

Spring | Summer

Welsh beef

SEASONAL RECIPES | IDEAS



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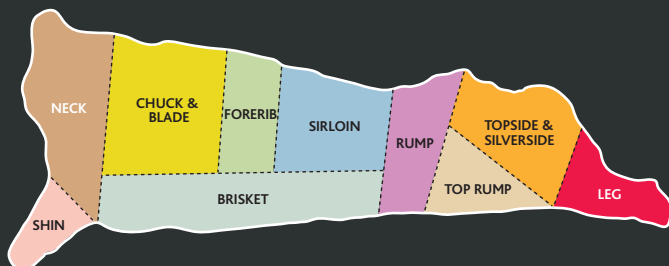
Protected Geographical Indication (PGI)

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.



Choosing the right cut...

Selecting the correct cut of meat for your recipe is most important, as this can make a significant difference in the succulence and flavour of the finished meal, and can also save you time and cost.

Beef Cuts

The beef carcass is typically divided into forequarters and hindquarters, the forequarter cuts can be less tender, as these muscles work the hardest, however this does not affect the taste or flavour. Forequarter beef cuts, commonly lend themselves to slower cooking methods such as casseroles, stewing, braising, and pot-roasting.

The beef hindquarter commonly contains the more tender cuts of beef more suited to frying, grilling, roasting and quicker cooking methods.

Please Ask

Ask your butcher or meat counter manager for their advice, explain the meal occasion and what you would like to cook, this will ensure you get the right cut of meat for your chosen method of cooking and the right amount for the number of people you want to feed.

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Spaghetti

bolognese

Serves: 4

Cooking time: Approximately 50 minutes

Ingredients

450g (1lb) lean Welsh minced beef
50g (2oz) bacon lardens or streaky bacon, diced
15ml (1 tbs) olive oil
1 onion, finely chopped
2 cloves garlic, pressed
1 stick celery, chopped
1 carrot, scraped and chopped
400g approx can chopped tomatoes
10ml (2 tsp) dried oregano
125ml red wine
30ml (2 tbs) tomato purée
Salt and pepper to taste
350g (12oz) spaghetti

Method

Heat oil in large frying pan, add onion and cook for 3 minutes. Add garlic, carrot, celery and bacon lardens and sauté for 3-4 minutes or until just beginning to brown. Add the beef and cook over high heat for a further 3 minutes or until all the meat is browned.

Stir in the tomatoes, oregano and red wine and bring to the boil. Stir in the tomato purée and season with salt and pepper. Reduce the heat and simmer for 30-40 minutes.

Cook the spaghetti in a pan of boiling water for about 8-10 minutes until tender, but still has bite. Drain thoroughly. Transfer spaghetti to serving plate and serve with the bolognese sauce.

Serve garnished with grated Parmesan cheese and basil leaves.



Minced Beef

Probably the most convenient, versatile and easy to cook ingredient to have in your kitchen. Minced beef is such a simple to cook ingredient which can form the basis of so many meals, taking on flavours from around the world.



Citrus Welsh Beef

rump stirfry

Serves: 2

Cooking time: Approximately 10 minutes
(excluding 30-60 minutes marinating time)

Ingredients

225g (8oz) lean Welsh beef rump steak, cut into thin strips
Rind and juice of ½ lime
5ml (1 tsp) fish sauce
5ml (1 tsp) soy sauce
5ml (1 tsp) sugar
15ml (1 tbsp) vegetable oil
1 shallot or small onion, finely chopped
2 cloves garlic, peeled and crushed
50g (2oz) green beans, blanched in boiling water
4 spring onions, sliced
Small handful fresh coriander leaves
25g (1oz) salted peanuts, finely chopped

Method

Place beef strips in a bowl and add lime rind and juice, fish sauce, soy and sugar. Cover and marinate for 30-60 minutes in the fridge. Heat oil in a large wok or frying pan, add onion and garlic and lightly cook. Add meat and the marinade juices, and brown meat over a high heat, this should take about 2-3 minutes. Add a pinch of sugar and allow the juices to bubble to reduce slightly. Add green beans and spring onions, toss well together. Finish by adding coriander leaves and peanuts.

Serve on a bed of crispy fried rice noodles or steamed rice.



Rump Steak

Usually larger steaks with a firmer texture, rump steak is commonly considered to be more flavoursome.





Welsh Beef Topside

marinated with ginger beer, tarragon and chives



Serves: 4

Cooking time: 20 mins per 450g/½kg (1lb) plus 20 mins for rare or 25 mins per 450g/½kg (1lb) plus 25 mins for medium

Temperature: Gas Mark 4, 180°C, 350°F

Ingredients

1kg (2.2lb) Welsh beef topside joint
300ml can ginger beer
3 large sprigs fresh tarragon, chopped
Small handful fresh chives, chopped
2 cloves garlic, peeled and crushed
Seasoning
30ml (2 tbsp) olive oil
15ml (1 tbsp) ginger preserve

Method

Place beef joint in a large deep dish. Add ginger beer, herbs, garlic and seasoning and roll the joint in the marinade until coated. Cover and marinate in the fridge for 4-5 hours, turning occasionally.

