

# easy going!

alfresco time

a range of beef & lamb recipes

Make the most of...

- ☀ Quick grilling products
- ☀ Contemporary menu options
- ☀ Healthy meal solutions
- ☀ Higher profit opportunities





Espresso Crust Picanha Roast with a Balsamic Sauce

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## Espresso Crust Picanha Roast with a Balsamic Sauce

**Serves:** 12

**Preparation time:** 20 minutes

**Cooking time:** 30 minutes per 450g/1lb,  
plus 4-5 minutes

### Ingredients:

2 whole Picanha roasts

Salt and freshly milled black pepper

45ml/3tbsp extra virgin olive oil

60ml/4tbsp ground espresso powder or  
instant coffee powder, crushed

### For the Balsamic Sauce:

400ml/14fl.oz good quality Balsamic vinegar

400ml/14fl.oz good, hot beef stock

50g/2oz unsalted butter, cubed

### Method:

1. Preheat the oven to Gas mark 4,  
180°C, 350°F.
2. Place the Picanha roasts on a chopping  
board, season with salt and pepper and  
rub with the olive oil.
3. Place the espresso or instant coffee  
powder on a large shallow plate.  
Coat the roasts on all sides with the  
mixture.
4. Place on a shallow baking tray and roast  
according to the calculated time.

“Premium” Picanha Roast  
Rump B007



Description: A favourite. Cut from  
the cap of the rump, a delicious  
flavoured joint containing a thin layer  
of scored natural fat.

5. Meanwhile, place the balsamic vinegar  
and stock into a medium-sized non-  
stick pan. Bring to the boil, reduce the  
heat and simmer for 20-25 minutes,  
or until reduced by half and syrupy.  
Whisk in the butter cubes a little at a  
time then keep the sauce warm.
6. Remove the roasts from the oven, cover  
with foil and leave to rest for  
20 minutes.
7. Cut each roast into 6 equal portions  
and cook on a prepared barbeque or  
preheated moderate grill for  
4-5 minutes, turning over halfway  
through cooking.

Slice and serve with the sauce, creamy  
mash potatoes and seasonal vegetables.



## Club Steak on the bone with Blue Cheese Butter



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## Club Steak on the bone with Blue Cheese Butter

**Serves:** 10

**Preparation time:** 15 minutes

**Cooking time:** (2cm<sup>3</sup>/<sub>4</sub>inch thick steak)  
8-10 minutes

**Ingredients:**

10 lean bone-in club steaks  
50g/2oz black peppercorns, crushed  
Salt

**For the Blue Cheese Butter:**

150g/5½ oz unsalted butter, softened  
150g/5½ oz blue cheese, e.g Stilton

**Method:**

1. Prepare the blue cheese butter; in a small bowl mix together all the ingredients. Form the butter into a sausage shape and wrap in cling film or foil and refrigerate until required.
2. Place the crushed peppercorns and the salt on a large plate and coat the steak on both sides.

Club steaks

Fore rib B010



Description: Prepared from the fore rib. Each steak contains half a rib bone.

3. Cook on a prepared barbeque or preheated grill for 4-5 minutes on each side (for medium rare).
4. Top with a disc of the blue cheese butter, transfer to a warm plate and leave to rest for 1-2 minutes.

Serve immediately with a salad garnish, chunky chips and roasted red onions.





Barbecued Ranch Steaks

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## Barbecued Ranch Steaks

**Serves:** 10

**Preparation time:** 10 minutes plus marinating time

**Cooking time:**  
(Based on a 2cm/¾inch thick steak):

Rare: 2½ minutes on each side

Medium: 4 minutes on each side

Well done: 6 minutes on each side

### Ingredients:

5 x 300g/10½oz lean ranch steaks, each cut in half

### For the Marinade:

45ml /3tbsp Worcestershire sauce

60ml/4tbsp prepared barbecue sauce

30ml/2tbsp good balsamic vinegar

Salt and freshly milled black pepper

Rocket leaves, to garnish

### Method:

1. Place the steaks in a non-metallic dish. Mix together the marinade ingredients and pour over the steaks.
2. Cover and marinate for 10 minutes.
3. Cook the steaks on a prepared barbeque or preheated grill according to your preference.

