



**BEEF BOX**

FROM THE FARM



**Recipe ideas**



# BEEF BOX

FROM THE FARM

These simply delicious beef packs are great value, ideal for freezing and really handy for different meal occasions and recipes.

To show you how versatile these packs are, we've included lots of recipe ideas in this leaflet to show you how you could use all the different cuts in your box.

## What's in a box

Contents and weights will vary but, as a guideline, each pack will weigh between 10-12 kg and will typically contain:

- 3 roasting/pot roasting joints
- 3-4 packs of grilling/frying steaks
- 3 packs of braising steaks
- 1 pack of stewing steaks
- 2 packs of diced beef
- 3 packs of mince



*This is an example of what a pack might contain  
Content and weight will vary*



# Roasts and pot roasts

## Roast Beef with Horseradish and Herb Butter

 Serves 6  Prep time: 10 mins

Cook time: Rare: 20 mins per 450g/1lb plus 20 mins

Medium: 25 mins per 450g/1lb plus 25 mins

Well done: 30 mins per 450g/1lb plus 30 mins

### Ingredients

1 x 1.3kg/3lb lean topside or sirloin joint

Salt and freshly milled black pepper

#### For the Horseradish and Herb Butter

100g/4oz unsalted butter, softened

30-45ml/2-3tbsp hot creamed horseradish

30ml/2tbsp freshly chopped flat-leaf parsley

#### For the Gravy

15ml/1tbsp plain flour

600ml/1pint good, hot beef stock

150ml/¼pint full bodied red wine

### Method

1. Preheat the oven to Gas mark 4-5, 180-190°C, 350-375°F.
2. To prepare the butter, in a small bowl mix all the ingredients together. Place the joint on a chopping board, score the skin, season and spread generously with the butter on both sides. Wrap any remaining butter in cling film and freeze for up to 2 months.
3. Place the joint on a rack in a roasting tin and open roast for the preferred, calculated cooking time, basting occasionally with any rich meat juices. Cover with foil if browning too quickly.
4. Remove from the oven; cover and leave to rest on a large plate for 15-20 minutes. Meanwhile, make the gravy; spoon off any excess fat from the roasting tin and discard. Place the roasting tin over a



- medium heat and sprinkle over the flour. Stir well with a small whisk or spoon, add a little stock and stir again, scraping the base of the pan to release any rich, beefy sediment.
5. Add the remaining stock, wine and any meat juices from the plate. Adjust the seasoning if required and simmer for 8-10 minutes, stirring occasionally until reduced to a well-flavoured gravy. Strain before serving.
  6. Serve the beef with seasonal vegetables and the gravy.

### Tip

Make use any remaining herb butter as a topping on pan fried or grilled steaks.

