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MAKE A *Moment*

WITH THESE AUSSOME RECIPES

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[#makeamoment](#) | [#beaussome](#) | [#askforaustralian](#)

Truly Aussome Recipes

SMALL BITES FOR ANY SIZED GATHERING

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MAKE A Moment WITH TRUE AUSSIE BEEF & LAMB

Heading into a new year, everything can use a little upgrade over the status quo. It's all about making the best with what you've got, and adding that little extra touch to make the time with your mates and rellos memorable. Simple swaps with pasture-raised Australian lamb or grassfed beef into your family favorites provide an instant upgrade and refreshing twist.

Since **Australia is the #1 source of quality lamb and grassfed beef in the U.S.**, it's easier to find than you think. Here are a few tips and tricks, and some new recipes to put into your holiday season mix.

This "parsley, orange and pecan-crusted rack of lamb"

shows how easy it can be to have a restaurant-quality meal at home. A quick crust of nuts, in-season citrus and herbs takes an already-special lamb chop over the top. You'll look like a chef in just 20 minutes. Good onya!

Check out our Healthy Balanced Meal Guide for strategies and tips.



GOOD FOR THE PLANET



-68%

Decreased water use
by 68% in the last 30
years



-56%

Reduced greenhouse gas
emissions by 56% in the last
14 years



0%

Committed to be Carbon
Neutral by 2030

Benefits of naturally lean and nutritious Australian Grassfed Beef and Lamb



Excellent source of iron
and zinc — essential for a
healthy immune system

4x

4x more iron than
chicken — important for
energy and brain function



The iron in beef is the
easiest type (called
heme-iron) for the body
to absorb and use

Herbes de Provence Aussie rib roast

(Full recipe on page 13)

Get the recipe and more easy, tasty,
make-a-moment recipes and videos at

www.trueaussiebeefandlamb.com/makeamoment



Where to buy Australian Grassfed Beef and Lamb near you

Small bites

FOR ANY SIZED GATHERING

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These appetizers are a great way to
set the tone for the night.





WATCH RECIPE
VIDEO



SERVES 4

RECIPE BY CHEF MERRY GRAHAM

Australian lamb loin bruschetta with cherry-olive tapenade, mascarpone and tarragon

Get your evening going with this easy to make starter.

Ingredients

For the lamb loin:

- 1 (8-12 oz) silverskin trimmed Australian lamb loin (or trimmed boneless leg of lamb)
- ¼ cup avocado oil or desired cooking oil, divided
- 1 teaspoon freshly ground black pepper
- 1 ½ teaspoon fine sea salt

For the bruschetta:

- 4 slices Texas toast bread
- ¼ cup melted, unsalted butter
- ¼ cup cherry jam or preserves
- ½ cup chopped Kalamata olives
- 2 teaspoons balsamic vinegar
- 1 cup mascarpone
- 1 tablespoon minced fresh tarragon
- whole tarragon leaves as needed

Method

To prep: Transfer Aussie lamb loin from refrigerator to platter 30 minutes before cooking. Drizzle 2 tablespoons of avocado oil on all sides of lamb and sprinkle with black pepper. Set lamb loin aside.

For the lamb: When the lamb loin is ready to cook, heat remaining oil in a large skillet over medium-high heat. Salt lamb loin on all sides, place in skillet, and sear about 4 minutes on each side or until center internal temperature has reached 125°F, about 8-10 minutes. Transfer cooked lamb to cutting board and allow to rest 10 minutes. Cut in ¼-inch by 2-inch strips.

For the bruschetta: Preheat oven to 400°F. Remove crust from bread slices and cut each slice into 4 squares. Brush bread squares with melted butter on both sides. Place on cookie sheet and bake on lower rack of oven 6 minutes or until golden brown. Transfer to cooling rack.

For the tapenade: In a 2-cup bowl, combine cherry jam, chopped olives and balsamic vinegar. If desired, add extra jam for sweetness or balsamic vinegar for tartness.

To assemble: Spread each toast square with about ½ tablespoon mascarpone cheese, and layer with 1 heaping tablespoon lamb loin strips, and ½ teaspoon cherry tapenade. Sprinkle with minced tarragon. Garnish with a tarragon leaf. Serve at room temperature.



SERVES 4

RECIPE BY CHEF ADAM MOORE

Cheesy garlic and herbed lamb pull-apart bread

This cheesy garlic and herbed lamb pull-apart bread is as fun to eat as it is to make.

Ingredients

- 1 pound Australian ground lamb
- 2 tablespoons butter, unsalted and melted
- 1 tablespoon Garam Masala or all-purpose lamb seasoning ([click here for the recipe](#))
- 1 cup shredded mozzarella cheese
- 1 cup shredded mild cheddar cheese
- ¼ cup grated Parmesan cheese
- 2 teaspoons chopped fresh rosemary leaves
- 2 teaspoons chopped fresh thyme leaves
- 2 teaspoons chopped fresh parsley leaves
- One 16.3 ounce can refrigerated buttermilk biscuit dough, each biscuit quartered

Method

Preheat the oven to 350°F. In a large skillet over high heat, add the butter and lamb. Cook until the lamb is browned, about 7 minutes. Drain off the excess fat and let the meat cool. In a large bowl, combine the cooled lamb with the spice rub, cheeses and herbs. Using one biscuit quarter at a time, press the meat, cheese and herb mixture into the dough to make a ball and arrange it neatly in a greased 12-inch skillet or baking pan. Top the dough balls with any remaining meat, cheese and herb mixture. Bake for 15 to 20 minutes, or until the bread is golden and bubbly. Invert onto a large plate and serve immediately.



SERVES 4

RECIPE BY CHEF ADAM MOORE

Aussie Lamb Baharat party pies

Baharat is a spice mixture or blend used in Middle Eastern, Turkish cuisine and Greek cuisine. Spice up your meat pies!

Ingredients

- 1 ½ pounds Australian lamb leg, minced
- 3 tablespoons olive oil
- 1 onion, minced
- 1 cup dark beer
- 1 ½ cup beef stock
- 1 carrot, minced
- 1 celery stalk, minced
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 tablespoon Baharat seasoning blend
- 1 tablespoon honey
- 2 tablespoons flour
- Store-bought pie dough shells
- 1 cup feta cheese
- 1 cup cream cheese
- 1 egg, for eggwash
- Micro mint, to garnish

Method

For the filling: Cook the first ten ingredients in a large pot over medium heat until tender- about 15 minutes. Create a slurry with the flour and honey and water as needed and add to the meat mixture. Cook until thickened- about 5 minutes. Remove from heat and reserve under refrigeration until ready to use.

For the pies: In small muffin tins, add lamb fill into blind partially baked pie dough shells. Top with dough and brush with egg wash. Baked until golden.

For the whipped feta: In a mixer, fitted with a paddle whip, mix together feta and cream cheese until smooth.

