

Summer. Make it
InCREDible



Make the most of al fresco dining this summer with our sizzling guide. Savour your BBQ or picnic moments with mouth-watering new cuts of **Scotch Beef**, **Scotch Lamb** and **Specially Selected Pork**.

BBQ, MAKE IT InCREDible, MAKE IT SCOTCH



THIS IS YOUR GUIDE TO INCREDIBLE

THE SCOTCH DIFFERENCE	05
SCOTCH LAMB RECIPE	06
YOUR LOCAL SCOTCH BUTCHER	07
SCOTCH BEEF CUTS	08
SCOTCH BEEF RECIPES	10
SCOTCH LAMB CUTS	12
SCOTCH LAMB RECIPES	14
SPECIALLY SELECTED PORK CUTS	16
SPECIALLY SELECTED PORK RECIPES	18
PREPARE TO BE INCREDIBLE	20
SIDES AND MARINADES TO SAVOUR	21
COOKING INCREDIBLE ON THE GRILL	22
BIG UP THE BURGERS	24
HOW TO MAKE AN INCREDIBLE MARINADE	26
PERK UP YOUR PICNIC	30
LOVE THE GREAT OUTDOORS	33
DISCOVER THE SCOTCH DIFFERENCE	34



SCAN. DISCOVER.

INCREDIBLE BBQs MAKE A GREAT SUMMER

Al fresco dining with family and friends is what makes summer in**CRE**dible. Whether it's the mouth-watering aromas of a garden BBQ or tasty treats for a family picnic on the beach, the warmer weather and longer evenings are the perfect time to make the most of dining in the great outdoors.

ADD MORE SIZZLE & SAVOUR YOUR BBQ WITH SCOTCH

It is time to dine out in the sunshine. An opportunity to scrub down the grill, grab the apron, and fire up the barbie, fire pit, or pizza oven. Or, the opportunity to take to the road or the hills and still eat like a king (or queen).

To raise your BBQ game, or outdoor dining experience, we have pulled together this In**CRE**dible guide. It is packed with inspiring recipes, tasty marinades, and cooking tips.

From the new cuts to signature sides, we feature a host of local produce that will help you to put the fresh back in al fresco, the sizzle into savour, and the In**CRE**dible back into your grill.





Make it
InCREDible

Make it



Our Promise:

- ✓ Quality Assured
- ✓ Locally Sourced
- ✓ Farmed with Care

See recipes at
MAKEITSCOTCH.COM

THE SCOTCH DIFFERENCE IS SIMPLY INCREDIBLE

Not all meat is created equal. Born and reared in Scotland, Scotch is meat with real integrity.

What makes Scotch Beef UK GI, Scotch Lamb UK GI and Specially Selected Pork so special is the unique relationship that our livestock have with their environment, the total devotion of our farmers to quality at every stage, and the dedicated craftsmanship of local Scotch Butchers.

From animal welfare and sustainability, right through to the meat on the plate, Scotch is produced to uncompromisingly high-quality standards. Indeed, only red meat that has been 'Born & Reared in Scotland' can carry the world-famous Scotch or Specially Selected Pork brand mark. Our marks are a symbol of whole-life assurance that means:

FARMED WITH CARE Independent welfare checks are carried out on farms from the Scottish SPCA.

PERFECT CLIMATE An abundant supply of rain in Scotland creates lush grasslands without the need for irrigation.

PERFECT LANDSCAPE Over 80% of our land is grass or rough grazing, not suitable for crops but ideal for livestock.

INDEPENDENTLY AUDITED To a strict set of standards covering animal welfare, food safety and best practice.

PART OF A NATURAL CYCLE Grass grazed by livestock absorbs carbon from the atmosphere and captures it in the soil.

ALWAYS ASK FOR "SCOTCH"

The Scotch Butchers Club is home to those independent butchers who choose to stock Scotch Beef, Scotch Lamb and/or Specially Selected Pork. When you ask for "Scotch" it is your guarantee that the meat you are buying is sourced from quality assured Scottish farms that adopt the best animal welfare and sustainable production methods. Find out more at makeitscotch.com



PULLED SCOTCH LAMB WRAP



PREP

10m+

COOK

4hrs

SERVES

4



INGREDIENTS

1 Scotch Lamb Shoulder approx. 1.15kg
1 heaped tsp each of Ground Fenugreek,
Paprika, Cumin, Cinnamon
4 Garlic Cloves
12 Black Peppercorns
Juice of 1 Lemon
1 Onion
Sea Salt
30ml Rapeseed Oil

METHOD

1. Preheat the oven to 170°C/150°C fan/
gas mark 3.
2. Peel the onion and the garlic and chop.
3. Put them into a food processor or
'bullet' blender.
4. Add the lemon juice, oil, spices,
peppercorns and some salt.
5. Blend to a paste.
6. Put the lamb joint into a roasting dish.
7. With a sharp knife cut some slashes
into the meat.
8. Rub the paste into the meat – rubbing
into the cuts.
9. Pour a little water into the base of the
roasting dish or slow cooker.
10. Cover the roasting dish with foil and
roast for 4 hours or cover the slow
cooker and cook on low for 6 hours,
or high for 3 hours.



