

# Try one of our delicious Cooking Suggestions



## Slow Cooker Cola Beef

### INGREDIENTS

- 500g Millers diced beef
- 1 onion chopped
- 2 cloves garlic chopped
- 1 red, 1 yellow and 1 green pepper chopped
- 6 baby corn sliced
- 1 red chilli chopped (optional)
- 2 medium carrots chopped
- 1 tin chopped tomatoes

- 2 tablespoons worcestershire sauce
- 3 tablespoons tomato purée
- 1 beef stock cube
- 330ml diet or regular cola
- Salt and pepper to taste

### METHOD

1. In a high sided sauté pan or wok cook onion until soft. Add garlic and beef and fry until beef has browned slightly.
2. Add all the other ingredients including the stock cube and bring to a simmer.
3. Add mix to the slow cooker and cook on high for 6 hours or low for 10 - 12 hours.

## Best Beef Bourguignon

### INGREDIENTS

- 1.5 kg Millers diced beef
- 1 bottle red wine
- 3 sprigs fresh thyme
- 1 bay leaf
- 150g smoked streaky bacon
- 1 onion diced
- 3 tablespoons plain flour
- 1 tablespoon tomato puree
- 250ml beef stock
- Approx. 15 shallots peeled
- 250g chestnut mushrooms halved

### METHOD

1. Pour wine over the beef and add the thyme and bay leaf. Cover and leave in the fridge overnight.
2. Pre heat oven to 160°C.
3. Remove the beef from the wine mixture reserving this for later.
4. Brown meat. Remove from pan and set a side.
5. Add the bacon and fry until just colouring. Add the onion and cook until soft. Stir in the flour and add the reserved wine mixture and tomato purée. Return the beef. Add the beef stock and season to taste.
6. Transfer to large casserole dish and cook in the oven for 2 hours.
7. Meanwhile fry off the mushrooms and shallots until golden and the liquid from the mushrooms has disappeared.
8. When the meat is done, stir in the shallots and mushrooms and return to the oven uncovered for approx 30 mins until shallots are softened.

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## Millers Pork Chops & Normandy Apple Sauce

### INGREDIENTS

- 25g butter
- 4 Millers pork chops
- 2 onions sliced in half moons
- 1 large clove garlic minced
- ½ teaspoon dried Thyme
- 250ml sweet cider
- 1 tablespoon clear honey
- 1 tablespoon Brandy (optional)
- 2-3 cooking apples - cored, peeled and thickly sliced
- Salt and pepper to taste
- 4 tablespoons double cream

### METHOD

1. Preheat oven to 180°C
2. Melt the butter in a large frying pan and brown the Millers pork chops until golden brown. (approx 3-4 minutes each side)
3. Transfer to a casserole dish with a lid.
4. Using the same frying pan, fry the onion until tender, add the garlic and fry for another 2 minutes.
5. Add the thyme, cider, honey, brandy (if using) and the salt and pepper.
6. Transfer the mixture to the casserole.
7. Fry the apple slices until golden but not soft and place gently into the casserole dish. Put on lid.
8. Cook in the oven for 45 minutes until the pork is cooked through. Remove from the oven.
9. Skim off any fat that may have risen to the surface and discard.
10. Stir in the double cream and serve immediately with potatoes and vegetables of your choice.

## Miller's Round Steak Pepper Beef (Slow cooker)

### INGREDIENTS

- 500g Millers round steak cut into ½ inch thick strips
- 65g plain flour
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 medium onion chunky chopped
- 3-4 garlic cloves chopped
- ½ red and ½ green pepper chunky chopped
- 1 tin chopped tomatoes
- 1-2 beef stock cubes
- 2 tablespoons worcestershire sauce
- 1 tablespoon steak seasoning (optional)
- 1 tablespoon brown sauce (optional)

### METHOD

1. Toss the steaks in flour, salt and pepper.
2. In a bowl mix together the beef stock, worcestershire sauce and brown sauce, and pour over Millers round steaks.
3. Add all the remaining ingredients to the slow cooker.
4. Cook on low for approx 8 hours. (slow cookers can vary)
5. Enjoy served on boiled rice and salad.

