

6 Welsh Beef

Spring & Summer recipes



It's all about quality time

eatwelshbeef.com



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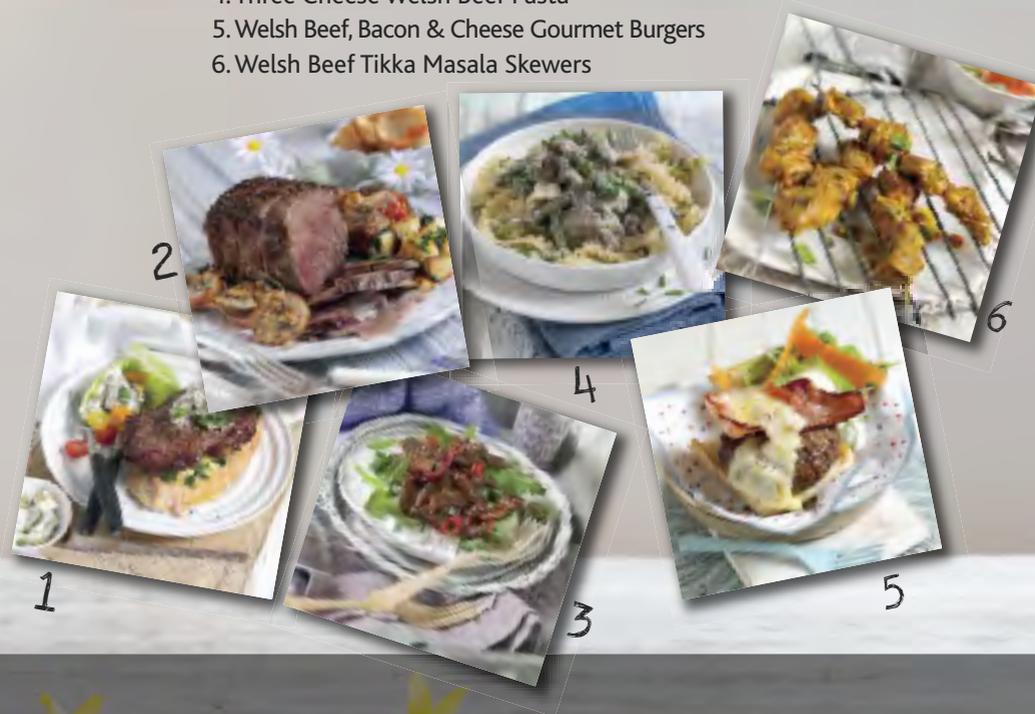
Our luscious green pastures produce only the tastiest, most succulent grasses. As a result they also produce only the most tastiest, most succulent beef. From a landscape that has taken thousands of years to create, combined with husbandry techniques that have taken centuries to perfect, our cattle produce only the most tender and flavoursome Welsh Beef. It's an age old recipe that's won us PGI status.



6

mouth watering Welsh Beef recipes which need the simplest of preparation, suitable for cooking indoors or outside on the BBQ.

1. Welsh Beef Steak with Green Olive Aioli
2. Roasted Welsh Beef Topside
3. Sticky Chilli Ginger Welsh Beef
4. Three Cheese Welsh Beef Pasta
5. Welsh Beef, Bacon & Cheese Gourmet Burgers
6. Welsh Beef Tikka Masala Skewers



To find out more about PGI, or for more news, recipes and information, visit eatwelshbeef.com

Look for the logos →



Serves: 2

Cooking time:
About 10 minutes

Suggested Cuts



Sirloin Steak

Rump Steak



Rib Eye Steak

Welsh Beef Steak

with Green Olive Aioli

Ingredients

2 Thick sirloin, rump or rib eye Welsh Beef steaks

Green Olive Aioli:

10ml (2tsp) Capers, rinsed and chopped
About 6 50g (2oz) Pitted green olives, roughly chopped
2 Cloves of garlic, squashed and chopped
45ml (3tbsp) Mayonnaise
30ml (2tbsp) Fresh basil, roughly chopped
Sour dough loaf
Garlic/herb butter

Method

Cook the Welsh Beef steak on a hot preheated griddle plate, frying pan or grill for:

Sirloin, rump or rib eye 2-3cm (¾-1¼")
3-4 minutes each side – rare
4-5 minutes each side – medium
6-7 minutes each side – well done

Allow the Welsh Beef steak to rest for a couple of minutes before serving.

Place all the ingredients for the aioli into a small bowl and mix together. Cover and allow to stand for about 10 minutes, to absorb the flavours.

Stack the Welsh Beef steak onto a thick slice of toasted sourdough bread, buttered with garlic/herb butter, topped generously with aioli & salad leaves.