To serve: Pipe a dallop of whipped feta cheese atop the party pies and garnish with micro mint. Serve immediately.



SERVES 4

RECIPE BY CHEF BILL KIM

Chinese-style lamb rack with hoisin glaze

Hoisin sauce gives these chops a sweet and tangy glaze that pairs well with the lamb. Serve with steamed rice or as appetizers, with extra hoisin for dipping.

Ingredients

- 1 trimmed Australian frenched lamb rack
- 2 cups hoisin sauce
- 1 tablespoon honey
- 1 teaspoon rice wine vinegar
- 1 tablespoon minced garlic
- 4 sprigs fresh rosemary
- 2 tablespoons chili powder
- Pinch of ground cumin

Method

In a large bowl, mix together the hoisin, honey, vinegar, garlic, rosemary, chili powder and cumin. Generously rub and cover the lamb with the marinade and refrigerate it overnight.

To cook: Preheat a grill over medium-high heat. Remove the lamb from the marinade, wiping off the excess marinade. Slice the rack into chops. Grill the chops for 2 minutes on each side for medium-rare, or to the desired doneness, and allow to rest for 5 minutes before serving.



SERVES 8

RECIPE BY TRUE AUSSIE BEEF & LAMB

Aussie grassfed beef party skewers

A bit of high-quality grassfed Aussie steak and a simple honey-soy marinade are all you need for a winning appetizer. Grilled meat on a stick for the win!

Ingredients

- 1 pound Australian beef steak (sirloin or tenderloin)
- 1 bunch scallions
- 16 bamboo or metal skewers

For the marinade:

- 1 tablespoon honey
- 2 tablespoons soy sauce
- 1 tablespoon cream sherry or vinegar

Method

If using bamboo skewers, soak in water about 20 minutes so they don't burn during cooking. If using metal skewers, no need for this step.

Trim steak, then cut into 16 thin strips, about 5 inches in length. Cut scallions into 32 (1-inch) pieces. Stir together the honey, soy sauce and sherry.

Weave a strip of meat onto each skewer inserting a piece of shallot at either end. Brush with honey and soy marinade and leave to marinate in refrigerator until ready to cook (overnight if you have the time).

Cook on a well-oiled, hot grill rack for about 10 minutes, turning occasionally. Serve on a platter as a finger food starter.

Chef tips

If marinade starts to burn, reduce the heat or move to a cooler part of the barbeque.



ELEVATE YOUR *family-favorite holiday meal*

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Your tried-and-true recipe repertoire makes meals a breeze, but how do you make them that extra bit special? Simple swaps with Australian pasture-raised lamb or grassfed beef to provide an instant upgrade.



WATCH RECIPE
VIDEO



SERVES 4-6

RECIPE BY CHEF SAM JACKSON

Lamb and feta meatballs in rich tomato sauce

Ground Aussie lamb is a natural complement to Greek ingredients like olives and feta cheese. Made into meatballs and bathed in an herbed tomato sauce, they're perfect over pasta or rice, or nestled into warm pita bread.

Ingredients

For the meatballs:

- 2 pounds Australian ground lamb
- 3 large eggs
- 1 ½ cups dried breadcrumbs
- ¾ Feta cheese, crumbled
- ½ teaspoon garlic
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley leaves, chopped
- 2 tablespoons fresh mint leaves, chopped
- 1 lemon, zested
- Salt and pepper to taste
- Olive oil as needed

For the tomato sauce:

- 2 tablespoons olive oil
- 2 shallots, finely sliced
- 4 cloves of garlic, crushed
- 2 pounds canned tomatoes, chopped
- 1 tablespoon fresh thyme leaves, chopped
- ¼ cup green olives, pitted
- ¼ cup black olives, pitted
- ½ teaspoon, superfine sugar

For the garnish:

- Fresh parsley leaves, chopped, as needed
- Lemon wedges as needed

Method

For the meatballs: In a large bowl, combine all the meatball ingredients until mixed thoroughly. Set the mixture aside for 30 minutes in the refrigerator. Roll the meat mixture into 1½-inch balls, using hands dipped in warm water to avoid sticking. Heat olive oil in a large, heavy-bottomed saucepan over medium-high heat. Sear the meatballs in batches until browned on all sides. Place them on a baking sheet and set aside.

For the sauce: Heat the oil in a heavy-bottomed pot over medium heat and sauté the shallots and garlic for 5 minutes, or until the shallots are translucent. Add the canned tomatoes and thyme and reduce the heat to low. Simmer for 30 minutes, or until the sauce comes to a boil, stirring constantly to avoid it sticking and burning on the bottom. Add the olives and then season with salt and pepper and add the sugar. If the sauce is too acidic, add a little more sugar. Serve immediately or cool and refrigerate the sauce until needed.

To cook: Preheat the oven to 350°F. Bake the meatballs on the baking sheet for 6 to 8 minutes, or until cooked through.

Serve with warm sauce. Garnish with parsley and lemon.



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Method](#)
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SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

Mediterranean braised Australian lamb shanks with buttermilk mash

Mediterranean Braised Australian Lamb Shanks with Buttermilk mash are big on flavor, and easy to make ahead.

Ingredients

For the braised lamb:

- 4 large Australian lamb shanks
- 2 tablespoons olive oil, divided
- 1 onion, diced
- 2 carrots, scrubbed and diced
- 2 stalks celery, sliced
- 1 sprig fresh rosemary
- 1 bay leaf, whole
- 2 cups red wine
- 1 (14 ½-ounce) can crushed tomatoes
- Salt and black pepper, to taste

For the seasoned flour:

- ½ cup flour
- ¼ tablespoon paprika
- Pinch cayenne pepper
- 1 teaspoon salt
- ⅛ teaspoon ground black pepper

For the buttermilk mash:

- 4 large or 6 medium Yukon Gold potatoes, scrubbed and quartered
- ¼ - ½ cup buttermilk
- Salt and white pepper, to taste

Method

For the braised lamb: Combine the ingredients for the seasoned flour in a large zip-top bag. Toss and coat each of the lamb shanks in the bag. Heat 1 tablespoon of the oil in a large heavy-bottomed saucepan and brown shanks on all sides. Remove from pan, add remaining oil, onion, carrots and celery. Cook, stirring for 2-3 minutes or until onion is soft. Return shanks to the pan with the rosemary and bay leaf, wine, tomatoes and seasoning. Add water if needed, so liquid just covers the shanks. Cover and simmer over low heat for 2 hours, or until meat falls from the bone. Add extra water during cooking if needed.

For the buttermilk mash: When the shanks are nearly cooked, place the potatoes in a pan of salted water and bring to a boil. Reduce heat and simmer until tender. Drain and mash, adding enough buttermilk to bring to desired consistency. Season to taste with salt and pepper and keep warm. Remove rosemary and bay leaf from the shanks and serve over the mash with cooking liquid.



