



Do you remember...

FAMILY FAVOURITES

RECIPES YOU REMEMBER AND RECIPES YOU'LL NEVER FORGET!

This brochure has been produced by the MeatMATTERS team on behalf of



For further MeatMATTERS recipes visit www.meatmatters.com
For further information regarding Family Favourites contact
Ekta Sopal at Good Relations, 26 Southampton Buildings, London WC2A 1PQ
T: 0207 861 3154 E: esopal@goodrelations.co.uk

Food Stylist – Clare Greenstreet
Photographer – Steve Lee
Stylist – Jo Harris
Designed and produced by Wilde Design





FAMILY FAVOURITES

At MeatMATTERS we have vowed to break the growing trend of TV dinners by launching this Family Favourites recipe brochure, which is packed full of some of the nation's best-loved dishes. The country has told us what their most treasured childhood recipes are, and we have picked the best and brought them together in one place. This essential recipe compilation is a must-have for any family looking to enjoy dinner times together.

MeatMATTERS supporter Gregg Wallace said: "It's clear to us at MeatMATTERS that this generation is missing out on those most traditional recipes we loved as children, but all this can change with this recipe booklet. Including classic dishes (and one of my all time favourite recipes too) this booklet is essential for anyone wanting to enjoy meal time memories with their children."

Memories are made of this...



Gregg Wallace

Family favourites

“Roast beef was always a big treat for me as a kid. That love of highly flavoured moist roast meat has stayed with me all my adult life. As a veg’ man it’s white cabbage that’s my favourite accompaniment. Crunchy goodness that allows the beef to be the star of the show.”



ROAST BEEF WITH GARLIC POTATO BAKE AND HORSERADISH RELISH

Serves 4

*Cooking time: Rare - 20 minutes per 450g/ ½kg (1lb) plus 20 minutes
Medium - 25 minutes per 450g/ ½kg (1lb) plus 25 minutes
Well done - 30 minutes per 450g/ ½kg (1lb) plus 30 minutes
Oven temp: Gas Mark 4-5, 180°C, 350°F*

1.25kg (2½lb) lean topside, rib of beef or sirloin joint

Garlic Potato Bake

900g (2lb) Potatoes, peeled and sliced thinly
1 Onion, sliced thinly
4 Cloves garlic, sliced thinly
150ml (¼pt) Stock
Black pepper

For the Relish

2 Onions, peeled and sliced thinly
5ml (1tsp) Olive oil
5ml (1tsp) Sugar
5-10ml (1-2tsp) Horseradish sauce

Weigh the joint and calculate cooking time. Place joint on a rack in a roasting tin, open roast without covering in a preheated oven.

To make Garlic Potato Bake: Place potatoes, onion, and garlic into a large roasting tray. Pour over stock and season with black pepper. Cover with foil and bake for 1½ hours (uncover for the last 30 minutes so that the top layer of potatoes goes all crispy, add a little more stock if all absorbed).

To make Relish: Meanwhile in a saucepan, heat oil and fry onions slowly until soft and lightly browned, add sugar and allow onions to caramelize. Add horseradish and stir through.

Serve the relish with hot slices of beef, roasted pumpkin, and butternut squash, garlic potato bake and steamed cabbage.



Charles Baughan
Devon

Family favourites

“This is my family favourite because it’s quick, easy and the children love it – that’s half the success!”



STICKY HONEY AND MUSTARD PORK SAUSAGES

Serves 4

Oven temp: Gas 5, 190°C, 375°F

450g (1lb) Mini chipolata sausages or ordinary chipolatas, twisted and cut
15ml (1tbsp) Sunflower or light olive oil
30ml (2tbsp) Clear honey
15ml (1tbsp) Grain mustard
Large pinch ground ginger or mustard powder
Cocktail sticks

Pour a little oil into a large baking tin. Cut the links between the sausages, place them into the tin and turn them in the oil so they are all lightly coated. Roast for about 12-15 minutes until lightly browned, shaking the pan occasionally.

