



performance!

Improving mental and physical performance at school, college and in the workplace

*A special collection of nutritious
beef and lamb recipes for caterers*



The Public Health Responsibility Deal

The Department of Health (DoH) recognises that people's environments, lifestyles, families, workplace, peer groups and behaviour define their health prospects and that these are shaped by a wide range of factors.

The Public Health Responsibility Deal has been established to tap into the potential for businesses and other organisations to improve public health through their influence on food, alcohol and physical activity behaviours in the work place.

All sectors of the food industry are being encouraged to demonstrate their support for this activity by committing to specific pledges.

The core commitments which organisations can sign up to include:

- Playing a role in improving people's health
- Enabling people to adopt a healthier diet
- Fostering a culture of responsible drinking
- Encouraging and assisting people to become more physically active
- Actively supporting the workforce to lead healthier lives

To encourage the provision of healthier food and beverages at work, a number of key pledges have been proposed by the DoH:

- Ensuring the availability of healthier food and beverages
- Reformulating recipes which are lower in fat, salt and energy
- Providing calorie information
- Providing responsible portion sizes
- Providing and promoting fruit and vegetables
- Ensuring water is freely available



“Staff restaurants can promote healthy eating and reduce salt, fat (particularly saturated fat) and sugar content of food and increase the amount of fruit and vegetables in meals. Offering healthier meals at work will contribute to the Government’s objectives of reducing diet-related ill health and its costs to the NHS and the wider economy.”

- Department of Health
Responsibility Deal

About the recipes in this book

The beef and lamb recipes in this book reflect the adoption of a number of healthier catering practices and are designed to assist caterers to support the Public Health Responsibility Deal.

All the recipes featured are good sources of protein and they all contain a variety of vegetables and fruit which will help customers achieve their 'five-a-day' target.

Some contain ingredients that provide useful amounts of carbohydrate. Others contain useful amounts of iron and zinc, which can sometimes be lacking in our diets. The use of nuts and pulses in some of the recipes also helps to boost the fibre content.

Furthermore, we have endeavoured to keep the fat and salt content of the dishes as low as possible without compromising on taste or visual appeal. The calorie content of the recipes varies from under 200kcal to over 500kcal per portion, to account for different sized appetites.

All of the recipes are Halal compliant.

In order to help consumers put nutrition information into context, many food and drink companies use Guideline Daily Amounts (GDAs) on pack. The GDAs provide consumers with additional information which they can use to gain an improved understanding of their daily consumption of nutrients within the context of a healthy balanced diet.



Typical values	Women	Men	Children 5-10yrs
Energy calories (kcal)	2,000	2,500	1,800
Protein	45g	55g	24g
Carbohydrate	230g	300g	220g
of which sugars	90g	120g	85g
Fat	70g	95g	70g
of which saturates	20g	30g	20g
Fibre	24g	24g	15g
Salt	6g	6g	4g

Getting the Balance Right

Physically active people are able to eat more. They can consume more energy [calories] and achieve a better energy balance than those who are sedentary.

Increasing the amount of food needed to match the energy expended by exercise reduces the risk of potential problems with vitamin and mineral deficiencies. The nutrient density of food is a key consideration for everyone but particularly those who are physically active.

Nutrient density is a measure of how many vitamins and minerals a food contains in relation to its energy content. Nutrient dense foods provide substantial amounts of vitamins and minerals and relatively few calories. They are the opposite of energy dense foods, which are referred to as having 'empty calories'.

If the energy (calorie) of the diet is restricted it is much more difficult to achieve an adequate intake of all the essential micronutrients the body needs for health and wellbeing. Less food generally means that there will be fewer nutrients. Thus, the selection of nutrient dense foods becomes of even greater importance. This is often overlooked by those who adhere to a reduced calorie diet.

Red meats, including beef and lamb, are nutrient dense foods. Lean beef and lamb in the diet can help those who choose to be physically active, as well as those who prefer to have a more sedentary life. However, the portion size and frequency of consumption has to be taken into consideration depending on individual circumstances. Age and level of physical activity will have a bearing on this.

"Around the world, moderate intake of lean red meat is widely recognised to play an important part in a healthy balanced diet."

"There is no evidence that a moderate intake of lean red meat, when consumed as part of a healthy balanced diet, has any negative health effects."

"...the type of cut or the meat product chosen and how it is cooked can make a big difference to the fat content."

Wyness L et al 2011, Red Meat In The Diet: An Update, British Nutrition Foundation, The Nutrition Bulletin, Volume 36, Pages 34-77

*Examples of typical cooked red meat portions:
3 slices of roast lamb, 80g
2 grilled lamb chops, excluding the bone, 70-80g
Portion of stewed beef mince, 70-80g
1 grilled sirloin steak, 160g
1 grilled quarter pound burger, 70-80g*

How much protein?