SERVES 4

RECIPE BY CHEF RENEE SCHAROFF

Cardamom-spiced *Leg of lamb*

Cardamom and cinnamon help to flavor this Moroccan-style roasted lamb. Serve tender slices with couscous or rice and additional fresh mint as a garnish.

Ingredients

- 1 (5-6 pound) Australian leg of lamb
- 1 ½ lemons, zested and juiced
- Kosher salt as needed
- Freshly ground pepper as needed
- 2 cups plain nonfat Greek yogurt
- ½ cup chiffonade fresh mint leaves, plus extra for garnish
- 6 large garlic cloves, minced
- 2 teaspoons ground cinnamon
- ½ teaspoon ground cardamom

Method

To prep: Put the lamb in a shallow baking dish. Reserve 2 tablespoons of lemon juice, pour remaining over lamb and season it with salt and pepper. In a bowl, whisk together the yogurt, mint, garlic, lemon zest, cinnamon, cardamom, ½ teaspoon salt, ½ teaspoon pepper, and 2 tablespoons of the lemon juice. Rub the ingredients all over the lamb. Cover and refrigerate the lamb for at least 5 hours or overnight.

To cook: Take the lamb out of the refrigerator 1 hour before cooking and bring it to room temperature. This promotes more even cooking!

Preheat the oven to 325°F. Unwrap the lamb and transfer it to a roasting pan. Place it under the broiler for 5 minutes, or until it looks seared and browned on top. Cover the lamb loosely with foil and transfer it to the oven. After 1 hour, check the internal temperature. For medium-rare, it should reach 135°F. It will rise a bit while the lamb rests.

To serve: Let the lamb rest for 15 minutes, then carve it into slices.



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SERVES 4

| RECIPE BY TRUE AUSSIE BEEF & LAMB

Turkish-style lamb flatbreads

These lamb flatbreads are a take on a classic street food in Turkish cuisine. Look for the Moroccan spice blend ras al hanout at your favorite spice shop.

Ingredients

- 1 pound Australian ground lamb
- 2 tablespoons olive oil
- 1 yellow onion, peeled and finely diced
- 2 tablespoons Moroccan seasoning mix
- 1 cup baby spinach leaves, washed and trimmed
- ¼ cup pine nuts, toasted
- 2 tablespoons currants
- Salt and freshly ground black pepper
- 1 large Turkish flatbread
- 2 ounces feta, crumbled
- ½ cup fresh parsley leaves
- Tzatziki for serving

Method

Preheat oven to 400°F.

Heat the olive oil in a large frying pan, add the onion and cook, stirring until soft and light golden.

Add the ground lamb and cook until all the lamb has browned, stirring to break up any lumps. Add the Moroccan mix and cook until aromatic. Add the spinach and cook until wilted, approximately 2 minutes.

Remove from heat and stir in the pine nuts and currants. Season with salt and pepper.

Cut bread in half lengthwise, creating two large flat pieces of bread to use as a base. Place bread onto a baking sheet, top with lamb mixture and sprinkle with crumbled feta.

Bake in oven 15 minutes or until crisp and hot. Sprinkle parsley over the flatbread and serve with tzatziki.



SERVES 6-8

RECIPE BY CHEF RENEE SCHAROFF

Herbes de Provence *Aussie rib roast*

For a winter holiday dinner spread, a rib roast commands attention. Chef Renee Scharoff's simple herb rub lets the grassfed beef do the talking; easy peasy in the oven or on the grill.

Ingredients

- 1 boneless 5-6 pound Australian grassfed rib roast
- 3 tablespoons of Herbes de Provence
 - 1 tablespoon dried thyme
 - 1 tablespoon dried basil
 - 1 tablespoon dried rosemary, crushed in a spice grinder
 - 1 tablespoon dried tarragon
 - 1 tablespoon dried summer savory
 - 1 teaspoon dried marjoram
 - 1 teaspoon dried oregano
 - 1 bay leaf, crushed
- 4 tablespoons olive oil
- 6 garlic cloves, minced
- 2 tablespoons kosher sea salt
- 1 teaspoon ground black pepper

Method

FOR OVERNIGHT MARINADE:

Make a paste of the garlic, herbs and olive oil. Cut small slits in the meat and rub paste all over roast. Season with salt and pepper. Cover and refrigerate.

Remove meat from the refrigerator 1½ hours before cooking, so it can come to room temperature. This ensures that it will cook evenly.

Preheat the oven to 450°F.

Put the roast on a roasting rack and cook for 25 minutes, then turn oven down to 325°F and cook until internal temperature reaches 120°F, using an instant-read thermometer. Remove the roast from the oven, cover it loosely with foil, and let it rest for about 20 minutes. Temperature will rise to about 130°F-135°F for a perfect medium rare temperature.

Slice, serve and enjoy!



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Tips

SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

Pan-seared Australian beef ribeye with Cabernet sauce and pear risotto

How do you top a luxurious risotto? With pan-seared Aussie ribeye and a Cabernet sauce, of course!

Ingredients

- 4 Australian beef ribeye steaks, trimmed
- Salt and freshly ground pepper, to taste
- 2 tablespoons olive oil
- ½ cup Cabernet Sauvignon (or Shiraz)
- ¼ cup beef broth
- 1 ½ cups Arborio rice
- 1 large pear, peeled and diced into ½-inch cubes
- 1 cup white wine (try a rich Chardonnay)
- 4 cups hot chicken stock
- White pepper to taste

For pear risotto:

- 2 tablespoons extra virgin olive oil
- 2 scallions, chopped

Method

Season steak with salt and pepper to taste and let come to room temperature.

For the risotto: Heat olive oil in a large saucepan over medium heat. Add onion and cook 1 minute or until starting to soften, but not brown. Add rice and pear and cook, stirring, for 2 minutes or until rice is well coated. Pour in white wine, stirring until all liquid is absorbed.

Reduce heat to medium-low, add chicken stock a ladle at a time, stirring constantly and allowing all liquid to be absorbed before adding the next ladleful. Continue until rice is creamy and al dente, about 20 minutes. Remove from heat and season with pepper. Cover and allow to rest 2-3 minutes before serving.

For the steak: While risotto is cooking, heat 2 tablespoons olive oil over high heat and cook beef 1-2 minutes each side. Reduce heat to medium and continue to cook beef 3-4 minutes or to your liking. Transfer to a heated plate and cover with foil to keep warm. Pour red wine and broth into pan and simmer over medium-high heat until mixture thickens, about 5 minutes.

To serve: Spoon risotto into large bowls. Slice steaks, arrange over risotto, then pour over the wine reduction. Serve with more of the Cabernet and a large green salad.

#Impress

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These recipes are made to be drool-worthy at the table and envy-inducing on social media. Simple techniques, the right product (enter Australian grassfed beef and lamb) and a few tips for presentation and you'll be ready to bask in the accolades.