YOUR LOCAL SCOTCH BUTCHER IS TRULY INCREDIBLE TOO...

A Scotch Butcher ensures that your red meat has been sourced from local, quality assured farms.

Shopping from your local Scotch Butcher means you get in**CRE**Dible advice on which cuts to buy for your BBQ and how to make the most of them.

Your local Scotch Butcher can provide you with mouth-watering cuts of Scotch Beef, Scotch Lamb and Specially Selected Pork – all sourced from local, quality assured farms. They can also help ensure you get:

The right portions: Red meat makes a barbecue, and your local Scotch Butcher can advise on the right portion sizes, so you can stick to your BBQ budget with minimal waste – it's a win win!

The right meat, the right cut: Your Scotch Butcher can also advise you on what to cook and how to serve your meat just right – whether you opt for steaks, kebabs, chops or burgers. They'll help you to take advantage of what's in season, advise you on the most tender

cut of steak, or point you towards the most economical cuts, like delicious pork, if you're catering for a big crowd.

The easy options: Many Scotch Butchers also run special BBQ promotions – when you can stock up and freeze for a sunny day – and pride themselves on impressive BBQ displays of pre-threaded skewers and pre-marinated dishes to help take all the hassle out of the BBQ for you.

WHAT THIS MEANS FOR YOU...

Putting Scotch at the heart of your healthy BBQ means you can savour the Scotch sizzle, while also staying on top of your finances, and making sure that nothing goes to waste.

Most importantly, if you can guarantee that the meat you are buying is sourced from quality assured Scottish farms, then you can rest assured of the taste and flavour too.



MAKE IT INCREDIBLE MAKE IT RICH IN PROTEIN

These tasty cuts of Scotch Beef are not only rich in protein, iron and Vit B12, they are also great value. Visit your local butcher and discuss what works best for your recipe and your budget. When you see that steak on the scales, you know you're getting the best.



SHORT RIB

COOKING

Dry rub of choice. Cook in indirect heat 230°C for approximately 1½ hours to 70°C core temp. Place in tinfoil, baste with juice from the meat and BBQ rub.

SERVING SUGGESTIONS

BBQ chilli corn on cob and mac 'n' cheese, baby gem salad with aioli dressing.

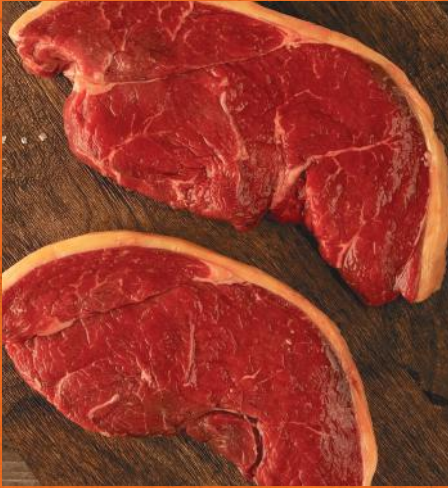
PROTEIN PROFILE

This inexpensive cut stays moist through cooking – perfect for hands on BBQ feasting.

TIP

Ask your local butcher to remove the membrane.

2023



RUMP

COOKING

Lightly oil and cook for 2½–3 minutes each side over direct heat (54°C core temp for medium rare). Allow to rest loosely covered for 8 minutes then slice across the grain.

SERVING SUGGESTIONS

Stir fry some peppers and onion. Add cooked noodles and tender stem broccoli, sweet chilli and oyster sauces – add the sliced rump.

PROTEIN PROFILE

A versatile, adaptable, less expensive steak cut, is ideal for steak sandwiches. Try it with tomato, mushrooms, garlic butter or sliced in warm salad with a blue cheese dressing.

TIP

5-spice dry rub and marinate for 1 hour (or overnight). Bring to room temperature before cooking.

BEEF SAUSAGE

COOKING

Grill or BBQ for around 12 minutes, regularly turning until evenly cooked.

SERVING SUGGESTIONS

Straight from the BBQ into a bun, topped with caramelised onions. Or for a summer evening, oven bake sausages and seasonal veggies with your preferred seasoning. Add butter or cannellini beans to make a tasty traybake.

PROTEIN PROFILE

An economical and versatile family favourite – can be used for breakfast, the BBQ, or a comforting casserole.

TIP

High quality, high meat content sausages can always be found at your local butcher.