Arrange the steaks on a small bed of rocket leaves and serve with pea mash.

Ranch steaks

Topside B009



**Description:** The loosely attached muscle (gracilis) is removed and the remainder of the topside is trimmed of all connective tissue. A thin layer of natural fat is left, 5mm max. The steaks are of large diameter. Weight range 200g – 350g.

**For this cut the topside should be matured for a minimum of 14 days.**



## Pave Steaks with Horseradish Sauce and Roasted Baby Vegetables



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### Pave Steaks with Horseradish Sauce and Roasted Baby Vegetables

**Serves:** 10

**Preparation time:** 10 minutes

**Cooking time:**

(Based on a 2cm/¾ inch thick steak)

Rare: 2½ minutes on each side

Medium: 4 minutes on each side

Well done: 6 minutes on each side

**Ingredients:**

10 sirloin pave steaks

45ml/3tbsp black peppercorns, crushed

Sea salt

**For the sauce:**

300ml/½ pint half fat crème fraîche

75ml/5tbsp horseradish sauce

**To serve:**

Chive mash

Roasted baby carrots

Steamed baby courgettes

Lower Sirloin Pave Sirloin B014



Description: Seam cut from the rump end of the sirloin with all gristle and fat removed. Can be used for paves or stir-fry.

**Method:**

**For the steaks:**

1. Mix the peppercorns with the salt and use to coat the steaks on both sides.
2. Cook the steaks to the preferred cooking time on a prepared barbeque or preheated grill.

**For the sauce:**

1. In a small saucepan mix together the crème fraîche and horseradish sauce and heat through, stirring.
2. Add any meat juices to the horseradish sauce and serve with the steaks.

**To Serve:**

Serve with chive mash and seasonal roasted vegetables.





Kofta Kebabs served with Spicy Tomato Chutney

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## Kofta Kebabs served with Spicy Tomato Chutney

**Serves:** 10

**Preparation time:** 40 minutes,  
plus chilling

**Cooking time:** 10-12 minutes

### Ingredients:

1kg/2lb 4oz lean beef mince  
4 slices thin white bread  
2 red peppers, deseeded and finely chopped  
2 medium onions, peeled and chopped  
4 garlic cloves, peeled and crushed  
Salt and freshly milled black pepper  
45ml/3 tbsp garam masala  
30ml/2tbsp fresh root ginger,  
peeled and finely chopped  
Oil

### For the Spicy Tomato Chutney:

9 large ripe tomatoes, skinned, deseeded  
and roughly chopped  
15ml/1tbsp ground paprika  
45ml/3tbsp white wine vinegar  
15ml/1tbsp caster sugar

### Method:

1. Place the bread in a food processor and whizz to form breadcrumbs.
2. With clean hands, in a large bowl, mix together the mince, red pepper, half the onion, garlic, salt and pepper, garam masala, ginger and breadcrumbs.

Mince 98% Visual Lean  
Mince B002



Description: This mince is prepared from fresh fore, hindquarter cuts and trimming excluding head meat and offal.

3. Divide the mixture into 20 equal pieces and mould onto 20 wooden satay or kebab skewers (soaked in water for 20 minutes), cover with cling film and chill in the fridge for 15-20 minutes.
4. To make the spicy tomato chutney; put the tomatoes in a pan with the remaining onion, paprika, white wine vinegar and sugar. Reduce the heat and simmer for 12-15 minutes or until soft. Transfer to a small serving bowl and chill until required.
5. Brush the kebabs with a little oil and cook under a moderate preheated grill or prepared barbecue for 10-12 minutes, turning occasionally or until any meat juices run clear.

Serve the kebabs with the spicy tomato chutney, spicy potato wedges, pitta bread and raita.