This will depend on the type, intensity and frequency of training. It will also be influenced by personal fitness and previous diet. To aid training, performance and recovery;

- Choose a variety of protein-rich foods, such as lean red meat, poultry, fish, eggs, milk and milk products like cheese and yogurt, beans and pulses
- Consume these protein rich foods throughout the day
- Choose lean meat and low fat dairy products

Protein content of typical cooked red meat portions are as follows:

- 3 slices of roast lamb, 24g
- 2 grilled lamb chops, excluding the bone, 24g
- Portion of stewed beef mince, 20g
- 1 grilled sirloin steak, 54g
- 1 grilled quarter pound burger, 20g



Sports nutrition

Whatever the sport or form of exercise, improved diet will lead to better health and higher standards of performance. However, the importance of protein in athletic performance is one of the most hotly debated nutritional topics among scientists, coaches and sportspeople. Whether extra protein is needed or not has been contended ever since the time of the Ancient Greeks.

Protein is an important nutrient, because it makes up part of the structure of every cell in the body. It is

necessary for the growth and formation of new tissues and also for repairing damaged tissues. This means that a fresh supply of protein is needed on a regular basis. It is a 'back up' source of energy when carbohydrate is in short supply such as could happen after prolonged or intensive exercise.

When food containing protein is eaten it is broken down in the digestive system into its constituent amino acids. It is then reassembled into the particular protein or proteins that the body needs.

Good Food for Schoolchildren

Between 40-69% of children in Britain are largely inactive, spending less than one hour a day participating in activities of moderate intensity. It is perhaps no surprise that there is an increasing prevalence of overweight and obese children.

Evidence suggests that some young children and teenagers have low intakes of essential vitamins and minerals. They have been shown to have low blood levels of vital minerals such as iron and zinc.

Diet in childhood is a contributing factor, to varying degrees, in the development of a number of diseases, either in childhood itself or during adult life, such as obesity, iron deficiency anaemia, dental caries, coronary heart disease, hypertension, osteoporosis and cancer.

Schools play an important role in promoting healthy eating habits to children both in terms of the food that is provided and the information they receive on food and nutrition in the curriculum.

Standards set for school food in the UK vary from one country to another. Some are food-based, emphasising the food children should be offered such as red meat, fruit, vegetables, oily fish etc. Others are nutrient-based and focus on the energy and the proportion of the various nutrients and micronutrients that a school meal should provide.

Whether food or nutrient based, the standards set in each country recognise the nutritional importance of iron for school children and the positive contribution that red meat can make to iron intake.

Meat and meat products are the main dietary source of protein for young people, contributing just under a third of total intake.¹



“..the adoption of sensible eating habits and an active lifestyle early in childhood are considered important health strategies.”¹”

“Evidence suggests that health traits present in childhood tend to track into adult life, including body weight, blood levels of cholesterol and blood pressure.”¹”

¹ Gregory J and Lowe S, 2000: National Diet and Nutrition Survey (NDNS) – Young People Aged 4 – 18 Years, Volume One, Report of the Diet and Nutrition Survey, London TSO

Further information:
School Food Trust (England)
www.schoolfoodtrust.org.uk

Halal: Quality beef and lamb for the Muslim consumer

The growing population of Muslim consumers has meant that in recent years, demand for Halal meat has increased considerably.

There are a number of factors to be taken into consideration for meat to be in accordance with the teachings of the Qur'an. Specific requirements for Halal meat begin on the farm and also apply during slaughter.

Muslim consumers require meat that has a high proportion of muscle and low fat cover. The animals are fed a diet that is natural and free from any GM modified feeds that might be considered to be Haram (unlawful).

On the farm, great care is taken to ensure that every animal reaches the correct weight and carcass conformity to satisfy the demands of the market.

During the slaughtering process there are a number of important points that must be observed for the meat to conform to Halal requirements, these being:

1. Slaughter must be undertaken by a Muslim slaughterman
2. The Tsmiyya (a prayer) must be orally and audibly recited by the slaughterman over each individual animal as the cut takes place



3. Only manual killing of the animal is acceptable

There are also significant differences to traditional butchery techniques when the carcass is cut for the Halal market.

Because the cutting of a lamb carcass for the Halal market differs from traditional English butchery techniques, EBLEX has produced a specialist Cutting Guide to address the specific needs of that market.

The Lamb Cutting Guide for the Halal Market was developed as a training tool and to provide a single comprehensive specification to ensure consistency throughout the Halal industry.

A Word about Quality Assurance

The EBLEX Quality Standard Mark Scheme for beef and lamb and the Red Tractor scheme from Assured Food Standards both provide a guarantee of assurance, encompassing food safety, animal welfare and care for the environment.

The EBLEX Quality Standard Mark Scheme builds on this by embracing additional eating quality requirements. The two schemes sit side-by-side as perfect partners, offering caterers the choice.



Red Tractor Scheme Red Tractor assurance standards for beef and lamb encompass food safety, animal welfare, environmental protection and traceability.

The basic welfare needs of sheep and cattle must not be compromised at any stage of their lives and farmers must ensure that their farming practices do not damage the environment.

Animals need to be identifiable and traceable back to their farms of origin and moved in clean vehicles so that the beef and lamb produced is free from contamination and safe to eat.



