



Irish



Angus Beef: A
Recipe Book

By Fiona Kenny and Lucy Massey



Dear Reader,

We are Transition Year students in Blackwater Community School, Lismore, Co. Waterford. We are passionate about agricultural science and so we decided to enter the Certified Irish Angus Beef Schools Competition 2018. We both enjoy cooking and have studied home economics, so we combined this with our love of all things farming and came up with this recipe book.

This recipe book was created with the aim of promoting the delicious meat that is Certified Irish Angus beef. Irish Angus beef is vastly superior to other types of beef due to its fine marbling. This means that the fat is dispersed evenly throughout the actual cut of meat. As a result of this, Angus beef is more tender, juicy and flavourful than other breeds. Marbling also helps to keep meat moist while cooking, which makes it easier to cook than many other meats. Certified Irish Angus beef is a hugely versatile ingredient and so it is the perfect addition to everyone's shopping basket.

In this recipe book we feel that there is something for everyone to enjoy, from fussy children to hungry students, from pro chefs to absolute novices, and everyone else in between. We hope you enjoy cooking these recipes and we hope that Certified Irish Angus beef will soon become a staple food in many Irish homes.

Le gach dea-guí,
Fiona Kenny and Lucy Massey.



Certified Irish Angus Beef

SCHOOLS COMPETITION

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Spaghetti Bolognese

Spaghetti Bolognese is a reliable family favourite, loved by even the pickiest of eaters. It is easy to prepare and so is perfect for those who may not be as confident in the kitchen. You can try lots of variations of this classic by adding different vegetables and herbs.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Serves: 2-3

Ingredients: 200g Certified Irish Angus Minced Beef

1 onion
2 cloves garlic
2 bacon rashers
2 tablespoons olive oil
1 teaspoon dried herbs
1 tin chopped tomatoes
2 tablespoons tomato puree
Salt and pepper
1 carrot
100g mushrooms

Did you know?

Irish Angus cows are naturally polled which means that they do not have horns!



To serve: 200g spaghetti
25g Parmesan shavings
Fresh, roughly chopped parsley

Method

1. Peel and dice the onion and carrot. Wash and chop the mushrooms. Slice the rashers into small strips.
2. Crush garlic cloves. Heat oil in saucepan and gently fry the onion and garlic.
3. Add the carrot, chopped mushroom and rashers. Turn up the heat and stir continuously.
4. Add the Certified Irish Angus minced beef and cook until brown.
5. Add the sauce ingredients; tinned tomatoes, tomato puree, dried herbs, salt and pepper.
6. Cover and simmer gently for 20 minutes.
7. Boil water in another saucepan. Add 1 tsp. salt and 1 tbsp. oil. Add the spaghetti and boil until al dente.
8. Serve the Bolognese on top of the spaghetti. Garnish with the parsley and the Parmesan shavings. Enjoy!!



“Steak and Spuds”

“Steak and spuds” became a national phenomenon in 2016 due to the exploits of rowers Paul and Gary O’Donovan, and we predict that this dish will be almost as popular as the medal-winning brothers. Unfortunately, we can’t guarantee that eating this will help you to “pull like a dog” but we can say that you will be amazed by the taste of Certified Irish Angus beef when it is left to shine with only a few other simple ingredients.

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serves: 2

Ingredients: 2 Certified Irish Angus medium-sized Sirloin steaks

- 1 big onion
- 4 medium sized potatoes
- Knob of butter
- Salt and pepper to taste

Did you know?

Irish Angus cattle can be red or black and sometimes have a white udder!



Method

1. Rub salt and pepper onto the uncooked steak for flavour.
2. Boil the potatoes for approximately 10-20 minutes or until they are cooked through.
3. Cut the onion into rings.
4. Place knob of butter into a hot pan until it is melted, place the steaks in the pan and cook for 2- 3 minutes* each side.
5. Remove the steaks from the pan and add the onion rings in to the pan and leave them caramelize over a low heat for 2-3 minutes, take out serve and enjoy!