## Barbecued Slow Braised Shoulder of Lamb with Red Wine and Rosemary



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## Barbecued Slow Braised Shoulder of Lamb with Red Wine and Rosemary

**Serves:** 6-8

**Preparation time:** 10 minutes

**Cooking time:** 3 hours 20 minutes

### Ingredients:

1.8-2.25kg/4-5lb lean whole lamb shoulder  
Salt and freshly milled black pepper

### For the Marinade:

4-5 large sprigs rosemary leaves, roughly chopped  
75ml/5tbsp good, balsamic vinegar  
250ml/9floz good red wine  
60ml/4tbsp olive oil  
1 large red onion, peeled and sliced

### Method:

1. Mix the marinade ingredients together and transfer to a double-lined plastic food bag. Add the joint and coat in the marinade. Seal the bag, transfer to a large plate and refrigerate for up to 4 hours or overnight, turning the bag over once.

Shoulder – traditional bone-in Forequarter L002



Description: A square cut shoulder with part of the knuckle removed.

2. Preheat the oven to Gas mark 1-2, 140-150°C, 275-300°F.
3. Place the joint on a chopping board, score the surface in a diamond pattern (or ask your butcher to do this for you) and season on both sides.
4. Transfer the joint from the marinade and place in a large non-stick roasting tin, with the marinade mixture from the bag. Cover with foil and roast in the oven for 3-4 hours.
5. Remove the joint from the oven and remove the onion and rosemary from the surface of the joint. Cook on a prepared barbecue for 10 minutes on each side. Transfer to a large plate, cover and leave to rest for 10-15 minutes.

Carve the lamb and serve with fresh salad leaves.





Lamb Chump Steaks Topped with Sun-Dried Tomatoes and Feta

## Lamb Chump Steaks

topped with Sun-Dried Tomatoes and Feta

**Serves:** 10

**Preparation time:** 10-15 minutes

**Cooking time:** 12-16 minutes

### Ingredients:

10 x 100g/4oz lean lamb bone-in chump steaks

Salt and freshly milled black pepper

225g/8oz sun-dried tomatoes in oil, finely chopped, reserving 60ml/4tbsp of the oil

4 garlic cloves, peeled and finely chopped

60ml/4tbsp freshly chopped chives

100g/4oz Feta cheese, crumbled

### Method:

1. Place the chump steaks on a chopping board and season lightly.
2. Transfer the chump steaks to a grill rack and cook under a preheated grill or prepared barbecue for 12-16 minutes, turning occasionally
3. Meanwhile, heat the reserved oil in a large non-stick pan and cook the tomatoes and garlic for 2-3 minutes. Remove from the heat and stir in the chives.
4. Transfer the chops to warm plates and spoon over the sun-dried tomatoes mixture and pan juices. Sprinkle over the Feta cheese.

Serve with potato wedges and a crisp green salad.

Chump Steaks – bone-in  
Leg L020



Description: These steaks are cut from a bone-in chump and the amount of bone can be different in each steak.

## Minted Lamb Leg Steaks with Mashed Potato and Stir-Fried Leeks



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## Minted Lamb Leg Steaks with Mashed Potato and Stir-Fried Leeks

**Serves:** 10

**Preparation time:** 15 minutes

**Cooking time:** approximately 15 minutes

### **Ingredients:**

1.75kg lean lamb leg steaks (10)  
30g fresh mint  
30g fresh rosemary  
10g garlic  
5g salt  
2g black peppercorns  
30ml/2tbsp olive oil

### **Method:**

1. Using a pestle and mortar pound together the mint, rosemary, garlic, salt and peppercorns. Add the olive oil and smear on the lamb steaks.
2. Place under a preheated grill or prepared barbecue for 10-15 minutes, turning once.

### **To serve:**

Place the steaks alongside the mashed potato on a bed of stir fried leeks.

Lamb Leg Steaks

Leg L017



Description: Boneless leg steaks.  
The whole leg is used for this steak.



