

THE

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MEAT



Your guide to lamb and mutton **offal**

Introducing

Offal

What is offal?

Offal is the communal name referring to the internal organs and entrails of slaughtered animals, also referred to as the 5th quarter. With the right preparation, lamb and mutton offal can be an economical, nutritious and convenient alternative to your daily menu.

Traditionally offal was enjoyed fresh on the farm but as people moved to cities, they yearned for these delicacies. Good news! It's available at most retailers or butchers today. Offal cuts across all races and is enjoyed by many South Africans from people in townships to people in leafy suburbs and even Mr Mandela loved it.

It is not normally a mainstream popular cuisine and some people shy away from

offal as food. In fact it is a typical example of a regional food and cuisine. Originally offal referred to only the entrails of an animal, but nowadays the term also includes the head, tails and trotters. Offal can be referred to as varied meat or organ meats.

Offal offers a whole range of unusual and exciting tastes and textures which are quite unlike those of muscle meat.

Storing offal

The shelf life of offal is short. Ideally offal should be used on the day of purchase or within 2 - 3 days of slaughter. When buying from a butcher or a meat counter it should look fresh, clean and moist with no dry patches and even colour and texture. Offal should smell fresh without a stale or strong odour. Always leave pre-packed offal

in its original packaging until required for cooking and adhere to any 'use by' dates. When opening pre-packed or vacuum packed offal there may be, as with other cuts of meat, a slight odour but this should soon disappear. As with all raw meat, store offal covered at the bottom of the refrigerator and away from cooked foods.

This booklet, together with the recipes and videos on www.healthymeat.co.za, will show you how to prepare attractive and trendy offal dishes.



Haggis, a traditional Scottish dish, is a type of sausage made from sheep's heart, liver and lungs, mixed with onion, flavouring and oatmeal. This used to be stuffed into a lamb's stomach and simmered for three hours.

HEARTS

Lamb's heart is a trendy offal cut with a unique taste and texture.

Hearts can be stuffed with a delicious filling and wrapped to form unique meat parcels. Hearts are also exceptionally tender and can be prepared like a steak over coals, sautéed or grilled over medium heat. It can also be cooked using a moist heat method.

Lamb's heart, being flavoursome and tender can also be made into mince that can be served as a raw delicatessen, similar to steak tartare (Note: if served raw it needs to be as fresh as possible).



Prior to cooking, veins and excess fat need to be removed. Beware not to overcook these delicate cuts to prevent toughness.

The heart is a good source of protein and iron and also contains calcium. Due to its versatility, it can easily form part of a healthy, balanced meal.

Stuffing & tying the heart

1



2



3



4



▶ Watch the video



Lamb's hearts with nut & herb-filling

Preparation time: 20 minutes
Cooking time: 3 hours Serves 4-6

Nut & herb-filling

30 ml (2 Tbsp) olive oil
1 medium onion, finely chopped
1 medium green pepper, chopped
2 cloves garlic, crushed
50 g cashew or any other nuts, coarsely chopped
125 ml (½ cup) fresh breadcrumbs, brown or white
1 extra-large egg, lightly beaten
15 ml (1 Tbsp) chopped fresh rosemary
or 5 ml (1 tsp) dried rosemary
15 ml (1 Tbsp) coarsely chopped fresh thyme
or 5 ml (1 tsp) dried thyme
30 ml (2 Tbsp) fresh lemon juice
10 ml (2 tsp) grated lemon rind
salt and freshly ground black pepper to taste

Hearts

600 g (about 4) lamb's hearts
125 g rindless, streaky bacon, optional
45 ml (3 Tbsp) olive oil
about 375 ml (1½ cups) meat stock
15 ml (1 Tbsp) chopped fresh rosemary
or 5 ml (1 tsp) dried rosemary
salt and freshly ground black pepper to taste
30 ml (2 Tbsp) cake flour for thickening

1. Filling: Heat oil in a heavy-based saucepan. Sauté onion, pepper and garlic until soft. Remove from heat and leave to cool slightly. Add remaining ingredients and mix well.

2. Hearts: Trim the excess fat from the surface of the heart. Clean hearts by removing the tubes and rinse with salt water. Rinse salt off and dry lightly.

3. Stuff hearts with the filling and wrap with bacon. Use string or tooth picks to close and ensure that filling does not fall out.

4. Pour oil in a large heavy-based saucepan and brown the hearts on all sides. Add stock, rosemary and seasoning. Reduce heat and simmer for 2½ - 3 hours or until tender. Add more stock if required.

5. Remove string and carve hearts into thin slices. If preferred, thicken sauce with a paste of flour and water. Serve with mashed potatoes and vegetables.