# Roasts and pot roasts

## *Roast Beef with Crispy Bacon, Mustard and Herbs*

 Serves 4-6

 Prep time: 5 mins

Cook time: Rare: 20 mins per 450g/1lb plus 20 mins

Medium: 25 mins per 450g/1lb plus 25 mins

Well done: 30 mins per 450g/1lb plus 30 mins

### Ingredients

1x 1.3kg/3lb lean beef topside, boneless rib or sirloin joint

Salt and freshly milled black pepper

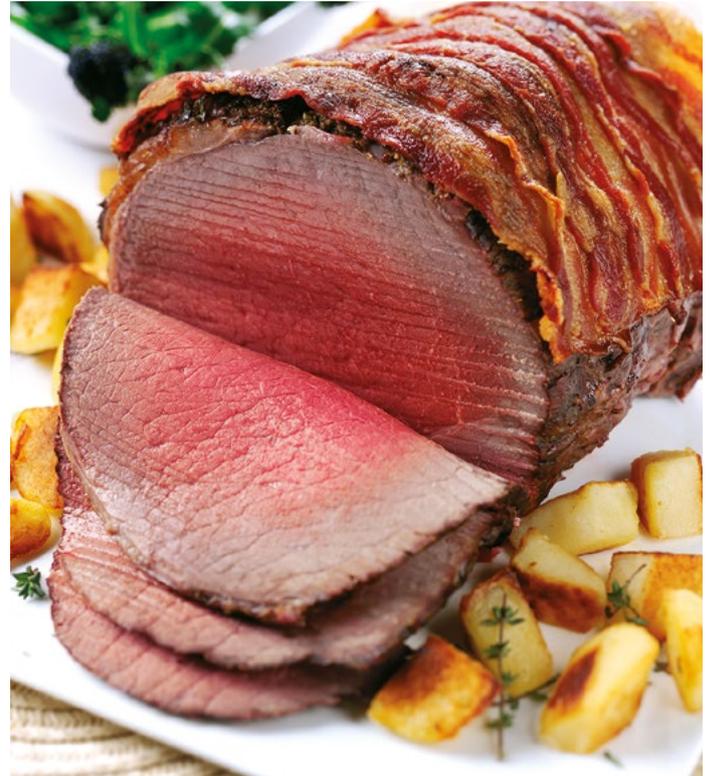
30ml/2tbsp wholegrain mustard

60ml/4tbsp freshly chopped flat-leaf parsley

6-8 streaky bacon rashers, stretched

### Method

1. Preheat the oven to Gas mark 4-5, 180-190°C, 350-375°F.
2. In a small bowl, mix together the mustard and parsley.
3. Place the joint on a chopping board, make several slits over the surface of the joint and season. Rub with the mustard and herb mixture over the surface of the joint and inside the slits. Wrap the bacon rashers around the joint.
4. Place the joint on a metal rack in a large roasting tin and open roast for the preferred, calculated cooking time, basting occasionally with any rich beefy juices.
5. Leave the joint to rest for 10-15 minutes, slice and serve with sautéed or roast potatoes and seasonal vegetables.



# Frying and grilling

## Barbecued Steaks

 Serves 4

 Prep time: 5 mins plus marinating time

Cook time (based on a 2cm/3/4in thick steak):

Rare: 2½ minutes on each side

Medium: 4 minutes on each side

Well done: 6 minutes on each side

### Ingredients

2x 300g/10½oz lean rump steaks, each cut in half 5ml/1tsp sunflower oil

#### For the Marinade:

15ml/1tbsp Worcestershire sauce

15-30ml/1-2tbsp prepared barbecue sauce 10ml/2tsp good balsamic vinegar

Salt and freshly milled black pepper

Rocket leaves, to garnish

### Method

1. Place the steaks in a non-metallic dish. Mix together the marinade ingredients and pour over the steaks. Cover and marinate for 10 minutes.
2. Heat the oil in a large non-stick frying pan and cook the steaks according to your preference.
3. Arrange the steaks on a small bed of rocket leaves and serve with pea mash.



### Tip

If preferred cook on a prepared, barbecue.

# Frying and grilling

## *Asian Glazed Steaks*

 Serves 4

 Cook time (based on a 2cm/¾in thick steak):