*This recipe is for a medium-rare steak but you can change the cooking time to suit your own personal preferences.



Chilli Con Carne

This dish may take slightly longer to prepare and cook than some of the others, as well as needing quite a few ingredients, but it's safe to say that the extra effort will all be worth it in the end. This chilli is full of flavour and as it serves 10 people, it is perfect for entertaining. Alternatively, the leftovers can be used for lunches and dinners in the following days, as this is a dish that stores well. This is the perfect comfort food for a cold winters evening in front of the fire.

Preparation time: 30 minutes

Cooking Time: 3.5 hours

Serves: 10

Ingredients: 2 kg Certified Irish Angus beef brisket, trimmed and sliced into 2.5cm thick pieces across the grain
500 ml hot coffee
3 large dried chillies (such as Ancho, Chipotle or Poblano)
2 red onions
10 cloves of garlic
3 red, yellow or orange peppers; deseeded and sliced
Olive oil
2 heaped teaspoons ground cumin
2 heaped teaspoons smoked paprika
1 heaped teaspoon dried oregano
2 fresh bay leaves
3-4 fresh chillies
2 cinnamon sticks
4 x 400 g tins of plum tomatoes
3 tablespoons molasses/muscovado sugar
2 x 400 g tins of kidney beans

Did you know?

The Angus breed originates from the Scottish regions of Angus and Aberdeenshire!



Method

1. Ask your butcher to trim and slice your brisket for you. If you're doing it yourself, carefully trim the meat by discarding any fat or silver skin. Cut the meat against, rather than with, the grain into 2.5cm thick pieces.
2. Make the coffee and, while it's hot, soak the dried chillies in it for a few minutes to let them rehydrate.
3. Meanwhile, peel and dice the onions and peel and finely slice the garlic. Deseed and slice the peppers.
4. Heat some oil in your largest casserole pan on a low heat; add the cumin, paprika, oregano, bay and onions.
5. Fry for 10 minutes, until the onions have softened. Deseed and chop half the fresh chillies.
6. Slice up the rehydrated chillies and add them to the onion mixture along with the chopped fresh chilli, the cinnamon sticks, sliced garlic, a good pinch of sea salt and black pepper and a splash of the chilli-infused coffee.

7. Stir, and then add the rest of the coffee, the tomatoes (breaking them up with the back of a spoon) and the molasses or sugar. Add the pieces of brisket and another good pinch of salt and pepper cover with a lid and simmer for around 3 hours, stirring occasionally.
8. After a few hours use 2 forks or a potato masher to break the meat up and pull it apart.
9. Once you've done this, add the sliced peppers, then drain and add the beans and leave to simmer with the lid off for 30 minutes, or until the meat is completely falling apart, stirring occasionally.
10. Have a taste and season well - if you require a bit more heat, you can now deseed and chop the rest of the fresh chilli and stir it in.
11. This dish can be served with rice or simply on its own if you so wish. Enjoy!



Homemade Beef Burgers

Homemade beef burgers taste far better than your average fast food offering and they are surprisingly easy to make. This is the perfect recipe for involving the whole family and kids will love getting stuck in and shaping their own burgers. These can serve as the perfect party food and are guaranteed to please almost everyone if you set up a few different fillings and allow your guests to customise their own burgers.

Preparation time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

Ingredients: 400g Certified Irish Angus lean minced beef

1 small onion

½ teaspoon salt/pepper

1 teaspoon mixed herbs

1 teaspoon tomato ketchup

1 tablespoon breadcrumbs

1 tablespoon cooking oil

To serve: 4 burger buns

Lettuce

Tomatoes

Tomato ketchup

Did you know?

Angus cows are known for being usually docile and friendly!



