

How to cook the perfect roast leg of lamb

- Have the oven preheated to the correct temperature.
- Using a low sided roasting dish place a roasting rack or bed of vegetables into the roasting dish for the joint to rest on during cooking. This will prevent the joint from stewing in its own juices.
- Always weigh the joint to get the correct cooking time required. See cooking time guide.
- Tie (truss) the joint in two or three places to hold the meat firmly during the cooking process.
- 5. Season liberally with sea salt and freshly ground pepper.
- Start the roasting process at a high temperature (220°C) for 15 minutes to seal in all the juices. Then turn the oven down to the recommended temperature (160°C) from the chart following.
- 7. Baste the roast with the pan juices every 20 minutes

Some useful tips to achieve the perfect roast lamb

Remove the meat from the refrigerator 30 minutes prior to cooking

Choose a roasting dish with a heavy flat base and low sides. This will allow better air flow during the cooking period.

Do not be tempted to puncture the joint with a sharp skewer to check if it is cooked. This will release juices. Use a meat thermometer or press the joint with a pair of tongs to test.

Take care not to overcook the joint. Overcooking will cause toughness

Allow the cooked joint to rest covered in a warm place for 20 minutes following the cooking process.

Always carve the joint across the grain.

U Cooking time guide

220 degrees for the first 15 minutes then 160°C thereafter

For rare 20 to 25 minutes per 500g (60°C internal temp).

For medium 25 to 30 minutes per 500g (70°C internal temp).

For well-done 30 to 35 minutes per 500g (75°C internal temp).





How to cook the perfect steak

Firstly ensure the steaks carry the Quality Mark.

Before you cook the Quality Mark steaks take them out of the fridge and allow to come up to room temperature (30 minutes).

Have the hot plate or heavy based pan up to temperature 200-240°C.

Oil one side of the steaks—do not oil the plate or pan.

Place the steak oil side down onto the plate or the pan.

Leave to seal and caramelise the steak.

Oil and season the upside of the steak with sea salt and freshly ground black pepper.

Turn the Steak after two minutes (turn just once).

Cook the second side to the required doneness. Take care as the steak will continue to cook further. Remove from the plate/pan and place on a serving dish to rest. Cover with a clean cloth while resting.

Allow resting as long as the steak was cooking.

Serve and enjoy.



By farmers. For farmers



Yummy things to do with mince

- Spread onto Turkish bread leaving a little lip around the edges. Place some wilted spinach on top of the mince then break 3-4 eggs on the top. Break the yolks with a fork, sprinkle with sea salt and freshly ground black pepper and bake in the oven until the eggs are cooked on top. Serve alongside a green salad topped with a little yoghurt.
- Serve on toasted ciabatta bread, topped with some crispy bacon and a poached egg.
- Serve as a filling for tacos adding grated cheese, shredded lettuce and tomatoes to the top.
- Simply place in a pie dish topped with some puff pastry and bake in a hot oven and serve as a pie.
- Once again place in a pie dish and top with sliced, cooked potato, sliced onion, drizzle with butter and bake in the oven (or simply top with creamy mash, sprinkle with cheese and bake in the oven).

By farmers, For farmers



Slowly braised lamb croquettes



Ingredients

1.5kg diced lamb shoulder meat 2 tbsp olive oil 1 tbsp sugar

Freshly ground sea salt to taste

Freshly ground black pepper to taste

3 tbsp flour 1 litre stock

½ cup white wine

½ cup tomato puree

2 sprigs fresh thyme

2 bay leaves

4 peeled and diced carrots

4 peeled and roughly diced

½ swede, peeled and roughly diced

Method

For the braised lamb

- 1. Pre heat your oven to 180°C
- 2. Place the meat in a bowl and mix through the flour, salt, pepper and sugar.
- 3. Now place the meat in a cheese cloth bag and place into a roasting dish.
- 4. Mix the tomato puree, white wine and stock together and pour into the roasting pan.
- 5. Now add the chopped vegetables to the roasting pan and the fresh herbs.
- Cover the pan with tinfoil and place in the oven and allow to braise for two hours.
- Remove the pan from the oven and remove the meat from the cooking bag and place into a heavy based saucepan. Cover and allow to rest.
- Strain the cooking liquid into a second heavy based pan and bring to simmer. Simmer for 5 minutes; adjust the seasoning to taste and check the consistency. If it seems too thick add a little more stock, if too thin continue to reduce or thicken with a little corn flour slurry.
- 9. Now pour the finished sauce over the rested meat and mix through.