SMOKEY BEEF RIBS WITH A SPICY BBQ SAUCE



PREP

30m

COOK

2hr
50m

SERVES

6



INGREDIENTS

2.5 kg Scotch Beef short ribs

RUB/MARINADE

1 ½ tbsp Light Brown Sugar

1 tbsp smoked Paprika

1 tbsp mild Paprika

1 tbsp ground Cumin

½ tbsp Mustard Powder

2 tsp Salt

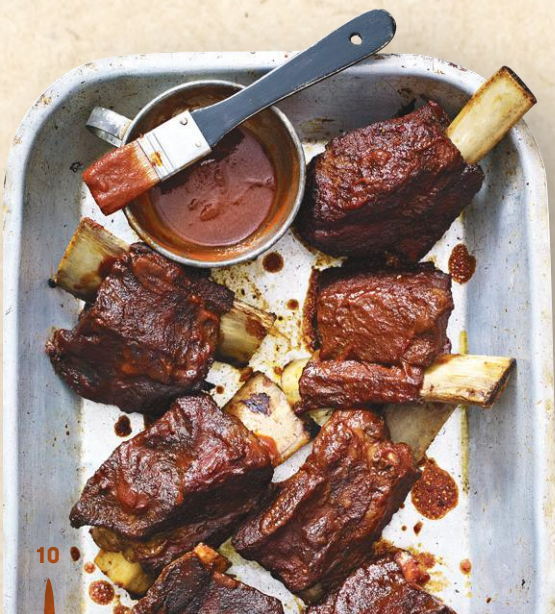
¼ tsp ground Black Pepper

¼ tsp ground Allspice

BBQ Sauce of your choosing

METHOD

1. Preheat the oven to 160°C/140° fan/gas 4.
2. Place the ribs in a large shallow dish.
3. Mix together all the rub ingredients, sprinkle over and rub into the meat. Leave to marinate for 3 or 4 hours.
4. Cover with 2 layers of baking parchment and a layer of foil, tightly sealed.
5. Cook in the oven for roughly 2 ½ hours until very tender but still attached to the bones.
6. Remove the ribs from the oven, carefully drain off any fat, and either cool and chill them until ready to use, or brush the BBQ sauce generously over the ribs, increase the oven temperature to 200°C and return to the hot oven for 15–20 minutes until stickily coated. Turn the ribs after the first 10 minutes.
7. If you cook the ribs after chilling, let them come to room temperature then cook an extra 10 minutes or so to make sure they are piping hot all through (i.e. 25–30 mins in total).



WARM RUMP STEAK SALAD WITH CRUSTY BREAD



PREP

10m

COOK

15m

SERVES

2



INGREDIENTS

350–400g piece Scotch Beef Rump Steak, trimmed of excess fat

200g New Potatoes, halved if large

100g French Beans, trimmed

2 Spring Onions

2 Tomatoes

A handful of mixed Salad leaves

FOR THE SALAD DRESSING

2 tsp Dijon Mustard

1 tsp Honey

A pinch each Salt and Black Pepper

1 tbsp Red Wine Vinegar

2–3 tbsp Extra Virgin Olive Oil

Warm crusty bread to serve

METHOD

1. To prepare the salad, wash and dry the leaves and slice the onion and tomatoes.
2. Whisk together all the ingredients for the salad dressing.
3. Boil the potatoes for about 10 minutes until almost tender then throw in the beans and cook for about 4–5 minutes until just tender but with a little bite remaining. Drain well and set aside.
4. While the potatoes are cooking, preheat a griddle pan or grill until very hot.
5. Lightly season the steak then press onto the griddle for about 3–4 minutes (for medium/rare) on each side, or until done to your liking. Rest the steak in a warm place for a few minutes for the fibres to relax and the steak to be its most tender before slicing.
6. Arrange the salad on two plates, toss the warm potatoes and beans with half the salad dressing and divide between the plates. Top with slices of the steak, a little more dressing and a sprinkle of spring onion. Serve with chunks of bread to mop up the juices and dressing.



MAKE IT INCREDIBLE MAKE IT FLAVOURSOME

You will always find that Scotch Lamb is full of flavour whatever cut you choose. Your Scotch Butcher can always provide you with succulent locally sourced lamb in a variety of popular and economical cuts. Pop in and see what catches your eye, it'll always taste as good as it looks.



SHOULDER NECK FILLET

COOKING

The lamb will benefit from marinating at least 1 hour or overnight. Cook by direct heat on a hot grill. Keep the lamb medium rare as cooking too long will toughen the cut. Allow to rest well before slicing.

SERVING SUGGESTIONS

Use a lemon, garlic, rosemary, oregano marinade. Make a fresh herb relish and use to dress cooked green lentils. Slice the lamb and scatter on top. Serve a side of Greek salad and some tzatziki.

PROTEIN PROFILE

A succulent, flavoursome and inexpensive cut – adaptable to most cuisines.

TIP

Ask your butcher to butterfly the fillets for quicker cooking.



MARINATED LAMB CUTLETS

COOKING

Marinate the cutlets for 2 hours before cooking. Pat dry and cook by direct fast heat on a hot grill to medium rare (approximately 2–3 minutes each side). Allow to rest loosely covered for 5 minutes before serving.

SERVING SUGGESTIONS

Boil halved baby potatoes in their skins. Add green beans towards the end of cooking and make a warm potato and bean salad – add lots of parsley and mint in the dressing.

PROTEIN PROFILE

A prime cut of lamb fit for that special occasion. Go on spoil yourself, you deserve it.