## Sizzling Valentine Steaks in a Lavender and Balsamic Marinade



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## Sizzling Valentine Steaks in a Lavender and Balsamic Marinade

**Serves:** 12

**Preparation time:** 30 minutes

**Cooking time:** 12-16 minutes

### **Ingredients:**

12 lean lamb valentine steaks, cutlets or chops

### **For the Marinade:**

60ml/4tbsp lavender flowers and seed heads

60ml/4tbsp olive oil

30ml/2tbsp balsamic vinegar

20ml/4tsp cider vinegar

2.5ml/½ tsp dark brown sugar

4 garlic cloves, peeled and crushed

4 small shallots, peeled and sliced

Salt and freshly milled black pepper

### **For the Asparagus and Sugar Snap Salad:**

450g/1lb baby asparagus tips, trimmed and lightly cooked

600g/1lb 5oz sugar snap peas or fresh broad beans, shelled and lightly cooked

6 fresh mint sprigs, finely chopped

### **For the Salad Dressing:**

20ml/4tsp lemon juice

120ml/8tbsp hazelnut oil

2 garlic cloves, peeled and crushed, optional

Valentine Steaks

Loin L022



Description: Cut from the lumbar section of the loin and butterfly cut.

### **Method:**

1. Prepare the marinade ingredients; place the lavender flowers, seed heads and olive oil in a mortar. Crush lightly with a pestle to release the essential oils.
2. Place the lamb in a shallow bowl. Add the lavender mixture and the remaining marinade ingredients to coat the lamb. Cover and marinate in the refrigerator for 2 hours, or overnight.
3. To make the salad dressing, mix all the ingredients together and chill until required.
4. Cook on a prepared barbecue or preheated grill for 12-16 minutes, turning occasionally.

Serve the steaks with the salad and the dressing.



## Spiced Lamb Patties with Quick Piccalilli



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## Spiced Lamb Patties with Quick Piccalilli

**Serves:** 10

**Preparation time:** 25 minutes

**Cooking time:** 8 minutes

### **Ingredients:**

1.25kg/2lb 12oz lean lamb mince  
90ml/6tbsp curry paste  
4 garlic cloves, peeled and crushed  
Salt and freshly milled black pepper

### **For the Piccalilli:**

5 gherkins, sliced  
¼ cucumber, sliced  
½ cauliflower, broken into very small florets  
2 red peppers, deseeded and thinly sliced  
30ml/2tbsp vinegar (from gherkin jar)  
60ml/4tbsp honey  
10ml/2tsp English mustard

Minced Lamb 95% visual lean  
Mince L001



Description: Mince is 95% visual lean.

### **Method:**

1. To prepare the piccalilli; mix together the gherkins, cucumber, cauliflower florets and red pepper. Add the vinegar from gherkin jar, honey and English mustard. Mix well, cover and leave flavours to infuse. This keeps well overnight in the fridge.
2. Mix the mince with the curry paste, garlic and season with salt and pepper. Shape into 30 small patties and cook under a preheated grill or on a prepared barbeque for approximately 8 minutes, turning occasionally, until cooked through.

Serve the lamb with toasted pitta breads with the piccalilli and salad leaves.



# Easy Going guide to buying these cuts

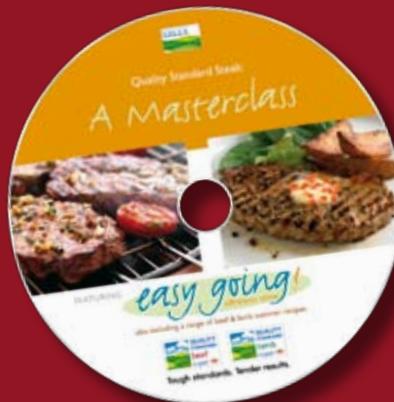
Containing over 250 cuts of beef and lamb, the Meat Purchasing Guide is simple to use and coded to work in conjunction with the Cutting Specification Manual, providing processors, retailers and caterers with the most comprehensive meat specifications and coding system in the market place.

## Simply:

- Select the cut you want from the Meat Purchasing Guide
- Make a note of its unique identifying code
- Your supplier can then match that with the corresponding step-by-step specification sheet in their Cutting Specification Manual

If you are a member of the Quality Standard scheme please call the scheme **HOTLINE 0845 491 8787** to claim your FREE Meat Purchasing Guide or Steak Masterclass CDROM.

Alternatively please call the scheme **HOTLINE** to discuss how your business can join the scheme.



All cutting specifications are available by clicking here