Mix together the honey and mustard, adding a little ginger or mustard if you think it needs zipping up.

Pour off the excess fat that has accumulated from the sausages and pour the honey mixture over. Give the pan a good shake to coat the sausages, then return to the oven for about 10 minutes until the sausages become brown, gooey and sticky. Shake the pan again half way through to flip the sausages over.

Transfer the sausages to a plate with cocktail sticks.

“ On Sunday we mostly visit the home farm and have dinner with our Aunt Sarah. Every Sunday dinner is a feast. ”



Margaret Devlin
Co Antrim, Northern Ireland

Family Favourites

ROAST LEG OF LAMB WITH ROSEMARY AND HONEY PARSNIPS, BRAMBLE GLAZE AND HEDGEROW RELISH

Serves 4-6

*Cooking time: Medium - 25 minutes per 450g/ 1/2kg (1lb) plus 25 minutes
Well done - 30 minutes per 450g/ 1/2kg (1lb) plus 30 minutes
Oven temp: Gas 4-5, 180°C, 350°F*

*1 Whole lamb leg joint
2 Sprigs fresh rosemary
Runny honey
4 Parsnips, peeled and quartered lengthways
Bramble jelly to glaze (any red or dark berry could be used)*

Hedgerow Relish

*30ml (2tbsp) Bramble jelly
1 Cooking apple, peeled, cored and sliced
1 Eating apple, cored and sliced*

Weigh joint and calculate cooking time. Line a roasting pan with 2 sheets of foil and place the lamb leg on to the foil and cook for the calculated time.

Add parsnips and rosemary to roasting pan for the last 40 minutes of cooking time.

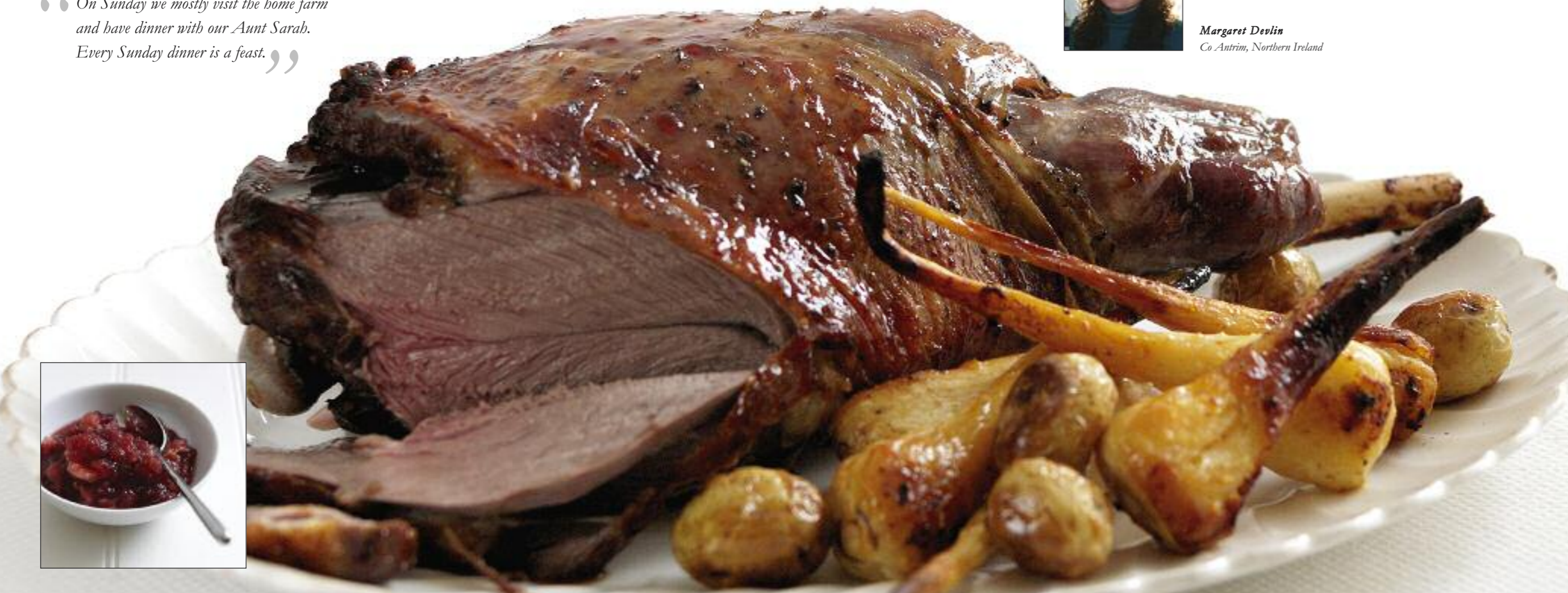
5 minutes before the end of cooking drizzle with runny honey and continue cooking.