TIP

Cooking time depends on cut thickness.

LAMB KEBAB SKEWERS

COOKING

Marinate the lamb for 2 hours or overnight to enhance the flavour and tenderise. Alternate on skewers with your veg of choice. Cook by direct heat on a hot grill turning regularly for 12–15 minutes until cooked through.

SERVING SUGGESTIONS

Go for North African flavours in your marinade. Serve with a harissa dressing and crisp salad in a pitta bread or with roasted vegetable couscous.

PROTEIN PROFILE

Various cuts could be used for kebabs (shoulder, leg, loin). Ensure the pieces of lamb are evenly sized. The flavour combinations are endless.

TIP

Don't overcrowd the skewer, give the meat room to cook.

SCOTCH LAMB CUTLETS WITH TOMATO & CORIANDER SALSA



PREP

5m

COOK

4-6m

SERVES

2



INGREDIENTS

4-6 lean Scotch Lamb Cutlets or Loin Chops
1 tsp ground Coriander
1 tsp ground Cumin
Rind of 1 Lemon
1 tsp Olive Oil

TOMATO AND CORIANDER SALSA

2 Tomatoes, diced
1 small Red Onion, sliced
1 Clove Garlic, crushed
1 tbsp Red Wine Vinegar
1 tbsp fresh Coriander, chopped
Seasoning

METHOD

1. Temperature: Allow the grill to heat to high.
2. Mix together coriander, cumin, lemon and oil and rub mixture over the lamb.
3. Place cutlets on the pre-heated high grill. Cook for about 4-6 mins each side or to taste.
4. Meanwhile make the tomato and coriander salsa: Into a bowl place tomatoes, red onion, garlic, red wine vinegar and fresh coriander. Season with black pepper and mix thoroughly.



SCOTCH LAMB PITTA SALAD WITH FETA CHEESE



PREP

10m

COOK

15m

SERVES

4



INGREDIENTS

300g cold leg of Scotch Lamb
4 Pitta Breads
1 small Romaine Lettuce, shredded
1 small Red Onion, finely sliced
4 heaped tsp Black Olive Tapenade
100g Feta Cheese, cubed
Halved Cherry Tomatoes, optional

METHOD

1. Heat a griddle pan over medium/high heat and sear the lamb slices for 1–2 minutes turning, until nicely browned and heated through. Do this in batches, covering with foil to keep warm in the meantime.
2. Pop the pittas in the toaster until softened and warmed through.
3. Split and stuff each pitta with a handful of shredded lettuce, onion and feta. Divide the warm meat slices equally between the pitta pockets and top the meat with a dollop of the tapenade and serve straight away.



MAKE IT INCREDIBLE MAKE IT AFFORDABLE

Specially Selected Pork is always one of the most affordable cuts you can choose. It is also very versatile when it comes to cooking from home. From traditional chops to pulled pork belly, you can pick up fresh cuts and fresh ideas from your local Scotch Butcher.



MARINATED PORK BELLY

COOKING

Cook by high indirect heat skin side up for approximately 2 hours depending on size. Aim for a core temp of 96°C. The belly could be placed in a shallow tray with a fruit juice or cider for last 40 minutes of cooking. Rest 30 minutes before serving.

SERVING SUGGESTIONS

Serve with an Asian slaw and a plum or chilli jam, or slice and serve with some stir fry noodles.

PROTEIN PROFILE

An ideal, inexpensive cut for BBQ, remains juicy and moist through cooking, – very moreish!

TIP

Score and salt the skin for crispy crackling. A Stanley knife is handy for this process.



PORK SHOULDER/ COLLAR

COOKING

Marinate overnight to flavour and tenderise the meat. Cook on medium direct heat 12-15 minutes each side depending on thickness. Spritz with something fruity during cooking or baste with glaze towards end of cook. Rest before slicing.

SERVING SUGGESTIONS

Spread a relish of your choice on warm flatbreads. Slice the pork and add along with some pickled red cabbage, roll up and enjoy.

PROTEIN PROFILE

Another ideal BBQ cut of pork due to its muscle structure – It will remain succulent through the cooking process.

TIP

Ask your butcher to cut in even sized steaks for quicker cooking.



HOME MADE PORK BURGERS

COOKING

Make an indentation on one side of the burger to retain a flat shape through cooking. Cook by direct heat 5–6 minutes each side. Aim for a core temp of above 70°C. (depending on thickness).

SERVING SUGGESTIONS

Suit your mood! Chimichurri, red onion jam, kimchi, chipotle mayo slaw, smoked apple puree. The pork burger is the ultimate adaptable BBQ meat.

PROTEIN PROFILE

An inexpensive family favourite for any occasion.

TIP

Add some bread soaked in milk to your burger mix for a moist end result.

