



BEEF WEEK

COOKBOOK



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Bacon Cheeseburger With Rosemary Salted Fries

Ingredients (4):

- Tomato ketchup (30ml)
- Mayonnaise (50ml) †
- Smoked streaky bacon (90g)
- Panko breadcrumbs (30g)
- Mustard ketchup (20g) †
- Cheddar cheese (40g) †
- Brioche style buns (2pcs) †
- NI Beef mince (250g)
- Relish (15ml)
- Rosemary (5g)
- Gem lettuce
- White potato x4

Method:

- Preheat the oven to 220°C/ 200°C (fan) and cut your potatoes (skins on) into fries and onto a baking tray.
- Strip your rosemary off stems, chop them as finely as possible and throw away the stems, add the chopped rosemary with a pinch of salt.
- Sprinkle the rosemary salt on the fries with a drizzle of oil and pepper and mix together.
- Put the tray in the oven for 20-25 min or until cooked through – these are your rosemary salted fries.

Method:

- While the fries are cooking, add your mince to a bowl with your panko breadcrumbs and relish
- Season with a small pinch of salt and pepper, mix it all together then shape into 1 burger patty per person
- Add a light covering of vegetable oil to a separate baking tray, then add the burger patty[ies] and your smoked streaky bacon
- Put the tray in the oven for 15-20 min or until the burger is cooked through and the bacon is crispy
- While the burger is cooking, combine your mustard ketchup, mayo and tomato ketchup in a bowl – this is your burger sauce
- Grate your cheddar cheese and slice your brioche bun in half (if required!)
- Wash your lettuce and pat dry with kitchen paper, then remove 1 whole outer leaf per person and set aside for serving
- Chop the remaining lettuce into quarters, then add to a bowl and toss with a drizzle of oil and season lightly with salt and pepper – these are your dressed lettuce wedges
- Once the burger is almost done, top the patty with the grated cheese and return the tray to the oven for 3 min or until the cheese has melted.
- Heat a large, dry, wide-based pan (preferably non-stick) over a medium heat and add the brioche bun halves, cut side down, and cook for 3 min or until toasted and charred
- To build, spread a little burger sauce onto the toasted brioche base, then pile up with a lettuce leaf, a cheeseburger patty, crispy bacon and top with the toasted brioche lid – this is your ultimate bacon cheeseburger

Classic Cottage Pie With Broccoli



Ingredients:

- 1 garlic clove
- 1 tbsp tomato paste †
- 250g NI beef mince
- 40g mature cheddar
†
- 30ml relish
- 1 carrot
- 1 broccoli
- 400g potatoes
- 1 beef stock cube
- 1 red onion
- You'll also need
butter, milk, oil,
pepper, salt (or
dietary alternatives)

Method:

- Preheat the oven to 220°C/ 200°C (fan)/ 425°F/ Gas 7 and boil a kettle
- Peel the potatoes and cut them into small bite-sized pieces.
- Add the chopped potatoes to a pot of boiled water with a generous pinch of salt, bring to the boil over a high heat and cook for 10 min or until fork-tender. Once done, drain and return to the pot to steam dry. Meanwhile, re-boil a kettle.
- Peel and finely chop the red onion, top, tail, peel and dice the carrot and peel and finely chop (or grate) the garlic.

Method:

- Heat a large, wide-based pan (preferably non-stick) with a drizzle of oil over a medium heat. Once hot, add the chopped onion, carrot and garlic and cook for 3-4 min or until beginning to soften
- Meanwhile, dissolve the beef stock cube[s] in 200ml [400ml] boiled water and add the tomato paste and relish – this is your tomato stock
- Once your vegetables have softened, add the beef mince and cook for 3-4 min or until browned, breaking it up with a wooden spoon as you go. Add the tomato stock to the beef mince and bring to the boil
- Once boiling, reduce the heat to medium and cook for 8-10 min or until the liquid has reduced by half – this is your beef mixture – Meanwhile, grate the cheddar cheese
- Return the drained potatoes to a low heat with a large knob of butter, a splash of milk and a generous pinch of salt and pepper and mash until smooth – this is your creamy mashed potato
- Once the beef mixture has thickened, transfer it to an oven-proof dish (or individual ones), top the beef mixture with the creamy mashed potato and sprinkle over the grated cheese
- Put the dish in the oven for 15-20 min or until golden brown and bubbling – this is your cottage pie
- Meanwhile, re-boil a kettle and cut the broccoli into florets
- Add the broccoli florets to a pot with plenty of boiled water and bring to the boil over a high heat
- Once boiling, cook for 4-6 min or until tender with a slight bite
- Once done, drain the broccoli and season generously with salt and pepper
- Serve the cottage pie with the broccoli to the side