EBLEX Quality Standard Mark Scheme The Quality Standard Mark Scheme for beef and lamb provides one of the highest levels of independently-inspected quality assurance for meat in the United Kingdom.

Equivalent to the Red Tractor Scheme, the standards contain combined guarantees of food safety, animal welfare and care for the environment with additional requirements also providing a guarantee of consistent, enhanced eating quality.



Guaranteed assurance standards

The flag in the Red Tractor scheme logo indicates the state of origin (eg British, with the Union flag) but the Quality Standard Mark Scheme can be more precise (eg English, using the St George's flag or British, with the Union flag)

The table below provides a summary of the guaranteed assurance standards associated with each scheme.



Find out more

For further details about the EBLEX Quality Standard Mark Scheme and the Red Tractor scheme visit eblextrade.co.uk or call the Quality Standard Scheme hotline on 0845 491 8787.

Independently Audited	✓	✓
Farm Assurance/ Assured Auction Mart	✓	✓
Assured Transport	✓	✓
Assured Abattoir	✓	✓
Assured Cutting Plant	✓	✓
Further Processing	✓	✓
Wholesaler	✓	✓
Eating Quality Beef	✓	×
Eating Quality Lamb	✓	×
Carcase Specification (beef/lamb)	✓	×
Beef Mince Specification	✓	×
Beef Burgers Specification	✓	×



Beef and Vegetable Balti

Serves 10

1kg/2lb 3oz 98% visual lean beef mince (EBLEX Code: Mince BO02)

3 large red onions, peeled and finely sliced

5 garlic cloves, peeled and finely chopped or crushed

1 x 6cm/2 inch piece fresh root ginger, peeled and finely chopped

2 small red chillies, deseeded and finely chopped, optional

75ml/5tbsp Balti curry paste or similar

200g/8oz butternut squash, peeled, deseeded and diced

2 small cauliflowers, cut into small florets (about 500g/1lb 2oz)

1 x 400g can cherry or chopped tomatoes

500ml/1 pint good, hot vegetable stock

200g/8oz green beans, topped and tailed

75ml/5tbsp fat free Greek yogurt

Two small bunches freshly chopped coriander, to garnish

Heat a large non-stick frying pan and dry-fry the beef, onions and garlic for 4-5 minutes or until brown, breaking up any lumps with the back of a wooden spoon.

Add the ginger, chilli and curry paste. Cook for 2-3 minutes.

Add the squash, cauliflower, chopped tomatoes and stock. Bring to the boil, reduce the heat, cover and simmer for a further 15 minutes. Add the beans and cook for a further 5 minutes.

Remove the pan from the heat, cool a little and spoon over a little Greek yogurt. Garnish with the coriander and serve with naan bread.

Typical Nutritional Content per Serving

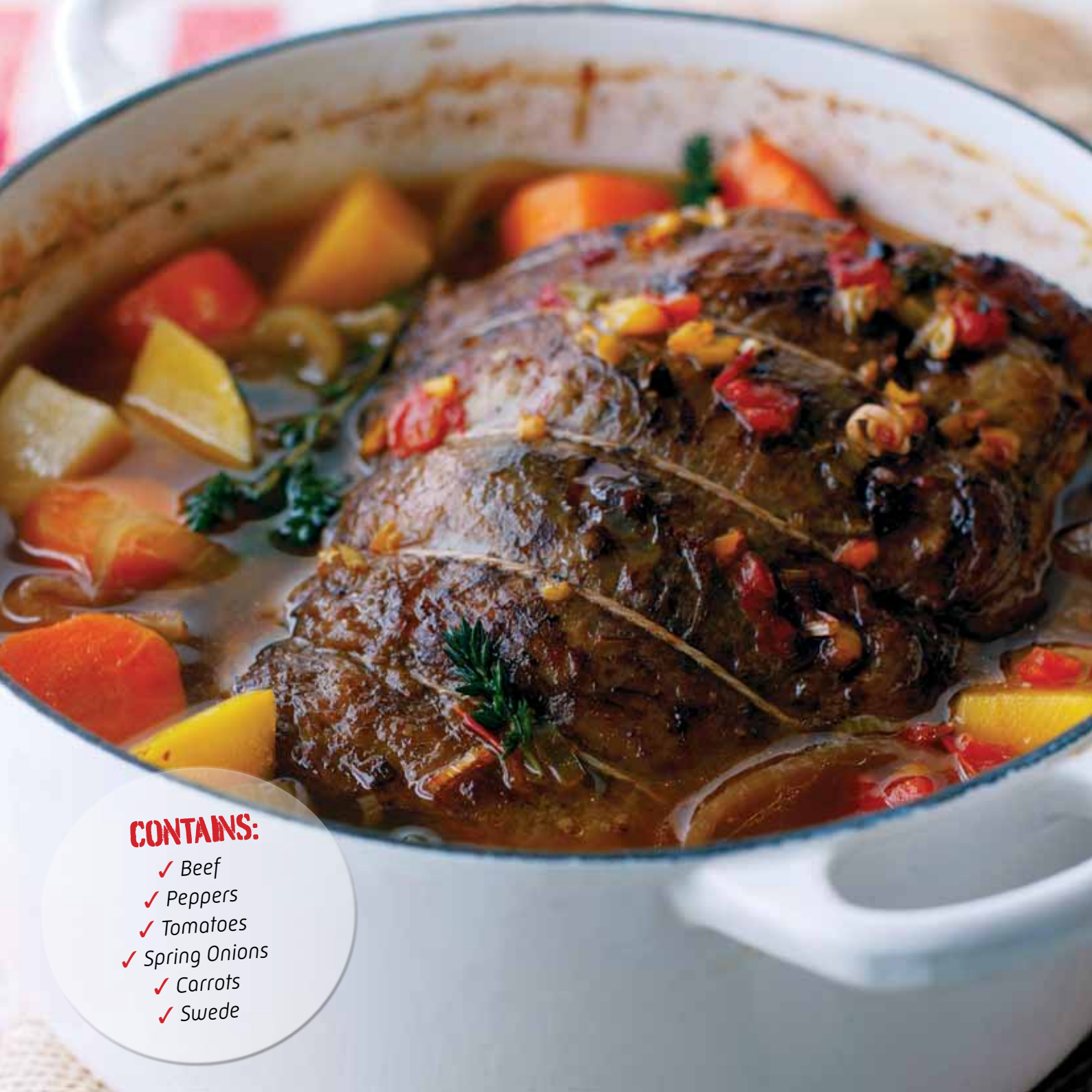
Energy	964kJ/230kcal
Fat	8g
of which saturates	1.9g
Carbohydrate	12g
of which sugars	8g
Protein	28g
Salt equivalent	1.0g

