

MEAT ON THE MENU

CONTENTS

Foreword.....	1
Nutritional benefits of meat.....	3
Converting TM Recipes.....	5

Starters

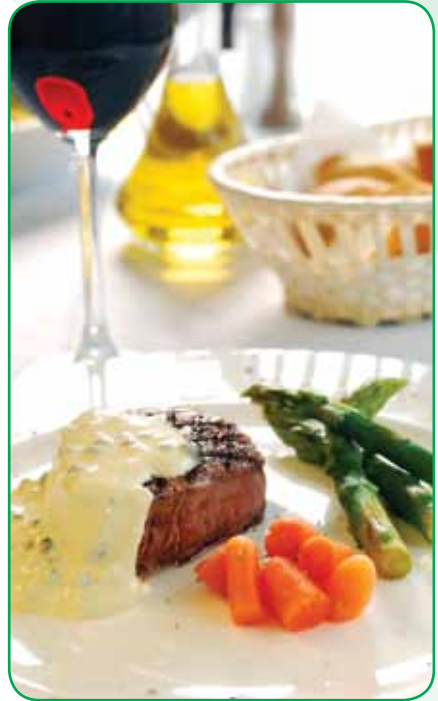
Breakfast Sausage Patties.....	9
Puffy Breakfast Quiche.....	9
Gratin Cups.....	10
Beef and Feta Rissoles.....	11
Crispy Chicken Croquettes.....	12
Herbed Honey Meatballs.....	13
Keftethes (Greek Meatballs).....	14
Thai Chilli Pork Sausage Rolls.....	15
Thai Chicken Cakes.....	16
Pork Balls with Minted Peanut Sauce.....	17
Chunky Mexican Beef Dip.....	18
Salami Spread.....	19

Salads

Steam a Chicken Breast and... ..	23
Spinach and Almond Chicken Salad	23
Warm Chicken and Blue Cheese Salad ..	24
Chilli Citrus Chicken Salad	24
Warm Red Cabbage Salad with Chicken and Brie.....	25
Chicken and Potato Salad with Sun-dried Tomato Dressing.....	26
Chicken and Pasta Salad.....	27
Shredded Chicken Salad.....	28
Shredded Beef Taco Salad.....	29
Mango Macadamia Chicken Noodle Salad.....	30
Steamed Pork Fillet with Black Bean Dressing.....	31
Thai Beef Salad.....	32
Thai Chicken and Prawn Noodle Salad ..	33
Curried Chicken Salad.....	34

Sauces and Sides

Béarnaise Sauce.....	37
Béarnaise Sauce with Prawns	38
Bocci's BBQ Sauce.....	39
Best BBQ Sauce.....	39
Soubise.....	40
Chicken Velouté.....	41



Leek and Saffron Sauce.....	42
Lebanese Garlic Paste.....	42
Seeded Mustard Sauce.....	43
French Style Mustard.....	43
Honey Mustard.....	44
Peppercorn Sauce.....	44
Red Pepper Sauce.....	45
Rouille	46
Espagnole.....	47
Fresh Chermoulla.....	47
Five Spice Powder.....	48
Peach and Apricot Chutney	48
Tomato Chilli Jam	49
Onion Jam.....	49
Mexican Salsa.....	50
Warm Beetroot Puree.....	50
Tabouleh	51
Cheesy Polenta.....	52
Naan Bread.....	53
Flour Tortillas.....	53
Yorkshire Puddings.....	54

CONTENTS



Soups

Crema di Pollo (Cream of Chicken Soup)	57
Asparagus and Chicken Soup	58
Bacon, Potato and Cheddar Soup	59
Beef Soup with Baby Mushrooms	60
Hearty Beef Minestrone	61
Persian Lime and Beef Stew	62
Lime and Chicken Mexican Soup	63
Chorizo and Lentil Stew	64
Black Eyed Chorizo Winter Warmer	64
Dutch Curry and Rice Soup	65
Avgolémono	66
Thai Chicken Soup	67
Tasty Pork Broth with Roasted Tomatoes	68
Harira	69
Almondigas (Pork Shrimp Soup)	70

Mains

White Chicken Chilli	73
Baked Penne and Meatballs	74
Spaghetti with Meatballs	75
Chicken Cacciatore	76
Quails in Cannelini Sauce	77
Pork Loin with Sun-Dried Tomato and Oregano	78
Lamb Meatballs with Tomato and Tamarind Sauce	79

Chicken and Rocket Sausages with Warm Tomato Sauce	80
Osso Bucco	81
Turkey in Osso Bucco Sauce	82
Gremolata	82
Veal Involtini	83
Sun-Dried Tomato Pesto	84
Steamy Orange Soy Chicken	84
Minted Orange Chicken	85
Lemon Chicken Pancakes	86
Chicken with Prunes	87
Creamy Veal with Apples and Rosemary	88
Chinese Pepper Steak	89
Moroccan Lamb	90
Mongolian Lamb	91
Teriyaki Beef with Soba noodles	92
Chicken Biryani	93
Biryani Rice	94
Chicken Peanut Curry	95
Chicken Jalfrezi	96
Curried Sausages	97
Curried Mince	98
Indian Lamb Curry	99



CONTENTS

Lamb Korma.....	100	Kangalanga Lasagne	113
Chicken and Bacon Rolls.....	101	Five Spice Sweet and Sour Meatballs....	114
Pesto Chicken Parcels	102	Kroppkakor	115
Spicy Beef and Corn Scone Cobbler	103	Steak Tartare	116
Soutzoukakia with Rice (Meat Patties) .	104	Squisito Capretto.....	117
Mediterranean Lamb Burgers	105	Rabbit with Pistachio and Truffle stuffing.....	118
Aussie Meat Pies	106	Red Wine Braised Rabbit	119
Pierogi.....	107	Lamb Stew with Feta.....	120
Angel Hair Pasta with Chorizo and Almonds	108	Irish Stew.....	121
Chunky Beef Chilli	109	Chicken and Olive Braise	122
Chicken Enfrijoladas	110	Index	123
Sour Cream and Chicken Enchiladas.....	111		
Chorizo and Lime Fajitas with Red Onion Relish.....	112		

Additional Information

Recipes in this book have been designed in most cases to use the capacity of the bowl and will serve from 4-6 adults. Recipes can in some cases be reduced or increased in volume – this will affect cooking times slightly. For more information on adjusting the volume of recipes please call your Consultant.

Using raw egg in Thermomix recipes is at the reader's discretion. Consider alternative recipes that do not require raw eggs, especially when serving to young children, the elderly, pregnant women, and those with poor immune systems.

To ensure gluten free recipes are gluten free, always read the labels of your products as some may contain traces of wheat or gluten.