Crispy Beef Hash with Fried Egg

Ingredients (2):

- 300g cooked NI beef pieces
- 400g potatoes, diced - par-boiled
- 1 small onion, finely chopped
- 2 tbsp butter
- 1 tbsp oil
- Salt & black pepper
- 2 eggs
- Optional: chopped parsley or spring onions

Method:

- Heat oil and half the butter in a large frying pan. Add potatoes and cook on medium-high heat, turning occasionally, until golden and crisp (10-15 mins).
- Stir in onion (and any additional veg) and cook until soft. Add chopped beef and remaining butter. Fry until everything is browned and slightly crispy.
- Season generously with salt and black pepper. Press mixture lightly into the pan for extra crispness.
- In a separate pan, fry eggs to your liking (runny yolk recommended).
- Spoon hash onto plates, top with a fried egg, and finish with herbs if using.



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Quick Beef & Broccoli Noodle Bowl

Ingredients (2):

- 250g beef steak (sirloin or rump), thinly sliced
- 150g egg noodles
- 1 small head broccoli, cut into florets
- 1 tbsp oil
- 2 cloves garlic, minced
- 1 tsp fresh ginger (optional)
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp sesame oil
- 1 tsp vinegar (or lemon juice)
- Splash of water (to loosen)

Method:

- Boil noodles according to packet. In the last 2 minutes, add broccoli to the same pot. Drain both together.
- Heat oil in a hot pan. Add beef in a single layer, cook quickly (1–2 mins), then remove.
- In the same pan, fry garlic and ginger for 30 seconds.
- Return beef, add noodles and broccoli. Pour in sauce and toss over high heat until coated and glossy.
- Divide into bowls and serve immediately.

Beef, Cabbage & Potato One-Pan Fry



Ingredients (3):

- 250g beef (minced or thinly sliced)
- 400g potatoes, diced (parboiled works best)
- ½ head cabbage, shredded
- 1 small onion, sliced
- 2 tbsp butter
- 1 tbsp oil
- 2 cloves garlic, minced
- Salt & black pepper

Method:

- Heat oil in a large pan. Add diced potatoes and cook on medium-high heat for 10–15 minutes until golden and crisp. Remove and set aside.
- In the same pan, add beef and cook until browned. Remove and set aside.
- Add butter, onion, and cabbage to the pan. Cook for 8–10 minutes until soft and slightly caramelised.
- Stir in garlic and cook for 1 minute.
- Return potatoes and beef to the pan. Season well, add optional sauce, and toss everything together until hot and slightly crispy.
- Serve straight from the pan, finished with herbs if using.



Beef & Cheddar Toastie

Ingredients (2):

- 4 slices sourdough bread
- 200g cooked NI beef (leftover roast or thin steak slices)
- 100g cheddar cheese
- 1 small onion, sliced
- 2 tbsp butter
- 1 tsp wholegrain mustard (optional)
- Salt & black pepper

Method:

- Melt a little butter in a pan and cook onions slowly until soft and golden.
- Add beef briefly to the pan just to heat through.
- Butter the outside of the sourdough. Layer beef, onions, cheese, and mustard inside.
- Cook in a pan over medium heat, pressing gently, until bread is crisp and golden and cheese fully melted.
- Slice and serve hot.



Hearty Beef & Vegetable Soup

Ingredients (4):

- 400g stewing NI beef, diced
- 1 tbsp oil
- 1 onion, chopped
- 2 carrots, sliced
- 2 potatoes, diced
- 1 celery stick, chopped
- 1 litre beef stock
- 1 tsp thyme
- Salt & black pepper

Method:

- Heat oil in a pan and brown the beef well for extra flavour.
- Add onion, carrot, celery, and cook for 5 minutes until softened.
- Add potatoes, stock, thyme, and seasoning. Bring to a boil, then reduce to a gentle simmer.
- Cook through
- Simmer for 1–1.5 hours until beef is tender and flavours have developed.
- Taste and serve hot with buttered bread.