Method

1. Peel and finely dice onion.
2. Combine all of the ingredients in a large mixing bowl.
3. Flour hands and shape the burgers into even sized portions.
4. Heat the oil in a frying pan and cook the burgers on a moderate heat for roughly 10 minutes on each side or until no pink remains in the centre of the burger.
5. Serve with whatever toppings you like and enjoy.



Lasagne

Lasagne has long been a family favourite and it can easily be prepared before time and then reheated when you are ready to eat it. This means it is perfect for time strapped families/individuals and it is a go-to dish in many busy households.

Preparation time: 15 minutes

Cooking Time: 20 minutes

Serves: 2-3

Ingredients: 450g Certified Irish Angus minced beef
1 tablespoon oil
1 onion
2 tablespoons tomato puree
1 teaspoon mixed herbs
400g tomatoes
2 cloves of garlic
Salt and pepper
12 sheets lasagne
25g flour
25g butter
375ml milk
75g cheddar cheese

Did you know?

Angus calves are quite small at birth, allowing easy calving, but they grow quickly!!



Method

1. Pre-heat oven to 190°C/Fan 180°C/Gas mark 5.
2. Chop onion and garlic.
3. Heat oil in pan and sauté onion and garlic. Stir in meat and cook until brown.
4. Add tomatoes, tomato puree, herbs, salt and pepper.
5. Bring to the boil and simmer for 15 minutes.
6. Melt the butter in another saucepan, add flour and cook for one minute over a gentle heat.
7. Remove from heat and gradually add in the milk, mixing well between each addition.
8. Season well and put back on the heat. Bring to the boil, and then simmer for 2 minutes.
9. Assemble the lasagne starting with the Bolognese, then lasagne sheets and then sauce. Top with cheese.
10. Bake for 30 - 40 minutes (cover with foil for first 25 minutes). Dig in!!



Beef Curry

The addition of beef helps to reinvent the tired staple of chicken curry that we have grown all too accustomed to. You can add whatever vegetables you like, to improve the texture and nutritive value of the curry, such as chickpeas, carrots, sweet corn, green beans and red/green peppers.

Preparation time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

Ingredients: 300g Certified Irish Angus lean beef
25g butter
1 onion
1 clove garlic
25g flour
2 tablespoons curry paste/powder
1 teaspoon salt
400ml stock
1 tablespoon tomato puree
1 tablespoon chutney
1 tablespoon lemon juice
1 dessert apple

To serve: 400g rice

Did you know?

Angus cattle are a very hardy breed and can survive all types of extreme weather!!



Method

1. Cut beef into cubes.
2. Peel and chop the onion, garlic and apple.
3. Heat oil and butter in a saucepan. Brown the meat and remove onto a plate.
4. Sauté the onion and garlic for 2 minutes. Add flour, salt and curry powder. Cook for one minute and then remove from heat.
5. Whisk in stock and bring to the boil, stirring all the time.
6. Add the beef, tomato puree, chutney, lemon juice and chopped apple.
7. Cover and simmer over a very gentle heat for approximately 30 minutes.
8. Serve with rice and enjoy!



Beef Stew

Beef stew is the perfect comfort food; ideal served steaming hot on a cold winter's day. It will bring childhood memories back for many people, but we would argue that it is just as relevant in this day and age. Feel free to add over vegetable such as potatoes or parsnips if you wish.

Preparation time: 15 minutes

Cooking Time: 60 minutes

Serves: 4

Ingredients: 400g Certified Irish Angus round beef

1 large onion

2 carrots

1 clove garlic, crushed

1 stick celery

1 tablespoon oil

25g flour

400ml stock/water

1 teaspoon Worcestershire sauce

1 teaspoon tomato puree

Salt and pepper

To serve: fresh parsley

Did you know?

The Irish Angus Producer Group was formed by six Angus breeders with the aim of co-ordinating the production and marketing of their unique product on the Irish market!



