Summer recipe ideas with beef, lamb and pork for all the family
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Labelling is your guarantee of the provenance, production methods and quality of the product you’re buying (from farm to plate).

Whenever you see the Scotch Beef PGI*, Scotch Lamb PGI* and Specially Selected Pork labels, they guarantee that the products are from animals reared to very high standards of animal husbandry and welfare only in Scotland.

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Perfect Steaks & Roasts App

For a FREE step by step guide to cooking steaks and roasts perfectly, download our free “Perfect Steaks and Roasts” app for Apple and Android.

Available free from the App Store or Google play.

Keep cool this summer, be planned and prepared with ideas and recipes using Scotch Beef PGI, Scotch Lamb PGI and Specially Selected Pork.

Summer is a great time for relaxing and getting together with friends and family. Having meals you can prepare and make without fuss or spending ages cooking are ideal. This booklet is a helpful guide of popular cuts with cooking times and features some recipe ideas using cuts that are quick to cook and perfect for eating indoors or out.

For more delicious recipe ideas visit:
www.scotchkitchen.com or www.speciallyselectedpork.co.uk
or visit us on Facebook at: scotchkitchen and enjoyqualitypork

*Protected Geographical Indication
# Summer Cuts & Cooking Times*

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<thead>
<tr>
<th>Beef Steaks</th>
<th>Cooking times</th>
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<tr>
<td>Fillet, sirloin, rump, popeseye, T-bone, sirloin extra thin/minute steak</td>
<td>Rare - seared outside, 2½ mins each side. Medium - seared outside, 4 mins each side. Well done - 6 mins each side. These timings are approximate – based on 1 inch thick sirloin steak.</td>
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<th>Lamb Steaks &amp; Chops</th>
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<td>Loin chops, chump chops, leg steaks, gigot chops and cutlets</td>
<td>Cook for 4-6 minutes each side.</td>
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<td>Loin chops (bone in or out), chump chops and fillet/tenderloin</td>
<td>Cook for 8-10 minutes each side.</td>
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<th>Diced Meat Kebabs</th>
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<td>Beef - lean braising steak, topside, ribeye or sirloin</td>
<td>Use even sized cubes of meat, cook for 10-15 mins. Turn and brush regularly with a marinade or oil until done to your liking. Rest the kebabs for at least 5 mins before eating.</td>
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<tr>
<td>Lamb - shoulder or leg</td>
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<td>Pork - shoulder or leg, fillet or tenderloin</td>
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<td>Burgers</td>
<td>Burgers about 2cm thick, cook for 6-7 mins on each side.</td>
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<tr>
<td>Sausages</td>
<td>Medium to thick sausages, cook for about 10-15 mins turning regularly.</td>
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*Oven cooking times in this booklet are based on fan assisted ovens.

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## Sausage Sides

Sausages are a favourite all year round but in the summer months you can be more creative! The simple sausage is transformed with the addition of a sauce or side and they’re great hot or cold, perfect for a picnic.

### BBQ SAUCE MARINADE

**SERVES:** 4

**Ingredients**

- 350g ketchup
- 1 bay leaf
- 3 tbsp Worcestershire sauce
- 1 tbsp wholegrain mustard
- ½ tsp smoked paprika
- Dash of Tabasco
- Juice of 1 lemon
- Salt and pepper

**Method**

In a pan, mix all the ingredients together. Heat until bubbling and simmer for 2 minutes. Check the seasoning. Use as a marinade, brush on sausages as you BBQ or grill them or add as a sauce on with sausages.

### CARAMELISED ONION

**SERVES:** 4

**Ingredients**

- 3 medium red onions, peeled and thinly sliced
- 25g unsalted butter
- 2 tbsp olive oil
- Pinch of salt
- Good pinch of sugar

**Method**

Fry the onions in the butter and oil and over a gentle heat until transparent and soft (6 minutes) then sprinkle on the salt and sugar and continue cooking, stirring from time to time until golden and sticky and beginning to crisp at the edges.
Method
1. Place the mince in a large bowl. Finely chop or grate half the onion, add to the mince with the chilli sauce, if using, and 2 tbsp chopped coriander.
2. Divide the mixture into four and shape into burgers.
3. Meanwhile finely chop the second onion half, mix with the tomatoes and remaining coriander. Season and chill until required.
4. Mix together the cucumber, yoghurt and chopped mint. Chill until required.
5. Heat the grill to hot or light the BBQ, when ready, cook the burgers for 5-7 minutes on each side.
6. Place the hot burger on the roll, spoon some cooling yoghurt tzatziki over and top with the lid. Enjoy with the tomato salad.