SPECIALLY SELECTED PORK YAKITORI SKEWERS



PREP

30m

COOK

30m

SERVES

4



INGREDIENTS

600g Specially Selected Pork Fillet, trimmed and diced into 1 inch pieces
2 Green Peppers, 1 inch pieces
2 Onions, chopped into 1 inch pieces
2 Garlic Cloves, crushed
20g Ginger, grated
2 tbsp Rice Wine or White Wine Vinegar
3 tbsp reduced salt Soy Sauce
30g Brown Sugar
20g Cornflour
200g Thai Sticky or Short Grain Rice

METHOD

Cooking on the BBQ

1. Soak 8 wooden skewers in water to stop them burning.
2. Add the ginger, garlic, sugar, rice wine vinegar and brown sugar to a pan with 250ml water, slowly bring to the boil.
3. Mix the cornflour with 50ml of cold water.
4. Once the sauce starts to boil, add the cornflour mix slowly and stir until thickened. Remove from the heat and cool.
5. Thread a cube of pork onto a skewer, add onion and green pepper. Repeat to fill the skewer. Repeat to make 8 skewers.
6. Brush the skewers with the cooled sauce.
7. Cook the rice according to instructions.
8. Cook the skewers on a hot BBQ for 7–8 minutes, turning halfway and brushing with more sauce.
9. Remove and cover with foil. Allow to rest for 10 minutes.
10. Serve the skewers with rice.

Cooking in the kitchen

1. Place the skewers under the preheated medium-hot grill and cook for 7–8 minutes, turning halfway and brushing with more sauce.
2. Remove and cover with foil. Allow to rest for 10 minutes.



JERK ROAST PORK WITH SWEET POTATO



PREP

15m

COOK

2hrs

SERVES

4-6



INGREDIENTS

- 1.5kg boneless belly of Specially Selected Pork (Cut into 4 equal squares)
- 1 Lemon – zest and juice
- 2 tbsp Olive Oil
- 2 tbsp Jamaican Jerk seasoning (or Cajun)
- 1kg Sweet Potatoes, peeled and cut into large chunks
- 2 large Red Onions cut into wedges

METHOD

1. Taking great care, deeply score the pork rind with a sharp pointed knife – the more cuts, the better the crackling. Even better, ask your butcher to do this for you.
2. Mix together the lemon zest and juice, olive oil and the jerk seasoning to make a paste. Rub the spicy paste over and into the meat (not the rind). Cover and marinate in a cool place for at least 1 hour and overnight in the fridge.
3. Heat the oven to 190°C/170°C fan/Gas Mark 5. Wipe dry the pork rind with absorbent kitchen paper and roast in a large deep roasting tin for 1 hour 30 minutes. Scatter the sweet potato and onion around the pork, coating in any pan juices and return to the oven for a further 30 minutes or until the potatoes are just tender.
4. Lift the pork out onto a platter and leave to rest for 10 minutes before cutting into strips or chunks. Serve with the roasted vegetables and pan juices skimmed of fat.



GET THE BBQs OUT – PREPARE TO BE INCREDIBLE

The sounds and smells of the BBQ are one of the great joys that accompany the arrival of summer.

We all savour the moment when we can fire up the barbie for the first time in early summer. We relish that fine day, but it pays to prepare in advance.

Indeed, every great BBQ starts with the right preparation, whether it's bringing out the extra flavour in the meat or seeking to ensure that things go smoothly from start to finish.

Let's think about the first things first...

SCRUB UP FIRST

Good food hygiene is one of the most important things to consider when you BBQ, so be sure to get that grill scrubbed up and ready to cook on.

GET THE RIGHT TOOLS

Tool up like a BBQ boss. Get yourself a heavy-duty oven glove, a flipper, basting brush and pair of quality BBQ tongs. Always go for long-handled tools.

PRECOOK FOR SPEED

Precook meats that take longer to cook like sausages and ribs. You can get a head start in the oven, then finish them on the BBQ.

PLAN YOUR SIDES OR MARINADES

Don't forget the side dishes or marinade. Healthy, nutrient-rich sides can create a balanced meal and a tasty marinade can complement the meaty flavours.





SIDES & MARINADES TO SAVOUR WITH THE SIZZLE

CABBAGE SLAW

INGREDIENTS

¼ Red Cabbage finely sliced
¼ White Cabbage finely sliced
½ Mango finely sliced
¼ Fresh Coconut grated
2 tsp Scottish rapeseed oil
1 Lime zest and juice
1 Sprig Mint finely chopped
2 Sprig Coriander finely chopped
Salt and Pepper

METHOD

- Mix all ingredients together and season with salt and pepper.
- Set aside in a bowl.

FUNKY POTATO SALAD

INGREDIENTS

500g Baby Potatoes par boiled
(we finish them on the BBQ)
50g Grated Cheese
½ Red Onion diced
1 Small Chilli finely diced
2 tsp Chopped Coriander
2 tsp Mayonnaise
1 tsp Siracha or hot sauce

METHOD

- Finish the potatoes on the BBQ until nicely charred on the outside then half and place in a bowl.
- Toss all ingredients together and sprinkle over the potatoes.
- Then squeeze a mixture of the mayo and siracha over the top. Set aside.