Rare: 2½ minutes on each side

Medium: 4 minutes on each side

Well done: 6 minutes on each side

### **Ingredients**

4 lean sirloin, rump or rib-eye steaks

#### **For the Marinade:**

90ml/6tbsp light soy sauce

60ml/4tbsp plum jam

Zest and juice of ½ lime

2 spring onions, finely chopped

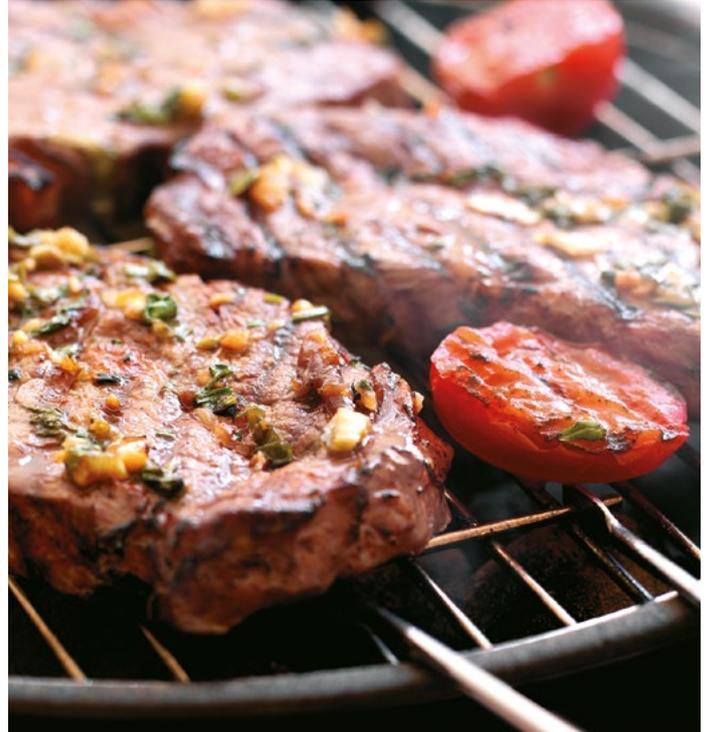
45ml/3tbsp freshly chopped coriander

5cm/2inch piece fresh root ginger, peeled and finely grated

2 garlic cloves, peeled and finely chopped

### **Method**

1. Place all the marinade ingredients into a large, shallow bowl. Add the steaks, cover and marinate in the refrigerator for 20 minutes, or overnight, if time allows.
2. Remove the steaks from the marinade and reserve the marinade mixture.
3. Cook the steaks according to preference on a preheated grill or barbecue, basting occasionally with the reserved marinade.



Serve the steaks with a colourful couscous salad.

# Braising

## Braised Beef Coconut Madras

 Serves 6  Prep time: 20 mins / Cook time: 2-2½ hours

### Ingredients

900g/2lb lean braising (chuck and blade) or stewing (shin and leg) steak, cut into 5cm/2in cubes	30ml/2tbsp tomato purée
Salt and freshly milled black pepper	30-60ml/2-4tbsp Madras curry paste or similar
45ml/3tbsp sunflower oil	200ml/7floz coconut milk
2 large onions, peeled and finely chopped	150ml/¼pint water
6 garlic cloves, peeled and finely chopped	2 small cinnamon sticks
1x 5cm/2in piece fresh root ginger, peeled and finely chopped	45ml/3tbsp freshly chopped coriander, to garnish
2 red chillies, deseeded (if preferred) and finely chopped	Fresh coconut shavings, to garnish, optional

### Method

1. Heat 30ml/2tbsp of the oil in a large frying pan, season the beef and brown the meat in batches for 3-4 minutes. Transfer to a large heatproof casserole dish.
2. In the same frying pan heat the remaining oil and cook the onion, garlic, ginger and chillies over a low heat for 10-15 minutes until soft and lightly brown.
3. Transfer to a food processor or mini blender and process until smooth. Return to the casserole dish and add the remaining ingredients except the coriander and coconut shavings.
4. Bring to the boil, reduce the heat, cover and simmer for 2-2½ hours, stirring occasionally. Remove the cinnamon sticks before serving
5. Garnish with the freshly chopped coriander and coconut shavings and serve with yellow basmati rice and naan bread.



# Braising

## *Spiced Braised Beef with Celeriac and Pickled Walnuts*

 Serves 4

 Prep time: Approximately 20 mins plus marinating time  
Cook time: 1½-2 hours

### Ingredients

675g/1½lb lean stewing or braising beef, cut into 5cm/2in cubes	3 fresh bay leaves
5-10ml/1-2tsp ground coriander	1 sachet bouquet garni
5-10ml/1-2tsp ground cumin	500ml/18fl oz good, hot beef stock
Salt and freshly milled black pepper	15-30ml/1-2tbsp honey
30ml/2tbsp sunflower oil	175g/6oz baby carrots, scraped
1 large onion, peeled and sliced	1 small celeriac, peeled and roughly chopped
250ml/9fl oz full bodied red wine	30ml/2tbsp freshly chopped chives, to garnish
6 pickled walnuts, cut in half	
Grated zest of 1 orange	

