



cast iron

Persian Beef Casserole

New Nutmeg 24cm Round Casserole



Persian Beef Casserole

Serves 6

Tender slow cooked lean beef with onions, tomato, lentils and spiced with turmeric, cumin, nutmeg and cinnamon. Finished with a good squeeze of fresh lime juice and chopped mint. Traditionally this type of casserole would be served with rice which has been either boiled or baked with a golden crust and Persian flat breads.

Le Creuset Cast Iron 24cm Round Casserole

Ingredients

4 tablespoons olive oil - divided
4 medium onions - peeled and sliced
1kg lean braising steak - cubed
2 cloves garlic - chopped
2 teaspoons turmeric
2 teaspoons ground cumin
2 teaspoons black pepper
2 x 400g cans chopped tomatoes
2 tablespoons tomato puree
750ml / 3 cups hot beef stock
175g green lentils - washed
2 teaspoons ground nutmeg
2 ½ teaspoons ground cinnamon
3 - 4 tablespoons fresh lime juice
3 tablespoons chopped fresh mint

Method

Oven: 170°C / Gas mark 3, pre-heated

Fan oven: 150°C

1. Heat half the olive oil in the casserole over a low to medium heat, add the sliced onions and cook for 15 minutes, stirring frequently. Then remove the onions from the pot with a slotted spoon and set to one side.
2. Add the remaining oil to the pot and heat for 1-2 minutes. Stir fry the beef adding a little at a time so not to overcrowd the pot.
3. Once the beef is nicely sealed return the fried onions to the pot along with the garlic, turmeric and cumin. Stir and cook for 2 minutes.
4. Stir in the tomatoes, tomato puree and hot beef stock. Bring the contents to a simmer, place on the lid and transfer to the oven to cook for 1 hour.
5. Remove the pot from the oven using a thick cloth or oven gloves. Stir in the washed lentils, nutmeg and cinnamon.
6. Reduce the oven temperature to 150°C/Gas Mark 3 and cook for 1 ¼ - 1 ½ hours until the meat is very tender.
7. After cooking is completed finish the dish by stirring in the fresh lime juice and chopped mint, adjust the seasoning to taste with a little salt.
8. Serve with rice and flatbreads.

Cook's notes

1. Persian flat breads are known as Nan-e barbari which are similar to Naan and flavoured with cinnamon and sesame seeds.
2. To adjust the 24cm casserole recipe:
To serve 3-4 use a 20cm casserole and reduce the ingredients by half.
To serve 8-10 use a 28cm casserole and increase the ingredients by half.



Nutmeg Cast Iron
24cm Round Casserole



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Reference No 4040



cast iron

Spiced Lamb Loin
New Nutmeg 26cm Square Grillit®



Spiced Lamb Loin with Mint Jus

Serves 4

Succulent spring lamb loins coated in a rub made from a Middle Eastern inspired mix of spices which include paprika, cumin, nutmeg and cinnamon. The lamb is seared on the grill until bar marked, rested and served with a creamy nutmeg spiced celeriac mash, some crispy sugar snap peas and a mint jus.

Le Creuset Cast Iron 26cm Square Grillit

Ingredients

Spice rub for the lamb

- 1 teaspoon paprika
- 1 teaspoon ground cumin
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ½ teaspoon black pepper
- ½ teaspoon salt
- 1 tablespoon olive oil

Meat

- 2 x 225g - 250g lamb loins
- Vegetable oil to grill

Mint jus

- Handful fresh mint leaves
- 3 tablespoons white balsamic vinegar
- Pinch salt

Method

To prepare and cook the lamb

1. Mix together the spices with the olive oil in a shallow dish. Score the fat of the lamb loins with a sharp knife and rub the mix well in. Cover and chill for 1 hour.
2. Place the empty grill over a low to medium heat on the hob and allow it to heat for several minutes. Test the grill temperature by dropping a few drops of cold water over the hot surface. If it sizzles and the water evaporates almost immediately, it is hot and ready for use. If the water produces steam and has no sizzle, heat the pan for a little longer and repeat the test again. Use an oven mitt, handle glove or cloth for gripping the iron handle at all times.
3. Lightly oil the grill ribs with a little vegetable oil. Season the lamb with a pinch of salt and place flat side down on the grill. Cook for 6-8 minutes on each side depending on taste. Turning after 2-3 minutes once the meat has sealed and become bar marked. (See cook's note). Place the meat into a pre warmed dish, cover with some foil and rest well before slicing.
4. To make the jus blend together the mint leaves with the vinegar and seasoning.
5. Slice the lamb loins and arrange onto warmed plates, pour over any meat juices. Serve with celeriac mash, sugar snap peas and the mint jus.

Cook's notes

1. Ready prepared Middle Eastern spice mixes such as Ras el hanout and Baharat are now available in most supermarkets. These spice mixes are more complex but contain the ingredients in the spice rub along with others and can be used if preferred.
2. As lamb loins can vary considerably in thickness the cooking time should be used as a guide.



