At Home: Irish Beel and Irish Lamb: 20 economical recipes from CBF: Irish Livestock and Meat Board

CBF: Irish Livestock and Meat Board
Irish Beef and Irish Lamb

At Home

20 ECONOMICAL RECIPES FROM CBF - IRISH LIVESTOCK AND MEAT BOARD
Contents

Irish Beef – the Main Cuts ............................... 5
Beef and Onion Plait ........................................ 6
Beef and Orange Casserole ................................. 7
Beefsteak and Kidney Pie with Suet Crust ............. 8
Carbonnade with Guinness ................................. 10
Chilli con Carne .............................................. 11
Irish Corned Beef with Parsley and Onion Dumplings .............................................. 12
Irish Meat Loaf ............................................... 13
Lasagne .......................................................... 14
Meat Balls in Sweet and Sour Sauce .................... 16
Old-fashioned Shin of Beef Casserole .................... 17
Spiced Pressed Beef ......................................... 18
Traditional Pot Roast ....................................... 19
Irish Lamb – the Main Cuts ................................. 20
Barbecue Breast of Lamb ................................... 21
Kidney and Bacon Toasts .................................. 22
Lamb and Apple Hot Pot ................................... 23
Lamb and Celery Salad ..................................... 24
Lamb Goulash ................................................... 25
Lamb Kebabs with Mustard Sauce ....................... 26
Shoulder of Lamb baked with Mustard and Herbs .......... 27
Spinach stuffed Breast of Lamb ......................... 28
Handy Hints ...................................................... 29