



RECIPES

December 2018



Beef Bourguignon in the camp over with dumplings

INGREDIENTS

1kg diced MVB beef
2 Onions
3 Carrots
10 Mushrooms
8 Tomatoes
5 Bacon Rashers
1 x Packet French onion soup
1/2 Bottle Red Wine
Water to add

Dumplings

2 x Cups self raising flour
1/4 cup water

METHOD

1. Heat Camp Oven
2. Coat diced beef in French onion soup mix, oil camp oven and toss beef and bacon into camp oven to seal off
3. Add remaining vegetable and red wine, stir around well and then replace lid on the camp oven
4. Place camp oven in coals or hang above fire
5. Check every 30mins and add water if needed
Cook until tender and rich
6. Prepare your dumplings by mixing the flour and water looking for a dough like consistency, roll up into golf ball sized balls and place in the top of the camp oven, replace lid and leave for a further 30mins
6. Serve with mash potatoes
7. Enjoy with friends around the fire!





Massaman Curried Beef Cheeks

INGREDIENTS

- 4 x Beef Cheeks
- 2-3 Dessert Spoons Massaman Curry Paste
- 2 x 400ml tins coconut milk
- 1 x Red Onion
- 4 x Red Potatoes
- 1 x Bunch Choy Sum (bok choy)
- 1 x Small bag of Fried Shallots

METHOD

1. Seal beef cheeks in casserole dish, remove cheeks and set aside
2. Add sliced onion and 2-3 dessert spoon of curry paste (more/less depending on your taste) and gently cook for 2 minutes, halves potatoes and add them also
3. Add coconut milk, stir to combine then add beef cheeks back into it, Gently bring to simmer then put cover with tin foil and place in the oven at 160dg for 2hrs (or until cheek are tender)
4. Once curry is done, steam choy sum and serve with a sprinkle of fried shallots
5. Enjoy!

Left over curry sauce?? Boil it up with pumpkin and make a delicious curry pumpkin soup for tomorrow night!





Mitta Valley Beef Lasagne

The "Meat Lover" is back with a Family Friendly, veggie filled, cold night tummy warmer! Loaded with hidden vegetables and flavour filled!

Serves 6-8

INGREDIENTS

- 1 x Large packet instant lasagne sheets
- 800g Mitta Valley Beef Mince
- 1 x zucchini
- 2 x carrots
- 1 x onion
- 3 x gloves garlic
- 1 x sachet tomato paste
- 1 x large jar tomato pasta sauce
- 1 x cup grated cheese
- 1 x cup breadcrumbs
- Water to add

White Sauce

- 50g butter
- 50g plain flour
- Milk to add

1. Brown mince in a hot pan until nice and dry
2. Blend together zucchini, carrot, onion, garlic and tomato paste until smooth and add a qrt at a time to the mince until its looking dry
3. Add the tomato pasta sauce and a cup of water, stir in, season to taste. Place the lid on the pan and let it simmer on low for 40-60mins. Stirring occasionally
4. Prepare the white sauce
5. Layer the lasagne, beef mix followed by pasta until the pasta is all gone. Thin layers are great, the more layers the better! Spread the white sauce across the top, followed by a layer of breadcrumbs and cheese
6. Cook in the oven covered for 1 hour and then uncovered for a further 30mins to get the top nice and crunchy.
7. Serve with a simple salad and enjoy!





Sicilian Steak with Caper, Anchovy & Olive Sauce

INGREDIENTS

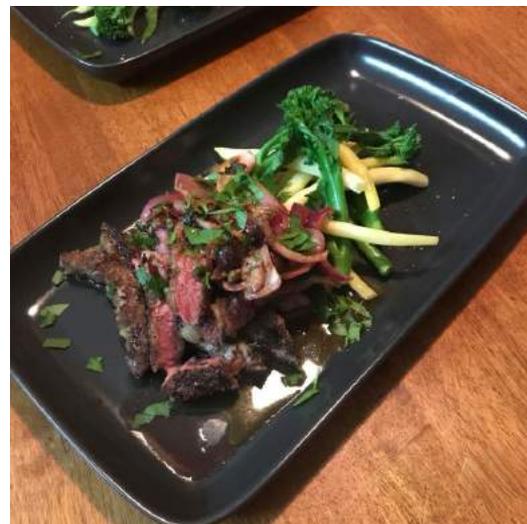
- 2 x Thick cut steaks (T-Bone, Poterhouse or Scotch)
- 1/2 cup bread crumbs
- 1 Tbls grated Parmesan
- Salt & Pepper
- 1/3 cup red wine
- Tbls honey
- Sprinkle bi-carb soda
- 1/2 tsp oregano
- 1 x clove Garlic (chopped)

METHOD

1. Marinate steaks for approx 2 hrs in wine, honey, oregano, garlic and bicarb, then uncover and allow to dry out uncovered in the fridge for a few hours.
2. Remove steaks from fridge and bring to room temp before cooking
3. Prepare sauce ingredients (add as much or little as you like depending on taste)

Have all these ready to go prior to cooking steak...

- 6-8 anchovy fillets
- Handful chopped olives
- 2 Tbls chopped capers
- 1 Tsp chopped garlic
- Salt and Pepper
- 50g butter
- 1/2 red onion sliced thick
- Good slug Red Wine
- Squeeze lemon juice



METHOD CONTINUED...

1. Mix Bread crumbs and Parmesan and very lightly coat the steak (shouldn't look like a schnitzel)
Heat the pan and add Steak with a little olive oil. Don't over cook Medium Rare or below is ideal for this recipe
2. Once steak is cooked to your liking (Rare - Medium Rare) remove from pan and allow to rest for a least 5 mins. Keep the pan in the heat and deglaze with red wine then add butter followed by the rest of the sauce ingredients. Allow to simmer for a couple of minute while you slice the meat
3. Slice steak across the grain, thick or thin, then arrange on plate. Spoon the sauce over the top of the steak
4. Serve with Broccoli and beans (or whatever veggies you like) Sprinkle with some fresh chopped Italian parsley and then dig in!
5. Enjoy!