NB: This recipe contains 5.5mg iron per portion



CONTAINS:

- ✓ Beef
- ✓ Ginger
- ✓ Chilli
- ✓ Butternut Squash
- ✓ Cauliflower
- ✓ Cherry Tomatoes
- ✓ Green Beans



CONTAINS:

- ✓ Beef
- ✓ Peppers
- ✓ Tomatoes
- ✓ Spring Onions
- ✓ Carrots
- ✓ Swede

Stuffed Beef Pot Roast

Serves 10

1 kg/2lb 3oz lean rolled brisket joint or LMC roast (without fat)
(EBLEX Code: Brisket 0002 or LMC 0009)
Salt and freshly milled black pepper
3 yellow peppers, deseeded and finely chopped
2 large tomatoes, finely chopped
7 spring onions, finely chopped
5 garlic cloves, peeled and finely chopped
3 sprigs freshly chopped thyme leaves
10 bay leaves, crushed
75ml/5tbsp lemon juice or vinegar
50ml/10tsp brown sugar
75ml/5tbsp sunflower oil
2 large onions, peeled and sliced
1 litre/2 pints good, hot beef stock
5 medium carrots, peeled and roughly chopped
450g/1lb swede, peeled and roughly chopped
450g/1lb potatoes, peeled and roughly chopped

Preheat the oven to Gas mark 3, 170°C, 325°F. In a small bowl mix together the peppers, tomatoes, spring onions, garlic, thyme and bay leaves. Season the joint and make a deep cut along the centre of the joint at both ends. Stuff with the pepper mixture. Transfer to a large shallow dish and spoon over any remaining mixture.

Pour over the lemon juice, cover and marinate in the refrigerator for 4 hours or, if time allows, overnight. Remove the joint and place on a board. Pat dry and rub with the sugar. Reserve the marinade.

Heat the oil in a large frying pan and brown the joint on all sides. Transfer to a large ovenproof dish and add the onions, stock and the reserved marinade.

Bring to the boil, reduce the heat, cover with greaseproof paper and the lid. Cook in the oven or on a low heat on the hob for 2-2½hrs

until the meat is tender, stirring occasionally. Forty minutes before the end of cooking remove the dish from the oven, add the carrots, swede and potatoes and return to the oven.

Serve with hot crusty bread.

Typical Nutritional Content per Serving

Energy	1235kJ/294kcal
Fat	11g
of which saturates	2.4g
Carbohydrate	23g
of which sugars	14g
Protein	27g
Salt equivalent	1.4g



CONTAINS:

- ✓ Beef
- ✓ Carrots
- ✓ Apricots
- ✓ Orange Juice
- ✓ Celery



CONTAINS:

- ✓ Beef
- ✓ Juniper Berries
- ✓ Beetroot
- ✓ Watercress

Beef & Beetroot Casserole *with watercress dumplings*

Serves 10

1kg/2lb 3oz lean silverside or braising steak, cut into 2.5cm/1 inch cubes
(EBLEX Code: Silverside B006 or Thick Flank B004)
45ml/3tbsp seasoned flour
45ml/3tbsp sunflower oil
2 large onions, peeled and finely sliced
10 juniper berries, lightly crushed (optional)
4 medium cooked beetroots (not in vinegar), peeled and roughly chopped
900ml/1½ pints good, hot beef or vegetable stock
1 sachet bouquet garni

For the watercress dumplings:

200g/8oz self-raising flour
100g/4oz low fat suet
Pinch salt
Leaves from 1 bunch fresh watercress, finely chopped
75ml/5tbsp cold water

Preheat the oven to Gas mark 4-5, 180-190°C, 350-375°F. Place the seasoned flour in a large bowl, add the beef cubes and toss gently to coat. Heat the oil in a large ovenproof casserole dish and brown the meat in batches with the onions for 3-4 minutes, stirring occasionally.