SERVES 6-8

RECIPE BY TRUE AUSSIE BEEF & LAMB

Parsley, orange and *pecan-crusted rack of lamb*

Coating lamb with nuts and aromatic herbs is a simple way to elevate a holiday roast to something memorable. Here it's parsley, orange zest and pecans, with mustard as the "glue."

Ingredients

- 1 rack of Australian lamb
- 1 tablespoon olive oil (or any oil)
- ½ cup fresh parsley leaves, roughly chopped (or 3 tablespoons dried parsley flakes)
- 1 garlic clove, crushed (or granulated garlic)
- 1 orange, zest finely grated (or any citrus)
- ½ cup pecans, toasted and finely chopped (or any nut)
- 1 tablespoon Dijon mustard (or any mustard)
- Salt and freshly ground black pepper to taste

Method

Preheat the oven to 400°F. Rub the lamb with olive oil and season with salt and pepper. Position the rack in a roasting pan, meaty side up and place in the oven for 10 minutes.

While the lamb is cooking, combine the parsley, garlic, orange zest and pecans in a bowl.

Remove the lamb rack from the oven and spread it on the meaty side with the mustard. Gently press the herb and nut mix into the mustard. Divide the herb and nut mix equally between the racks and coat, gently pressing into the mustard. Return to the oven and continue to cook for an additional 10 minutes or to desired doneness. Serve with your favorite roasted vegetables.



SERVES 4

RECIPE BY CHEF JAMIE SIMPSON

Holiday braised and glazed lamb shank

The ingredients just sing out holiday, and are #aussome with Aussie lamb - whiskey, orange, juniper, clove, vanilla and cranberry. A showstopper for sure.

Ingredients

- 4 Australian lamb shanks
- 3 tablespoons salt
- 2 tablespoons vegetable oil
- 1 onion, peeled and cut in quarters
- 2 tablespoons juniper berries
- 1 tablespoon black peppercorns
- 5 cloves
- $\frac{3}{4}$ vanilla bean, split down the center
- 1 cup Scotch
- 1 cup Cabernet
- 1 orange, juiced and peel removed
- $\frac{1}{2}$ cup fresh or frozen cranberries
- 1 quart beef stock
- 1 stick unsalted butter, diced

Method

24-hours before cooking: Season the four shanks with the 2 tablespoons of salt, cover and allow to rest overnight in refrigerator.

Preheat the oven to 300°F.

On a stove top, preheat a large Dutch oven or braising pan on high. Add the 2 tablespoons of vegetable oil. Sear the shanks until golden brown on all sides. Remove from pan and sear onions on all flat sides until golden. Remove onions and add dry spices to toast for a few seconds until aromatic. Remove from heat and carefully add Scotch and Cabernet.

Return to heat and bring to boil. Add the orange juice, peel and cranberries. Return the shanks and onions to the pan and gently reduce the liquid in the pan until almost dry. Add beef stock. Cover and place the pan in the oven for about 2 hours. Remove shanks from pan when fork tender.

Preheat oven to broil. Reduce all braising liquid until it coats the back of a spoon. Stir in all butter, 1 chunk at a time, until it incorporates. Glaze the shanks with any remaining sauce.



WATCH RECIPE
VIDEO



SERVES 4

RECIPE BY CHEF ADAM MOORE

Aussie roast lamb leg with plum and macadamia nut stuffing

Stuffing a lamb leg is a technique that takes minutes to master,
and definitely takes dinner up a notch.

Ingredients

For the lamb:

- 1 boneless Australian leg of lamb
- Olive oil for cooking
- Salt and freshly ground pepper

For the stuffing:

- 3 ounces dried plums
- ½ cup white wine
- 1 cup water
- ½ cup raw sugar
- 4 ounces strong white bread, cut into small cubes
- Salt and ground white pepper
- 3 ounces unsalted macadamia nuts, roughly chopped

Method

Preheat the oven to 300°F.

For the stuffing: Simmer dried plums, white wine, water and sugar until soft, remove the plums and reduce the syrup until sticky, approximately 10 minutes.

Place the bread into a bowl and pour the plum mixture over while hot so as to allow the juices to soak into the bread. Season with salt and white pepper. Add the macadamias and mix until combined.

For the lamb: Stuff the cavity of the leg of lamb with the prepared stuffing. Use a wooden skewer to hold the opening together while cooking. Give doneness cue for lamb after 1¼ hours.

Rub the surface with some olive oil, salt and pepper, and place prepared leg on a rack in roasting pan. Cook in oven, uncovered, for 1¼ hours.

Remove from oven and cover with foil. Allow to rest 10-15 minutes before slicing and serving.



SERVES 6-8

RECIPE BY TRUE AUSSIE BEEF & LAMB

Aussie beef roast with horseradish, beets and green beans

Raise a holiday toast to this Aussie grassfed beef roast. Serve thinly sliced, and cut across the grain to maximize the tenderness.

Ingredients

- 2½ pounds Australian grassfed beef round roast
- 4 tablespoons horseradish, prepared
- 2 garlic cloves, finely chopped
- 2 garlic heads, halved
- 1 tablespoon thyme
- 2 tablespoons olive oil
- Salt and pepper to taste
- 3 bunches baby beets, trimmed, small tender leaves reserved
- 2 Spanish onions, thickly sliced
- 7 ounces baby green beans, trimmed
- 2 cups baby spinach
- 1 tablespoon red wine vinegar
- ¾ cup sour cream

Chef tips

The meat needs to rest once it's out of the oven for at least half an hour for maximum tenderness - cover loosely with foil and then with a clean tea towel and leave in a warm place.

Method

To cook: Preheat oven to 450°F. Combine 2 tablespoons horseradish, 1 clove chopped garlic, thyme and 1 tablespoon olive oil in a bowl, season to taste with salt and freshly ground pepper, then brush over beef and set aside at room temperature to marinate for 30 minutes. Place onion and 2 garlic heads in a small roasting pan, place beef on top and place in oven, immediately reducing temperature to 400°F. Roast, basting occasionally with pan juices until cooked to your liking (45-50 minutes for medium-rare, 50-55 minutes for medium). Remove from oven, cover loosely with foil and set aside to rest for 30 minutes.

Place baby beets cut-side up in a separate roasting pan, drizzle with about 1 tablespoon olive oil, season to taste, cover with foil and roast for about 40 minutes until tender, set aside.

Blanch green beans in a saucepan of boiling salted water for about 3 minutes until just tender, drain and set aside in a bowl with beet leaves and spinach. Just before serving, add baby beets, vinegar and about 1½ tablespoons olive oil, season to taste and toss to combine.

For the horseradish cream: Combine sour cream, remaining horseradish and remaining chopped garlic in a bowl, season to taste.

To serve: Very thinly slice the beef and serve with baby beet salad, roast onions and garlic from the pan, pan juices and with horseradish cream to dollop.



