



Hot, Sweet And Smoked BBQ Shoulder Of Lamb

MEAT

Despite recent trends to move away from red meat, the fact is that South Africans and especially South African men, love a good cut of beef or lamb. The tired joke here is that “my idea of a vegetarian meal is chicken”. Nevertheless, meat doesn’t have to be heavy meal and it can be cooked in healthy, appealing ways.

The important thing about meat is the way it is combined – with spices, fruit, herbs and vegetables. Sure, a good steak rarely needs much else but that may not be everybody’s idea of an original or exciting meal.

My repertoire of meat dishes encompasses many types. I love making lamb because it can be made ahead of time. In fact, it gets better over time. Beef either needs long cooking to keep it tender or very quick high heat to sear it and retain the juices.

Whether it is a hearty lamb tagine or a BBQ roast beef topped with caramelized leeks, meat needs to be kept succulent to be really delicious. Be mindful of your guests’ preferences in terms of how the meat should be done – from bloody to very well done. And that is one of our biggest challenges when we entertain.

BBQ Roast Stuffed With
Caramelized Leeks And Parsnips

Lamb Tagine With Honeyed Prunes

Malay Beef Curry Casserole

Slashed Roast Leg Of Lamb With
Lemony Herb Stuffing

Vodka Beef With
Horseradish Sauce

Pepper Steaks With Parsnip Fritters

Moroccan Lamb Casserole

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