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GOODNESS
FESTIVAL

PREMIUM AUSTRALIAN LAMB AND BEEF

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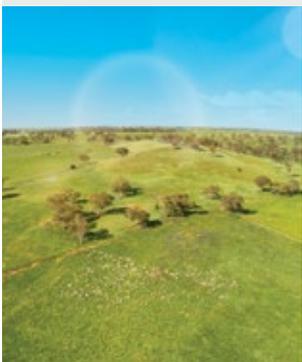
THE WORLD'S FINEST

Tender, juicy and delicious, Australian lamb and beef is the natural choice to cook up an unforgettable meal.

What makes it special?

The Ideal Home

Australian cattle and sheep are raised on the world's finest ingredients - clean air, green grass, and freshwater.



Clean and Safe

Australian meat is clean and safe and can be trusted and enjoyed wherever consumed.



Made to Share

Incredibly versatile with a range of cuts to choose from makes Australian meat perfect for a celebration or the outdoors.



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TUSCAN-STYLE STEW WITH AUSTRALIAN BEEF

 **5** SERVES
 **20** PREP TIME MINUTES
 **120** COOK TIME MINUTES

INGREDIENTS

1kg Casserole Beef (see beef cuts below)
 2-3 tbsp Olive Oil
 1 large Onion, diced
 3 cloves Garlic, thinly sliced
 1 tbsp Plain Flour
 1 tbsp Tomato Paste
 1.5 cups Beef Stock
 2-3 Sprigs of fresh Rosemary, medium sized
 400g Diced Tomatoes, canned
 2/3 cup Green or Black Olives
 2 small Zucchini, cut into 1.5cm thick slices
 Creamy Polenta and braised Baby Carrots, to serve

METHOD

Preheat oven to 180°C. Cut beef into 2.5cm-3cm cubes. Season with salt and pepper, add 2 tbsp oil, and mix well. Heat a large frypan over a medium-high heat. Brown the beef in 2 or 3 batches. Remove each batch and place in a casserole dish.

Reduce heat, add a little oil and onion to the frypan. Cook for 1-2 minutes, stirring occasionally. Add the garlic and stir for 1 minute more.

Add the flour and tomato paste, stir until the onion is coated. Gradually pour in the stock, stirring until the mixture boils. Pour over the beef in a casserole dish, add the rosemary, and stir to combine.

Cover the casserole dish, place in oven, and cook until the beef is just tender, then add the tomatoes, olives and zucchini, cook for 20 minutes more. Stir casserole every 40 minutes or so, add water if needed to keep the ingredients just covered.

Cooking tip

Beef casserole cuts and approximate cooking times: Chuck or boneless shin/gravy beef - 2 to 2½ hours, Topside, round, blade - 1 to 1½ hours



SLOW-COOKED AUSTRALIAN LAMB SHANKS WITH BLACK GRAPE

 **5** SERVES
 **30-40** PREP TIME MINUTES
 **120** COOK TIME MINUTES

INGREDIENTS

4 Australian Lamb Shanks
 1 Large White Onion
 400g Black Grapes
 4 Sprigs of Rosemary
 400g Red Beans
 200ml Lamb Stock
 Olive Oil
 Water

METHOD

Heat oil in a heavy-based casserole over a high heat and, once the oil is hot, add the shanks. Fry on each side for 5 minutes, until the skin is browned.

Add onion and cover for a minute. Then add water, lamb stock and rosemary. Cover and cook for 2 hours, either on the stove or in the oven.

In the same casserole, fry the grapes and beans and cook to warm them through.

Serve lamb shanks and pour the grape-bean sauce on top of the lamb shanks. Garnish with rosemary.

Cooking tip

Alternatively, you can also cook lamb shanks in a slow-cooker according to the manufacturer's instructions.



AUSTRALIAN BEEF RIBEYE STEAK

 **2** SERVES
 **5** PREP TIME MINUTES
 **5-6** COOK TIME MINUTES

INGREDIENTS

2x350g Australian Beef Ribeye
 Juice of 1 lemon (optional)
 Olive oil
 Rosemary
 Salt to taste

METHOD

Drizzle olive oil onto a grill pan and set over high heat. Brush both sides of steak with oil and season with salt.

Place steaks on grill pan, turning to make cross hatch marks. Cook for about 2-3 minutes on each side or until done to your liking.

