

Food skills

Mince

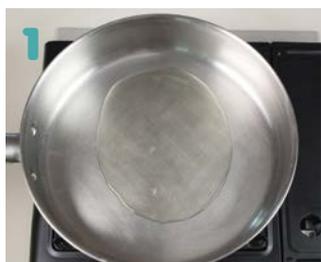
Mince is meat that has been cut into small pieces using a machine (mincer). 'Lean' or 'prime' mince are usually lower fat choices.

Browning mince is essential to bring out the flavour and colour. To ensure it doesn't stew, cook in batches. If it begins to stew and water gathers at the bottom of the pan, the mince will taste like it has been boiled. Take the mince from the heat and strain away the liquid. Reheat the pan with a dash of oil and return the drained mince to the pan to begin the browning process again.

Did you know

The inside of a piece of meat is essentially germ-free even before cooking. All the bacteria are on the outer surface of the meat. However, when meat is minced the bacteria from the surface can be mixed throughout the mince. This is why it is important to thoroughly cook mince.

How to dry fry mince



1 Heat 2 tablespoons oil in large frying pan.



2 Add 500g mince and cook over a medium heat.



3 Continue to cook and break apart any lumps. Turn down the heat and cook slowly until browned.



4 Once the water has evaporated, remove the mince from the pan and set aside.



5 Dice 1 onion, 2 carrots and 2 celery stalks and add to the pan.



6 Add 2 cloves of crushed garlic, a stock cube and 1 tablespoon vinegar.



7 Add the browned mince. Stir and cook for 5 minutes.



8 Serve or use as a base in a variety of dishes such as cottage pie, wraps or nachos.



Savoury mince (serves 4)

Ingredients

2 tablespoons oil
500g beef mince
1 onion, diced
2 carrots, diced
2 stalks celery, diced
2 cloves garlic, crushed
1 beef stock cube
1 tablespoon vinegar

Wraps

4 wholemeal wraps
2 tomatoes, sliced
½ cucumber, sliced
4 large lettuce leaves, sliced

Nachos

1 can chilli beans
4 pita breads

Method



1 Prepare savoury mince using the method on the front of this card.



2 For wraps, lay the wraps on a board. Add to each, the savoury mince, tomato, cucumber and lettuce. Roll tightly, slice in half. Serve.



3 For nachos, add chilli beans to savoury mince. Mix well. Cut the pita bread into wedges and bake at 180°C until golden. Serve.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes and vegetables.co.nz