Method

1. Wash vegetables, peel and slice. Trim fat from the meat, and cut into cubes.
2. Heat oil in saucepan on high heat. Brown $\frac{1}{2}$ the meat quickly. Remove onto plate. Repeat with the remaining meat.
3. Sauté onion for 2 minutes, reduce the heat and add the flour. Stir to absorb fat. Remove from heat.
4. Whisk in the stock, puree, Worcestershire sauce, salt and pepper. Bring to the boil, stirring slowly with a wooden spoon.
5. Add the vegetables and meat. Simmer very gently with a tight lid for approximately 1 hour or until the meat is tender. Stir occasionally.
6. Garnish with roughly chopped fresh parsley. Enjoy!!



Cottage Pie

Often confused with shepherd's pie, which is made with lamb, cottage pie has been in existence since the late 18th century. European peasants favoured cottage pie as a meal, due to its ability to maximise food resources. Some versions of cottage pie, such as Cumberland, use bread crumbs in addition to potato, while a 'cowboy pie' has the addition of baked beans to the meat mixture.

Preparation time: 35 minutes

Cooking Time: 25 minutes

Serves: 4

Ingredients: 500g Certified Irish Angus minced beef

1 tablespoon oil
1 onion, finely chopped
1 teaspoon curry powder
1 teaspoon ground coriander
½ teaspoon paprika
2 carrots grated
4 tablespoons tomato puree
200ml beef stock
1 teaspoon cornflour
150g frozen peas

Topping: 4 large potatoes

25g butter
75ml milk
Salt and pepper
50g cheddar cheese, grated

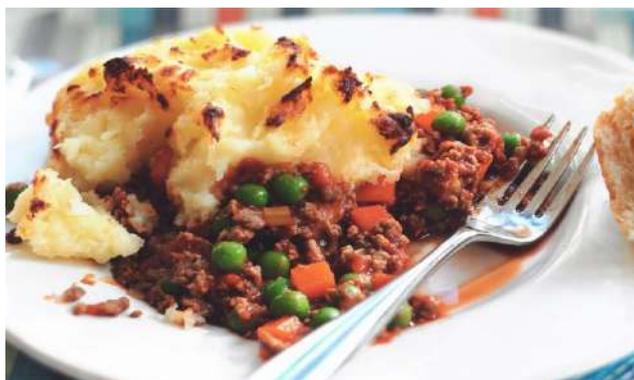
Did you know?

The Irish Angus Producer Group helps to ensure that Certified Irish Angus beef is of the highest quality and stays true to its breed and attributes!



Method

1. Pre-heat oven to 180°C/Gas Mark 4.
2. Fry the onions in oil for 5 minutes. Add the mince and fry until browned.
3. Mix in the carrots, tomato puree, spices and beef stock. Cover and simmer for 30 minutes. Mix the cornflour with 1 tablespoon water.
4. Add the cornflour paste and peas to the mince. Bring to the boil and simmer for 2 minutes. Pour the mixture into a casserole dish.
5. To make the topping, boil the potatoes until soft. Drain and mash. Add the butter and milk. Season to taste.
6. Place the topping into the casserole dish and cover with grated cheese.
7. Bake for 25 minutes. Serve with steamed broccoli if you wish.



Meatballs in Tomato Sauce

Meatballs are pretty easy to make and might seem boring on their own. However, the addition of homemade tomato sauce lifts this dish from bland to brilliant and is sure to impress even the most stringent of critics. Sure to be a real crowd-pleaser.

Preparation time: 15 minutes

Cooking Time: 15 minutes

Serves: 2

Ingredients: 200g Certified Irish Angus minced beef

½ a small onion

Salt and pepper

Thyme

1 teaspoon tomato sauce

1 tablespoon oil

1 teaspoon breadcrumbs

Sauce: 1 onion

1 clove of garlic

1 tin chopped tomatoes

2 tablespoons tomato puree

1 teaspoon mixed herbs

Salt and pepper

To serve: 150g pasta

Did you know?