Remove the joint 10 minutes before end of cooking and brush all over with bramble jelly.

Meanwhile make up the Hedgerow Relish: *In a pan place the bramble jelly, cooking and eating apple. Gently simmer with lid on until the apples are soft.*

Allow the joint to rest for 10 minutes before carving and cut into thick slices.

Serve with honey parsnips, Hedgerow Relish and piles of seasonal veg'.





Jenny Wright
Workington, Cumbria

Family favourites

“This recipe was a favourite with my Grandma who was born in 1881! She was known lovingly as ‘little nanny’ due to her small stature!”



GRANDMA'S LAMB STANDBY WITH MINT DUMPLINGS

Serves 4-6

Oven temp: Gas 4 – 5, 180°C, 350°F

- 900g (2lb) Mutton or lamb neck fillet, or boneless lamb shoulder, cubed
- 15ml (1tbsp) Oil
- 1 Onion, peeled and chopped
- 2 Cloves garlic, squashed
- 2 Small carrots, peeled and thickly sliced
- ¼ Swede, peeled and cubed
- 2 Small sweet potatoes, peeled and cubed
- 450ml (¾pt) Lamb stock
- 30ml (2tbsp) Redcurrant jelly
- Seasoning
- Large sprig fresh rosemary

Mint Dumplings

- 100g (4oz) Self-raising flour
- 50g (2oz) Suet
- 15ml (1tbsp) Fresh mint, roughly chopped

Preheat oven to Gas 4-5, 180°C, 350°F.

Heat oil in a big pan with lid and fry off lamb. Sauté onions and garlic. Add vegetables, stock, redcurrant jelly, seasoning and rosemary.

Transfer to a large ovenproof casserole and cook in oven for 1-1½ hours until meat is tender.

Meanwhile make Dumplings: In a small bowl mix together the ingredients for the dumplings with sufficient water to bind.

Take spoonfuls of the mixture and shape into rough balls. Remove lid and add dumplings to the casserole. Cook for another 30 minutes without the lid until dumplings are well risen and fluffy.

Serve with a mound of seasonal ‘greens’.



Diane Aslett
Bromley, Kent
(Brundish is a village in Mid Suffolk)

Family favourites

“This is the perfect comfort food for a cold winter's evening sitting by the fireplace – it makes you feel warm, cosy and very, very full!”



BRUNDISH COTTAGE PIE

Serves 4

Oven temp: Gas Mark 5, 190°C, 375°F

- 450g (1lb) Lean minced beef
- 1 Onion, peeled and roughly chopped
- 1 Clove garlic
- 3 Celery sticks, sliced
- 3 Carrots, peeled and diced
- 100g (4oz) Mushrooms, thickly sliced
- 150ml (¼pt) Beef stock
- 1 Tin chopped tomatoes
- 15ml (1tbsp) Worcestershire sauce
- 7 Large white potatoes, peeled and cut into small pieces
- 2 Parsnips, peeled and cut into chunks
- 1 Small cooking apple, peeled, cored and cut into chunks
- Butter
- Milk
- 5ml (1tsp) Mustard
- 50g (2oz) Cheese, grated

Preheat oven to Gas 5, 190°C, 375°F.