Drain beef from marinade, strain the marinade reserving the liquid in a small saucepan, spread the drained herbs over the meat. Place beef in a roasting pan, pour over oil and cook for calculated cooking time using the timings above.

Baste occasionally during roasting. Add ginger preserve to the reserved marinade liquid and reduce on the hob for about 15-20 minutes until syrupy but pourable. (This can be spooned over the joint to serve.) Remove joint from oven and allow to stand for about 20 minutes.

Serve beef sliced and drizzled with ginger juices.



Topside

This is a lean boneless cut of beef with little marbling and a fine grained texture, ideal for roasting and provides for ease of carving. Topside joints are often sold with added fat for roasting.

Chinese Welsh Beef Salad

with soy citrus dressing

Serves: 2 - 4

Cooking time: Approximately 10 mins

Ingredients

225g (8oz) lean Welsh mince beef
15ml (1 tbsp) vegetable oil
1 clove garlic, crushed
½" root ginger, peeled and finely chopped
10ml (2 tsp) Chinese 5 spice
Seasoning
100ml citrus fruit juice (a mixture of orange and grapefruit or just orange)
1 orange pepper, deseeded and sliced
4 spring onions, thinly sliced
2 little gem lettuces, cut into thin wedges

Dressing:

45ml (3 tbsp) citrus fruit juice
15ml (1 tbsp) soy sauce
5ml (1 tsp) olive oil

Method

Heat oil in a large wok or deep frying pan. Add beef mince and cook until browned. Add garlic and ginger, cook for 1-2 minutes. Add 5 spice and season, coat mince with the spice. Add fruit juice and cook quickly until juice has reduced to a thin gravy about 4-5 minutes.

Meanwhile make dressing – mix together fruit juice, soy and oil. Arrange on a serving plate the pepper, spring onions and lettuce. Top with the mince and drizzle with the dressing.

Serve with crusty bread or boiled noodles.



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Welsh Beef Curry

with lager and tomatoes

Serves: 4

Cooking time: Approximately 2 hours

Ingredients

675g (1½lb) Welsh beef chuck or braising steak, cut into medium sized cubes
15ml (1 tbsp) vegetable oil
1 onion, peeled and cut into thin wedges
2 cloves garlic, peeled and crushed
30ml (2 tbsp) medium curry powder
2 medium potatoes, peeled and cubed
200ml approx small can chopped tomatoes (½ a large can)
300ml (½pt) lager
2 fresh tomatoes, roughly chopped

Method

Heat oil in a large pan, add cubes of meat, brown on all sides. Add onion and garlic, lightly cook. Add curry powder and stir until all ingredients are coated. Cook spice for about a minute. Add potatoes, canned tomatoes and lager. Stir well, bring to the boil and then reduce to a simmer for about 2 hours until meat is tender. Remove lid for last 30 minutes to allow sauce to thicken slightly if necessary.

Serve curry with corn pilau rice, fresh sweetcorn kernels, onion rings lightly fried with cumin and coriander, serve on a bed of steamed basmati rice.



Beef Chuck

Boneless cubes, braising beef - these cuts are typically produced from the chuck and blade and are ideal for casseroles and braising, stews and hotpots.

Spiced Welsh Beef Rib Eye Steak

with chunky rustic BBQ sauce

Serves: 2

Cooking time: Approximately 20 minutes

Ingredients

2 Welsh beef rib eye steaks (could use sirloin or rump)

2.5ml (½ tsp) cumin seeds

2.5ml (½ tsp) dried cumin

2.5ml (½ tsp) coriander seeds

2.5ml (½ tsp) dried coriander

2.5ml (½ tsp) dried chilli flakes

1 clove garlic

Seasoning

BBQ Sauce:

15ml (1 tbsp) oil

1 small onion, cut into chunks

1 small eating apple, peeled, cored and thickly sliced

1 small red pepper, deseeded and thickly sliced

400g approx can pineapple rings and the natural juice

2 gherkins, chopped

15ml (1 tbsp) vinegar from gherkin jar

15ml (1 tbsp) brown ketchup/sauce

30ml (2 tbsp) tomato ketchup

Method

Place all spices, garlic and seasoning in a pestle and mortar (or use a small dish and wooden spoon or rolling pin) and lightly 'pound' together to break down spice seeds and garlic.

Place steaks in a shallow dish, sprinkle over the spice mixture and rub into the steaks to cover and coat. Leave covered until ready to cook.

Make BBQ sauce: Place oil, onion, apple and pepper into a pan and lightly cook together for 1-2 minutes. Add all remaining ingredients, bring to the boil and then simmer for about 15 minutes until vegetables have softened slightly.

Cook steaks on a hot preheated BBQ, grill or griddle for about 3 minutes each side for rare, 4 minutes each side for medium.

Serve steaks with chunky rustic BBQ sauce, mixed green salad and chunky potato wedges.



Rib Eye Steaks

Slightly rounded steaks cut from the eye of the forerib, they carry a little more fat but have a great flavour.