Add the remaining casserole ingredients, bring to the boil, cover and cook in a preheated oven for 1½-2 hours or until the beef is tender. Prepare the watercress dumplings; in a large bowl mix together the dumpling ingredients adding enough water to form a smooth, soft dough. Using lightly-floured hands, shape the mixture into 8 walnut-sized balls.

Twenty minutes before the end of the cooking time remove the casserole from the oven, add the dumplings and return uncovered. Serve with honey-glazed carrots and new potatoes.

Typical Nutritional Content per Serving

Energy	1540kJ/368kcal
Fat	18g
<i>of which saturates</i>	7.4g
Carbohydrate	25g
<i>of which sugars</i>	5g
Protein	26g
Salt equivalent	0.9g

NB: This recipe contains 6.4mg of Zinc per portion

Braised Beef with Star Anise

Serves 10

**1kg/2lb 3oz lean boneless dice
shin or dice chuck steak, cut into
2.5cm/1 inch cubes
(EBLEX Code: Shin B005 or
Chuck B006)**

**Salt and freshly milled black
pepper**

30ml/2tbsp sunflower oil

**2 medium onions, peeled and
sliced**

**3 large garlic cloves, peeled and
finely chopped**

**1 x 7cm/3 inch piece fresh
root ginger, peeled and finely
chopped**

**1.5 litres/2½ pints good, hot beef
stock**

5 whole star anise

50ml/3tbsp light brown sugar

Small bunch fresh thyme sprigs

**150g/6oz turnips, peeled and
quartered**

**150g/6oz baby carrots, scrubbed
and left whole**

**Extra fresh thyme sprigs, to
garnish**

Place the beef in a large bowl and season. Heat the oil in a large non-stick frying pan and cook the beef in batches for 3-4 minutes until brown. Transfer to a 1L/2 pint ovenproof casserole dish.

In the same frying pan cook the onion, garlic and ginger for 2-3 minutes over a moderate heat until soft but not coloured, transfer to the casserole dish. Add the remaining ingredients, except the vegetables, bring to the boil, reduce the heat, cover and cook in the oven at Gas mark 3, 170°C, 325°F or on the hob for 1½-2 hours.

Twenty-five minutes before the end of the cooking time add the vegetables to the casserole dish and continue to cook. Remove the star anise, garnish with the fresh thyme leaves and serve with herb mash and seasonal vegetables.

Typical Nutritional Content per Serving

Energy	810kJ/193kcal
Fat	7g
of which saturates	2.1g
Carbohydrate	11g
of which sugars	9g
Protein	23g
Salt equivalent	0.9g



CONTAINS:

- ✓ Beef
- ✓ Ginger
- ✓ Turnips
- ✓ Carrots



CONTAINS:

- ✓ Beef
- ✓ Chilli
- ✓ Spinach
- ✓ Tomatoes
- ✓ Almonds

Beef, Coconut and Spinach Pilau

Serves 10

1kg/2lb 3oz diced beef 98% visual lean, cut into 2.5cm/1 inch cubes (EBLEX Code: Dice 0001)
 30ml/2tbsp sunflower oil
 2 large onions, peeled and sliced
 3 garlic cloves, peeled and finely chopped
 60ml/4tbsp Madras curry paste
 1 green chilli, deseeded and finely chopped
 1 x 400g can reduced-fat coconut milk
 1.5 litre/2½ pints good, hot beef stock
 Salt and freshly milled black pepper
 400g/14oz basmati or long-grained rice
 120g/5oz baby spinach leaves
 3 medium tomatoes, quartered
 Handful freshly chopped coriander, to garnish
 Handful toasted flaked almonds, to garnish

Heat half the oil in a 1.7L/3 pint ovenproof casserole dish and brown the beef in batches for 3-4 minutes. Remove from the pan and set aside. Add the remaining oil and cook the onions and garlic until lightly brown. Stir in the curry paste and cook for 2-3 minutes.

Preheat the oven to Gas mark 4-5, 180-190°C, 350-375°F. Return the beef to the dish and add the chilli, coconut milk and stock. Season. Bring to the boil, reduce the heat, cover and cook in the oven or on the hob for 1 hour.

Stir in the rice, cover and return to the oven or hob for a further 20 minutes until all the liquid has been absorbed. Add the spinach and tomatoes. Leave to stand covered for 5-10 minutes, garnish with the freshly chopped coriander and flaked almonds and serve immediately.