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SERVES 4

| RECIPE BY TRUE AUSSIE BEEF & LAMB

Grilled Aussie beef ribeye steaks with smoky eggplant and pomegranate salad

Grilled Aussie beef ribeye steaks with smoky eggplant and pomegranate salad

Ingredients

For Aussie steak:

- 4 Australian grassfed beef tenderloin steaks
- 1 tablespoon olive oil (or any oil)
- Salt and pepper

For eggplant:

- 1 large eggplant
- 1 tablespoon balsamic vinegar (or apple cider vinegar)
- 1 tablespoon lemon juice (or lime)

- 1 pint grape tomatoes, halved (or diced tomato)
- 1 seedless cucumber, diced (or any cucumber, seeds removed)
- 1/4 cup flat-leaf parsley leaves (or mint leaf or dill)
- 1 cup pomegranate seeds (or raisins)

Method

Before cooking: Brush steaks with oil and bring to room temperature.

For the eggplant: Cut a few deep slits in the eggplant and place directly over gas flame using tongs ([see tip if you don't have a gas flame](#)). Cook for 10 minutes, rotating as the skin chars and the eggplant softens. Remove to a tray and slice in half lengthwise. Scoop flesh into a sieve set over a bowl and allow to drain for 20 minutes.

Preheat a barbeque or grill to very hot, season steak with salt and pepper and cook for 2-3 minutes per side for medium, then allow to rest.

Finely chop the drained eggplant until it becomes slightly mushy, and then place in a bowl with balsamic vinegar and lemon juice, stirring until combined. Gently fold through tomato, cucumber, parsley and half the pomegranate seeds. Season with salt and pepper. Serve with remaining pomegranate seeds on top.

Restaurant meal

AT HOME

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How do you recreate a luxury dining experience at home? Start with a stand-out protein like restaurant-quality grassfed beef or lamb from Australia and--no worries mate--it's affordable, readily available and easier to cook than you think!





SERVES 4

RECIPE BY CHEF CONOR HANLON

Australian lamb bolognese

Aussie lamb makes a classic bolognese into something special, that's still simple enough for a weeknight dinner

Ingredients

- 1 ½ pounds Australian ground lamb
- ¼ cup olive oil
- ½ cup finely diced carrot
- ½ cup finely diced onion
- ½ cup finely diced celery
- 1 tablespoon tomato paste
- 1 (28 ounce) can San Marzano tomatoes
- 1 ½ cups red wine
- 2 bay leaves
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground fennel seeds
- ¼ teaspoon chili flakes
- 1 sprig fresh rosemary
- Salt and pepper to taste

Method

In a large pot over high heat, warm the olive oil. Brown the lamb, crumbling it apart and stirring it to avoid burning. Remove the meat from the pot with a slotted spoon, reserving the lamb fat.

Add the carrots, celery, and onion to the pot and reduce the heat to medium; cook for about 5 minutes, or until the vegetables are tender. Stir in the tomato paste. Add the wine and let it reduce by half, then add the meat back to the pot.

Stir in the canned tomatoes, 3 cups water, the bay leaves, cumin, coriander, fennel, chili flakes, and rosemary. Bring the mixture to a boil. Reduce the heat to maintain a slow and steady simmer for 1-2 hours, until the vegetables are tender and the sauce has thickened. Adjust the seasoning as needed with salt and pepper.

Serve the lamb bolognese with your choice of pasta, such as a broad fresh noodle like tagliatelle, or a firm dry shape like rigatoni or penne rigate.



SERVES 6

RECIPE BY CHEF GEORGE PAGONIS

Aussie lamb kapama

Say g'day to kapama, Greek-style lamb shanks braised with cloves, garlic, allspice and red wine over orzo pasta. Kapnos Chef George Pagonis gave us his version...delish!

Ingredients

- 6 Australian lamb shanks
- Salt and pepper to taste
- ½ cup canola oil
- 3 large white onions, chopped
- 12 cloves garlic, thinly sliced
- 1 tablespoon toasted ground allspice
- 1 teaspoon toasted ground cloves
- 1 cup red wine
- 2 cans (28 ounces each) crushed tomatoes
- 2 bay leaves
- 6 sprigs fresh thyme
- 12 ounces orzo pasta
- 2 tablespoons extra virgin olive oil
- 1 Parmesan cheese wedge

Chef tips

Top each serving with chopped Italian parsley for freshness and a pop of color.

Method

To prep: Preheat oven to 375°F. Season lamb shanks on all sides with salt and pepper.

For the shanks: Heat canola oil in large heavy deep skillet on medium-high heat. Working in batches, cook lamb shanks 10 minutes or until browned on all sides, turning often. Transfer shanks to roasting pan.

To cook: Discard all but 2 tablespoons drippings from skillet. Reduce heat to medium; add onions, garlic and spices. Cook 4-6 minutes or until onions are translucent, stirring frequently. Add wine; stir frequently until liquid is mostly evaporated. Stir in tomatoes, bay leaves and thyme. Bring mixture to a boil; remove from heat and pour over lamb shanks in roasting pan. Cover pan tightly with foil. Bake 1½-2 hours or until shanks are tender and meat is done (165°F).

For the pasta: Meanwhile, cook pasta as directed on package; drain, toss lightly with olive oil. Remove shanks from roasting pan; skim sauce of excess fat.

To serve: Spoon sauce over meat before serving with orzo. Sprinkle each serving with freshly grated Parmesan cheese.



SERVES 2

| RECIPE BY CHEF RENEE SCHAROFF

Grilled lamb t-bone chops with orange-mint gremolata

Gremolata is a mix of fresh herbs, garlic and citrus zest. It's an easy way to add fragrant flavors to grilled meat.

Ingredients

- 4 trimmed Australian lamb T-bone chops
- Kosher sea salt to taste
- Freshly ground pepper to taste
- 2 tablespoons olive oil
- 1 bunch finely chopped fresh mint leaves
- Zest of 2 oranges, finely grated
- 2-3 garlic cloves, minced
- ½ cup extra-virgin olive oil
- ⅓ cup chopped dried cherries or cranberries

Method

Preheat a grill on high heat. Make sure the grates are clean. Bring the lamb to room temperature. Season the chops well with the olive oil and salt and pepper to taste.

Grill the chops for 4 to 5 minutes on each side for medium-rare, or until they're cooked to your liking. Let the lamb rest off the grill for 5 minutes before eating.

For the Gremolata: In a bowl, stir together the zest, garlic, mint, and extra-virgin olive oil. Mix well to combine and season with salt and pepper. Fold in dried cherries or cranberries.

Serve the gremolata on top of each grilled lamb T-bone.



SERVES 2-6

RECIPE BY CHEF CHRIS COOMBS

Big boy ribeye steaks with herb butter

A big steak always gets attention, but it's the perfect crust from a cast-iron sear and luxurious herb butter that sets this one apart.