FIRE UP THE BBQ – COOKING INCREDIBLE ON THE GRILL

OK, so now you're ready to turn up the heat. Let's look at how you get the best from your meat. To help you get the most flavour from your Scotch, we asked Scott Fraser, Pitboss at Angus & Oink, to let us into some of the secrets of the BBQ business – here's his top tips for you...

TIPS ON HOW TO SEASON CORRECTLY BEFORE SMOKING/BBQ-ING

BBQ rubs or seasonings are a really useful way of getting that American BBQ flavour and colour into your meat before you start to cook. Whether you are cooking a pork collar, shoulder or beef brisket, there are many amazing rubs out there that boost the flavours.

Make sure your meat is moist before applying the seasoning. The natural juices of a big cut will be able to absorb the seasoning. But if not, use either a mild American mustard as a binder or a light coating of a neutral oil like canola.

The seasonings are predominantly paprika based, and this mixes well with oil. Allow the seasoning/rub to absorb into the meat so it all becomes wet. Dry rub will burn if it does not absorb in. Give this at least 30 mins to work. Any dry rub spots can be hit with a spray/spritz bottle of apple juice.

Use seasonings liberally, especially on big cuts like a whole shoulder – use at approx 5% to meat weight so 1kg will need 50g of seasoning.

Rubs will not stick to fat so season the meat and not the fat. Either trim the fat off or cook the fat side down towards the heat source.

BBQ rubs add flavours as well as colour to smoked meats. Always remember to cook on colour (mahogany) and not let the cook burn.

TIPS ON USING MEAT THERMOMETERS

We tend to use a thermometer to probe the smoked meats during the cook. An instant read Thermopen is our go to. Here's some important things to keep in mind.

Bigger cuts will obviously take longer to cook to the middle, so make sure you probe deep enough to get a true internal temp reading.

For pulled meat you are looking at 205–215°F (96–99°C) internal. But use the thermometer to feel for softness (tenderness) as well. Pulled pork will not pull if it is under around 205°F (96°C). Even though meat is cooked at 75°C it needs time and temperature to get to 96–99°C for pulling.

You also get many good thermometers that you can "plug into" the meat and monitor your cook over the full duration. Brands like Fireboard are what we use and they essentially data log your entire cook with a number of temperature probes so you can measure different parts of a big joint and different muscles within a big brisket for example.



SCOTT FRASER Pitboss at Angus & Oink

The temperature on your BBQ gauge will be wrong. This measures the temp at the gauge, not the cooking surface. Cook some wings on your smoker to see where the hot spots are, where things burn faster, and learn about your cooking chamber. The temperature can vary quite considerably around your smoker.

TIPS ON WHICH COOKING METHODS WORK BEST (COAL, WOODCHIPS, GAS)

We have to be all inclusive in BBQ-ing! We would recommend a mix of charcoal and wood chunks for the best in flavour. BBQ is really all about cooking outdoors and getting together. But for us it's also about the wood smoked flavours generated by wood chunks mixed with lump wood charcoal. Some things to remember... Don't buy instant light charcoal as it will impart a nasty flavour to your meat. Source UK produced charcoal if you can.

Light the charcoal with a natural wood wound fire lighter or use a chimney starter to get the coals hot.

You can smoke on a gas BBQ using a smoker box filled with wood chips placed over the flame.

The current trend is for Kamado style BBQs that really keep their heat and use less charcoal with ceramic base units that are super-efficient.

We cook 95% of what we smoke away from the flame or indirect. The heat from the BBQ and the colour generated from the seasoning and wood smoke are all you need.

If you are grilling chicken or steaks then keep a resting place unlit on your BBQ so you can move the meat away from the fire in case it starts to burn.

Top tip is to cook on colour. Try to achieve a mahogany colour on your smoked meats.

BIG UP YOUR BURGERS...

We all love a
home-made
burger!



...AND MAKE THE MOST OF MINCE

SCOTCH BEEF BLUE CHEESEBURGER



PREP

25m

COOK

30m

SERVES

4



INGREDIENTS

3 medium Red Onions, peeled and thinly sliced

25g Unsalted Butter

2 tbsp Olive Oil

Pinch of Salt

Pinch of Sugar

600g coarsely ground Scotch Beef
(Lean Scotch Beef Mince can be used)

Small Red Onion, finely chopped

2 tbsp chopped herbs such as Parsley,
Chives, Marjoram

4 Ciabatta buns, the olive ones are
very good

FOR BLUE CHEESE DRESSING:

100g semisoft Blue Cheese such as
Roquefort

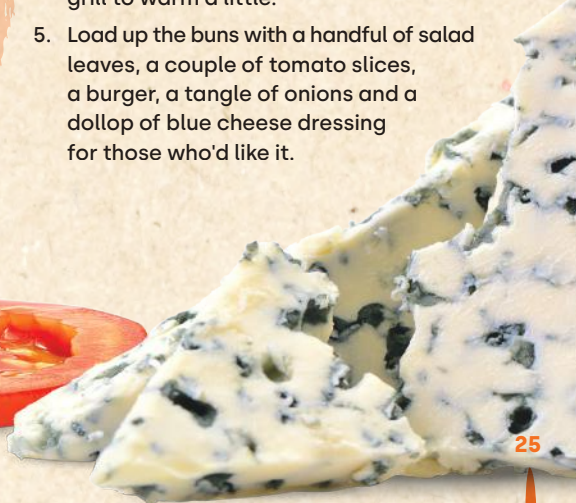
100ml Soured Cream

Mixed Baby Salad leaves

1 large Tomato, cut into 8 slices

METHOD

1. Start with the caramelised onions. Fry the onions in the oil and butter over a gentle heat until transparent and soft (6 mins) 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. Set aside.
2. Mix together all the burger ingredients and season. Mixing them with your hands makes it easier. Shape into 4 burgers about 10–12 cm diameter.
3. Heat the grill to its hottest and cook the burgers for 3–4 mins on each side for rare, 4–5 mins for medium and 5–6 minutes for well done.
4. Pop the split ciabatta buns under the grill to warm a little.
5. Load up the buns with a handful of salad leaves, a couple of tomato slices, a burger, a tangle of onions and a dollop of blue cheese dressing for those who'd like it.





HOW TO MAKE AN INCREDIBLE MARINADE

Make it Scotch has worked with Ben Gallier, Executive Sous Chef, Gleneagles Hotel to create a flavoursome marinade. Ben gave us an insight into his marinade inspiration.

" I lived and worked in Hong Kong for over two years. The food scene in south-east Asia is incredible with a truly diverse offering. However, trying a Korean barbeque was a real stand out moment for me. The mixture of freshly barbequed beef mixed with a combination of different seasoning and flavours is nothing like we have in the west.

This marinade recipe is for a simple style of Korean beef. There are some more extreme flavours with fermented pastes and sauces, but this is a great way to start on the Korean BBQ adventure.

A note on gochujang. This is integral to this recipe. It's a sweet, spicy and slightly fermented sauce. It is similar to miso and helps to season and spice this dish. You can get it on Amazon and it is well worth tracking down."

BEN GALLIER Executive Sous Chef, Gleneagles Hotel



KOREAN BULGOGI BEEF BURGERS



PREP

44m

COOK

35m

SERVES

4



INGREDIENTS

BURGERS:

500g Lean Scotch Beef Mince
Small piece of Ginger, peeled/grated
3 Garlic cloves, peeled and crushed
2 tbsps Soy Sauce
1 tbsp Mirin or Rice Vinegar
1 tbsp sesame oil + 1 tbsp for frying
1 tsp Chilli Flakes
3 tbsps Oyster sauce (optional)

METHOD

1. Place all the ingredients for the burgers in a bowl except the oyster sauce. Shape them into four equal sized patties.
2. Preheat the BBQ or griddle pan over a high heat. Season the patties generously with salt and pepper on both sides. Add 1 tbsp sesame oil to the pan and once it is hot add the patties one by one, ensuring each one has full contact with the pan or BBQ.
3. Place on the griddle.
4. Leave them to cook for at least 2 minutes before turning them. Repeat this process for around 6–8 minutes until the burgers are a deep golden brown on each side and cooked through. If using, brush the oyster sauce over the burgers, making sure they are nicely glazed all over and transfer to a board.



KOREAN STYLE BEEF MARINADE



PREP

5m

SERVES

2



INGREDIENTS

1 Pear (grated)
75g Light Soy
50g Brown Sugar
50g Sesame Oil
2 Garlic Cloves (grated)
1 Small piece of Ginger (grated)
100g Gochujang
50g Vegetable Oil

METHOD

1. Mix all the marinade ingredients together.
2. Create a thin paste.
3. Cover each steak with the mixture and leave to marinade for 2 hours, a little longer is also fine.
4. When ready to BBQ, lift the steaks out of any liquid but the pear and ginger can stay on the steak.
5. Grill to your liking.

SERVE

Serve this with jasmine rice. The rice soaks up all the flavours of the beef and is a delicious accompaniment.

Alternatively grilled lettuce or broccoli.

For a traditional experience get hold of some kimchi!

For an easier alternative, choose tasty pre-marinated cuts from your local Scotch Butcher.



PERK UP YOUR PICNIC — PLAN AN INCREDIBLE DAY OUT

Visits to the beach, catch-ups in the park, or lunch on the lawn, we love a bit of chilled outdoor dining.

Sun is up, birds are singing, this is the time of year to make the most of our local beauty spots. Time to get the picnic basket out and pack it with some yummy snacks. Whether prepared in advance or cooked on public BBQs, there's no reason to skimp on the savoury when you are out and about. And if you're grilling on the go, then here's some tips to keep in mind.

KNOW THE RULES

Most importantly, always check with the local authority or the location for the requirements of cooking outdoors and come prepared.

KEEP COOL

Prep your food and keep raw marinated meat in sealed plastic bags. Keep them cool on the road and pack the essentials for cleaning up too.

GET EVERYONE INVOLVED

If you're inviting friends along, ask them to bring the sides. That means less work for you and a chance to discover some of their family recipes.