Transfer the steak to a warm plate and allow to rest for 5-6 minutes.

Sprinkle with rosemary and salt, drizzle with olive oil and serve.

Cooking tip

Always rest meat after it comes off the heat. If given the time to rest the meat will lose less juice when you cut it ensuring it's moist, tender, and juicy when you eat it.



AUSTRALIAN LAMB KOFTA WITH SALAD

 **4** SERVES
 **30** PREP TIME MINUTES
 **6-8** COOK TIME MINUTES

INGREDIENTS

For the Lamb

300g Australian Lamb Mince
 1 cup White Onions, caramelized
 1 tsp Garlic, pressed
 1 Egg
 2 tsp Aromatic Herbs
 1 tsp Cumin Powder
 1 cup Parsley, chopped
 ½ cup Breadcrumbs

For the Salad

1 cup Cucumber, sliced
 6-7 Mixed Cherry Tomatoes, sliced
 50g Feta Cheese
 1 tsp Aromatic Herbs
 ¼ cup Olives
 ½ cup Parsley, chopped
 Juice of 1 lemon
 Mint Leaves, for garnish
 Olive Oil
 Salt & Pepper to taste

METHOD

In a bowl, combine ingredients for the kofta. With damp hands, take a handful of the meat mixture and form each ball around the tip of a skewer, flattening into a 2-inch oval. Do the same with the remaining mixture. Place in the fridge for 10 minutes to hold together.

Next, set grill to high heat. Add olive oil and cook the skewers on the grill, turning occasionally, until the lamb is cooked to your desired degree of doneness, about 6-8 minutes for medium.

For the salad, in a large bowl, combine the cucumber, cherry tomatoes, olives and feta cheese. In a separate bowl, add olive oil, lemon juice, aromatic herbs, salt and pepper. Add this mixture to the large bowl, toss well and garnish with mint leaves. Taste for seasonings and adjust accordingly.

Serve koftas with salad and flatbreads.

Cooking tip

Koftas should always be thoroughly cooked. A good guide is to insert a skewer into the thickest part; if it is ready to eat the juices will be clear.



PAN-FRIED AUSTRALIAN LAMB LOIN WITH MASHED POTATOES



4

SERVES



30

PREP TIME MINUTES



40

COOK TIME MINUTES

INGREDIENTS

1kg	Australian Lamb Loin
1kg	Potatoes
400ml	Milk
400ml	Cream
100g	Butter
1 tbsp	Coffee Powder
	Salt & White Pepper to taste
	Rosemary to garnish
	Cherry Tomatoes, to garnish

METHOD

In a pot, add hot water and bring to a boil. Add potatoes and boil until tender but not falling apart, about 15 minutes. Transfer to a bowl once done.

Next, in a small pot, cook milk and cream over low heat. Add butter. Mix until the butter is melted. Using a potato masher, slowly blend milk mixture into potatoes until smooth and creamy. Sprinkle with salt and pepper.

Mix together coffee, salt and pepper and sprinkle this over the lamb.

In a frying pan, add butter. Place the lamb on to the pan and cook for 3-4 minutes on each side. Once cooked to your liking, allow the lamb to rest for 10 minutes.

For garnishing, roast cherry tomatoes for a minute and then sprinkle with salt and thyme.

Slice the lamb; top over a bed of mashed potatoes, garnish with roasted cherry tomatoes and drizzle with olive oil.

Serve immediately.

Cooking tip

Bring the lamb loin to room temperature just before pan-frying; this helps you get a nice crust, but with a tender and moist interior.



AUSTRALIAN BEEF SALOONA



INGREDIENTS

500g	Australian Beef Striploin, cut into chunks
2 tbsp	Coriander Powder
2 tsp	Cinnamon Powder
1 cup	Onions, chopped
5 cups	Beef broth
1 cup	Potatoes, roughly chopped
1 cup	Butternut Squash, roughly chopped
1 cup	Carrots, roughly chopped
1 cup	Zucchini, roughly chopped
1 cup	Tomatoes, roughly chopped
1 cup	Fresh Coriander Leaves, roughly chopped
1 bag	Frozen Okra
3 tsp	Tomato Paste
1 tbsp	Turmeric Powder
2 tbsp	Oil
	Salt & Pepper to taste

METHOD

Heat oil in a large pot. Add the striploin to the pot and sear it on all sides.