ABP food group works with over 35,000 farmers and contributes 1.3 billion to rural economies each year!



Method

1. Pre-heat oven to 200°C/Fan 190°C/Gas Mark 6 and put a saucepan of water on to boil.
2. Peel ½ a small onion and dice finely. Mix all the meatball ingredients together in a large bowl.
3. Shape mixture into meatballs and cook for 15 minutes, turning often.
4. Peel and dice onion. Crush garlic and heat oil in a saucepan.
5. Sauté onions and garlic. Add the remaining sauce ingredients. Bring to the boil and simmer.
6. Add the pasta to the boiling water. Cook for 8 - 10 minutes and drain.
7. Serve all together and enjoy.



Beef Stir-Fry

Beef stir-fry is the perfect meal for someone on the run, be it from work to the gym, school to training and everything else in between. It can easily be thrown together in just a few minutes and it requires little or no skill to make. It is also a very nutritious dish, full of vitamins and minerals, and you can throw in whatever vegetables you have in your fridge that need using up.

Preparation time: 15 minutes

Cooking Time: 10 minutes

Serves: 4

Ingredients: 450g Certified Irish Angus sirloin steak
125g broccoli florets
1 red pepper
2 carrots, thinly sliced
1 spring onion
2 cloves garlic
2 tablespoons soy sauce
2 tablespoons sesame seeds
2 tablespoons olive oil

Did you know?

Kepak is a family run business since 1966, and is now active in over 30 countries worldwide!



Method

1. Slice the beef into strips. Cut the pepper into matchstick sized pieces. Repeat with the carrots, keeping everything roughly the same size to ensure it cooks evenly.
2. Chop the spring onion and crush the garlic. Lightly toast the sesame seeds in a frying pan for 3 - 5 minutes.
3. Heat vegetable oil in a large wok or frying pan over medium-high heat. Add steak strips and cook until browned for 3 - 4 minutes.
4. Move steak to the side of the wok and add broccoli, red pepper, carrots, spring onion and garlic to the centre of the wok. Cook and stir vegetables for 2 minutes.
5. Stir beef into vegetables and season with soy sauce and sesame seeds. Continue to cook and stir until vegetables are tender, for about 2 more minutes.
6. Serve with noodles or rice if you wish. Bon appétit!!



Beef Stroganoff

Beef stroganoff is the perfect meal for the whole family to enjoy together and it's guaranteed to warm you up on a cold evening. Believe it or not, it was originally a Russian dish but it is now loved around the world. As always, Certified Irish Angus beef never fails to impress.

Preparation time: 5 minutes

Cooking Time: 25 minutes

Serves: 2

Ingredients: 150g Certified Irish Angus lean beef
140g basmati rice
2 teaspoons of vegetable oil
2 small onions
Pinch of dried mixed herbs
16 button mushrooms
2 cloves of garlic
Black pepper
2 teaspoons paprika
2 tablespoons of low-fat crème fraiche
180g green beans
2 tablespoons of fresh parsley, chopped

Did you know?

The only retailer in the Republic of Ireland for Certified Irish Angus Beef is Tesco Ireland!!



Method

1. Cut the beef into thin strips. Slice the onions and mushrooms. Peel and crush the garlic.
2. Cook the rice, according to the instructions on the packet.
3. Heat the oil in a frying pan over a medium heat and cook the onions and dried herbs for 5 minutes until the onions are soft.
4. Add the mushrooms, garlic and black pepper and fry gently for a further 3 - 4 minutes before removing from the pan and setting aside.
5. Add the beef and paprika to the pan and fry until the beef is browned.
6. Turn the heat down to low, return the vegetables to the pan and gently stir in the crème fraiche. Cook gently for 5 minutes stirring occasionally.
7. As your stroganoff cooks, boil the green beans for 6 - 8 minutes
8. When the rice is cooked, drain and serve with the Stroganoff and beans. Garnish with the fresh parsley and dig in!

