

Spring | Summer

# Welsh Beef

SEASONAL RECIPES | IDEAS



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## Protected Geographical Indication (PGI)

Welsh Beef's distinctive quality has been recognised by the European Union (EU) as having unique regional characteristics and has been awarded the coveted status of Protected Geographical Indication (PGI).

PGI designation was developed by the EC to encourage diverse agricultural production; protect product names from misuse and imitation; and to help consumers by giving them information concerning the specific character of the products.

PGI establishes a link between the quality, traditions and environment of an area and, in the case of Welsh Beef, this means you can be assured that only cattle born and reared in Wales – which are fully traceable and have been processed in approved abattoirs – can be sold as Welsh.

With inspections at every stage of the supply chain, Welsh Beef's quality standards, food safety and traceability are first class – producing some of the best and tastiest beef money can buy.



The lush green pastures in Wales provide the ideal habitat for cattle,  
*producing tender meat with bags of flavour.*

**Serves**

4

**Cooking time**

About 20 minutes

**Ingredients**

450g (1lb) lean Welsh beef mince  
1 red onion, thinly sliced  
1 small red pepper, deseeded and thinly sliced  
1 small yellow pepper, deseeded and thinly sliced  
30-45ml (2-3tbsp) fajitas seasoning  
2 fresh tomatoes, roughly chopped  
15ml (1tbsp) mango chutney

Flour tortillas

Seasoning

**Salsa:**

1 small mango, peeled and cut into small cubes  
2 spring onions, finely sliced  
1 small ripe avocado, peeled and cubed  
15ml (1tbsp) fresh coriander, finely chopped  
Squeeze lime juice

## Welsh Beef mince fajitas

**Method**

Place mince into a cold pan, increase the heat and dry-fry the mince until browned.

Add the onions and peppers and cook until starting to soften.

Add seasoning and mix thoroughly, place lid on pan and simmer for about 5-10 minutes.

Add tomatoes and chutney, mix. Heat through for 2-3 minutes until tomatoes break down slightly.

**Make the Salsa:**

Mix together the mango, spring onion, avocado, coriander and lime juice.

Take tortillas, place a large spoonful of the mince mixture onto each tortilla, top with a spoonful of salsa and roll up and serve.



**Serves**  
2

**Cooking time**  
About 10 minutes

**Ingredients**  
2 Welsh beef rump steaks  
**Seasoning**  
Small knob of butter  
1 cos lettuce, roughly chopped  
6 mini plum tomatoes, halved  
2 eggs, hard boiled, cooled, shelled and halved  
30g tin anchovies, drained (use half the tin)  
50g (2oz) green beans, lightly blanched

8 black olives, pitted and halved  
1 small red onion, very thinly sliced

**Dressing:**  
30ml (2tbsp) olive oil  
30ml (2tbsp) sunflower oil  
45ml (3tbsp) white wine vinegar  
anchovies, roughly chopped (use remaining half of tin)  
5ml (1tsp) mustard  
Pinch sugar  
**Seasoning**  
30ml (2tbsp) mixed fresh herbs - parsley, dill, mint, chives

## Welsh 'Beef-Coise' salad



### Method

Take steaks and season well on both sides. Place in a hot griddle pan or under a hot grill.

*Cook:*

*Rare* - 2 minutes each side

*Medium* - 4 minutes each side

*Well Done* - 6 minutes each side

Place steaks on a plate to rest for 5 minutes. Place a small knob of butter on top of each steak.

*Meanwhile prepare vegetables:*

Lightly toss together in a large salad bowl all the salad ingredients.

Place dressing ingredients into a bowl and whisk together or place in a screw top jar and shake together. Slice steaks into thick strips and place on top of the salad. Pour over the dressing and serve.



**Serves**  
4

**Cooking time**  
About 2 hours

**Temperature**  
Gas Mark 4, 180°C, 350°F

**Ingredients**  
450g (1lb) lean Welsh beef braising  
steak, cut into chunky cubes  
15ml (1tbsp) olive oil  
1 red onion, sliced  
2 cloves garlic, crushed  
1 small fennel bulb, thinly sliced  
150ml (¼pt) white wine  
150ml (¼pt) beef stock  
5ml (1tsp) dried oregano

5ml (1tsp) fresh rosemary leaves,  
finely chopped  
6 green and 6 black olives, pitted  
3 fresh tomatoes, roughly chopped  
1 small baguette, thickly sliced  
50g (2oz) feta cheese, crumbled  
15ml (1tbsp) fresh parsley, finely  
chopped

## Mediterranean style slow cooked Welsh Beef

### Method

Preheat oven to Gas 4, 180°C,  
350°F.

Heat oil in a large ovenproof pan or  
casserole pot. Add the beef cubes  
and brown on all sides.

Add the onion, garlic and fennel,  
continue to cook for 1-2 minutes.  
Pour in the white wine and allow to  
bubble for 1-2 minutes.

Add the stock, herbs and olives,  
bring to the boil. Place the lid on the  
pot and place in oven.

