



HALAL RECIPES

from around the world



AHDB



Halal recipes from around the world

This recipe brochure caters to those who follow halal dietary customs, with a range of recipes from around the world using quality British halal beef and lamb cuts. These delicious and nutritious collection of recipes for all meal occasions feature simple, readily available ingredients and an array of cooking methods. Whether you are cooking for a social gathering, a family meal, or a meal for two, there is a dish for you.



Beef Jambalaya

Serves: 6

Preparation time: 10 minutes

Cooking time: 35–40 minutes

Ingredients:

450g topside steaks, cut into thin strips
2 teaspoons smoked paprika powder
1 tablespoon oil
4 spicy halal beef sausages, sliced
1 large onion, peeled and finely chopped
2 garlic cloves, finely chopped or crushed
2 celery sticks, finely chopped
1 red pepper, deseeded and chopped
1 yellow pepper, deseeded and chopped
½ teaspoon dried chilli flakes
½ teaspoon dried oregano
225g brown basmati rice
600ml hot vegetable stock
1 tablespoon tomato purée
5 spring onions, finely chopped
1 fresh red chilli, deseeded and chopped
Large handful freshly chopped coriander or parsley
Extra freshly chopped spring onions, to garnish

Method:

1. In a medium bowl, dust the steak strips with half the smoked paprika and set aside.
2. Heat the oil in a large non-stick pan and cook the steaks strips until lightly coloured. Remove and set aside on a plate.
3. Cook the sausages, onion, garlic, celery and peppers in the same pan, stirring continuously for 5 minutes, or until the vegetables are soft.
4. Stir in the spices and the remaining smoked paprika, rice and beef. Add the tomato purée and stock and 400ml water. Season.
5. Increase the heat to bring up to the boil. Then reduce the heat, cover, and cook for 30–35 minutes.
6. Remove from the heat and leave to stand for 10 minutes. Stir gently, then garnish with the chopped parsley and spring onions. Serve with a green salad and mango chutney.





Beef Noodle Bowl

Serves: 4

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients:

375g thin-cut beef steaks,
cut into thin slices
1–2 teaspoons Chinese
five-spice powder
2 teaspoons oil
2 large garlic cloves, peeled
and crushed
1 x 2.5cm piece fresh ginger,
peeled and grated
1–2 fresh red chillies, deseeded
and finely chopped
6 tablespoons light soy sauce

For the noodles:

1 medium red onion, peeled
and finely sliced
200g fine green beans,
or mangetout, trimmed
and blanched
1 large carrot, peeled and grated
2 x 300g packs straight-to-wok
rice or wholemeal noodles
2 teaspoons nigella or sesame
seeds, to garnish
Freshly chopped coriander
or parsley, to garnish

Tip:

If preferred, replace the fresh chillies with 2–3 tablespoons of sweet chilli sauce.

Method:

1. Put the steaks in a large bowl and toss in the Chinese five-spice powder.
2. Heat half the oil in a large non-stick pan or wok over a high heat and fry the beef for 3–4 minutes or until brown.
3. Add the garlic, ginger, chilli, honey and soy sauce. Stir for 2 minutes or until the sauce thickens and cooks. Remove all from the pan and set aside.
4. Wipe the same pan or wok out and heat with the remaining oil over a moderately high heat and fry the onion until soft. Add the green beans, carrot and noodles, toss gently, then warm through for a few minutes. Return the beef with the sauce to the pan and gently toss together.
5. Spoon into serving bowls, garnish with the seeds and chopped herbs. Serve with a side salad.