Once browned well on all sides, add coriander powder and cinnamon powder. Mix until the spices are coated well on the meat.

Next, add onions, tomato paste, potatoes, carrots, coriander leaves and broth. Stir well to combine. Add salt and pepper to taste. Cover and simmer for 3 minutes.

After 3 minutes, add the butternut squash, tomatoes, zucchini and okra. Cover and cook for another 50 minutes until the meat is tender. Keep stirring every once in a while.

Once the meat is tender, garnish with coriander leaves and serve.

Cooking tip

Don't rush the initial stage of browning the beef, it's important to brown it in small batches; remember the better it browns, the better the flavour.



PARSLEY HUMMUS WITH AUSTRALIAN BEEF STRIPS



INGREDIENTS

For the Beef

300g	Australian Beef Strips
	Olive Oil
	Salt and Pepper to taste

For Garnish

3 tbsp	Pine Nuts
	Pink Peppercorns, crushed

For the Beef

1.5 cups	Parsley
2 cans	Chickpeas (reserve ½ cup cold Chickpea Water)
2 tbsp	Yoghurt
½ cup	Tahini
2 Garlic	Cloves, pressed
2 tsp	Cumin Powder
	Juice of 1 lemon
	Olive Oil
	Salt & Pepper to taste

METHOD

In a food processor, add all the ingredients for the hummus and blend until completely smooth. Ensure the consistency is not too thick or dry. If it is, thin out as desired with warm water. Transfer hummus into a platter and store in fridge or set aside.

Heat olive oil in a pan and cook the beef for 3-5 minutes. Season with salt and pepper.

In a separate pan on medium heat, toast the pine nuts. Pour a little olive oil, cook until golden brown and set aside.

When ready to serve, place the beef over the hummus, garnish with the pine nuts and sprinkle pink peppercorns.

Cooking tip

Tender beef cuts like tenderloin, sirloin, or rump can be trimmed and cut into uniform strips for use in quickly cooked dishes.



AUSTRALIAN BEEF TENDERLOIN WITH GREEK YOGHURT & BLACKBERRIES

 **4** SERVES
 **15** PREP TIME MINUTES
 **15** COOK TIME MINUTES

INGREDIENTS

For the Beef

2x300g Australian Beef Tenderloin
3 tbsp Sunflower Oil
5 tbsp Unsalted Butter
5 Thyme Sprigs
5 Rosemary Sprigs
4 cloves Garlic, lightly crushed

For the Labneh

320g Greek Yoghurt
1/5 tbsp Sunflower Oil
1.5 tbsp Pomegranate Molasses

For the Blackberry Sauce

250g Blackberries
2 tbsp Apple Cider Vinegar

For the Peanut Crumble

320g Peanuts, unsalted, roasted and finely chopped
40g Ginger, finely diced
1 tbsp Sugar

METHOD

To make the labneh, place the ingredients in a bowl with 1/8 teaspoon of salt. Whisk until smooth and set aside.

In a separate bowl, add sunflower oil, apple cider vinegar, mixed with sugar and pepper. Stir to combine. Then add the blackberries and mash together. Add thyme, rosemary and ginger to the mixture and mix well.

In a pan, add sunflower oil and butter. Rub ginger and garlic cloves on the beef. Place beef on the pan and cook until nicely browned on all side. Add salt as needed followed by thyme and rosemary. Baste the beef 2 or 3 times while it cooks.

To serve, spread the labneh out in the middle of a plate and lay the beef tenderloin topped with blackberry sauce. Scatter 1 teaspoon of peanut over the beef and serve immediately.

Cooking tip

Recognised for its leanness, delicate flavour and tenderness, the tenderloin cut is best suited for dry cooking methods.



AUSTRALIAN LAMB MEATBALLS WITH WARM YOGHURT SAUCE & SWISS CHARD

 **4** SERVES
 **15** PREP TIME MINUTES
 **20** COOK TIME MINUTES

INGREDIENTS

1kg	Australian Lamb Mince	1	Red Chili
1	Egg	2 tsp	Coriander Powder
4	Garlic Cloves	150g	Fresh Breadcrumbs
300g	Swiss Chard	½ tsp	Dried Mint Powder
70g	Pine Nuts	1 tsp	Cinnamon Powder
2½ tbsp	Lemon Juice	500g	Greek Yoghurt
1	Medium Onion, chopped	1 tbsp	Cornstarch
1/4 cup	Olive Oil		Salt & Pepper to taste

METHOD

Place in a large bowl the meat, garlic, pine nuts, chili, spices and breadcrumbs. Mix well, then shape into 2-inch meatballs, weighing 20g each. You should make about 24 balls.