## Millers Rolled Brisket and Cabbage (Slow cooker)

### INGREDIENTS

- 750g Millers rolled brisket
- 1 medium onion
- 3-4 washed red potatoes (no need to peel)
- 1 large carrot cut in circles
- 2 beef stock cubes
- 250ml hot water
- 1 small garlic clove minced
- 2 teaspoons worcestershire sauce
- ½ teaspoon dry mustard powder
- 1 small savoy cabbage
- ½ teaspoon caraway seeds

### METHOD

1. Fry Millers rolled brisket on all sides until browned.
2. Put onion, potatoes and carrot in the slow cooker and place the Millers rolled brisket on top.
3. Mix together beef stock cubes, water, garlic, worcestershire sauce and dry mustard powder.
4. Pour over meat.
5. Cook for 8-10 hours on low or 4-5 hours on high. (slow cookers can vary)
6. Add cabbage and caraway seeds for the last hour of cooking.
7. To serve, remove the meat and using a slotted spoon remove the vegetables and potatoes, leaving behind the cooking liquid. This can be cooled and frozen to be used in future recipes.
8. Slice meat and serve.

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## Millers Beef Strip Chinese Stir Fry

### INGREDIENTS

50ml vegetable oil

2-3 cloves garlic minced

450g Millers strip loin beef

1 onion chopped chunky

1 red pepper chopped chunky

1 medium carrot halved and thinly sliced

6 baby Pak choy

### For the Sauce

4 tablespoons water

Additional 160ml water

6 teaspoons of corn flour

4 tablespoons soy sauce

2 tablespoons oyster sauce

4 tablespoons chicken stock

2 teaspoons sugar

Good pinch of black pepper

### METHOD

1. Mix corn flour with 4 tablespoons of water until smooth.
2. Mix in remaining ingredients for the sauce.
3. Mix beef and 4 tablespoons of the sauce mix carefully in a bowl and rest for 15 minutes.
4. Add 160ml water to the remaining sauce and set aside.
5. Heat oil in a wok, add onion and cook for 1 minute. Add garlic and cook for 15 seconds being careful not to burn.
6. Add the Millers strip beef to the pan and cook until lightly browned but not cooked.
7. Add peppers and carrots and fry for 30 seconds.
8. Add remaining sauce and cook for approx 1 minute.
9. Add pak choy and spring onions and cook for 1 minute or until sauce has thickened.
10. Remove from heat and serve immediately with rice of your choice.

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## Speyside Singapore Pork

### INGREDIENTS

- 250g Millers minced pork
- 1 tablespoon grated ginger
- 1 finely chopped red chilli (or 1/2 teaspoon dried)
- 2 chopped garlic cloves
- 5 chopped spring onions + 1 for garnish
- 2 tablespoons soy sauce
- 1 teaspoon fish sauce (optional)
- 2 tablespoons sweet chilli sauce

300g pack of stir fry vegetables

200g fried egg noodles

Salt and pepper to taste

### METHOD

1. Cook noodles and set a side.
2. Brown pork mince in a wok or deep frying pan. Set aside.
3. Fry ginger, garlic, chilli, spring onions and stir fry veg for approx 5 mins.
4. Mix in the pork mince.
5. Add soy sauce, fish sauce (if using), sweet chilli sauce and noodles and stir well for 3 minutes or until noodles are heated through.
6. Serve immediately and garnish with the left over spring onion.

## Miller's Greek Style Stuffed Pork Fillet

### INGREDIENTS

- 1 Miller's pork fillet
- For Filling**
- 3 garlic cloves
- 1/4 teaspoon dried chilli flakes
- 1 bag baby spinach (washed)
- 6 pieces sun dried tomato in oil chopped
- 75g feta cheese
- For Coating**
- 60ml balsamic vinegar
- 2 tablespoons olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon chopped rosemary
- 1 teaspoon lemon zest
- 3 cloves garlic
- 1 teaspoon salt
- 1/2 teaspoon black pepper

### METHOD

1. Pre heat oven to 180°C.
2. For the filling - Heat oil in a frying pan. Grate the 3 garlic cloves and add to the frying pan with the chilli flakes for about 30 seconds. Add the spinach until wilted, approx 2 minutes. Remove mixture from pan and allow to cool. Place mixture on kitchen paper and squeeze gently to release any excess moisture. Once squeezed place in a small bowl and stir in the chopped sun dried tomatoes and crumble in the feta cheese. Set aside.
3. For the topping - combine balsamic vinegar, olive oil, mustard, rosemary, lemon zest and the salt and pepper in to a small bowl and mix with a fork until smooth. Set aside.
4. To assemble - slice the pork fillet down the middle to butterfly. Open and lay flat. Spread the spinach mixture evenly down the centre and add the fillet. Fold back over and tie together with butchers string or secure with cocktail sticks. Place the fillet in a roasting pan and cover all over with the topping. Roast the fillet for 20 minutes. Reduce heat to 150°C and roast for a further 35-40 minutes until cooked through. Remove from oven and allow to rest for 10 minutes. Remove cocktail stick if used, before slicing to serve.