Tip: Make basic mashed potatoes, using butter and warm milk. Add to basic mashed potatoes: chopped sun dried tomatoes, a little turmeric for a golden glow, roasted or smoked garlic, orange juice or curry powder.

TONGUE

Tongue is a versatile offal cut and can be enjoyed at most occasions.

Sliced tongue can be eaten warm in soups or pan fried served with baked potatoes. It can be added to stews, or eaten cold in salads, on sandwiches or as a paté. Lamb's tongue can be pickled and kept in the fridge for a couple of days to serve as a nutritious snack.

Cleaning the tongue is fairly easy. Start by simmering the tongue in water until the skin starts to loosen. Remove from the



water and allow to cool. Once cooled, remove the skin and fat to reveal the tender muscles underneath which can be used as part of your favourite recipe.

Fresh lamb's tongue is a good source of protein, iron as well as B vitamins.

See p.14 for Lamb's Tongue Paté recipe

Preparation of sheep's tongue



▶ Watch the video



Roasted vegetable and tongue salad

Preparation time: 20 minutes
Cooking time: 3 hours Serves 4

300 g (about 2) lamb's tongues
1 medium onion
1 medium carrot
4 peppercorns
2 bay leaves
1 medium onion, peeled and quartered
400 g pumpkin, cut into small pieces
200 g (about 4) baby marrows, sliced
200 g cherry tomatoes
a few fresh rosemary sprigs
60 ml (¼ cup) olive or cooking oil
lettuce or rocket leaves

Yoghurt mustard salad dressing

60 ml (¼ cup) plain yoghurt
5 ml (1 tsp) whole-grain mustard
15 ml (1 Tbsp) fresh lemon juice
3 ml (½ tsp) grated lemon rind
15 ml (1 Tbsp) fresh chopped origanum
or 5 ml (1 tsp) dried origanum
salt and freshly ground black pepper to taste

1. Rinse tongues in cold water and place in a large heavy-based saucepan. Add onion, carrot, pepper corns and bay leaves.
2. Cover with water and bring to the boil. Simmer for about 2½ - 3 hours until tender. Add more water if required. Leave tongues in water to cool off completely. Remove tongues, trim off any fat or gristle and cut into slices.
3. Place onion, pumpkin, baby marrows, tomatoes and rosemary sprigs in a large oven roasting pan. Add the olive oil and mix with vegetables.
4. Grill in a preheated oven at 200 °C for about 20 minutes, while stirring occasionally. Leave to cool slightly.
5. Place a layer of lettuce or rocket leaves on a serving dish, then add the roasted vegetables. Arrange tongue slices on top (see tip below).
6. Dressing: Mix all ingredients together and drizzle over salad and serve immediately.

Tip: Serve this salad hot or cold. Use any other vegetables of choice.

Variation: Substitute vegetables with fruit, such as pears or apples. Cut into slices, sprinkle sticky brown sugar over and grill for a few minutes in oven until caramelised. Add other ingredients, such as feta, nuts or sprouts.

HEAD, TROTTERS & TRIPE

With a fair bit of preparation, sheep's head, trotters (feet) and tripe (stomach) can make a delicious, tender and flavoursome meal.

Ensure thorough cleaning of the cuts by removing excess hair from the head and trotters and scrupulously cleaning the tripe. The trotters and tripe can be soaked in salted water for a few hours to tenderize the meat. Rinse these soaked cuts with fresh water prior to boiling or cooking according to your recipe.



When preparing a whole sheep's head the brain and eyes can either be removed or kept intact. Sheep's head is ideal for slow roasting as it contains soft flavoursome meat, i.e. the cheek muscles.

Preparing tripe, trotters and the head



OFFAL:

1. Slowly cook the offal in salted water until the meat starts to loosen from the bones.
2. Remove as many of the bones from the offal as possible.
3. Slice the tripe into smaller pieces. Cook slowly until very tender.



HEAD:

With a fair bit of preparation, sheep's head can make a delicious, tender and flavoursome meal. To learn how to cook a sheep's head, visit www.healthymeat.co.za



LAMB's Tail



Lamb's tail is a trendy offal cut that can be very tasty if prepared correctly. Tails often contain a lot of fat which needs to be trimmed prior to cooking. Once trimmed of excess fat, soft, succulent and flavoursome meat is exposed. Lamb's tails can be boiled until soft prior to roasting, or simply roasted over coals or on a griddle pan. It can form part of an economical meal as it combines well with seasonal vegetables, or it can be served as a favourite alternative when entertaining guests.



