



# Selection of Welsh Beef Recipes

## BEEF AND ALE POT ROAST

**Serves:** 6  
**Cooking Time:** Approximately 2½ hours\*  
**Temperature:** Gas Mark 3, 170°C, 325°F

### INGREDIENTS:

1.25kg (2½lb) lean brisket beef, boned and rolled  
15ml (1tbsp) oil, 1 clove garlic, crushed  
2 onions, quartered or 6 whole shallots, peeled  
6 baby carrots, peeled and left whole  
2 sticks celery, sliced, 2 bay leaves  
Salt and black pepper  
450ml (¾pt) beef stock, 150ml (¼pt) brown ale



### METHOD:

Heat the oil in a large saucepan, add the joint and brown all sides. Place in a deep 3.4 litre (6pt) ovenproof casserole. Add garlic, carrots, celery and bay leaves and season well. Add stock and the brown ale. Cover and cook for 2 hours. Thicken with gravy granules if gravy is too runny. Serve with boiled or mashed potatoes and seasonal vegetables.

\* Suitable alternative cuts include: silverside, topside and brisket – 30-40 minutes per 450g/½kg (1lb) plus 30-40 minutes.

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## ROAST TOPSIDE OF BEEF

**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:

1.25kg (2½lb) lean boneless topside joint



### METHOD:

Weight the joint and calculate the cooking time. Place joint on a rack in a roasting tin. Open roast in a preheated oven for the calculated cooking time. Serve the beef with roast potatoes, parsnips, onions and Yorkshire puddings.

### TIPS:

To make carving easier, let the joint stand for 10 minutes. Try glazing the beef 10 minutes before the end of cooking time with horseradish, mustard or cranberry sauce. If you do not have time to make Yorkshire puddings try shop bought.



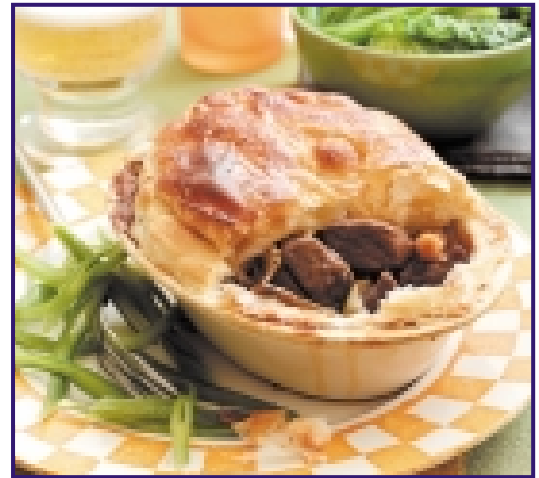
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## BEEF, STOUT AND MUSHROOM PIE

**Serves:** 4  
**Cooking Time:** Approximately 2- 2½ hours  
**Temperature:** as Mark 3, 170°C, 325°F

### INGREDIENTS:

450g (1lb) lean beef cubes\*  
2 red onions, cut into wedges  
3 parsnips, peeled and chopped  
1 leek, sliced into chunks  
50g (2oz) button mushrooms, whole  
150ml (¼pt) stock  
450ml (¾pt) Stout  
15ml (1tbsp) gravy granules  
30ml (2tbsp) tomato ketchup  
350g (12oz) puff pastry



### METHOD:

In a large casserole dish place beef cubes, onions, parsnips, leek, button mushrooms, stock, Stout, gravy granules, tomato ketchup and mix well.

Roll out puff pastry to approximately 23cm (9") square. Place on top of the casserole, finish edges and place a small hole in the top to release steam, cover with foil and bake in a preheated oven for 1½-1¾ hours.

Remove foil and cook for a further 20-30 minutes, until browned.

Serve the beef pie with steaming mashed potato and seasonal vegetables.

\* *Suitable Cuts: braising cubes; chuck & blade or stewing cubes; shin, leg.*

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## BEEF, FENNEL AND MUSHROOM CASSEROLE

**Serves:** 3-4  
**Cooking time:** Approximately 1½-2 hours  
**Temperature:** Gas Mark 3, 170°C, 325°F

### INGREDIENTS:

450g (1lb) lean beef cubes – braising cubes;  
chuck and blade, stewing cubes; shin or leg  
1 onion, cut into chunks, 2 cloves garlic, crushed  
150g (5oz) wild or button mushrooms  
1 fennel, cut into wedges  
30ml (2tbsp) redcurrant jelly  
150ml (¼pt) red wine, 450ml (½pt) stock  
170g ready made fresh garlic bread, cut into marked slices or  
make your own with low-fat spread



### METHOD:

In a large casserole dish place all the ingredients except the garlic bread. Mix well, cover and place in a preheated oven for 1½-2 hours until the meat is tender (thicken if necessary). Remove casserole lid and arrange garlic bread slices on top. Return to the oven for a further 15 minutes.

Serve with garlic bread, steamed cabbage and mash potato with cabbage stirred through.