Roasted Welsh Beef Topside

with Roasted Stuffed Mushrooms, Mini Onions & Chilli Yorkshire

Ingredients

1.25kg (2½lb) Lean Welsh Beef topside joint
Seasoning and olive oil

Stuffed mushrooms:

4 Large Portabello mushrooms
2 Mini yellow and orange peppers, deseeded and thickly sliced
20ml (4tsp) Sundried tomato paste
25g (1oz) Parmesan style cheese, cut into small cubes
Seasoning

Stuffed onions:

4 Small onions, cut in half lengthways
50g (2oz) Breadcrumbs – made from olive or herb bread
12g (½oz) Butter
Sprigs Fresh Thyme

Chilli Yorkshire:

150g (6oz) Plain flour
200ml Semi-skimmed milk
2 Eggs
1 Red chilli, deseeded and sliced

Method

Weigh the Welsh Beef joint and calculate cooking time. Place the joint on a rack in a roasting tin, season well and drizzle with a little olive oil. Open roast in a preheated oven for the calculated time.

Stuff the vegetables:

Onions: Remove the very centre layers from the onion to create a skinny pocket. Place small cube of butter on top and scatter with breadcrumbs and top with sprigs of thyme. Place in baking tray and cook for about 45 minutes until tender.

Mushrooms: Remove mushroom stalk, spoon on a teaspoon of tomato paste per mushroom, top with pepper slices and cubes of cheese. Scatter with any leftover breadcrumbs from onions. Place in baking tray and cook for about 30-40 minutes.

Serves: About 4
Allow 100-175g (4-6oz) raw meat per person for boneless joints

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 &
Gas Mark 6, 200°C, 400°F

Suggested Cut



Topside Joint

Make the Yorkshires: Place all ingredients (except oil and chilli) for Yorkshire batter into a bowl/jug and beat together to make a smooth batter. Increase oven temperature to Gas Mark 6, 200°C, 400°F. Heat a teaspoon of oil in each patty tin and add a few rings of chilli. Heat oil for 3-5 minutes. Remove from oven and carefully pour in batter mixture. Return to the preheated oven for 25-30 minutes until well risen & golden brown. Remove meat from oven and allow to rest for 10-20 minutes before carving.

Serve the Welsh Beef thickly sliced with roast vegetables and chilli Yorkshires – cook mini roasted potatoes and scatter with fresh mixed herbs before serving.

HINTS & TIPS

You can make the aioli in advance and keep in the fridge for up to 3 days.

For a roasted garlic flavour aioli – try roasting your garlic in the oven. Just snip off the heads, exposing the cloves, place on a piece of foil and drizzle with 1 teaspoon of olive oil and wrap into a parcel, for 40-45 mins until soft. Leave to cool before using.

Simple pleasure



Making Sunday
sensational

Welsh Beef Tikka Masala Skewers

Serves: 4

Cooking time:
Approx 15 minutes + marinating time

Suggested Cut



Rump Steak

Ingredients

450g (1lb) Welsh Beef rump steaks, cut into chunky cubes
2 Cloves garlic, crushed
30ml (2tbsp) Tikka masala paste
30ml (2tbsp) Fresh mint, chopped
150ml (¼pt) Natural yogurt

Papaya & Mint Relish:

150ml (¼pt) Natural yogurt
1 Papaya, peeled, seeds removed and cut into small slices
30ml (2tbsp) Mint jelly
150ml (¼pt) Natural yogurt
1 Spring onion, thinly sliced
¼ Cucumber, cut into small cubes
Pinch chilli powder
Handful fresh mint leaves

Method

Place into a long shallow dish the garlic, tikka paste, mint and yogurt. Mix together.

Thread 3-4 pieces of Welsh Beef onto long metal or (pre-soaked in water) wooden skewers. Add the skewers to the yogurt mix and roll in the mixture to coat well.

Cover and place in the fridge to marinate for about 30-60 minutes.

Make the relish: Place all the ingredients into a bowl and mix well together.

Once marinated place the Welsh Beef skewers under a preheated grill or BBQ for about 15 minutes turning occasionally until cooked through and browned.

Serve the skewers with relish and steamed rice.

Three Cheese Welsh Beef Pasta

Ingredients

225g (8oz) Welsh Beef quick cook thin rump or flash fry steaks, cut into strips
15ml (1tbsp) Oil
1 Clove garlic, squashed
5ml (1tsp) Dijon mustard
2 Sprigs fresh thyme leaves
100g (4oz) Mushrooms, thickly sliced
100g (4oz) Asparagus spears, cut into long pieces or blanched green beans
100g (4oz) Ricotta cheese
50g (2oz) Soft blue cheese eg Dolcelatte – cut into small cubes
25g (1oz) Parmesan, grated
Fresh chives, chopped – to serve
Spaghetti to serve

Method

Cook the spaghetti as per packet instructions and keep warm.

Heat the oil in a large pan and add the garlic and the Welsh Beef strips and cook until meat is brown and cooked through but still juicy. Add the mustard, thyme, mushrooms, asparagus and cook for 1-2 minutes. Add the ricotta and toss through.