Typical Nutritional Content per Serving

Energy	1631kJ/390kcal
Fat	13g
of which saturates	2.2g
Carbohydrate	37g
of which sugars	4g
Protein	28g
Salt equivalent	1.2g

Brisket with Mushrooms & Tarragon

Serves 10

**1 x 2kg/4lb 6oz lean brisket joint
(EBLEX Code: Brisket 0002)**

**Salt and freshly milled black
pepper**

**50ml/3tbsp sunflower or
rapeseed oil**

**2 large red onions, peeled and
chopped**

**500g/1lb 2oz mixed mushrooms,
cut into quarters**

**1 litre/35fl oz good, hot beef
stock**

30ml/2tbsp tomato purée

**15-30ml/1-2tbsp freshly chopped
tarragon**

50ml/3tbsp chilli sauce, optional

**1 x 400g can Cannellini beans,
rinsed and drained**

**370g/13oz Brussels sprouts,
halved**

To garnish:

**50ml/3tbsp freshly chopped
flat-leaf parsley**

Place the joint on a chopping board and season. Heat the oil in a large non-stick frying pan and brown the joint all over. Transfer to a large casserole dish suitable for hob and oven.

In the same frying pan, add the onions and mushrooms. Cook for 2-3 minutes then spoon into the casserole dish.

Add the remaining ingredients, except the beans and Brussels sprouts. Bring to the boil, reduce the heat and cook on the hob or in a preheated oven at Gas mark 3, 170°C, 325°F for 2½-3 hours.

Twenty-five minutes before the end of the cooking time add the beans and Brussels sprouts to the dish and continue to cook.

Typical Nutritional Content per Serving

Energy	988kJ/236cal
Fat	9g
of which saturates	2.2g
Carbohydrate	11g
of which sugars	4g
Protein	29g
Salt equivalent	1.2g



CONTAINS:

- ✓ Beef
- ✓ Cannellini Beans
- ✓ Brussels Sprouts



CONTAINS:

- ✓ Lamb
- ✓ Ginger
- ✓ Marrow/Squash
- ✓ Tomatoes
- ✓ Chick Peas
- ✓ Green Cabbage

Spiced Lamb Stew

Serves 10

1kg/2lb 3oz diced lamb shoulder
90% visual lean, cut into 2.5cm/
1 inch cubes
(EBLEX Code: Dice L002)
50ml/3tbsp sunflower oil
2 onions, peeled and quartered
3 garlic cloves, peeled and
crushed
4cm/2 inch piece fresh root
ginger, peeled and grated
25ml/2tbsp tomato purée
15ml/3tsp hot chilli sauce,
optional
40g/1½ oz plain flour, sieved
1 litre/2 pints good, hot lamb or
vegetable stock
1kg/2lb 3oz marrow or squash,
peeled, deseeded and cut into
2.5cm/1 inch cubes
3 large tomatoes, chopped
1 x 400g can chick peas, drained
375g/13oz green cabbage, rinsed
and finely shredded
Salt and freshly milled black
pepper

Preheat the oven to Gas mark 3, 170°C, 325°F. Heat the oil in a large ovenproof casserole dish. Add the lamb and cook over a moderate heat for 3-4 minutes until brown, stirring occasionally.

Add the onions, garlic and ginger. Cook for 2-3 minutes until soft. Add the tomato purée, chilli sauce (if used) and flour. Cook over a moderate heat for 1-2 minutes, stirring occasionally.

Add the stock, bring to the boil, cover and cook in the oven or on the hob for 45 minutes, stirring occasionally.

Add the marrow or squash, tomatoes and chick peas. Cover and return to the oven or hob for a further 30 minutes. Add the cabbage, season and continue to cook for a further 5-10 minutes. Serve with plenty of hot crusty bread.

Typical Nutritional Content per Serving

Energy	1137kJ/271kcal
Fat	13g
of which saturates	4.1g
Carbohydrate	15g
of which sugars	8g
Protein	25g
Salt equivalent	1.5g

Spring Lamb Meatball Broth *with vegetables*

Serves 10

1kg/2lb 3oz lamb mince 95% visual lean
(EBLEX Code: Mince L001)
35ml/2tbsp freshly chopped flat-leaf parsley
75ml/5tbsp freshly chopped mint
5 garlic cloves, peeled and crushed
Salt and freshly milled black pepper
12ml/2½tsp olive oil
2 litres/3 pints good, hot vegetable stock
500ml/17fl oz apple juice
10 sprigs fresh thyme leaves
450g/1lb baby carrots, scraped and halved, if large
450g/1lb baby onions or shallots, peeled
5 small leeks, finely sliced
450g/1lb peas or petit pois
250g/10oz baby spinach leaves, or shredded kale
75ml/5tbsp freshly chopped flat-leaf parsley or chervil, to garnish (optional)

Place the mince into a large bowl with the herbs and garlic. Season, mix well and shape into 20-24 small meatballs.

Heat the oil in a large non-stick pan and cook the meatballs for 3-4 minutes or until brown on all sides. Add the stock, apple juice, thyme, carrots and onions. Bring to the boil, reduce the heat and simmer for 15-20 minutes. From time to time skim the surface of the broth if necessary.

