



SPRINGTIME RECIPES

Using Meadowsweet Beef

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WILD GARLIC, NEW POTATOES AND STEAKS

Simple & wild



Ingredients

A bag of salad potatoes

A handful of wild garlic

1 tbsp red wine vinegar

2 spring onions

2 sirloin steaks (or rib eye)

2 large handfuls of lamb's lettuce

3 tbsp olive oil

Sea salt

Freshly ground pepper

Prep: 15 min

Cook: 30-35 min



Directions

- 1 Take your steaks out of the fridge and unpack. Put them on a plate and sprinkle with salt. Allow them to get to room temperature.
- 2 Put a full kettle on to boil. Scrub the potatoes and put them in a pan. Cover with hot water, pop on the lid and bring to the boil. Simmer for 12-15 mins till the potatoes are tender when pressed by a fork. Drain them.
- 3 Finely slice the spring onions. Put to one side. Tip the potatoes out onto a chopping board. Lightly squash them with a fork so they just burst.
- 4 Warm a griddle or heavy based frying pan over a high heat. Cut a piece of fat off the steak and add to the pan. When it's really hot, add the steaks.
- 5 Fry the steaks for 1-3 mins. Flip them over, fry for another 1-3 mins (the less you cook it, the rarer it will be). Leave the steaks to rest on a warm plate. Cover with foil or another plate.
- 6 Turn the heat down and add 1 tsp oil in the griddle or frying pan. Or use remaining fat from the steaks for extra flavour. Add the spring onions. Stir and fry for 3-4 mins till the spring onions are soft and glossy looking.
- 7 Add the potatoes to the pan. Fry the potatoes for 5-8 mins till they're a little golden. Turn every so often. Serve them with the steaks, the lamb's lettuce and wild garlic sauce.

NAVARIN OF BEEF WITH SPRING VEG

Seasonal & hearty

Ingredients

500g diced beef
25g butter
1 tbsp plain flour
1 tbsp tomato purée
1 litre beef, chicken (or veg) stock
1 garlic clove, crushed
1 tsp sugar
1 bouquet garni (a sprig of rosemary, thyme and a bay leaf, tied together)
8 new potatoes, scrubbed and halved
8 carrots, scrubbed, halved if large
8 small onions or shallots, or 2 large onions, cut into quarters
5 turnips, peeled and cut into quarters (or left whole if they are very small)
200g peas
200g broad beans
1 tbsp fresh parsley, chopped
salt and pepper



Prep time: 15 min

Cooking time: 2h



Directions

- 1 Sprinkle the beef with salt and pepper and leave for 1 minimum hour.
- 2 Heat the butter in a large, heavy-based pan, add the beef (in batches if necessary) and cook over a medium heat for about 10 minutes, until browned all over.
- 3 Add the flour and cook, stirring, over a low heat for about 4 minutes.
- 4 Add the tomato purée and then gradually stir in half the stock until you have a smooth sauce.
- 5 Add the garlic, sugar and bouquet garni, plus enough of the remaining stock just to cover the beef. Bring to the boil, cover and simmer for an hour. Add the root vegetables and onions and cook, uncovered, for minimum 45 minutes, until tender.
- 6 Skim off any surface fat, season to taste and add the peas, and the broad beans, if using. Simmer for 5 minutes, then scatter with the parsley and serve.



QUICK KALE MEATBALLS

Quick & healthy



Directions

- 1 Preheat the oven to 180°C and line or lightly grease a baking tray.
- 2 In a large mixing bowl, combine all of the ingredients and mix together well with your hands.
- 3 Once well combined, take out 1 Tablespoon of mixture at a time and roll into balls. Place the balls on the baking tray.
- 4 Once all of the meatballs are rolled, place them into the oven for 20 minutes, until cooked through.
- 5 Serve with your favourite sauce or enjoy by themselves.

Ingredients

- 500 grams minced beef**
- 1 handful kale finely sliced**
- 4 spring onions finely sliced**
- 1 tablespoon fresh parsley**

Prep time: 15 min
Cooking time: 20 min



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