HAVE A SPRAY WATER BOTTLE

If you're working with an unfamiliar grill in a park or on a beach, then a spray bottle will help control any possible charcoal flareups and hotspots.

USE REUSABLE PLACE SETTINGS

You should always leave your outdoor setting as you found it. Reusable cutlery is easy to carry and cuts out some of the waste.

GO FOR SKEWERS

Skewers are perfect for cooking with a range of meats and vegetables. They are easy to cook, serve and eat.

SMART TIP

Plan ahead and check the forecast a good few days before. Check out your local forecast...



PORK, PINEAPPLE & CHILLI FLATBREADS



PREP

30m

COOK

30m

SERVES

4



INGREDIENTS

BURGERS:

- 4 folded Flatbreads
- 400g Specially Selected Pork Mince
- 60g fresh or tinned Pineapple, finely chopped
- 1 Red Chilli, finely diced
- 20g fresh Coriander, chopped
- 50g fresh Breadcrumbs
- 1 Egg Yolk, beaten

SALSA & SLAW:

- Salt and Pepper, pinch
- 100g Red Cabbage, finely sliced
- 1 Red Onion, finely sliced
- 20ml Lime Juice
- 100g fresh or tinned Pineapple, finely chopped
- 1 Shallot, finely diced
- 1 Red Chilli, finely diced
- 20g fresh Coriander, chopped
- 1tbsp Rapeseed Oil

METHOD

Prepare in advance to cook on the portable BBQ

1. Mix the pork mince, pineapple, chilli, coriander and breadcrumbs in a bowl.
2. Season then add the beaten egg yolk.
3. Shape into 4 patties.
4. To make the slaw, mix the red onion, red cabbage and lime juice. Season.
5. To make the salsa, mix the pineapple, chilli, coriander and shallot. Drizzle with oil and season.
6. Your prep is complete. Place your ingredients in a container and pop in a cooler to transport.
7. Place each burger on a hot BBQ for 6–8 minutes, turning halfway.
8. Remove and cover with foil. Allow to rest for 10 minutes.
9. Serve in toasted flatbreads topped with slaw and salsa.

Cooking in the kitchen

1. Place each burger under a medium hot preheated grilled for 6–8 minutes, turning halfway.
2. Once fully cooked, cover with foil and allow to rest for 10 minutes.





THE SOUND OF SUMMER

Get a big bad BBQ playlist ready in advance. Check out these sizzling summer sounds on our playlist...



KEEP IT HEALTHY & CLEAN – LOVE THE GREAT OUTDOORS

Scotch red meat is healthy, nutritious, and a great choice for cooking outdoors in summer.

But when cooking outdoors in any situation, we always need to be mindful to ensure we prepare our food hygienically, and that we look after our wonderful outdoor spaces – whether that's a garden, a park or a beach.

Remember that food safety and hygiene are even more important than usual in hot weather. Here's some tips to help you ensure that everyone stays well and healthy, and they only remember the good times. Always take care to:

- **Inspect and clean your grill**
- **Clean all your BBQ tools**
- **Wash your hands regularly**
- **Defrost meat thoroughly**
- **Pre-cook meat in the oven**
- **Avoid cross-contamination**
- **Cook BBQ meat thoroughly**
- **Use your meat thermometer**

And if you are planning to cook out in public spaces, then it's best to always check with the local authority or the location management for local rules or requirements in place for cooking outdoors and come prepared.

REMEMBER:

Never light an open fire in areas where they are not permitted.

Only cook in designated areas which provide the right facilities.

Always take your rubbish home with you, and don't leave any waste.

Leave the site tidy just as you found it.

Thank you :-)

TOP TIP

**DISCOVER
MONEY SAVING
RECIPE IDEAS**



You can find out how to best minimise your food waste and discover a load of money saving recipe ideas for your leftovers at

makeitscotch.com

DISCOVER THE SCOTCH DIFFERENCE...

Discover a wide range of resources designed to help you get the most from Scotch Beef, Scotch Lamb, and Specially Selected Pork – you can also learn about Scotch red meat and the Scotch Butchers Club, visit makeitscotch.com



Whether you're just not used to buying from a butcher, or whether you're looking for fresh inspiration, you will find so much to help you on this site. From a detailed cuts guide to more delicious recipes, and from calculating the perfect portion size to discovering the Scotch Butcher nearest to you – you will find it all here.

And with regular cooking tips and food features on our blog, it is worth visiting every so often to learn what's new. For now, remember to 'make it with Scotch' so that you, your family and your friends can enjoy the full flavour of meat with integrity!

Thank you and make it Scotch.



KEEP AN EYE OUT FOR THE
CHRISTMAS GUIDE IN **OCTOBER**

Make your festive food
InCREDible



SHARE YOUR AL FRESCO DINING PICS WITH US...

Post pictures of your culinary wonders
and tag them with **#makeitscotch**
so we can see what you're serving up.

Discover more at
makeitscotch.com



@makeitscotch



SCAN. DISCOVER.