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## BEEF BURGERS WITH BLUE CHEESE DRESSING

**Serves:** 4  
**Time to cook:** Approximately 15 minutes

### INGREDIENTS:

450g(1lb) lean minced beef  
100g(4oz) blue cheese, crumbled  
45ml(3tbsp) mayonnaise



### METHOD:

In a bowl mix together the lean minced beef with 75g(3oz) blue cheese, season well and shape into 4 burgers. Cook on a preheated grill or barbecue for 4-6 minutes on each side. Mix together the mayonnaise with the remaining 25g(1oz) blue cheese.

Serve the burgers on toasted slices of ciabatta with the blue cheese mayonnaise and salad leaves.



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## BEEF AND MUSHROOM STIR-FRY

**Serves:** 2  
**Cooking Time:** Approximately 10 minutes

### INGREDIENTS:

225g(8oz) lean beef rump steaks, cut into thin strips  
30ml(2tbsp) dark soy sauce  
5ml(1tsp) clear honey  
15ml(1tbsp) tomato purée  
1.25cm(3/4") root ginger, peeled and grated  
50g(2oz) mange tout  
5cm(2") cucumber, cut into strips  
2 sticks celery, cut into thin sticks  
50g(2oz) mushrooms, sliced (eg, shitake, button, wild)  
4 spring onions, sliced  
1 fresh red chilli, seeded and sliced  
5ml(1tsp) oil

### METHOD:

In a bowl mix together the soy sauce, honey, tomato purée and ginger. Add the meat, cover and leave for 15 minutes to marinate. Meanwhile prepare the vegetables. Heat oil in wok and stir-fry the meat (drained from the marinade) for 3-4 minutes until browned. Add the vegetables and cook for 2-3 minutes, then add reserved marinade and boil to thicken slightly.

Serve immediately with noodles or rice and prawn crackers.



## BEEF KEBABS WITH CHILLI AND LIME GLAZE

**Serves:** Makes 4 kebabs  
**Cooking time:** Approximately 15 minutes

### INGREDIENTS:

450g(1lb) lean beef sirloin or rump steaks, cut into cubes  
30ml(2tbsp) lime juice  
60ml(4tbsp) sweet chilli sauce

### METHOD:

Thread the beef cubes onto skewers and cook on a preheated grill or barbecue for 12-15 minutes. Mix together the lime juice and sweet chilli sauce and brush over the kebabs during the last 2-3 minutes of cooking time.

Serve with rice salad.





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## BEEF MANGO KEBABS WITH COUSCOUS

**Serves:** 2-4, makes 4 kebabs  
**Cooking Time:** Approximately 15-20 minutes

### INGREDIENTS:

450g (1lb) lean beef rump or sirloin steaks, cubed  
30ml (2tbsp) mango chutney

### Spiced Couscous:

5ml (1tsp) oil  
1 red onion, chopped, 1 courgette, cut into small chunks  
50g (2oz) sultanas, 15ml (1tbsp) medium curry paste  
300ml (1/2pt) stock, 100g (4oz) couscous  
2 tomatoes, chopped

### METHOD:

Thread the meat onto skewers. Cook under a preheated grill for approximately 4-6 minutes each side. Brush the kebabs with the mango chutney during the last 2-3 minutes of cooking time.

For the Couscous: In a saucepan gently fry the onion in the oil for 2-3 minutes. Add the courgette and cook for a further minute. Add sultanas, curry paste and stock. Bring to the boil. Turn off the heat, stir through couscous and tomatoes. Cover and leave for approximately 5 minutes until all the liquid is absorbed.

Serve the kebabs with spiced couscous and additional grilled vegetables.



## BEEF RIB-EYE STEAK WITH RED WINE AND GARLIC MARINADE

**Serves:** 2  
**Cooking time:** Rare - 5 minutes )  
Medium - 8 minutes ) Total cooking time  
Well done - 12 minutes )

### INGREDIENTS:

2 lean beef rib-eye steaks, 150ml(1/4pt) red wine  
2ml black peppercorns, crushed  
2 cloves garlic, crushed

### METHOD:

Mix together the red wine, black peppercorns and garlic. Add the steaks, cover, refrigerate and leave to marinate for 30 minutes to an hour. Cook on a preheated grill or barbecue according to your preference. Serve with potato wedges, salad leaves and grilled or roasted tomatoes, peppers, mushrooms and crispy onions.





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## BEEF SAUSAGES WITH QUICK BARBECUE SAUCE

**Serves:** Makes 8  
**Cooking time:** Approximately 15 minutes

### INGREDIENTS:

8 lean beef or lamb sausages  
75ml(5tbsp) tomato ketchup  
30ml(2tbsp) Worcestershire sauce  
2.5ml(1/2tsp) hot mustard



### METHOD:

On a preheated grill or barbecue cook the sausages for 10-12 minutes until cooked through. To make the barbecue sauce mix together the tomato ketchup, Worcestershire sauce and hot mustard.

Serve the sausages with barbecue sauce, crispy onions and homemade coleslaw.