Fry onion, garlic, celery, carrots and mushrooms in a large deep based saucepan. Add beef until brown. Add hot beef stock, tomatoes, Worcestershire sauce (could use brown sauce to taste). Leave to simmer for 20 minutes.

For the topping boil potatoes in water with parsnips and apple. When they are cooked drain and mash with butter, milk and a small spoonful of mustard.

Spoon all of the beef mixture into a large casserole dish. Cover the mixture with the mash. If you wish, run your fork along the top to make grooves, and top with grated cheese.

Put the dish in a preheated oven for about 30 minutes, Gas 5, 190°C, 375°F until mash is golden and mince is ‘bubbling’.

“ This is a really tasty, cost-effective dish – brilliant for cold, winter days. It’s easy to prepare and the cooking smells are wonderful! The kids, when they visit, always ask for it – it’s their favourite dish. ”



Frances Slade
Banbury, Oxfordshire

Family Favourites

PORK BELLY WITH MUSTARD AND CALVADOS

Serves 4-6

Oven temp: Gas Mark 4, 180°C, 350°F

900g-1kg (1-2lb) Pork belly joint (size dependent on appetites)
2 Onions, quartered
2 Carrots, peeled and thickly sliced
Large sprig of sage
Large sprig of thyme
30ml (2tbsp) Mild mustard
Oil
Salt and pepper to taste
450ml (¾pt) Pork stock
Calvados – for special occasions (a good slosh)
2 Eating apples, cored and quartered

Preheat oven to Gas 4, 180°C, 350°F.

Take the belly joint, cut strings if it's a rolled joint and roll out flat. Dry rind and score deeply with a sharp knife.

Line roasting pan with foil. Place onions, carrots and herbs on the foil.

Spread mustard on the non-rind side of pork belly, season and lay the joint (rind side uppermost) on the vegetables. Brush the rind with a little oil and sprinkle with salt.

Pour stock into the dish.

(Add 30-45ml (2-3tbsp) Calvados to the stock if it's for a special occasion.)

Scrunch foil around the meat but don't cover the rind.

Place in oven for about 1 hour. Open foil and add apples, cover and cook for a further hour.

Serve with the apples, carrots and onions.

If the crackling needs more 'crackling' place under a preheated grill.



“It's inexpensive, it's tasty, it looks good and it's changeable. Mmmm...”



Roberta Casentieri
Northants

Family favourites

STUFFED MEATY MARROW BEEF ROUNDS

Serves 4

Oven temp: Gas 4 – 5 , 180°C, 350°F

450g (1lb) Lean minced beef

1 Onion, peeled and chopped

1 Beef stock cube

6 Mushrooms, sliced

Gravy granules to thicken

1 Medium-sized marrow

Mashed potato

50g (2oz) Cheddar cheese, grated

Preheat oven to Gas 4-5, 180°C, 350°F.

Heat oil in a large saucepan and fry onions and then add minced beef, lightly cook.

Add beef stock cube made up with 300ml (1/2pt) hot water. Add mushrooms, and thicken with gravy granules.

Cut marrow into thick rings (about 6 rings, roughly 5-8cm, 2-3" thick). Put on to a baking tray. Using a spoon carefully scoop out a small amount of the marrow flesh creating a hole for the mince mixture (don't scoop too deeply as it's easy to make a hole at the bottom; if this happens wrap the bottom of the slice with foil).

Fill with meat sauce, add mashed potato on top and sprinkle with a little grated cheese.

Place in preheated oven and cook until cheese is nice and brown, and marrow flesh is tender, about 30 minutes.

If you prefer it spicy add 15ml (1tbsp) curry powder, chilli powder or Worcestershire sauce as you brown the mince.

