

Autumn | Winter

Welsh Beef

SEASONAL RECIPES | IDEAS



For news, information and recipes visit
eatwelshbeef.com



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



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.

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Serves: 4
Cooking time: About 2 hours

Ingredients

675g (1½lb) Welsh beef chuck or braising steak, cut into medium sized cubes
15ml (1tbsp) vegetable oil
1 onion, peeled and cut into thin wedges
2 cloves garlic, peeled and crushed
30ml (2tbsp) medium curry powder
450ml (¾pt) sweet cider or apple juice
150ml (¼pt) beef stock
3 sweet potatoes, peeled and cut into chunks
1 cooking apple, peeled, cored and cut into chunks

Leek Bhajis:
1 leek, thinly sliced
10ml (1tsp) medium curry powder
1 egg
oil for frying
25g (1oz) flour
5ml (1tsp) ground cumin

Welsh Beef Curry with cider, sweet potatoes and leek bhajis

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 cider, a little of the stock, sweet potatoes and cooking apple. 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. (Add more stock if needed).

Make Leek Bhajis: Mix together in a large bowl the leeks, curry powder and egg. Using a large pan heat sufficient oil to fry balls in about 5cm of oil. Heat the oil until it sizzles when a pinch of flour is added to the pan.

On a plate mix together the flour and cumin. Take spoonfuls of the mixture, dust with flour on the spoon and carefully place the spoonful of mixture into the hot oil. Carefully fry balls, a few at a time for about 5 minutes turning, until crisp and golden. Place on kitchen towel to drain excess oil.

Serve curry with leek bhajis, boiled rice & Indian breads.



Serves: 2

Cooking time: About 10 minutes

Ingredients

225g (8oz) lean Welsh beef rump or sirloin steak, cut into thin strips
15ml (1tbsp) vegetable oil
2 cloves garlic, peeled and crushed
3 plums, stoned and sliced
½ red and orange pepper, deseeded and sliced
60ml (4tbsp) black bean sauce
10ml (2tsp) soy sauce
4 spring onions, sliced

Welsh Beef Stirfry with black bean sauce and plums



Method

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

Add the plums and peppers, toss well together and cook for 1-2 minutes. Finish by adding black bean sauce and soy.

Serve scattered with spring onions and crispy fried rice noodles.



Welsh Beef Steak with leek, tomato and chilli jam

Serves: 2
Cooking time:
About 10 minutes

Ingredients

2 thick sirloin, rump or rib eye Welsh beef steaks

Leek, Tomato and Chilli Jam:

15ml (1tbsp) olive oil
1 leek, finely chopped
1 onion, finely chopped
1 clove garlic, crushed
2 red chillies, deseeded and finely chopped
4 tomatoes, roughly chopped
100g (4oz) Demerara sugar
45ml (3tbsp) red wine vinegar

Method

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

Sirloin, rump or rib eye 2-3cm (¾-1¼")

Rare = 3-4 minutes each side

Medium = 4-5 minutes each side

Well done = 6-7 minutes each side

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

Leek, Tomato and Chilli Jam: Heat oil in pan and add leeks, onion, garlic and chillies. Cook until starting to soften. Add tomatoes, sugar and vinegar, cook for about 10-15 minutes until starting to reduce and becomes a little sticky.

Serve steak with chilli jam and crispy fried leeks.

Serves: Makes 4 individual pies
Cooking time: About 30 minutes
Temperature: Gas Mark 4, 180°C, 350°F

Ingredients

454g (1lb) lean minced Welsh beef
2 onions, peeled and sliced
1 potato, peeled and cut into very small cubes
2 carrots, peeled and cut into fine dice
2 bay leaves
Seasoning
30ml (2tbsp) gravy granules mixed together with 300ml (½pt) boiling water
45ml (3tbsp) fresh mixed herbs e.g. rosemary, parsley and sage, chopped
1 courgette, chopped
Shortcrust:
500g packet pre-made shortcrust pastry
plain flour for rolling
egg and milk to glaze

Welsh Beef Mince & Onion Pies

Method

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

In a non-stick pan dry fry beef with onion and potato for 4-5 minutes until browned. Add the carrots, bay leaves, seasoning, gravy granules, water, herbs and courgette. Allow to cook for 10 minutes. Cut the pastry into 4 and roll out to create 4 rough lids.

Divide the mince mixture between 4 individual pie dishes and top with lids. Place onto a baking tray and brush each pie all over with egg. Cook in a preheated oven for approximately 30 minutes until golden brown.

Serve with seasonal steamed greens.



Serves: 4
Cooking time: About 35 minutes

Ingredients

225g (8oz) Welsh beef rump or sirloin steak, cut into small cubes
15ml (1tbsp) oil
50g (2oz) raw chorizo style sausage, skin removed and sliced
1 onion, peeled and chopped
½ butternut squash, seeds removed and cut into cubes
225g (8oz) Arborio risotto rice
black pepper
900ml (1½pt) beef stock
25g (1oz) grated Parmesan cheese



Welsh Beef Risotto with chorizo and butternut squash

Method

Heat oil in a large pan, add beef rump cubes, chorizo and onion, and cook for 2-3 minutes.

Add the butternut squash and rice, stir well together. Add hot stock and again stir well.

Leave to simmer without a lid on for about 15-20 minutes, stirring and checking liquid quantity from time to time. Add just a little more stock if it starts to absorb too quickly.

Scatter with Parmesan and serve.

Serves: 4

Cooking time: About 3 hours

Temperature: Gas Mark 4,
180°C, 350°F

Ingredients

450g (1lb) Welsh beef chuck or
braising beef, cut into medium sized
cubes

15ml (1tbsp) flour, seasoned

1 onion, peeled and quartered

2 cloves garlic, crushed

250g (9oz) button mushrooms,
halved if large

1 red pepper, deseeded and sliced

15ml (1tbsp) sweet paprika

400g approx can chopped tomatoes

300ml (½pt) beef stock

small bunch parsley, chopped

Caraway Dumplings:

225g (8oz) self-raising flour

100g (4oz) suet

seasoning

10ml (2tsp) caraway seeds

cold water to mix

Welsh Beef Goulash



Method

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

Toss the beef in seasoned flour.
Heat oil in a large heatproof
casserole and brown meat. Add
the onion and garlic, and cook
until browned. Add the
mushrooms, pepper, and paprika
and cook for 5 minutes.

Add the tomatoes and beef stock.
Put lid on and cook in the oven for
2-2½ hours until beef is really
tender and sauce thickened.

Make Dumplings: Place all
ingredients into a large bowl. Add
4-5 tbsp cold water and using a
fork mix together. Add a little
more water if needed. Pull the
dough together with your hands
and shape into 6-8 small balls. Add
to the goulash 25-30 minutes
before the end of cooking (for soft
dumplings replace lid – for
crunchy tops leave lid off).

Serve scattered with parsley, a
dollop of sour cream and caraway
dumplings.