Nutrition, per serving: 265 Kcals, Protein 30g, Fat 11g, Carbs 11g, Sugar 9.6g, Salt 0.6g (not including roll)
Method

1. Warm and crisp up the baguettes in an oven preheated to 190°C for 5 minutes.
2. Trim any excess fat from the steak and season with a little salt and pepper and rub with a cut clove of garlic if you wish. Preheat a griddle pan then sear the steak on each side for about 4 minutes or to your liking. Rest the steak for 5 minutes before slicing into thin strips.
3. Split the baguettes almost through and spread each top and bottom half with pesto, then a layer each of lettuce, tomato and onion, then steak slices, gherkin and cress and a final grind or two of black pepper and some mustard.

Eat while warm and juicy.

Nutrition, per serving: 527 kcals, protein 38.4g, fat 39.7g, carbs 1.7g, sugar 0.9g, salt 0.3g
Method

1. For the marinade, crush together garlic, black pepper and roughly chopped sage leaves. Add to this the olive oil, lemon juice and rind.
2. Add the pork chops to the mixture. Cover and leave to marinate for anything from 10 minutes up to 2 hours if you have the time.
3. Cook chops on a preheated grill or griddle pan for 6-8 minutes each side or until cooked. Allow pork to rest for a few minutes before serving.
4. Serve with salad and chunky chips or alongside seasonal roast vegetables.

Nutrition, per serving: 413 kcals, protein 29g, fat 26.9g, carbs 1.2g, sugar 0.3g, salt 0.4g
**WARM LAMB SALAD**
with roasted veg and feta

**SERVES:** 4  **PREP:** 35 mins  **COOK:** 20 mins

**Ingredients**

- 2 Scotch Lamb PGI loin fillets
- 500g butternut squash, peeled and deseeded
- 2 courgettes, trimmed and halved
- 1 red pepper, deseeded
- 2 tbsp olive oil
- 2 tbsp fresh thyme leaves or 1 tsp dried thyme
- Salt and freshly ground black pepper
- 1 tbsp clear honey
- Juice of half a lemon
- 1 (100g) bag baby spinach leaves
- 100g feta cheese, crumbled
- A little olive oil

**Method**

1. Preheat the oven to 180°C. Chop the squash, courgettes and pepper into evenly sized pieces about 2cm. Place in a large roasting tin, add the oil, thyme and seasoning. Toss well to coat then roast for 15 minutes.

2. Heat a griddle pan. Place the lamb on a plate, add a drizzle of oil and seasoning, then rub it into the loin. Place the lamb onto the hot griddle and cook over a medium heat for 10-15 minutes turning the lamb occasionally until it is charred on the outside, but still pink in the middle.

3. Add the honey and lemon juice to the roasted vegetables then toss again, roast for a further 5 minutes or until all the vegetables are tender.

4. Transfer the lamb to a board and leave to rest for a few minutes. Add the spinach leaves to the roasting tin along with the feta cheese and toss to mix. Divide the vegetables between four plates. Thinly slice the lamb loins and place on top of the warm salad. Serve straight away.

**Nutrition, per serving:** 440 kcal, protein 39g, fat 24g, carbs 19g, sugar 13g, salt 1.7g
**BEEF & TOASTED MEXICAN CORNBREAD SANDWICH**

**SERVES: 4**  **PREP: 30 mins**  **COOK: 45 mins**  **(approx)**

**Ingredients**

For the cornbread
- 250g yellow cornmeal
- 85g plain flour
- 2 tsp baking powder
- ½ tsp bicarbonate of soda
- 2 tbsp caster sugar
- 1 tsp fine sea salt
- 100g mature cheddar, grated
- 2 medium eggs, beaten
- 250ml milk
- 125ml vegetable oil (sunflower)
- 3 spring onions, finely chopped
- 1 medium green chilli, seeded and finely chopped
- 1 tsp crushed chilli flakes

Topping
- 8 slices cold roast Scotch Beef PGI, shredded into strips
- Handful of shredded lettuce
- 1 ripe avocado, peeled and diced
- A little zest and the juice of half a lemon
- 1 tsp finely chopped red chilli or a dash of hot pepper sauce
- Salt and black pepper
- 4 tsp soured cream
- 4 tsp chilli and tomato jam

**Method**

1. Preheat the oven to 190ºC and grease a 1lb loaf tin.
2. To make the cornbread, mix together all the dry ingredients and the grated cheese in a large bowl and make a well in the centre.
3. Lightly whisk together the eggs, milk and oil then stir in the onions and chillies.
4. Pour the egg mixture into the dry ingredients and mix lightly with a spoon then pour into the loaf tin. Bake in the oven for about 45-55 minutes until well risen, firm to the touch, crunchy and golden brown. Cool a little in the tin for about 10 minutes then transfer to a cooling rack until cold. (It is delicious to eat when warm but will cut more easily when cold).
5. Toss the avocado with the lemon zest, juice, chilli and season to taste.
6. Heat a griddle pan and toast the cornbread slices until golden brown and crisp.
7. Start with a layer of shredded lettuce, then beef, a pinch of salt, avocado mixture, soured cream and chilli jam. If that is not enough chilli for you, top the whole thing with a preserved jalapeno chilli. Eat with a knife and fork!