Beef Rendang

Serves: 6

Preparation time: 20 minutes

Cooking time: 1–2 hours

Ingredients:

675g braising beef, cut into 2.5cm cubes

2–3 tablespoons oil

1 lemongrass stalk, white part only, bruised

4 fresh kaffir lime leaves

1 x 400g can reduced fat coconut milk

Fresh coriander leaves, to garnish

For the spice paste:

1 tablespoon cumin seeds

8–10 whole cloves

4 green cardamom pods

1–2 teaspoons ground coriander

1–2 tablespoons ground turmeric or 50g fresh turmeric, peeled

1 x 4cm piece fresh galangal or ginger, peeled

12 whole garlic cloves, peeled

5 fresh red chillies, seeds removed

2 medium onions, peeled and roughly chopped

8 raw cashew nuts

1 tablespoon light brown sugar

1 teaspoon salt

Method:

1. For the spice paste, put all the ingredients into a blender and pulse to a smooth consistency, adding a little water if needed.
2. Heat the oil in a large casserole pan or non-stick saucepan over moderate heat. Add the spice paste then cover and cook over a low heat for 10–15 minutes, or until reduced to a thick paste.
3. Add the beef, lemongrass and kaffir lime leaves. Stir well.
4. Gradually add the coconut milk, stirring gently. Reduce the heat, cover and simmer for 1–2 hours, stirring occasionally or until the beef is tender and the sauce is slightly dry.
5. Garnish with the fresh coriander leaves and serve with steamed brown basmati rice and poppadoms or flatbreads.

Tip:

For a hotter curry, retain the chilli seeds.





Braised Lime and Saffron Lamb

Serves: 6

Preparation time: 15 minutes, plus marinating time

Cooking time: 2½–3½ hours

Ingredients:

675g lean boneless lamb shoulder or neck fillet, cut into 2cm cubes

1 large onion, peeled and sliced

2 garlic cloves, peeled and finely chopped or crushed

¼ teaspoon saffron threads, soaked in 3 tablespoons boiling water

1 tablespoon ground turmeric

3 cardamom pods, crushed

4 garlic cloves, peeled and crushed

2 fresh bay leaves, torn

½ teaspoon dried chilli flakes

2 tablespoons oil

400ml, hot vegetable stock

Zest and juice of 1 lime

1 whole cinnamon stick

Lime wedges, to garnish

Freshly chopped mint or coriander, to garnish

Method:

1. Put the lamb, onion, garlic and spices in a large plastic food bag, toss together, seal and refrigerate for at least 3 hours, or overnight, in the fridge.
2. Heat the oil in flameproof/heatproof dish or non-stick pan until hot.
3. Add the marinated lamb mix and cook for 8–10 minutes, tossing occasionally until lightly coloured. Season and add the stock, then the lime zest and juice and cinnamon stick. Increase the heat and bring up to a boil. Reduce the heat, cover, and simmer for 2½–3½ hours, stirring occasionally.
4. Serve with jewelled or pilaff rice and a side salad.

Lancashire Hotpot

Serves: 6

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients:

4–6 boneless lamb leg steaks, cut into 2.5cm cubes or 1 x 500g pack lean lamb cubes

1–2 tablespoons garam masala

2 teaspoons oil

2 tablespoons freshly chopped mint

4 lamb's kidneys skinned, cored and cut into small pieces

1 large onions, peeled and cut into wedges

2 small carrots, peeled and sliced

1 tablespoon plain flour

400ml good, hot lamb stock

Dash of sweet chilli sauce

2 fresh or dried bay leaves

25g softened butter, ghee or low-fat spread

750g red potatoes, rinsed, unpeeled and finely sliced

Method:

1. Put the lamb in a large bowl, add the garam masala, season and coat well.
2. Heat the oil in a large non-stick pan and cook the lamb in batches until brown. Transfer into a large ovenproof casserole dish with a lid. Sprinkle over half the mint.
3. Add the kidney to the same non-stick pan, Cook for about 2–3 minutes and spoon over the lamb. In the same pan add the onions and carrots and cook for about 10 minutes until the onions are lightly coloured, adding a little more oil to the pan if necessary.
4. Stir in the flour and cook for 1–2 minutes. Add the stock, sweet chilli sauce and bay leaves. Season.
5. Preheat the oven to 180°C, 160°C Fan, Gas Mark 4.
6. Pour the stock and onion mixture into the casserole dish and sprinkle over the remaining mint. Arrange the potato slices on top of the casserole dish in an overlapping pattern. Season and dot with half the butter or low-fat spread.