### Method

1. Place the beef in a large bowl and add the ground spices and seasoning. Mix well, cover and leave to marinate in the refrigerator for 2 hours or overnight.
2. Heat the oil in a large non-stick pan and fry the meat in batches and transfer to a large ovenproof casserole dish. In the same frying pan, cook the onions for 1-2 minutes until golden and add to the dish with the beef.
3. Add the remaining ingredients except the carrot and celeriac. Bring to the boil, reduce the heat, cover and simmer for 1½-2 hours.
4. 25-30 minutes before the end of cooking, add the carrots and celeriac and continue to cook until the meat is tender.
5. Garnish with chives and serve with plain couscous or rice.



# Mince and stew

## *Beef, Shallot and Red Pepper Stew*

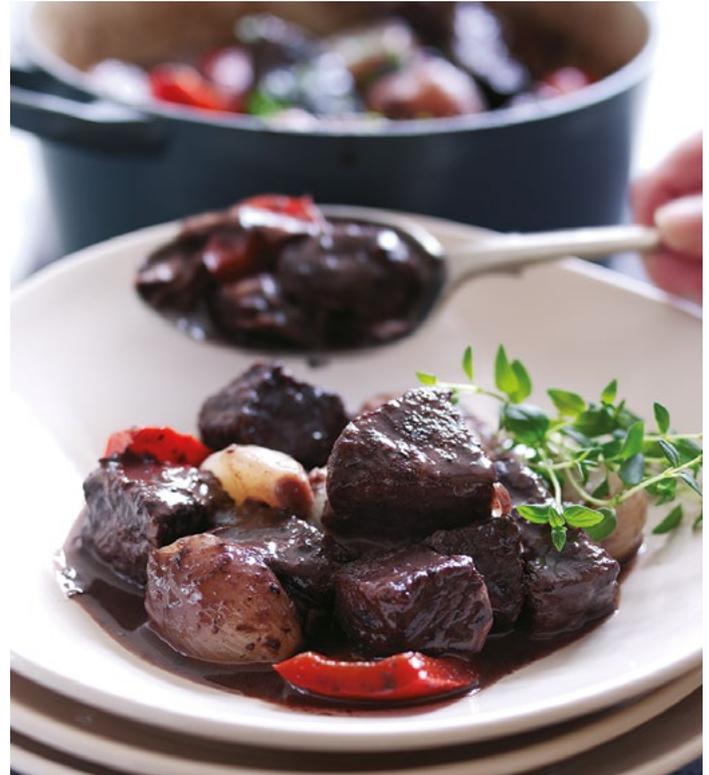
 Serves 4  Prep time: 20 mins / Cook time: 2½-3 hours

### Ingredients

900g/2lb lean braising or stewing steak, cut into 5cm/2in cubes	2 large red peppers, cored, deseeded and cut into large chunks
Salt and freshly milled black pepper	1 bottle good red wine
30ml/2tbsp dried mixed herbs	300ml/½pt good, hot beef stock
25g/1oz plain flour	2 bay leaves
15-30ml/1-2tbsp sunflower oil	Small sprig fresh thyme
675g/1½lb shallots, peeled and left whole	

### Method

1. Preheat the oven to Gas mark 3, 170°C, 325°F.
2. Place the seasoning, mixed herbs and flour in a large plastic food bag. Add the beef in batches and coat in the seasoned flour.
3. Heat the oil in 1.7L/3pint ovenproof casserole dish and brown the beef in batches with the shallots.
4. Stir in the pepper, wine, stock and bay leaves, scraping the base of the dish to release any sediment.
5. Bring to the boil, reduce the heat, cover and cook on the hob or in the oven for 2½-3 hours, or until the beef is tender.
6. Garnish the stew with the thyme and serve with mustard mash and seasonal vegetables.