Nutmeg Cast Iron
26cm Square Grillit



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Reference No 4042



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Spiced Rice Pudding New Nutmeg Mini Round Casseroles



Spiced Rice Pudding

with Spiced Plum and Ginger Compote

Serves 4

Rice pudding is a popular dessert all around the world. Spices, fruit, cream and eggs are often added to the three main ingredients of rice, milk and sugar to vary the recipe. This rice pudding is finished with cream and egg and served with a fruit sauce.

Le Creuset Stoneware
Mini Round Casseroles 0.25L x 4

Ingredients

Rice pudding

- 500 ml milk
- 90g white rice
- 55g white sugar
- 1 ½ teaspoon nutmeg - divided
- 1 teaspoon softened butter
- 275ml single cream
- 1 medium (large) egg - beaten
- 1 teaspoon vanilla extract

Plum compote

- 350g plums-stoned and quartered
- 25g fresh root ginger-peeled and minced finely
- 55g light brown sugar
- ½ teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 teaspoon softened butter

Method

Oven: 170°C / Gas mark 3, pre-heated
Fan oven: 150°C

To make the rice pudding

1. Place the milk, rice, sugar, 1 teaspoon of the nutmeg and butter into a saucepan and bring to a simmer whilst stirring.
2. Once simmering reduce the heat to low and cook for 15-18 minutes until the rice is al dente. Stir occasionally to prevent skinning and the rice from clumping. Remove away from the heat.
3. Mix together the cream, beaten egg and the vanilla. Stir the mixture into the slightly cooled cooked rice.
4. Divide the mixture between the mini round casseroles, taking care to distribute the rice equally. Sprinkle over the remaining ½ teaspoon nutmeg and bake in the oven without lids for 20-25 minutes.

To make the compote

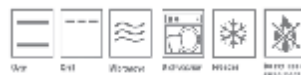
1. Place all the compote ingredients into a saucepan and heat, stirring until the sugar has melted.
2. Continue to cook over a low heat, stirring occasionally for approximately 8-10 minutes until the fruit is soft and the sauce has become syrupy. The fruit should still hold its shape and not be broken down.
3. Either spoon on top of the puddings or serve in a separate dish to be added at the table. The rice puddings and compote can be served either warm or chilled.

Cook's note

Al Dente - Just cooked but still retaining some bite.



Nutmeg Stoneware
Mini Round Casseroles



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Reference No 4041



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Spiced Apricot Cobbler

New Nutmeg 26cm Rectangular Dish



Spiced Apricot Cobbler

Serves 8

Nutmeg and cinnamon spiced fruit with a buttery cobbler topping, finished with crunchy Demerara sugar and flaked almonds before being baked in the oven until golden brown. Delicious served hot with vanilla custard or a spoonful of vanilla ice cream.

Le Creuset Stoneware 26cm Rectangular Dish

Ingredients

Fruit

650g ripe fresh apricots – cut in ½ and pitted
or 600g well drained canned apricots
85g light brown sugar
1 tablespoon plain flour
1 teaspoon nutmeg
1 teaspoon cinnamon

Cobbler topping

150g plain flour
½ teaspoon bicarbonate of soda
1 teaspoon baking powder
85g butter
55g light brown sugar
150ml buttermilk

Topping

3 tablespoons Demerara sugar
25g flaked almonds

Method

Oven: 200°C / Gas mark 6, pre-heated

Fan oven: 180°C

To make the fruit layer

1. Place the prepared fruit into the dish, covering the base.
2. Mix together the sugar, flour and spices and sprinkle over the fruit. Lightly mix in.

To make the cobbler topping

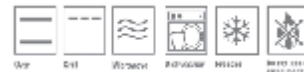
1. In a medium sized bowl mix together the flour, bicarbonate of soda and baking powder. Rub the butter into the flour using your fingertips until the mixture resembles breadcrumbs.
2. Stir in the sugar, add the buttermilk and mix together.
3. Place random spoonfuls of the soft cobbler mixture over the fruit, leaving a few small gaps where the fruit can be seen. Do not smooth over the mixture.
4. Sprinkle over the flaked almonds and Demerara sugar topping, place in the oven for 30-35 minutes until the cobbler is golden brown and the syrup is bubbling through. Test the cobbler is cooked by inserting a skewer or cocktail stick into the centre. If the skewer comes away clean the cobbler is done, if not replace the dish back into the oven for a few more minutes.
5. Serve hot with vanilla ice cream or whipped cream.

Cook's note

If fresh apricots are not available they can be substituted with canned fruit. Choose the variety of fruit in juice rather than in syrup. To skin the fruit if preferred, simply plunge the fruit into a bowl or pan of very hot water for a minute, remove with a slotted spoon and peel away the skins with your finger tips.



Nutmeg Stoneware
26cm Rectangular Dish



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Reference No 4043