Moroccan-Style Slow-Cooked Mutton

Serves: 6–8

Preparation time: 15 minutes

Cooking time: 4 hours

Ingredients:

1.8kg whole bone-in mutton or lamb shoulder
3 large garlic cloves, peeled and finely chopped
1 x 4cm piece fresh root ginger, peeled and grated
2 teaspoons oil
2 tablespoons ras el hanout spice mix
5–6 small red onions, peeled and halved
1 red chilli, deseeded and finely sliced
Zest and juice of 1 large lemon
Zest and juice of 2 oranges
100ml prepared pomegranate molasses
750ml hot vegetable stock
1 tablespoon tomato purée
250g wholegrain couscous or basmati rice
50g dried barberries or raisins
Small handful freshly chopped mint or coriander
2 tablespoons pistachios or toasted almonds, roughly chopped
Pomegranate seeds and rose petals (optional), to garnish

Method:

1. Preheat the oven to 160°C, 140°C Fan, Gas Mark 3.
2. Place the mutton on a chopping board and make several slits all over the surface with a sharp knife. Season.
3. Line a large non-stick roasting tray with foil, including enough to cover the joint when added.
4. In a small bowl mix together the garlic, ginger, oil and ras el hanout spice mix. Rub the mix all over the joint and transfer to the roasting tray along with the onions.
5. Sprinkle the chilli, zest and juice of the lemon and oranges over the joint. Drizzle over the pomegranate molasses.
6. Mix together the stock and tomato purée and pour over the joint.
7. Cover with baking parchment then the foil, and roast in the oven for 4 hours, turning from time to time until the meat falls away from the bone. 20 minutes before the end of the cooking time add couscous or rice, plus barberries or raisins.
8. Remove from the oven, garnish with the herbs, nuts, pomegranate seeds and rose petals (if used).
9. Serve with flatbreads and a selection of salads.

Mutton with Mango and Ginger

Serves: 4

Preparation time: 15 minutes

Cooking time: 2–2½ hours

Ingredients:

500g boneless mutton cubes

2 tablespoons oil

For the spice paste:

6 shallots, peeled and finely chopped

4 medium tomatoes, finely chopped

1 x 4cm piece fresh root ginger, peeled and finely chopped

2 tablespoons mango chutney

4 garlic cloves, peeled and finely chopped

3–4 dried red Kashmiri chillies

2 tablespoons ground coriander

1 teaspoon ground turmeric

2 tablespoons cumin seeds

Handful of curry leaves

For the sauce:

100ml coconut milk

100ml water

Freshly chopped coriander, to garnish

Method:

1. For the paste, put all the spice ingredients into a blender and pulse to a smooth consistency, adding a little water if needed. Season.
2. Heat the oil in a large non-stick saucepan or wok. Add the paste and cook over a low heat for 10–15 minutes, or until reduced to a thicker paste.
3. Add the mutton, stir well and cook for 5–10 minutes until brown.
4. For the sauce, gradually add the coconut milk and water, stirring gently. Reduce the heat, cover and simmer for 1–2 hours or until the mutton is tender and the sauce is slightly dry.
5. Garnish with the fresh coriander leaves and serve with steamed coconut rice or parathas/naan bread, raita and a side salad.

Tip:

Substitute the mutton cubes with lamb and reduce the cooking time by an hour. For a hotter curry, retain the seeds in the chillies.





Spiced Mutton Shanks

Serves: 4

Preparation time: 20 minutes,
plus marinating time

Cooking time: 2–3 hours

Ingredients:

4 mutton or lamb shanks
2 tablespoons ras el hanout or
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground cardamom
1 teaspoon ground
black pepper
1 teaspoon ground turmeric
Pinch of saffron threads
Zest and juice of 2 limes
2 teaspoons rosewater
2 tablespoons oil
1 medium onion, peeled and
roughly chopped
600ml good, hot chicken stock
Zest of 1 orange
Fresh thyme sprigs
2 fresh bay leaves
1 x 400g can chickpeas, drained
2 tablespoons freshly chopped
mint leaves, to garnish
2 tablespoons freshly chopped
parsley, to garnish