Cook for 1½ - 2 hours until the  
meat is tender. Add the tomatoes  
and stir through. Top with the  
baguette slices and scatter with feta  
cheese.

Place back in the oven without lid,  
for 10 minutes until the cheese  
begins to soften. Scatter with  
parsley and serve with steamed  
green beans or large seasonal salad.



**Serves**  
4

**Cooking time**  
About 10 minutes

**Ingredients**  
4-6 very thinly cut Welsh beef steaks eg quick frying steak or rump\*  
30ml (2tbsp) flour seasoned with salt and black pepper  
1 egg, lightly beaten  
1 lemon, rind removed (reserve juice for mayo)  
50g (2oz) fresh bread crumbs

30ml (2tbsp) mixed fresh herbs – parsley, dill, basil and mint, finely chopped  
Seasoning  
30ml (2tbsp) oil  
45ml (3tbsp) mayonnaise  
15ml (1tbsp) creamed horseradish sauce  
Squeeze lemon juice

## Crispy crumbed pan cooked Welsh Beef steaks with horseradish mayo



### Method

\*If the steaks aren't very thin, place on a board and bash with a rolling pin to flatten.

Take 3 small plates and place onto one the seasoned flour, beaten egg on the second and crumbs on the third. Add to the crumbs the lemon rind and chopped herbs.

Take each steak and dip each side into the flour, then egg and finally the crumbs.

Heat a large frying and add the oil. Add the steaks and cook for 3-4 minutes each side until crumb is golden and crunchy, and steak is cooked through but juicy.

Mix together the mayonnaise, horseradish and a squeeze of lemon juice.

Serve the crumbed steak with your favourite bread or place on top of a crunchy mixed salad with a dollop of horseradish mayo.

## Serves

4-6

## Cooking time

*Rare* - 20 minutes per 450g/½kg (1lb) plus 20 minutes

*Medium* - 25 minutes per 450g/½kg (1lb) plus 25 minutes

*Well done* - 30 minutes per 450g/½kg (1lb) plus 30 minutes

## Temperature

Gas Mark 4-5, 180°C, 350°F

## Ingredients

1.35kg (3lb) Welsh beef topside or top rump joint  
15ml (1tbsp) sesame oil

Seasoning

*Chinese Sauce:*

45ml (3tbsp) plum sauce

2.5cm (1") root ginger, peeled and grated

2 cloves garlic, crushed  
30ml (2tbsp) soy sauce

15ml (1tbsp) sesame oil

10ml (2tsp) Chinese 5 spice

30ml (2tbsp) tomato ketchup

5ml (1tsp) dried chilli flakes

30ml (2tbsp) fruit juice e.g. orange, apple or pineapple

Baby corn

Mini carrots

Potatoes, peeled and cut into small pieces

Baby pak choi

# Roast topside of Welsh Beef sticky Chinese style

with sweet and sour roasted vegetables

## Method

Preheat oven to Gas 4, 180°C, 350°F.

Take joint and place in a large roasting pan. Season and drizzle with sesame oil. Place in oven and cook for ¾ of the calculated cooking time.

Mix together the Chinese sauce ingredients.

50 minutes before the end of cooking time add the vegetables (except pak choi – add this 10 minutes before the end of cooking) to the base of the roasting pan and spread into a single layer.

Baste the joint and vegetables in the sauce. Return to oven and baste again after 10 minutes.

When cooked allow meat to rest for 10 minutes before serving. Serve carved into thin slices with vegetables and drizzle with cooking juices.

Also delicious cold – if there's any leftover in wraps or salad.



**Serves**

2

**Cooking time**

15 minutes plus 1 hour marinating time

**Temperature**

Gas Mark 4-5, 180°C, 350°F

**Ingredients**

2 thick sirloin, rump or rib eye Welsh beef steaks  
30ml 2tbsp thick cut marmalade  
5ml (1tsp) dried oregano  
2 cloves garlic, crushed  
2.5ml (½tsp) cayenne pepper  
45ml (3tbsp) olive oil  
250g (8oz) new potatoes, thickly sliced

5ml (1tsp) crushed dried red chillies  
5ml (1tsp) Baharat spice  
15ml (1tbsp) olive oil

## Welsh Beef sirloin steak Cuban style

**Method**

Preheat oven to Gas Mark 4-5, 180°C, 350°F.

Mix together thoroughly the marmalade, oregano, garlic, cayenne and oil. Add the steaks and coat well in the mixture. Cover and leave to marinate for about 1 hour in the fridge. Place the sliced potato onto a baking tray, sprinkle over the chillies, spice and oil, toss to cover.

Place in the oven for about 40-50 minutes until potatoes are tender, crispy and golden. Remove the steaks from the marinade and scrape the sauce off - retain.

Preheat the BBQ or griddle pan and cook steaks:

*Rare:* 2 minutes each side

*Medium:* 4 minutes each side

*Well Done:* 6 minutes each side

Heat the leftover marinade in the microwave until bubbling hot. Allow steaks to stand for 5 minutes before serving with heated sauce, potatoes and black bean, spring onion and orange salad.