For the croquettes

- . Peel, cook and dry mash sufficient kumara for the croquettes.
- 2. Add sufficient cooked braised lamb and mash together.
- Check the seasoning and scoop into the shape you prefer. Small for finger foods or larger for a side dish.
- 4. Place into the fridge to set. Overnight is best.
- Pass the croquettes through seasoned flour, beaten egg and breadcrumbs.
- Deep fry as required and serve with a simple tomato sauce.

By farmers. For farmers



French style navarin of lamb with vegetables



Ingredients

6-8 Quality Mark lamb shoulder chops or neck chops

Freshly ground black pepper and sea salt for seasoning

½ cup plain flour

1 tbsp butter

2 tbsp tomato paste

½ cup white wine

2 cups real chicken stock

3 fresh sprigs of thyme

1 stick of rosemary

4 cloves garlic peeled and chopped

1 x 400g can of chopped tomatoes

For the Vegetables
250g baby carrots,
peeled and chopped

2 spring onions cut into thirds

200g round green beans, trimmed

1 cup peas

300g baby potatoes

Method

For the lamb

- Pre-heat your oven to 150°C.
- Season the lamb with oil, salt and pepper. Place the flour in a bag with the chops and toss to coat.
- Heat the butter over a high heat in a large ovenproof saucepan or a regular pan then transfer to a casserole dish. Sear the chops a few at a time to brown them on both sides. Set the chops aside.
- Add the tomato paste to the pan and cook for a few minutes over a high heat. Add the wine and let it bubble for 30 seconds.
- 5. Add the stock, thyme, rosemary, garlic and the tomatoes.
- Transfer to an ovenproof dish, cover and cook in the oven for 2 ½ hours or transfer to a slow cooker and cook on low for 6-8 hours.

For the vegetables

Simply steam the vegetables until tender, adding a little oil, salt and pepper once completed then toss to coat.



Boneless lamb loin salad

For 4 portions



Ingredients

For the lamb

4 boneless lamb loin fillets

1 tbsp olive oil

Sea salt and freshly ground black pepper

For the salad

1 good sized Nashi pear peeled and sliced in 8 pieces

70g roasted shelled hazelnuts

½ cup radish spouts

150g mesculin salad mix

4 red radishes cut into matchsticks

200g haloumi cheese sliced and grilled

Ginger dressing to dress

For the dressing

750ml of sauterne—reduced to 500mls

100g whole grain mustard

100g preserved crystallised ginger

2 tbsp mirin

100g unsalted butter

Sea salt and freshly ground black pepper to taste

Method

For the lamb

- Remove the lamb from the refrigerator one hour before cooking.
- Place the lamb in a bowl and toss with the oil and seasoning.
- Heat a heavy based cast iron pan until almost smoking and add the lamb.
- Cook for two minutes on each side and remove the lamb to rest for five minutes

For the salad

- Toss the salad ingredients lightly and place into 4 serving dishes.
- Dress with the dressing.
- Slice the rested lamb and place on the salad and serve.

For the dressing

- Lightly warm the sauterne, mustard, ginger and mirin then whisk in the butter.
- 2. Season with the salt and pepper and remove from the heat.



Moroccan beef

Serves 6



Ingredients

1kg beef chuck cubed (Quality Mark)

1/3 cup of plain flour

3 tbsp olive oil

2 cloves garlic, peeled and crushed

1 onion, peeled and sliced

1 tbsp ground cumin

1 tbsp ground coriander

1 tbsp turmeric

1/4 tsp ground cinnamon

1 cup beef stock

1 x 415g can of apricot halves in natural juice, reserving the liquid

Sea salt and freshly ground black pepper to taste

Method

- 1. Toss the flour through the beef.
- Heat the oil in a large fry pan over medium heat. Add the beef and cook for 3-4 minutes or until golden brown and transfer to a cooking pan.
- Using the same fry pan add the garlic and onion and cook for 3-4 minutes or until softened.
- Add the cumin, coriander, turmeric and cinnamon and cook until fragrant.
- 5. Add the stock and apricots and bring to a simmer.
- Now transfer to the pre-heated pan of your slow cooker and place the lid on.
- 7. Press the menu to slow cook and cook on high for 3–4 hours or low for 6–8 hours.
- Season to taste with the sea salt and freshly ground black pepper and serve over your favourite pasta, cous cous, potato or mashed kumera.