Method:

1. In a large plastic food bag mix the spices (except the saffron) with a little salt. Add the shanks, coat well, seal and marinate in the fridge for 1 hour or, if time allows, overnight.
2. Put the saffron threads in a small bowl with the lime zest and juice, rosewater and 100ml warm water. Set aside to infuse for 10 minutes.
3. Heat the oil in a large flameproof pot over a medium heat. Add the shanks (two at a time) and cook for 5 minutes, or until nicely browned. Remove and set aside on a plate, then brown the remaining shanks.
4. Add the onions and cook under a moderate heat for 8–10 minutes, stirring occasionally until soft and lightly coloured. Add stock, saffron mixture, half the orange zest, thyme and bay leaves.
5. Preheat the oven to 180°C, 160°C Fan, Gas Mark 4.
6. Return the shanks to the pot, bring to the boil, turn off the heat, cover and cook in the oven for 2–3 hours or until the meat falls away from the bone.
7. 20 minutes before the end of the cooking time add the chickpeas and continue to cook.
8. Garnish with the herbs and the remaining orange zest. Serve with basmati rice or flatbreads and a salad or seasonal vegetables.

Spicy Beef Flatbreads

Serves: 4

Preparation time: 10 minutes, plus marinating time

Cooking time: Under 10 minutes

Ingredients:

400g lean topside beef steaks, cut into strips
2 teaspoons fresh ginger, peeled and finely chopped
1 large garlic clove, peeled and finely chopped
1 green or red chilli, deseeded and finely chopped
4 teaspoons prepared tikka paste
6 tablespoons natural low fat yogurt
1 small bunch fresh coriander, finely chopped
Juice of 1 lime
1 small onion, peeled and thinly sliced
6 small cherry tomatoes, quartered
1 x 250g microwavable wholegrain basmati or wholegrain rice pouch
4 flatbreads or tortilla wraps
2 teaspoons oil
Freshly chopped coriander, to garnish

Method:

1. In a large bowl put the ginger, garlic, chilli, tikka paste, 2 tablespoons of yogurt and half the coriander. Add the beef, season, stir gently to combine, cover and set aside to marinate for 10 minutes.
2. Meanwhile, in a small bowl mix together the remaining coriander, yogurt and half the lime juice. Season.
3. In a separate small bowl mix together the onion and tomatoes with the remaining lime juice.
4. Cook the rice in the microwave according to the packet instructions and set aside, then warm the flatbreads or tortillas.
5. Heat the oil in a non-stick pan until hot. Stir-fry the beef for 2–3 minutes. Assemble the flatbreads or tortillas with the rice, onion and tomato mix, beef, coriander leaves and a dollop of the yogurt mix. Roll up as required and serve immediately with a side salad.





Tandoori Beef Kebabs

Serves: 4

Preparation time: 10 minutes

Cooking time: 12–16 minutes

Ingredients:

500g beef steaks, cut into 2.5cm cubes
200ml natural low fat yogurt or fat-free Greek yogurt
1 teaspoon garam masala
1 teaspoon cumin or jeera seeds, crushed
1 tablespoon chilli powder
1 tablespoon dried fenugreek or methi leaves, crushed
1–2 garlic cloves, peeled and finely chopped or grated
1 x 2.5cm piece fresh root ginger, peeled and finely grated
Juice of 1 lime
Chopped cucumber, mint and red onion salad, to serve
Wholemeal chapattis or pitta bread, to serve
Fresh lime wedges, to serve

Method:

1. Put the beef cubes in a large bowl. Add the yogurt, spices, garlic, ginger and lime juice to the beef, season and mix well so that the meat is well coated. Preheat the grill to a moderate heat.
2. Thread the beef onto 4–6 metal or wooden (soaked in water for 20 minutes) skewers and cook under the grill for 12–16 minutes, turning once.
3. Serve on top of warm wholemeal chapatti or naan bread, with a side salad and lime wedges.

Tip:

If preferred, marinate the beef cubes overnight in the spice mix or, for speed, use a prepared tandoori paste mixed with plain yogurt.

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