Heat 2 tablespoons of the olive oil in a medium saucepan and fry the meatballs over medium heat for 8 to 10 minutes.

To make the yoghurt sauce, place the yoghurt, cornstarch, and egg in a large mixing bowl. Whisk well to form a smooth paste. Add 2 teaspoons of salt, along with a good crack of black pepper, stir, and set aside.

Pour the remaining oil into a medium pot and place over medium-high heat. Add half the meatballs and fry for 4 minutes, turning a few times so that all sides get browned. Remove from the pan and repeat with the remaining batch, adding a little bit more oil if you need to.

Next, pour in the yoghurt sauce. Bring to a very gentle simmer over medium-low heat – it should barely be bubbling – stirring continuously in one direction to prevent the yoghurt from curdling. Finally, add the swiss chard. Serve at once, with chili and cilantro sprinkled on top.

Cooking tip

Thaw frozen mince in the fridge, on the lowest shelf below, away from any ready-to-eat food. Only thaw in the microwave if using the mince immediately thereafter.



AUSTRALIAN BEEF LENTIL SALAD

 **2-3** SERVES
 **10** PREP TIME MINUTES
 **30** COOK TIME MINUTES

INGREDIENTS

2x300g	Australian Beef Striploin
2 cups	Brown Lentils
2 bunches	Baby Spinach/Arugula
1	Head of Onion & Garlic
1	Green Mango, sliced
1	Passion Fruit
100g	Slivered Almonds, roasted
1	Red Bell Pepper
200ml	Coconut Milk
200ml	Mango Puree
200ml	Beef Stock
150g	Tomato Paste
	Fresh Mint & Coriander Leaves
	Olive Oil
	Salt & Pepper to taste

METHOD

Heat oil in a heavy pot over medium-high heat. Add olive oil, onion, garlic, tomato paste. Stirring frequently, cook for 5-7 minutes.

Add pepper and stir again.

Stir in the lentils and the stock. Stir once and then add the coconut milk. Bring to a boil, reduce the heat to low and simmer, covered, until the lentils are tender but not quite done, stirring occasionally. Depending on the type and freshness of the lentils, this will take about 20 to 30 minutes.

Next, coat the meat with olive oil and drizzle with salt on each side. In a heated pan, cook the chops for 3-5 minutes on each side. Once browned, remove from pan and allow to rest for 5-6 minutes.

In a separate pan, heat oil. Add coriander leaves, spinach, garlic and red bell pepper. Sauté for 3-5 minutes.

In a bowl, add remaining ingredients and stir well to combine.

Add the above mixture to the pot with lentils and mix well.

Thinly slice the beef into slivers and add them to the pot along with the spinach mix. Finally, top with almonds and sprinkle salt and pepper for added flavour.

Cooking tip

The striploin cut can also be thinly sliced for use in stir-fries.



AUSTRALIAN LAMB CAESAR SALAD

 **2** SERVES
 **10** PREP TIME MINUTES
 **10** COOK TIME MINUTES

INGREDIENTS

1 bunch	Romaine Lettuce
3	Australian Lamb Chops
2-3 cloves	Garlic, chopped
1	Baguette (For the croutons)
100g jar	Anchovies in olive oil
100g	Parmesan Origiano
2 tbsp	Mayonnaise
	Olive Oil
	Salt & Pepper to taste

METHOD

Coat lamb chops with olive oil and drizzle with salt on each side.

In a pan, heat oil and place lamb chops. Cook for 3-5 minutes on each side.

Remove chops from the heat and allow to rest for 3 minutes before serving.

On a separate pan, cook lettuce in oil and sauté for a minute.

Next, in a bowl, add mayonnaise, garlic, pepper, anchovies and stir to combine. Finally, add in the parmesan cheese.

For the croutons, thinly slice the baguette into 1/4- to 1/2-inch slices. Drizzle with olive oil and fry for 1-2 minutes.

Garnish with Parmesan and serve immediately

Cooking tip

Test lamb cutlets for doneness with the back of your tongs. Rare is soft when pressed, medium is springy and well done is very firm.