Lamb pot stickers (Chinese dumplings)

Makes 40 Pot Stickers



Ingredients

500g boneless Lamb trim meat finely chopped

2 cups finely sliced Chinese cabbage

1 cup garlic chives

2 tbsp chopped garlic

2 tbsp grated root ginger peeled and grated

4 tbsp Chinese rice wine

6 tbsp black bean sauce

2 tbsp soy sauce

4 tbsp fresh tangerine zest

4 tbsp corn flour

4 tsp sesame oil

1 tsp salt and freshly ground black pepper

40 dumpling or won ton wrappers

Peanut oil pan frying

1 cup good chicken stock

Method

- Lightly stir-fry the Chinese cabbage and garlic chives for about 10 seconds or until they start to soften. Refrigerate until cool and lightly press to drain off any liquid.
- 2. Mix all the other ingredients in a large sized bowl.
- Add the cabbage and chive mixture and combine. Season with sea salt and freshly ground black pepper.
- Place a tablespoon of mixture on one half of a won ton wrapper, wetting the edge with water and folding to produce a half-moon shape. Pinch the edges and pleat.
- 5. To cook lightly brown the pot sticker on one side in a heavy based nonstick pan with a small amount of peanut oil in small batches. Turn and brown a second side. Add a small amount of hot chicken stock to the pan and top with a lid and allow to evaporate for 2–3 minutes.
- Serve with Chinese black vinegar or Italian balsamic vinegar and chilli sauce.

By farmers. For farmers



Slow cooked beef cheeks



Ingredients

4 quality mark beef cheeks, trimmed of any silver skin

3 tbsp seasoned flour

2 stalks celery

1 carrot

l onior

3 cloves garlic, crushed and finely chopped

1 tin crushed tomatoes

1 cup red wine

1 cup beef stock

Freshly ground black pepper and sea salt to taste

A casserole boiled is a casserole soiled. Watch your temperature once you have the liquid ingredients in your casserole and simmer but do not allow to boil. This is a great dish to use a day or two after it has been cooked as the flavour simply increases.

Method

- Pre-heat your oven to 160°C or your slow cooker for 20 minutes.
- Add a dash of oil to a large casserole dish that is suitable for stove top and an oven or simply use a heavy based pan if you are moving the dish to a slow cooker.
- Dust the beef cheeks with seasoned flour and brown on both sides, then transfer them to a plate.
- Lower the heat and add another dash of oil. Add the celery, carrot and onion and garlic, season well and sauté for 2-3 minutes.
- Return the browned beef cheeks to the casserole dish or pre-heated slow cooker and add the tomatoes, red wine and stock.
- If using a casserole dish cover with a bit of baking paper and a tight fitting lid and place in the pre-heated oven and cook for 3-3 ½ hours or until the beef cheeks are almost falling apart.
- 7. Check the sauce by tasting and adjusting the seasoning as required.
- 8. Serve alongside your favourite starch.
- 9. To complete in the slow cooker, once you have added the liquid leave on slow cook for 8 hours.

Beef cheeks slowly cooked this way are a great source of iron and zinc.



Slowly cooked shoulder of lamb



Ingredients

1 x 1-1.5kg quality mark lamb shoulder, bone in

1 tbsp olive oil

4 large onions, peeled and roughly chopped

6 cloves garlic, peeled, crushed and chopped

1 cup white wine

1 cup good chicken stock

A handful of fresh rosemary

Zest of 1 lemon

1 tbsp wholegrain mustard

Note: If you would like the lamb to be pulled then simply leave in the oven for up to 5 hours.

Method

- Pre-heat your oven to 140°C.
- 2. Heat a little oil in a large frying pan over a high heat, adding the lamb skin side down and cook until browned. Turnover and cook the other side until browned and set aside on a plate, draining any excess fat from the pan.
- 3. Reduce the heat in the pan to medium adding the oil and cook the onions for a few minutes until golden.
- 4. Add the garlic and cook for a further few minutes
- 5. Add the wine, turning up the heat and let it bubble rapidly for 1 minute, scraping any of the caramalised meat juices stuck to the bottom of the pan.
- Add the stock, rosemary stalks and lemon zest and carefully pour everything into your largest roasting dish.
- Add the lamb to the dish skin side up, spread the mustard over the top and drizzle with a little olive oil.
- 8. Cover the dish tightly with tinfoil and bake in the oven for 3-3 ½ hours or until the meat is very tender to the touch.
- Baste the lamb a couple of times while cooking.
- Now remove the tinfoil and turn the oven up to 200°C and cook for a further 10-15 minutes until the lamb is nicely browned and crunchy on top.