Add the leeks and cook for a further 3-4 minutes. Add the peas and cook for a further 2 minutes or until the vegetables are cooked. Remove from the heat and add the spinach or kale. Season, garnish with the herbs and serve with plenty of crusty wholemeal bread.

Typical Nutritional Content per Serving

Energy	1096kJ/262kcal
Fat	10g
of which saturates	4.0g
Carbohydrate	17g
of which sugars	12g
Protein	26g
Salt equivalent	1.6g



CONTAINS:

- ✓ Lamb
- ✓ Carrots
- ✓ Leeks
- ✓ Peas
- ✓ Spinach



CONTAINS:

- ✓ Lamb
- ✓ Tomatoes
- ✓ Haricot Beans
- ✓ Curly Kale/Cabbage



Indian Spiced Casserole

Serves 10

1kg/2lbs 3oz premium diced lamb
leg 95% visual lean, cut into
2.5cm/1 inch cubes
(EBLEX Code: Dice L001)
15ml/1tbsp sunflower oil
Salt and freshly milled black
pepper
15ml/1tbsp ground cumin
15ml/1tbsp ground coriander
15ml/1tbsp garam masala
1 large onion, peeled and sliced
1 x 400g can cherry or chopped
tomatoes
200ml/7 fl oz good, hot lamb
stock
1 x 400g can haricot beans,
drained
150g/6oz curly kale or cabbage,
shredded

Heat the oil in a large non-stick frying pan. Meanwhile, place the lamb in a large bowl, add the seasoning and spices and mix gently.

Cook the lamb in batches for 3-4 minutes until brown. Transfer to a large casserole dish. Cook the onion in the same frying pan for 1-2 minutes and add to the casserole dish.

Add the tomatoes and stock, bring to the boil, reduce the heat, cover and simmer for 1½-2 hours. 10 minutes before the end of the cooking time add the haricot beans and kale or cabbage.

Garnish with some freshly chopped coriander and serve the casserole with mango chutney, chapattis, naan bread or rice.

Typical Nutritional Content per Serving

Energy	871kJ/208kcal
Fat	10g
of which saturates	3.7g
Carbohydrate	8g
of which sugars	3g
Protein	23g
Salt equivalent	1.0g

Spring Lamb Meatballs *with tomatoes, marjoram & braised potatoes*

Serves 10

For the meatballs:

1kg/2lb 3oz lamb mince 95% visual lean (EBLEX Code: Mince L001)

Salt and freshly milled black pepper
2 medium onions, peeled and finely chopped

2ml/½tsp ground mace

2ml/½tsp ground allspice

12ml/½tsp juniper berries, crushed

2 sprig fresh thyme leaves, roughly chopped

75ml/5tbsp currants

45ml/3tbsp oil

For the Vegetable Braise:

5 shallots, peeled and finely chopped

5 medium carrots, peeled and finely diced

5 sticks of celery, finely diced

10 large potatoes, peeled and cut into 2cm/¾ inch cubes

15 late season tomatoes quartered

100ml/¼ pint apple juice

300ml/10fl oz good, hot chicken or vegetable stock

2 handfuls freshly chopped marjoram or flat-parsley

To prepare the meatballs, in a large bowl mix all the ingredients except the oil. Shape the mixture into small balls the size of a walnut. Heat the oil in a large non-stick frying pan and cook the meatballs for 4-5 minutes until brown. Transfer to a plate and set aside. Preheat the oven to Gas mark 5, 190°C, 375°F.

Increase the heat under the same pan and add the shallots, carrots, celery and potatoes. Cook for 2-3 minutes then add the tomatoes. Add the stock then transfer to a large casserole dish and add the meatballs. Cook uncovered for 30-40 minutes. Garnish with the marjoram or parsley and serve with a chicory and herb salad.

Typical Nutritional Content per Serving

<i>Energy</i>	<i>1839kJ/437kcal</i>
<i>Fat</i>	<i>13g</i>
<i>of which saturates</i>	<i>4.4g</i>
<i>Carbohydrate</i>	<i>50g</i>
<i>of which sugars</i>	<i>19g</i>
<i>Protein</i>	<i>29g</i>
<i>Salt equivalent</i>	<i>1.1g</i>



CONTAINS:

- ✓ Lamb
- ✓ Juniper Berries
- ✓ Carrots
- ✓ Celery
- ✓ Tomatoes

Lamb & Lentil Soup

Serves 10

1kg/2lb 3oz lamb neck fillet cut into 2.5cm/1 inch cubes (EBLEX Code: Forequarter L016)

Salt and freshly milled black pepper

45ml/3tbsp sunflower oil

3 medium onions, peeled and chopped

150g/6oz red lentils, rinsed

1 litre/1¾ pints good, hot lamb stock

2 large sprigs rosemary, roughly chopped

5 sprigs fresh thyme leaves

375g/13oz carrots, peeled and sliced

375g/13oz swede, peeled and roughly chopped

Season the lamb. Heat the oil in a large frying pan and brown the lamb in batches for 4-5 minutes. Add the onions and cook for 1-2 minutes. Add the lentils, stock, rosemary, half the thyme leaves. Bring to the boil, reduce the heat and transfer to a large heatproof dish. Cover and cook for 2 hours or until the meat is tender.