Ingredients

- Two 22-ounce Australian grassfed ribeye steaks
- Salt and pepper to taste
- 3 tablespoon canola oil
- ¼ cup unsalted butter
- 6 sprigs fresh thyme leaves
- 4 cloves garlic
- 1 sprig fresh rosemary leaves

Method

Season the ribeye steaks all over with a generous amount of salt and pepper. Let the meat stand at room temperature for 30 minutes. In a large cast-iron skillet, heat the canola oil until light smoke appears. Add the steaks and cook them over high heat until browned and well seared on the bottom, about 5 minutes. Turn the steaks and sear the second side in the same way, about 4 minutes. Reduce the heat to medium and add the butter, thyme, garlic and rosemary to the skillet. Cook, basting the steaks with the foamy butter, garlic and herbs, until the steaks are medium-rare, 4 minutes longer. Transfer the steaks to a cutting board and let them rest for 10 minutes. Slice the steaks across the grain and serve with any additional herb butter.



SERVES 8

| RECIPE BY CHEF THOMAS HORNER

Maple-onion glazed *Grassfed beef tenderloin*

Chef Thomas Horner marinates and bastes grassfed Aussie beef with a maple-onion glaze. The sugars caramelize to make a flavorful crust while the meat grills. Serve this with oil-roasted potatoes on the side.

Ingredients

- 1 Australian grassfed beef tenderloin
- 1 bunch fresh thyme leaves, chopped
- 1 bunch fresh basil leaves, chopped
- 1 large sweet onion, finely chopped
- ½ cup olive oil
- ¼ cup maple syrup
- Salt and pepper to taste

Method

In a large bowl or zip-lock bag, blend the thyme, basil, onion, maple syrup and olive oil; season with salt and pepper. Remove half to a smaller bowl. Add the tenderloin to the remaining half of the mixture and marinate it for 30 minutes. Preheat a grill to medium heat. Grill the tenderloin, basting it with the reserved onion mixture, for 25 to 30 minutes, turning it 4 or 5 times. Remove the tenderloin from the grill to rest for 10 minutes before carving it into slices.

Chef tips

The sugars in the onion and maple syrup will help provide the caramelization, so be careful not to use high heat, or the meat will burn.

A top-down photograph of a rustic white ceramic bowl filled with a hearty lamb and vegetable stew. The stew contains chunks of lamb, green bell peppers, and potatoes in a rich, reddish-brown sauce, garnished with fresh green herbs. The bowl sits on a light-colored wooden table. A green semi-transparent banner is overlaid across the top half of the image, containing white text. Below the banner, a silver spoon with some sauce on it lies on a white cloth napkin.

Set it and forget it

ENTERTAINING:

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These prepare-ahead meals with Australian lamb and grassfed beef will set an #aussome spread, and let you enjoy your company, too.



SERVES 6

RECIPE BY CHEF MERRY GRAHAM

Instant Pot Aussie lamb stew

Merry Graham's easy lamb stew has flavor for days in the instant pot or slow cooker. Let the cooker do the work, while you enjoy the company.

Ingredients

- 2.5-3 pounds Australian boneless leg of lamb
- ¼ cup all-purpose flour
- 2 teaspoons sea salt
- 1 teaspoon ground black pepper
- 6 slices bacon, cut in 1-inch pieces
- 1 cup chopped yellow onion
- ¼ cup chopped garlic
- 2 tablespoons cooking oil (olive, canola, or grapeseed)
- 1 cup beer or red wine
- 2 cups beef broth, divided
- 1 tablespoon each: fresh rosemary, thyme, parsley
- 4 medium red potatoes, cut into halves
- 1 large rutabaga, cut in 1½-inch chunks
- 1 cup mini rainbow carrots
- 1 cup fresh green beans, quartered
- ½ cup frozen green peas
- Slurry: 3 tablespoons melted butter, 3 tablespoons all-purpose flour
- Optional: Lemon Juice, herbs for garnish

Method

Trim and cut lamb in 2-inch chunks. Combine flour, salt and pepper and toss with lamb; set aside.

Place bacon into the Instant Pot and cook 3-4 minutes on sauté. Add onion and garlic, cook 3 minutes or until bacon is browned and onions have softened. Use a slotted spoon to transfer bacon, onion and garlic to a large bowl. Add 1 tablespoon cooking oil to the bacon fat in Pot. Brown the lamb chunks in two batches, adding the remaining cooking oil before browning the second batch. Transfer the browned lamb to the bowl with the bacon, onions, and garlic.

Add beer to the Instant Pot, scraping the bottom to pick up brown bits. Add 1½ cups of the beef broth and herbs. Pressure cook on high 15 minutes then immediately release pressure. Add potatoes, rutabaga, carrots, and green beans. Pressure cook for 10 minutes, release pressure naturally for 10 minutes. Uncover pot and stir in peas.

Meanwhile, combine the slurry ingredients with remaining beef broth until smooth. Whisk slurry directly into stew. Warm on sauté in Instant Pot, stirring until stew has thickened. Season to taste with salt, black pepper, and lemon juice. Ladle into bowls and sprinkle with fresh herbs.



WATCH RECIPE
VIDEO



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SERVES 4

RECIPE BY CHEF ADAM MOORE

Aussie lamb and sausage gumbo

This is a slow-cooker recipe you'll make again and again. It's super hearty, loaded with lamb, sausage and bacon, and celebrates with the flavors of Louisiana.

Ingredients

- 1 pound Australian lamb leg, trimmed and diced
- 1 slice bacon, minced (or ham)
- 8 ounces andouille sausage (smoked sausage)
- 1 tablespoon smoked paprika (or chili powder)
- 1 tablespoon dried thyme (or fresh thyme)
- 4 tablespoons flour
- 1 onion, diced
- 1 green bell pepper, diced (or any bell pepper)
- 2 stalks celery, diced
- 2 tablespoons minced garlic (or granulated garlic)
- 5 cups vegetable stock (or any stock or broth)
- Kosher salt and black pepper to taste
- Fresh thyme leaves and parsley leaves as desired
- Kitchen Bouquet, optional, as needed for color

Method

Preheat a large sauce pot over medium heat. Add the bacon and cook, stirring occasionally, until the fat has been rendered. Add the lamb, sausage, paprika, and dried thyme; cook until lightly browned, about 7 minutes. Stir in the flour to create a roux. Cook it for 1 minute. Add the onion, bell pepper, celery, and garlic. Cook until the onions are translucent and fragrant. Add the stock and bring it to a boil. Cook for 30 minutes, reducing the mixture by about a quarter. Add salt and pepper to taste. When the desired flavor is achieved, add Kitchen Bouquet, if desired, to develop a darker color. Garnish bowls of gumbo with fresh chopped thyme and parsley.



