

Autumn Comforts

Recipe Collection



Welsh Beef from Wales, naturally.

Select **Quality**. Select **Tenderness**. Select **Welsh Beef**.

At Hybu Cig Cymru-Meat Promotion Wales, we know our consumers want to make the most of our Welsh Beef and consider factors such as **quality**, **freshness** and **taste** as well as **lusciously tender** meat.

In our autumn recipe collection, on the following pages you will find a range of new exciting dishes using Welsh Beef that will **enhance** any meal occasion and is sure to please during the darker, cooler evenings.

Autumn meals made easy with the **versatility** of Welsh Beef.

Hybu Cig Cymru - Meat Promotion Wales

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Nutritional Analysis based on the 6th Edition of the Compositional Standard of Foods.

Welsh Beef Steak & Ale Individual Pies

Serves: 4

Cooking Time: Approx 2-2½ hours

Temperature: Gas Mark 3, 170°C, 325°F

Ingredients

450g (1lb) lean Welsh beef braising steak, cubed
8 shallots, peeled
50g (2oz) mushrooms - button and oyster mushrooms, whole
150ml (¼pt) beef stock
450ml (¾pt) ale
15ml (1tbsp) gravy granules
30ml (2tbsp) tomato purée
4 sprigs fresh thyme
350g (12oz) puff pastry, ready rolled
Egg and milk wash

Method

Mix all ingredients together well – except pastry.

Into four individual pie dishes place beef cubes, onions, mushrooms, stock, ale, gravy granules, tomato purée and thyme. Roll out puff pastry and divide into four and place on top of dishes, damp rim and finish edges. Place a small hole in the top to release steam, brush with egg and milk, 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 pies with mashed swede and seasonal vegetables.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions.
Energy 3316 kJ, 794 kcal, Fat 46 g, Iron 4.5 mg

Welsh Beef Sirloin Steak

with Plum and Brie

Serves: 2

Cooking Time: Approx 10 minutes

Ingredients

2 lean Welsh beef sirloin steaks
2 ripe plums, stoned and sliced
50g (2oz) ripe Brie or similar soft cheese

Method

Preheat grill (for at least 5 minutes). Add beef steaks and cook for 4 minutes each side for medium cook. 2 minutes before end of cooking, top steak with ripe plum slices and a thick wedge of cheese. Return to grill and cook until plums soften and catch and the Brie oozes over the steak.

Serve with new potatoes and a large green crunchy salad.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions.
Energy 1907 kJ, 455 kcal, Fat 20 g, Iron 4.4 mg

Welsh Beef Cannelloni

Serves: 4

Cooking Time: Approx 40 minutes

Temperature: Gas Mark 4, 180°C, 350°F

Ingredients

450g (1lb) lean Welsh beef mince
2 cloves garlic, crushed
1 onion, finely chopped
100g (4oz) mushrooms, sliced
1 courgette, thinly sliced
400g (approx) can chopped tomatoes
30ml (2tbsp) tomato purée
30ml (2tbsp) tomato ketchup
Cannelloni tubes, fresh or dried or large pasta tubes (or lasagne sheets), precooked if dried
350g tub fresh cheese sauce
25g (1oz) Mozzarella cheese, grated

Method

In a large non-stick pan, dry fry and brown beef mince with garlic and onion. Add mushrooms, courgette, tomatoes, purée and ketchup, and simmer for 1-2 minutes.

Spoon slightly cooled mixture into pasta tubes and lay in a deep ovenproof dish (place any extra mixture around the dish or serve separately). Spoon cheese sauce over the tubes and then sprinkle with cheese and bake for about 40 minutes until cheese is melted and golden.

Serve with bread sticks and a tomato basil salad.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions.
Energy 2126 kJ, 506 kcal, Fat 24 g, Iron 3 mg

Roasted Welsh Beef Topside

with Green Herb & Peppercorn Crust

Serves: 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 Welsh beef topside joint

4 cloves garlic

30ml (2tbsp) mixed peppercorns

2 large sprigs fresh thyme

2 large sprigs sage

2 large sprigs parsley

10ml (2tsp) olive oil

Method

Place in a pestle and mortar the garlic, peppercorns, thyme, sage, parsley and oil and pound together to break up peppercorn and bruise herbs or finely chop together.

Weigh the joint and calculate the cooking time using the timings above. Place joint on a rack in a roasting tin. Rub the herby mixture over the joint. Make two deep incisions into the joint and stuff mixture into joint. Open roast in a preheated oven. Cover with foil if the herb mixture starts to catch.

Serve thick slices of beef with roasted squash and Yorkshire puddings and steamed seasonal green vegetables.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions.
Energy 1299 kJ, 309 kcal, Fat 10 g, Iron 5 mg

Pot Roast of Welsh Beef

with Red Wine, Tomatoes & Butter Beans

Serves: 6

Cooking Time: Approx 2½ hours

Temperature: Gas Mark 3, 170°C, 325°F

Ingredients

1.25kg (2½lb) lean brisket or silverside Welsh beef

15ml (1tbsp) oil

2 onions, quartered

10 baby carrots, peeled and left whole

Seasoning

450ml (¾pt) beef stock

150ml (¼pt) red wine

400ml (approx) can butter beans, rinsed

6-8 cherry tomatoes

Method

Heat the oil in a large saucepan, add the joint and brown all sides. Place in a deep ovenproof casserole. Add onions, carrots and season well. Add stock and the red wine. Cover and cook for 2½ hours. Add butter beans and cherry tomatoes 30 minutes before the end of cooking. Thicken with gravy granules if gravy is too runny.

Serve with mashed roasted pumpkin and seasonal vegetables.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions.
Energy 1345 kJ, 319 kcal, Fat 11 g, Iron 4.3 mg

Bistro Style Welsh Fillet Steak

griddled with Tarragon & Parsley Butter

Serves: 4

Cooking Time: Approx 10 minutes

Ingredients

4 lean thick Welsh fillet steaks
50g (2oz) butter
30ml (2tbsp) fresh tarragon, chopped
30ml (2tbsp) fresh parsley, chopped
Seasoning

Method

Preheat griddle pan or grill (for at least 5 minutes). Add beef fillet steaks and cook for 4-5 minutes each side for medium cook. Remove steaks from pan and keep warm.

Take softened butter and add tarragon and parsley, combine together.

Serve a large spoonful on top of each steak and allow to ooze and melt over the steak.

Serve with skinny fries and steamed green beans.



Nutritional Analysis

Typical nutrient content per portion excluding serving suggestions.
Energy 1981 kj, 473 kcal, Fat 26 g, Iron 6 mg