
2 cups	onion
1 tbsp	garlic
2	cassia leaves
1 cup	coconut milk
½ cup	ghee
	Freshly ground pepper
2 tsp	ground garam masala
2	boiled potatoes
	Fresh cilantro
1½ cups	tomato
4	green cardamom pods, lightly crushed
	Juice of 1 lemon
2	carrots
1½ cups	hot cooked long-grain white rice (optional)
6 cups	lamb stock

Method

1. Add ghee on to a large heavy pot. Then, place the lamb shoulder. Add 2 cups of the lamb stock and bring to a boil then reduce heat to simmer for about 30 minutes. Transfer the lamb to a plate.
2. Add 1 cup of the onion to the pot along with the carrots, cardamom pods, potatoes, minced garlic, ground pepper, cilantro, garam masala and tomatoes. Add coconut milk and the remaining lamb stock. Cover, reduce the heat to medium-low and cook until the vegetables are a very soft pureed texture.
3. To serve, place some rice in each warmed bowl and ladle in the piping hot veg puree. Place the lamb on top and sprinkle with the lemon juice and almonds. Serve immediately.

Pressure Cooker Lamb Biryani



Ingredients

For cooking Australian Lamb:	1	medium onion, sliced
1kg Australian Lamb with bone	1	medium tomato, chopped
1 tsp salt	8	cloves garlic
1 tsp red chili powder	1	bay leaf
1 tsp coriander powder	1 inch	piece ginger
½ tsp turmeric powder	3	green chillies, slit
For the biryani:	¼ cup	plain yogurt
1 cup basmati rice (250 ml)	10	mint leaves, coarsely chopped
2 tbsp peanut oil	5	sprigs coriander leaves, coarsely chopped
1 stick cinnamon		Juice of half a lemon
2 cardamom		
2 cloves		

Method

1. Soak the rice in water before starting to cook. Set aside.
2. Take a pressure cooker and add in the lamb pieces, salt, turmeric powder, coriander powder and red chili powder. Add 1.5 cups of water. Cover and cook for 20 minutes on medium flame. Expect 15-18 whistles. Remove from heat and set aside.
3. Heat oil in a pressure pan and add in the spices - cinnamon, cloves and cardamom. Add in the onions and sauté until the onions are soft. Once the onions are soft, add in the tomatoes and the ginger garlic paste, yogurt and green chillies. sauté the mixture until streaks of oil appear on the top.
4. Drain the rice and add it to the pan. Add in the lamb pieces. Add in the coriander leaves, mint leaves and juice of a lemon. Add in the water and the lamb liquid (1.5 cups in total)
5. Close the pan and cook on medium flame for first whistle and on low flame for the next whistle (about 3-4 minutes). After the two whistles, switch off the flame and wait for pressure in the cooker to release naturally. Open the pan and fluff up the rice gently. Serve Pressure Cooker Lamb Biryani hot.



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