SERVES 4

RECIPE BY CHEF RENEE SCHAROFF

Lamb shank bourguignon

Chef Renee Scharoff likes to serve this fragrant lamb with creamy whipped potatoes and a garnish of fresh chopped thyme leaves.

Ingredients

- 4 medium to large trimmed Australian lamb shanks
- 2 tablespoons olive oil
- 10 ounces diced applewood-smoked bacon
- Kosher salt as needed
- Fresh ground pepper as needed
- 3 yellow onions, chopped
- 3 carrots, sliced on the bias
- 8 cloves garlic, chopped
- 3 tablespoons tomato paste
- One 750-ml bottle of good dry wine, such as Pinot Noir
- 1 bouquet fresh thyme and rosemary
- 1 quart beef stock
- 8 ounces baby bella mushrooms, sliced with stems discarded
- 4 tablespoons butter, softened
- 3 tablespoons all-purpose flour

Method

Preheat the oven to 400°F. In a large Dutch oven, cook bacon in the oil. When crisp, remove with a slotted spoon, leaving the fat behind. Put the bacon on paper towels to drain.

Season the lamb generously with salt and pepper. Sear the shanks on all sides until brown. Remove and set aside. Add the onions and carrots to the pot and let sweat over low heat for 10 minutes, or until onions are soft. Season with salt and pepper. Add the garlic and cook for 1 minute. Stir in tomato paste, pour in wine and let mixture simmer for 2 to 3 minutes to cook off the alcohol. Add the stock and herb bouquet. Add back the lamb and bacon, making sure the lamb is covered with stock. Bring to a boil and cook for 5 minutes.

Reduce oven to 325°F. Cover the pot and put it in the oven. Braise lamb for about 90 minutes. Add the mushrooms and turn shanks in the sauce so that they cook evenly. Braise for another 60 minutes, until they are very tender. Remove the shanks to a platter and put the pot over medium heat. In a small pot, melt the butter and whisk in the flour to make a roux. Stir it into the sauce to thicken it. Serve each shank with some of the sauce and vegetables.



SERVES 6

RECIPE BY TRUE AUSSIE BEEF & LAMB

Beer-braised pot roast with mushrooms

The beauty of cooking with beer is that there's always a bit left over for the chef.

Ingredients

Braise:

- 1 Australian grassfed beef chuck roast
- 4 slices bacon, diced
- 1 cup chopped onion
- Olive oil or vegetable oil
- 8 ounces mushrooms, sliced
- 4 tablespoons flour, divided
- Salt and black pepper
- 1 cup beer
- 1 cup beef stock
- 4 tablespoons cold water

Method

For the Braise: In large saucepan over medium heat, saute the bacon until cooked but not crisp. Remove bacon and set aside. Add the onion to the pan and cook, stirring, until just tender. If the pan is too dry, add a little olive oil or vegetable oil. Stir in the mushrooms and continue cooking until mushrooms are tender. Remove the onion and mushrooms and set aside.

Combine 2 tablespoons of the flour with salt and black pepper and coat the beef chuck roast thoroughly on all sides. Add enough oil to the pan to coat the bottom. Sear the beef on all sides to achieve a brown color. Return the bacon, onion, and mushrooms to the pan and add the beer and beef stock. Cover with a lid, reduce heat to low and cook for 3 to 4 hours or until the roast is very tender.

To Finish: Remove the roast and mushrooms to a bowl and set aside. Skim fat off the top or strain the broth into a jug to remove even more of the fat. Bring the broth to a simmer. In a small bowl or cup, combine the remaining 2 tablespoons of flour with the cold water, stirring or whisking until smooth. Stir this mixture into the simmering broth and continue cooking, stirring, until thickened. Return the beef and mushroom mixture to the gravy and heat through.

To Serve: Carve beef, pour gravy over it and serve with roast vegetables.



WATCH RECIPE
VIDEO



SERVES 4-6

RECIPE BY CHEF LINDSAY O'NEILL

Grassfed Aussie beef taco soup

Ole! It's the flavors of tacos in an easy format that's perfect for the winter season, and loaded with veggies and nutritious Australian grassfed ground beef.

Ingredients

- 1 lb. Australian grassfed ground beef
- 1 teaspoon olive oil
- ½ Vidalia onion, chopped
- 3 cloves garlic, minced
- 1 (8-ounce) can tomato paste
- 4 tablespoons taco seasoning
- 1 quart vegetable broth
- 3 cup water
- 1 cup frozen corn
- 1 cup chopped mixed vegetables
- 1 handful cilantro, chopped
- 1 (15-ounce) can black beans, drained

Method

Heat a large soup pot over medium heat. Add 1 teaspoon of olive oil, then onion. Stir onion until starting to brown, then add garlic and turn off heat.

Crumble the beef into the onion and garlic mixture and use silicone or plastic spoon to break down the meat. Cook on medium heat until all of the meat is brown, but not burnt. Turn off heat.

Mix in tomato paste and all 4 tablespoons of taco seasoning into meat, then pour in vegetable broth and water. Heat on medium-high heat until it begins to boil, then turn down to Simmer on low heat.

Add in frozen corn and mixed veggies and stir. Add in drained beans and stir.

Serve hot and top with fresh chopped cilantro.



WATCH RECIPE
VIDEO



Click for
Instant Pot
Method

SERVES 4

RECIPE BY CHEF ADAM MOORE

Shaved grassfed beef ramen

Ramen is Japanese comfort food, and it's especially delicious with Aussie beef. Customize your bowl with any number of garnishes to make it so much better than plain instant noodles.

Ingredients

- 2 pounds Australian grassfed sirloin
- ½ tablespoon kosher salt
- ½ teaspoon black pepper
- 2 tablespoons vegetable oil
- 2 bunches scallions, chopped
- 2 peeled carrots, chopped
- 1 head garlic, halved horizontally
- 1 (7-inch) piece fresh ginger
- ¼ cup bonito flakes
- 3 cups vegetable stock
- 3 (3-ounce) packages dried ramen noodles
- 2 pieces dried kombu or nori seaweed, cut into 4x4-inch squares

For sauce:

- ½ cup soy sauce
- 2 tablespoons sake
- 1 tablespoon mirin

Method

Before cooking: Soak the seaweed in 6 cups of water overnight.

For the sauce: In a small bowl, stir together the soy sauce, sake, and mirin. Refrigerate until ready to use.

For the stock: The next day, season the beef with salt and pepper. Preheat a large skillet over high heat and add the oil. Once it begins to smoke, add the beef and sear it on all sides until golden. Add the beef, scallions, carrots, garlic, ginger, bonito and stock to a large Crock Pot. Cook on low, uncovered, for 4 hours, or until the stock has reduced by half. Drain the seaweed and reserve the water. Remove the beef from the pot and stir in the sauce and seaweed water. Discard seaweed. Season the stock with salt and pepper and strain, if desired. Keep it warm or cool and refrigerate until ready to use.