One hour before the end of the cooking time add the carrots and swede. Transfer the meat to a plate, remove any bones (if present) and return the meat to the soup.

Garnish with the remaining fresh thyme leaves and serve with crusty bread.

Typical Nutritional Content per Serving

Energy	1345kJ/322kcal
Fat	18g
of which saturates	6.9g
Carbohydrate	17g
of which sugars	8g
Protein	24g
Salt equivalent	1.0g



CONTAINS:

- ✓ Lamb
- ✓ Red Lentils
- ✓ Carrots
- ✓ Swede



CONTAINS:

- ✓ Lamb
- ✓ Ginger
- ✓ Apricots
- ✓ Pomegranate Seeds

Lamb Tagine with Pomegranates

Serves 10

1kg/2lb 3oz diced lamb shoulder
90% visual lean, cut into 2.5cm/1
inch cubes (EBLEX Code: Dice
L002)
50ml/3tbsp oil
5 large shallots or 2 medium
onions, peeled and finely
chopped
3 garlic cloves, peeled and
crushed
15ml/1tbsp ground ginger
1.5ml/1/3tsp ground turmeric
1.5ml/1/3tsp sweet paprika
Salt and freshly milled black
pepper
Pinch saffron threads
750ml/26fl oz hot water
1 cinnamon stick
3 sprigs fresh thyme
4-5 dried apricots, roughly
chopped
75ml/5tbsp freshly chopped
coriander
50ml/3tbsp fresh pomegranate
seeds

Heat the oil in a large 1.7L/3 pint ovenproof dish, add the onions, ginger, turmeric, paprika and seasoning. Cook over a low heat for 1-2 minutes.

Add the meat and garlic, coat in the flavoured oil and cook for 4-6 minutes until brown all over. Add the saffron and water. Bring to the boil, reduce the heat, cover and simmer for 2 hours.

Twenty minutes before the end of the cooking time add the cinnamon stick, thyme, apricots and coriander. Cover and continue to cook for the remainder of the cooking time.

Remove the thyme and cinnamon stick from the tagine. Garnish with the pomegranate seeds and serve with steamed couscous or rice.

Typical Nutritional Content per Serving

Energy	1012kJ/243kcal
Fat	15g
of which saturates	4.6g
Carbohydrate	6g
of which sugars	4g
Protein	23g
Salt equivalent	1.0g

Citrus Lamb Stew with Saffron & Figs

Serves 10

1kg/2lb 3oz premium diced lamb leg 95% visual lean, cut into 5cm/2inch cubes (EBLEX Code: Dice L001)
Pinch saffron threads
200ml/7fl oz warm water
Salt and freshly milled black pepper
5ml/1tsp garlic salt
30ml/2tbsp ground ginger
2.5ml/½tsp cayenne pepper
30ml/2tbsp sunflower oil
3 onions, peeled and sliced
2 large lemons, cut into 16 small wedges and deseeded
1 x 400g can chopped tomatoes
125g/5oz ready-to-eat figs, cut in half
1 litre/1¾ pints good, hot lamb stock

For the polenta and thyme dumplings:

300g/10oz fine polenta or cornmeal
300g/10oz self-raising flour
2.5ml/½tsp salt
150g/6oz butter, cubed
100ml/6tbsp fresh thyme leaves
60-100ml/4-7tbsp cold water

Preheat the oven to Gas mark 3, 170°C, 325°F. Prepare the saffron; in a small bowl pour the warm water onto the saffron strands and leave to infuse for 5-10 minutes. Meanwhile, place the lamb into a large bowl and season well with the salt and pepper and spice ingredients. Heat half the oil in a large pan and brown the lamb cubes in batches then transfer to a large 1.7L/3 pint ovenproof casserole dish.

Heat the remaining oil in the same pan and cook the onions for 3-4 minutes until soft and add to the casserole dish with the remaining ingredients and the saffron liquid. Bring to the boil, reduce the heat, cover and cook in a preheated oven for 1½-2 hours. Remove the lid and continue to cook uncovered for a further 30 minutes.

To prepare the dumplings; place the polenta, flour, salt and butter in a large bowl. Rub the butter into the flour with your fingertips and add the herbs.

Stir in enough water to form a smooth dough and shape into 8 evenly-sized dumplings.

Twenty minutes before the end of the cooking time, remove the stew from the oven, add the dumplings, return to the oven uncovered and continue to cook. Serve immediately with seasonal vegetables.

Typical Nutritional Content per Serving

Energy	2322kJ/555kcal
Fat	25g
of which saturates	11.7g
Carbohydrate	58g
of which sugars	11g
Protein	28g
Salt equivalent	2.3g



CONTAINS:

- ✓ Lamb
- ✓ Ginger
- ✓ Lemon
- ✓ Tomatoes
- ✓ Figs



performance!

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Includes data sourced from the British Dietetic Association.
Typical nutritional values per portion shown in recipes are without serving suggestions.