

Celebrations

4 SIMPLE, EASY, TASTY, NEW RECIPIES

MIXED DOUBLES

THE ONE-TWO

ALL WRAPPED UP

HALF TIMER





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This year, it's going to be an exceptional summer of sport and celebrations. So make sure you make the most of it.

Emerging from the winter gloom, bigger profits loom large especially if you follow our fantastic recipe suggestions. They're easy to make and are specially designed to improve your margins.



MINI BEEF ROASTING JOINTS WITH HORSERADISH AND CHIVE MARINADE

MIXED DOUBLES

Serves: 20 portions

Preparation time: 10 mins plus marinating time

Cooking time: 30-35 minutes



Whether they're celebrating the football, the tennis or their own occasion, here's a tasty little something special designed to share that will really make their night.

And yours.

METHOD

- 1** In a large, shallow tray mix all the marinade ingredients together. Add the mini joints, cover and marinate in the refrigerator for up to 2 hours or overnight, if time allows.
- 2** Preheat the oven to Gas mark 5, 190°C, 375°F.
- 3** Remove the steaks from the marinade and transfer to a baking tray. Cook for 30-35 minutes (medium).
- 4** Serve the steaks with chunky chips, sauté mushrooms and a selection of sauces, e.g Béarnaise.

Sous Vide method:

Place the marinated joints in vac pac pouches, seal and place in a sous vide machine set at 60°C for 4½ hours. Remove from pouch, brown in a pan with butter and oil and serve with accompaniments.

INGREDIENTS

- 8 x 300-350g Quality Standard beef – Mini Joints “Centre Cut”, EBLEX Code: Thick Flank B005 thick flank beef roasting joints

Horseradish and chive marinade:

- 150ml/¼ pint horseradish sauce
- 8 garlic cloves, peeled and crushed
- 150ml/¼ pint olive oil
- 75g/3oz freshly chopped chives
- Salt and freshly milled black pepper



MINI LAMB ROASTING JOINT WITH A FENNEL AND SAFFRON MARINADE

THE ONE-TWO

Serves: 20 portions

Preparation time: 20 mins plus marinating time

Cooking time: 25-30 minutes, medium rare. 30-40 mins, med.



Everyone loves lamb and here's a great way to serve it with the minimum of effort on your part. And maximum enjoyment on the part of your customers. Deigned to share, serve for tender, juicy profit margins.

METHOD

- 1 In a large, shallow tray mix all the marinade ingredients together.
Add the mini joints, cover and marinate in the refrigerator for up to 2 hours or overnight, if time allows.
- 2 Preheat the oven to Gas mark 5, 190°C, 375°F.
- 3 Remove the steaks from the marinade and transfer to a baking tray. Cook for 30-35 minutes (medium).
- 4 Serve sliced with dauphinoise potatoes and roasted cherry tomatoes on the vine and a selection of sauces, e.g. beurre blanc.

Sous Vide method:

Place the marinated joints in vac pac pouches, seal and place in a sous vide machine set at 60°C for 5 hours.
Remove from pouch, brown in a pan with butter and oil (10-12 mins) and serve with accompaniments.

INGREDIENTS

- 8 x 300-350g Quality Standard lamb – Mini Roast "Thick Flank", EBLEX Code: Leg L013 lamb roasting joints

For the Fennel and Saffron Marinade:

- 65g/2½oz fennel seeds, crushed
- 8 garlic cloves, peeled and crushed
- 2g saffron threads, crushed
- 150ml/¼pint sherry vinegar
- Salt and freshly milled black pepper
- 150ml/¼pint olive oil



ENGLAND'S HOT ROAST BEEF ROLLS

HALF TIMER

Serves: 40 portions

Preparation time: 25 minutes

Cooking time: 6 hours



A half-time snack that's as quick in the kitchen as Rooney is in the box. And by using a cost effective cut cooked very slowly to reduce shrinkage and maximise tenderness, one that will give you great profit margins.

METHOD

- 1** Place the onions in the bottom of a large roasting pan and place the well-seasoned joint on the onions. This will improve cooking and flavour.
- 2** Pour cold water or stock around the onions up to, but not quite touching the joint. Place a sheet of foil large enough to go under the roasting pan and around the joint i.e. creating a tent to retain the steam/moisture.
- 3** Cook in a warm preheated oven - Gas mark 1, 140°C/275°F on the lower shelf of the oven for around 6 hours or more. All you need to do is occasionally baste the joint and add a little more water or stock to the pan if required. If you want to glaze the joint, spread the mustard thinly over the joint about an hour before service.
- 4** When required, bring the joint out, unwrap the foil and then probe test the centre of the joint, which must exceed 75°C. Cover and leave to rest for 5-10 minutes before carving.
- 5** Then simply put the joint on a carving dish or clean chopping board.

INGREDIENTS

- 5kg Quality Standard beef – Chuck Eye Joint, EBLEX Code: Chuck eye B003 boneless, seam butchered chuck roast joint
- 3 large onions, thickly sliced
- Salt and pepper to season
- English Mustard, to glaze (optional)
- Buttered Rolls



PULLED SHOULDER OF LAMB WITH FENNEL, CARROT AND CHILLI SLAW

ALL WRAPPED UP

Serves: 6-8

Preparation time: 25 minutes

Cooking time: 4 hours



Slow cooked shoulder of lamb that's perfect for a quick serving at anytime during a match. (Even a penalty shoot-out.) A recipe that will pull in the customers and satisfy the biggest appetites.

METHOD

- 1 Preheat the oven to Gas mark 3, 170°C, 325°F. To prepare the spiced rub; in a small bowl mix all the ingredients together, except the grape juice.
- 2 Place the joint in a non-stick roasting tin and coat on both sides with the rub. Pour the grape juice around the lamb, cover with baking parchment then foil. Roast for 4 hours, turning half way during cooking.
- 3 Meanwhile, to prepare the fennel and chilli slaw; in a large bowl mix together the ingredients and set aside.
- 4 Remove the lamb from the tin and finish on a medium prepared barbecue for 10 minutes on each side (optional).
- 5 Place the joint on a chopping board and 'pull' the cooked lamb apart by securing the joint with a fork and shredding the meat with another fork.
- 6 Serve the lamb in flatbreads or pitta breads with the coleslaw.

INGREDIENTS

- 1 x 1.3kg/3lb Quality Standard Lamb – Shoulder – partly boned and fully trimmed, EBLEX Code: Forequarter L024 lean whole shoulder of lamb
 - Flatbreads or pitta breads, to serve
- For the Spiced Rub
- Salt and freshly milled black pepper
 - 3 large garlic cloves, peeled and finely chopped
 - 1 large red chilli, deseeded and finely chopped
 - 45ml/3tbsp ground coriander
 - Juice of 1 lemon
 - 30ml/2tbsp rapeseed or olive oil
 - 300ml/½ pint red grape juice

For the Fennel, Carrot and Chilli Slaw

- 1 small fennel bulb, finely sliced or shredded
- 2 medium carrots, peeled and grated
- 60ml/4tbsp sweet chilli sauce
- 60ml/4tbsp light mayonnaise
- Juice of ½ lemon
- 30ml/2tbsp freshly chopped flat-leaf parsley