Tangy grilled lamb's tails

*Preparation time: 10 minutes
Cooking time: 1 hour Serves 4*



1 kg (about 10) lamb's tails

Spicy basting sauce

30 ml (2 Tbsp) cooking oil
1 clove garlic, crushed
10 ml (2 tsp) chopped root ginger
60 ml (¼ cup) light brown sugar
125 ml (½ cup) lamb or beef stock
15 ml (1 Tbsp) Worcestershire sauce
5 ml (1 tsp) soy sauce
60 ml (¼ cup) tomato sauce
45 ml (3 Tbsp) lemon juice
15 ml (1 Tbsp) chopped fresh rosemary
or 5 ml (1 tsp) dried rosemary
salt and freshly ground black pepper to taste

1. Trim any extra fat from tails. Place in a heavy-based saucepan and cover with water. Simmer for 10 – 15 minutes and remove. Place tails on the rack of an oven roasting-pan.
2. Sauce: Heat the oil in a heavy-based saucepan. Add garlic and ginger and sauté until soft. Add the remaining ingredients. Simmer over low heat for about 5 minutes while stirring frequently.
3. Bake the tails in a preheated oven at 160 °C for about 50 minutes until golden brown. Turn and baste the ribs frequently with the sauce.

LIVER

Liver is a popular and flavourful organ meat with a deep red colour.

It is a convenient, economic and versatile meat alternative and can be served on its own as part of a meal, or used as an ingredient in stews, pies or patés.

Liver is fairly easy to clean and does not need a lot of preparation. To ensure even cooking, it is often recommended to slice the liver into smaller pieces (cubed or sliced) prior to cooking.




Liver is a great source of many essential nutrients including protein, iron, vitamin A and the B vitamins. Liver contains very little fat.

'Skilpadjies'



'Skilpadjies' are a traditional South African dish that is ideal for a braai since the excess fat drips onto the coals. It is made by wrapping a piece of liver in caul fat.



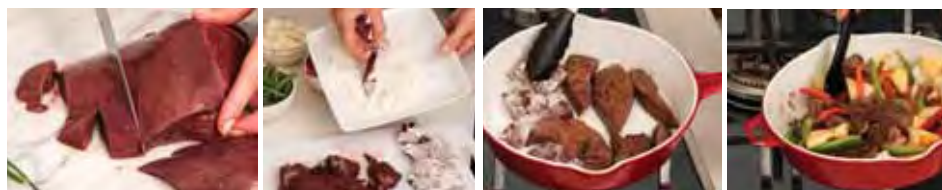
 [Watch the video](#)





Sweet and sour liver

Preparation time: 10 minutes
Cooking time: 10 minutes Serves 2-4



500 g lamb's liver
60 ml (¼ cup) cake flour
salt and freshly ground black pepper to taste
45 ml (3 Tbsp) olive or cooking oil
2 medium onions, coarsely chopped
15 ml (1 Tbsp) chopped fresh root ginger
1 green pepper, seeded and cut into strips
1 red pepper, seeded and cut into strips
½ pineapple, peeled and cut into quarters

Sauce

125 ml (½ cup) sweet chili sauce
30 ml (2 Tbsp) olive oil
2 ml (¼ tsp) Worcester sauce
2 ml (¼ tsp) soya sauce
80 ml (⅓ cup) fresh lemon juice

10 ml (2 tsp) grated lemon rind
60 ml (¼ cup) light brown sugar
30 ml (2 Tbsp) cornflour

1. Remove the thin outside membrane of the liver. Trim any excess fat. Wash and dry liver. Cut into slices.
2. Combine the flour and seasoning. Roll the liver strips in the seasoned flour.
3. Heat the oil in a heavy-based frying pan. Fry the liver slices on both sides over medium heat until golden brown. Add the onions, ginger, peppers and pineapple and fry lightly.
4. Sauce: Combine all the ingredients. Add to the pan and boil for about 2 minutes, stirring continuously. Serve hot on slices of health bread or pitas.

Tip: *Toast bruschetto, rub with garlic and drizzle with olive oil.*

Variation : Substitute the fresh pineapple with 440 g canned pineapple pieces.

Kidneys

Lamb's kidneys have a firm texture and distinctive taste. These organs are plump and have a deep red colour when fresh.

Kidneys purchased from a retailer are often already trimmed and require very little preparation at home. If they are not cleaned, you can effortlessly prepare kidneys by removing the skin and core (the latter is easily done with sharp kitchen scissors as illustrated).

Kidneys have a strong and distinctive flavour, which can be subdued if preferred by soaking them in milk or water or lemon



juice for half an hour prior to cooking. They cook fairly quickly and are well suited for grilling and frying. This makes them ideal for a quick meal.

Kidneys are a versatile meat option and can be used in stews and other dishes to enhance flavour and nutritional value. Kidneys are a good source of protein, iron, vitamin A and the B vitamins.