To serve, very thinly slice the beef. Cook the noodles as directed on the package. Drain.

Place some of the cooked noodles in a large bowl and top with 2 cups of stock and some sliced beef. Garnish as desired.

The image features a bowl of food, likely a noodle dish, with sliced meat (beef and lamb), vegetables (carrots, green beans, mushrooms, and red chili), and a garnish of green onions. The bowl is placed on a blue textured cloth. In the background, there is another bowl and a green pepper. The text is overlaid on a red banner that spans the width of the image.

Healthier comfort food

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Getting a plan for eating better in the new year that you can really live with is a great start. These comfort foods will help get you through the rest of the cold weather months, but with a healthy twist with Australian grassfed beef and lamb.



SERVES 4

RECIPE BY CHEF ADAM MOORE

Grassfed Beef bowl-ito with cilantro rice

Never heard of a burrito from Down Under? Aussies like theirs in a bowl with diced grassfed beef and all the toppings. It's a meatier version for your mates!

Ingredients

- 1 pound Australian grass-fed beef sirloin, diced (no larger than 1/2 in by 1/2 in)
- 2 tablespoons vegetable oil
- 1 packet (1 oz) taco seasoning (or chili powder)
- 2 cups white rice, cooked (or brown rice)
- ½ cup fresh cilantro leaves, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 cup chunky salsa (or any salsa)
- 1 cup canned reduced-sodium black beans, drained (or pinto beans)
- 1 ripe avocado, diced (or guacamole)
- 4 tablespoons reduced-fat sour cream (or yogurt)
- 1 teaspoon ground cumin
- 4 teaspoons scallion, thinly sliced (or sliced onions)

Method

For the beef: Preheat a large skillet over high heat and add the oil. Once the oil begins to smoke, add the beef to the pan and quickly sear for about 1 minute. Next, add the taco seasoning and cook for a few more minutes, being careful not to overcook the meat, 3 to 4 minutes. Remove from heat and reserve the meat until ready to use.

For the cilantro rice: In a large bowl, combine the cooked rice with the fresh cilantro; season with salt and pepper.

To serve: For each serving, place ½ cup of the cilantro rice in the bottom of a large bowl and top with one quarter (4 ounces) of the diced beef, ¼ cup salsa, ¼ cup black beans, one quarter of the avocado, 1 tablespoon sour cream, ¼ teaspoon cumin and 1 teaspoon scallion. Serve immediately.



SERVES 4

RECIPE BY CHEF ADAM MOORE

Italian herb-crusted *lamb loin pizza*

Dried spices and fresh herbs combine to make a flavor-packed mixture for this sliced lamb loin-topped pizza. Sprinkle with more fresh herbs, chili flakes, Parmesan cheese and/or your favorite hot sauce after baking, for an extra kick of flavor.

Ingredients

For the lamb topping:

- 2 thinly sliced (¼ inch) Australian lamb loins (or shoulder or leg)
- 2 tablespoons vegetable oil
- 2 tablespoons Parmesan cheese, grated
- 1 tablespoon Italian seasoning or all-purpose lamb seasoning ([click here for the recipe](#))
- ½ teaspoon salt
- 1 tablespoon Dijon mustard

- 1 tablespoon each dried or 3 tablespoons chopped fresh Italian parsley, rosemary and thyme
- 1 clove garlic
- 1 tablespoon fennel seeds
- 1 teaspoon crushed red pepper flakes

For the pizza:

- Four (8-10-inch) pitas or naan flatbreads
- ½ cup store-bought pizza sauce, divided
- 2 cups shredded mozzarella cheese, divided

Method

Preheat the oven to 450°F. In a large bowl, mix the lamb topping ingredients until well combined. Line a baking sheet with parchment paper. Place the flatbreads on the baking sheet and evenly spread 2 tablespoons of sauce on each. Sprinkle ½ cup of mozzarella on each pizza. Spread the seasoned lamb loin topping across the pizzas. Bake the pizzas for 15 minutes. When the cheese is bubbling and just starting to turn golden, remove the pizzas and place them on a cutting board. Allow to cool for 3 or 4 minutes before slicing. Slice and serve immediately.



SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

Aussie beef, arugula, and Parmesan pizza with mint oil

Call it pizza or call it flatbread, this recipe shows how a few smart topping additions can make a basic pizza crust shine. Grassfed Aussie beef, arugula, some good parm, and touch of homemade mint oil make this easy appetizer a star.

Ingredients

- ½ pound Australian grassfed beef tenderloin (or substitute sirloin or strip loin)
- Olive oil as needed
- Salt and freshly ground pepper to taste
- 1 frozen pizza dough base
- 1½ cups arugula
- 3 ounces Parmesan cheese, shaved

For the mint oil:

- ¼ cup olive oil
- 6 fresh mint leaves

Method

Preheat oven to 425°F.

For the mint oil: Place olive oil and mint leaves in blender or coffee grinder and puree until smooth. Set aside.

Brush beef generously with olive oil and season to taste. Heat a non-stick pan or barbeque to high, and sear meat 2-3 minutes each side or until cooked to your liking. Transfer to a plate, cover loosely with foil and keep warm until pizza base is cooked.

Bake pizza dough for 10 minutes or until a pale golden brown. If dough puffs up, you can let steam out when it's out of the oven.

To Serve:

Slice beef thinly. Drizzle pizza base with mint oil and scatter arugula over top. Arrange sliced beef over leaves and finish with shaved Parmesan. Serve with a glass of good red wine.



SERVES 4

RECIPE BY TRUE AUSSIE BEEF & LAMB

Aussie lamb miso ramen noodles

The brothy goodness of miso ramen gets an extra-special upgrade with lean and tender Aussie lamb

Ingredients

- 1 ½ pounds trimmed Australian lamb leg steaks
- 2 tablespoons miso paste
- 1 teaspoon sunflower oil
- 5 ounces green beans, cut into 1-inch lengths
- 1 carrot, peeled and cut into batons
- 7 ounces thickly sliced cremini mushrooms
- 2 cups water
- 2 (3-ounce) packages dried ramen noodles as for preceding recipe
- 2 tablespoons soy sauce
- 4 spring onions thinly sliced on the diagonal spring onion
- As needed long, red chiles (optional)

Method

To cook: Brush Aussie lamb steaks with half the miso paste. Preheat a lightly oiled chargrill pan or BBQ and chargrill Aussie lamb for 3-4 minutes per side or until cooked to your liking. Rest for 5 minutes and slice. Heat oil in a wok and stir fry beans, carrot and mushrooms until lightly colored. Add the remaining miso and 2 cups water, noodles and soy and cook for 4-5 minutes until noodles are just heated through.

To serve: Divide noodles, vegetables and soup between serving bowls. Top noodles with sliced Aussie lamb, spring onions and chili, if desired.

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