Nutrition, per serving: 413 kJ, protein 29g, fat 26.9g, carbs 1.2g, sugar 0.3g, salt 0.4g

**Easy to make!**
SAUSAGES
with red onions

SERVES: 3-4  PREP: 5 mins  COOK: 30-40 mins

Ingredients
8 nice meaty sausages
2 or 3 small red onions, peeled and quartered
2 tsp olive oil plus extra to oil the cooking dish
8 sage leaves

Method
1. Preheat the oven to 180°C.
2. Brush a baking dish or small roasting tin with oil so that the sausages don’t stick to it. Toss the onions and sage leaves with the 2 tsp olive oil and arrange these tucked in amongst the sausages in the roasting tin.
3. Bake in the oven for 30-40 minutes (a metal dish will allow quicker cooking than ceramics), turning the sausages and onion half way through the cooking time and cook until the sausages are lovely and brown and the onions tender.
Serve with the BBQ sauce from the sausage sides recipe ideas.

Nutrition, per serving: 473 kcals, protein 13.1g, fat 24.5g, carbs 54.5g, sugar 6.2g, salt 1.6g
LAMB WITH GARLIC & red wine

SERVES: 3-4 PREP: 5 mins COOK: 30-40 mins

Method

1. Mix together the red wine, garlic, herbs and olive oil. Add the lamb cutlets and mix well to coat.

2. Cover, refrigerate and leave for 2-3 hours to allow the flavours to infuse. BBQ or grill, 4-6 minutes each side. Mix together the melted butter, garlic and herbs and brush or drizzle over the cutlets during the last 2-3 minutes of cooking time.

3. For the dip, mix together the crème fraîche and chives. Serve on the side of the cooked cutlets with a bowl of potato salad and a large mixed green salad.

Nutrition, per serving: 413 kcals, protein 29g, fat 26.9g, carbs 1.2g, sugar 0.3g, salt 0.4g (nutritional data does not include dip)

Ingredients

8 lean Scotch Lamb PGI cutlets (chops or steaks)
300ml red wine
2 cloves garlic, crushed
2-3 sprigs fresh rosemary and mint
15ml olive oil

To coat meat during cooking
50g butter, melted
2 garlic cloves, crushed
1 tbsp fresh rosemary, chopped
1 tbsp fresh mint, chopped

Dip to serve
60ml crème fraîche
15ml finely chopped chives

Fabulous finger food
CHILLI BASIL KEBABS

MAKES: 4 KEBABS  PREP: 30 mins (includes marinating)  COOK: 12-15 mins

Ingredients
450g lean Scotch Beef PGI popeseye (rump) steaks, cut into small cubes
2-3 red or yellow peppers chopped into chunks
4 tbsp fresh basil, roughly torn
2 cloves garlic, crushed
2 tbsp sweet chilli sauce
1 green or red chilli, deseeded and chopped
150g dried egg noodles

Method
1. In a bowl, mix together all the ingredients except the beef, peppers and noodles. Keep aside a little of the marinade to use later.
2. Add the beef and peppers to the marinade, mix thoroughly, cover and refrigerate. Marinate for approximately 30 minutes to 4 hours.
3. Thread the meat and peppers on to skewers. Cook under a preheated grill or BBQ for approximately 10-15 minutes, turning occasionally.
4. Meanwhile, in a saucepan cook the noodles as per packet instructions. Heat the remaining marinade in the pan and boil for 3-4 minutes until piping hot. Add the noodles and mix.
5. Serve the kebabs and noodles immediately with extra stir-fried vegetables or with mixed salad leaves.

Nutrition, per kebab: 189 kcals, protein 26.5g, fat 4.9g, carbs 10.6g, sugar 8.7g, salt 0.4g
(nutritional data does not include noodles)
SAUSAGE PIZZAS

SERVES: 4  PREP: 35 mins  COOK: 20 mins

Ingredients

400g quality sausages, skinned
500g ciabatta bread mix
2 tbsp olive oil
350g carton fresh tomato sauce
1 green pepper, seeded and thinly sliced
1 red onion, thinly sliced
200g feta, finely crumbled (optional)

Method

1. Heat the oven to 220°C. Tip the bread mix into a bowl (keep a little aside for rolling) and add warm water (according to packet instructions) and 1 tbsp of olive oil. Bring together to make a soft dough. Knead for 5 minutes then divide into four balls.

2. Lightly dust the surface with the reserved bread mix and roll the balls out into four 18-20cm rounds. Transfer to 2 large non-stick baking sheets, cover with a clean tea towel and leave to rise in a warm place for 15 minutes.

3. Spread the tomato sauce over the pizza bases then crumble the sausage meat over the top. Scatter with peppers and red onion and drizzle with a little more oil.

4. Bake for 20 minutes until, risen, golden and cooked through. Scatter over the feta, if liked, and serve with a green salad.

Nutrition, per serving: 781 kcals, protein 37.7g, fat 37.6g, carbs 78g, sugar 12g, salt 4.7g