# Mince and stew

## *The Ultimate Beef Chilli*

 Serves 4

 Prep time: Approximately 10 mins / Cook time: 1 hour 25 mins

### Ingredients

675g/1½lb lean beef mince	10ml/2tsp dried chilli flakes
15ml/1tbsp oil	15-30ml/1-2tbsp sweet chilli sauce
2 onions, peeled and finely chopped	10ml/2tsp ground cumin
2 large garlic cloves, peeled and crushed	10ml/2tsp ground coriander
150ml/¼pt good red wine	5ml/1tsp ground ginger
2x 400g cans cherry or chopped tomatoes	
30-45ml/2-3tbsp tomato purée	

### Method

1. Heat the oil in a large non-stick frying pan and cook the onions and garlic for 1-2 minutes.
2. Add the mince and cook for 8-10 minutes until brown, breaking down any meaty chunks with the back of a wooden spoon. Add the red wine and cook for 2-3 minutes.
3. Stir in the tomatoes, tomato purée, chilli flakes, sweet chilli sauce, spices, bay leaves and cocoa powder. Crumble over the stock cube and season.
4. Bring to the boil, reduce the heat and simmer for 1 hour.
5. Add the red kidney beans and continue to cook for a further 10 minutes.



# Cooking times for beef

Steaks	
Fry: <b>minute steak</b>	1-2 mins each side
Grill or fry: <b>fillet</b> 2-3cm (¾-1¼") thick	For each side allow: <b>rare</b> 3-4 mins; <b>medium</b> 4-5 mins; <b>well done</b> 6-7 mins
Grill or fry: <b>Denver steak</b> 2cm (¾") thick	For each side allow: <b>rare</b> 1½-2 mins; <b>medium</b> 2-2½ mins
Grill or fry: <b>sirloin, rump, rib eye</b> 2cm (¾") thick	For each side allow: <b>rare</b> 2½ mins; <b>medium</b> 4 mins; <b>well done</b> 6 mins
Grill or fry: <b>flat iron steak</b> 2cm (¾") thick	For each side allow: <b>rare</b> 2 mins; <b>medium rare</b> 3-4 mins; <b>medium</b> 5-7 mins. For best results cover with foil and rest for 5-10 minutes before serving
Stir-fry: <b>sirloin, rump, rib eye</b> cut into strips	2-4 mins + 2 mins with vegetables
Joints	
Oven roast: <b>topside, brisket, rib, mini joints</b>	Oven: gas mark 4-5, 180-190°C, 350-375°F <b>rare</b> 20 mins per 450g/1lb + 20 mins Internal temp approx 60°C, <b>medium</b> 25 mins per 450g/1lb + 25 mins Internal temp approx 70°C, <b>well done</b> 30 mins per 450g/1lb + 30 mins Internal temp approx 80°C
Pot roast: <b>silverside, rib, brisket</b>	Oven: gas mark 4-5, 180-190°C, 350-375°F 30-40 mins per 450g/1lb + 30-40 mins
Joints and steaks	
Casserole, stew and braise: <b>topside/braising steak, dice and daubes, shin and leg</b>	Oven: gas mark 3, 170°C, 325°F <b>Stew:</b> 2-3 hours <b>Braise:</b> braising steak (shin, leg, neck) 1½-2½ hours
Mince	
Fry, dry fry	To use mince that is then cooked with other ingredients, such as Bolognese, start by browning the mince. In a good-sized pan, fry, either dry or with just a little oil, for 4-6 mins. Don't put too much mince in the pan, or it will steam! Batch fry instead.
Burgers, about 1-2cm (¼-¾") thick	Shape the raw mince into burgers. <b>Fry/grill:</b> 4-6 mins each side. <b>Roast in the oven:</b> gas mark 4-5, 180-190°C, 350-375°F 15-20 mins

Produced for you by:

**AHDB**

Stoneleigh Park  
Kenilworth  
Warwickshire  
CV8 2TL

**T 024 7669 2051**

**E [comms@ahdb.org.uk](mailto:comms@ahdb.org.uk)**

**W [ahdb.org.uk](http://ahdb.org.uk)**

**🐦 @TheAHDB**

If you no longer wish to receive this information, please email us on [comms@ahdb.org.uk](mailto:comms@ahdb.org.uk)

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