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## BEEF SIRLOIN STEAK WITH GARLIC MUSHROOM SALSA

**Serves:** 2  
**Cooking time:** Rare - 5 minutes )  
Medium - 8 minutes ) Total cooking time  
Well done - 12 minutes )

### INGREDIENTS:

2 lean beef sirloin steaks, 15ml(1tbsp) olive oil  
75g(3oz) mushrooms, sliced, 1 clove garlic, chopped  
15ml(1tbsp) flat leaf parsley, chopped



### METHOD:

On a preheated grill or barbecue cook the steaks according to your preference. Meanwhile make the salsa. Heat oil and cook the mushrooms with the garlic for 2-3 minutes until just softened, remove from the heat and stir through the parsley.

Serve the steaks with the mushroom salsa, crusty bread, and a mixed salad with green beans, olives and leaves.



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## BEEF STEAK WITH CREAMY CHEESE AND CHIVE SAUCE

**Serves:** 2  
**Cooking Time:** Approx 8 minutes

### INGREDIENTS:

2 lean beef steaks (sirloin, rump or rib eye)  
Creamy Welsh Cheese and Chive Sauce:  
30ml (2tbsp) low-fat fromage frais  
12.5g (1/2oz) Tintern cheese (Welsh Cheddar with chives or similar), crumbled or grated  
2.5ml (1/2tsp) fresh chives, snipped



### METHOD:

Grill steak according to preference - 2cm (3/4") sirloin or rump steak:  
Rare - 5 minutes  
Medium – 8 minutes  
Well done – 12 minutes

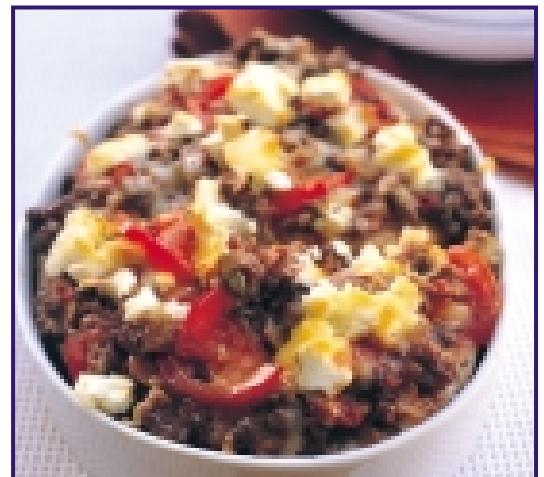
Meanwhile, make the sauce: Mix together all ingredients in a bowl.  
Serve the steaks with a dollop of the sauce, potato skins and mixed salad.

## QUICK LASAGNE

**Serves:** 4  
**Cooking time:** Approximately 15-20 minutes  
**Temperature:** Gas Mark 7, 220°C, 425°F

### INGREDIENTS

450g(1lb) lean minced beef, 2 cloves garlic, crushed  
1 onion, finely chopped, 100g(4oz) mushrooms, sliced  
400g can chopped tomatoes, 30ml(2tbsp) tomato purée  
30ml(2tbsp) tomato ketchup, 5ml(1tsp) mixed dried herbs  
4 large white pitta breads, 2 tomatoes, sliced  
50g(2oz) soft cream cheese, 50g(2oz) low-fat cheese



### METHOD

In a large non-stick wok or saucepan, dry fry the mince, garlic and onion until browned. Add mushrooms and cook for 1-2 minutes then add the chopped tomatoes, tomato purée, ketchup and mixed herbs and simmer for 2-3 minutes. Place half the mince mixture in a 25cm (10") ovenproof dish. Cover with the pitta breads (they will overlap) and top with remaining mince mixture. Cover with the sliced tomatoes and place small teaspoons of the soft cream cheese over the tomatoes. Sprinkle over the low-fat cheese and place in a preheated oven for 15-20 minutes. Serve with mixed salad and garlic bread.



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## ROAST SIRLOIN OF BEEF WITH MUSTARD

**Serves:** 4-6  
**Cooking Time:** Rare – 20 minutes per 450g  
/1/2kg(1lb) plus 20 minutes  
Medium – 25 minutes per 450g  
/1/2kg(1lb) plus 25 minutes  
Well Done – 30 minutes per  
450g/1/2kg(1lb) plus 30 minutes  
**Oven Temperature:** Gas Mark 4-5, 180oC, 350°F



### INGREDIENTS:

1.25kg (2<sup>1</sup>/<sub>2</sub>kg) lean sirloin or topside beef joint

### Glaze:

30ml (2tbsp) wholegrain mustard  
15ml (1tbsp) honey  
Dash Tabasco sauce

### METHOD:

Weigh the joint and calculate the cooking time. Place the joint on a rack in a roasting tin. Open roast in a preheated oven for the calculated cooking time. 15 minutes before the end of cooking time mix together the mustard, honey and tabasco. Brush the glaze over the joint and return to the oven for the remaining cooking time.

Serve the beef with roast potatoes and roasted vegetables, Yorkshire pudding and gravy.

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