Remove from the heat and add the blue cheese.

Pile the spaghetti into pasta bowls, top with the Welsh Beef strips.

Serve straight away scattered with parmesan and fresh chives.

Serves: 2

Cooking time:
About 20 minutes

Suggested Cut



Beef Strips

HINTS & TIPS

If you are using wooden skewers then don't forget to pre-soak them in water to stop them burning on the BBQ. If you are using metal ones then take care as these can get very hot to handle.

It's important to cut your cubes of Welsh Beef into even or similar sized pieces as this will ensure even cooking on the grill or BBQ.



HINTS & TIPS

There are lots of different types of pasta available – colour, shape, size, dried and fresh so it's good to experiment with. Don't forget, pasta is best cooked to 'al dente' so don't over cook it!

To warm your bowls quickly – carefully pour boiling water into them and let them stand for a few minutes, pour out and dry the bowls before serving.

Relish it

Three in one

Welsh Beef, Bacon & Cheese Gourmet Burgers with Spring Slaw

Serves: 4

Cooking time:
About 15 minutes

Suggested Cut



Beef Mince

Ingredients

450g (1lb) Lean Welsh Beef mince
30ml (2tbsp) Worcestershire sauce
10ml (2tsp) English mustard
2 Cloves garlic, crushed
Seasoning
4 Rashers lean dry cured back bacon
100g (4oz) Cheddar cheese cut into 4 chunky slices

Spring Slaw:

½ Little gem lettuce, finely shredded
2 Spring onions, sliced
50g (2oz) Sugar snap peas, sliced
1 Carrot peeled and cut into 'ribbons' with potato peeler
1 Courgette, cut into 'ribbons' with potato peeler
2.5ml (½tsp) English mustard
30ml (2tbsp) Mayonnaise
15ml (1tbsp) Olive oil
1 Lime, rind and juice or ½ lime rind and juice

Method

Into a large bowl put the Welsh Beef mince, Worcestershire sauce, mustard, garlic and seasoning. Mix together thoroughly. Divide the mixture into four and shape into burgers. Cover and place in the fridge to chill slightly before cooking.

To make slaw: Place the vegetables into a large bowl and toss together. Mix together in a small bowl the mustard, mayo, olive oil and lime rind and juice. Spoon dressing over vegetables and stir to lightly coat. Preheat the grill and cook the Welsh Beef burgers for about 12 minutes until golden and cooked through – turning occasionally. Add the bacon rashers to the grill pan during the last 2-3 minutes of cooking – cook one side of rasher then place on top of burger. Top the burgers with the cheese slices and melt to your desired 'gooey-ness'.

Serve as a mighty stack in a toasted bun with heaps of slaw.

HINTS & TIPS

You may need to move the grill pan away from elements to get your 'stack' under the grill!!

Try toasting your bread/rolls a minute or two before serving your burgers, then assemble and enjoy them!

Mix together thoroughly

Divide mixture & shape into burgers

step 2

step 3

In a large bowl, combine all ingredients

step 1

Ask your Butcher →



He'll know everything there is to know about meat and can give you lots of tips and advice to create your perfect meal!

Your Butcher will advise you about different cuts of meats and how best to cook them to maximise flavour and tenderness.

Ask him about cooking time as per weights of joints etc. So go on, don't be afraid to ask.

Oh and look for the logos for PGI & Welsh Beef.

Sticky Chilli Ginger Welsh Beef

Serves: 2

Cooking time:
About 10 minutes

Suggested Cut



Rump Steak

Ingredients

225g (8oz) Lean Welsh Beef rump steak, cut into thin strips
15ml (1tbsp) Vegetable oil
5cm (2") Lemongrass stalk, squashed and finely sliced
1 Red chilli, deseeded and finely sliced
2.5cm (1") Root ginger, peeled and grated
30ml (2tbsp) Dark brown sugar
10ml (2tsp) Dark soy sauce (non-sweetened)
10ml (2tsp) Fish sauce
5ml (1tsp) Sweet chilli sauce
1 Lime, rind and juice or ½ lime rind and juice
Fresh basil, mint and coriander leaves to serve

Method

Heat the oil in a large wok or frying pan, add the Welsh Beef strips. Brown meat all over on a high heat, this should take about 2-3 minutes.

Add to the pan the lemongrass, chilli, ginger, sugar, soy, fish sauce, sweet chilli sauce and juice and rind of lime.

Cook for about 5 minutes until sticky and reduced.

Place a portion of steamed Thai rice onto each plate, top with a scattering of steamed green beans and pile high with sticky Welsh Beef and fresh whole leaves of basil, mint and coriander leaves.

HINTS & TIPS

As an alternative you could also try serving your sticky chilli Welsh Beef on a bed of noodles.



Quick & Easy