Preparing kidneys

1



Watch the video



Individual lamb & kidney pies

Preparation time: 15 minutes
Cooking time: 1 hour Serves 4-6



45 ml (3 Tbsp) olive or cooking oil
500 g lamb's cubes, cut into 2 cm cubes
250 g lamb's kidneys (about 4), cored and coarsely chopped
1 medium onion, sliced
2 cloves garlic, finely chopped
2 large carrots, cut into slices
125 g button mushrooms, quartered
250 ml (1 cup) beef stock
15 ml (1 Tbsp) chopped fresh mixed herbs
or 5 ml (1 tsp) dried mixed herbs
1 bay leaf
salt and freshly ground black pepper to taste
30 ml (2 Tbsp) cake flour for thickening
200 g frozen short crust pastry or puff pastry, thawed
beaten egg and milk to glaze
sesame seeds for garnishing

1. Heat oil in a heavy-based saucepan and fry lamb's cubes until light brown. Add kidneys, onion, garlic and carrots and sauté until soft.

2. Add mushrooms and fry for a few minutes. Add the stock, herbs, bay leaf and seasoning and bring to the boil. Reduce the heat and simmer for about 40 minutes.

3. Thicken the sauce with a paste of flour and water. Spoon mixture into individual oven-proof dishes or a large dish and leave to cool slightly.

4. Roll out pastry on a floured surface to a thickness of about 3 mm. Cover meat with pastry and trim edges. Make a funnel in the middle of the pastry for steam to escape.

5. Use a fork to press edges to seal well. Decorate pie and brush with beaten egg and milk. Sprinkle sesame seeds over. Bake in a preheated oven at 200 °C for about 30 minutes until pastry is golden brown. Serve with a salad of choice.

Variation: Substitute the lamb with beef steak.



Lamb's Tongue Paté

Preparation time: 15 minutes
Cooking time: 3 hours Serves 4-6



- 300 g (about 2) lamb's tongues
- 1 medium onion
- 1 medium carrot
- 4 pepper corns
- 2 bay leaves
- 15 ml (1 Tbsp) olive or cooking oil
- 1 large onion, coarsely chopped
- 125 g button mushrooms, coarsely chopped
- 15 g (about 8) sun-dried tomatoes, coarsely chopped
- 5 ml (1 tsp) sugar
- 125 ml (½ cup) fresh breadcrumbs
- 125 g cream cheese or smooth cottage cheese
- 15 ml (1 Tbsp) chopped fresh parsley
- or 5 ml (1 tsp) dried parsley
- 45 ml (3 Tbsp) spicy chilli or sweet chilli sauce

1. Rinse tongues in cold water and place in a large heavy-based saucepan. Add onion, carrot, pepper corns and bay leaves.

2. Cover with water and bring to the boil. Simmer for about 2½ - 3 hours until tender. Add more water if required. Leave tongues in water to cool off completely. Remove tongues, trim off any fat or gristle and cut into slices. Place in a food processor and chop fine.

3. Heat oil in a medium, heavy-based saucepan. Add onion and sauté slightly until soft. Add mushrooms and tomatoes and fry for about 2 minutes until soft. Remove from heat.

4. Add the sugar, breadcrumbs, cream cheese, parsley and spicy chilli sauce. Mix all the ingredients together in a food processor to a slightly coarse texture.

5. Spoon out into small ramekins. Refrigerate for a few hours. Serve on melba toast, crackers or health bread.

Variation: Substitute the cream or cottage cheese with plain, unflavoured yoghurt.



NUTRITION

DID YOU KNOW?

Offal is an excellent source of iron with liver having the highest iron content of all the offal cuts.

Nutritional analysis of Offal

Nutrition	Unit	Liver	Heart	Tongue	Kidney
Energy	kJ	583	512	932	407
Protein	g	20.4	16.4	15.7	15.7
Fat	g	5.02	5.68	17.1	2.95
Cholesterol	mg	371	135	156	337
Minerals					
Iron	mg	7.37	4.60	2.65	6.38
Magnesium	mg	19	17	21	17
Phosphorus	mg	364	175	184	246
Potassium	mg	313	316	257	277
Sodium	mg	70	89	78	156
Zinc	mg	4.66	1.87	2.32	2.24
Vitamins					
Thiamin	mg	0.34	0.37	0.15	0.62
Riboflavin	mg	3.63	0.99	0.38	2.24
Niacin	mg	16.11	6.14	4.65	7.51
Vitamin B6	mg	0.9	0.39	0.18	0.22
Folate	µg	230	2	4	28
Vitamin B12	µg	90.1	10.3	7.20	52.4





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Cooking, preparing and eating offal made easy!


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 Healthy Meat

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