

DINE IN AND MAKE IT IN*credible*IBLE



Whether you're entertaining friends, feeding the family, rustling up a date-night dinner or a Sunday lunch, we've got it covered. From tasty meals on a budget to that special occasion, our 'incredible' guide provides great inspiration.



THIS IS YOUR GUIDE TO IN *Cred*IBLE

THE SCOTCH DIFFERENCE AT HOME	05
INCREDIBLE ON A BUDGET	06
SAVE TIME AND MONEY	09
SCOTCH BEEF CUTS	10
SCOTCH BEEF RECIPES	12
SCOTCH LAMB CUTS	14
SCOTCH LAMB RECIPES	16
SPECIALLY SELECTED PORK CUTS	18
SPECIALLY SELECTED PORK RECIPES	20
INCREDIBLE PREPARATION	22
INCREDIBLE PRESENTATION	25
MAKE IT INCREDIBLE FOR DATE NIGHT	26
MAKE IT GO EVEN FURTHER	29
DINE IN AND MAKE IT INCREDIBLE	30
DISCOVER THE SCOTCH DIFFERENCE	32



SCAN. DISCOVER.

MAKE IT IN *Credible*... MAKE IT SCOTCH...

For many of us, dining in is the new going out. A delicious dinner or a long lunch at home can help to look after the pennies while you are still having a great time enjoying local, quality food, cooked your way.

In this flavour-packed guide to **dining at home in 2023**, we'll help you to create chef-quality meals and mid-week dinners at home on a budget. We will feature some of the most economical and versatile cuts of Scotch Beef, Scotch Lamb and Specially Selected Pork, alongside recipes that will help you recreate some of your restaurant or takeaway favourites in your own kitchen.

We will look at how the Scotch Difference puts genuine 'CREDibility' into the most inCREDible meals that combine healthy proteins with unforgettable flavours. Do you want to make your meals go a bit further? Read our money saving tips section on page 8. Are you cooking to impress for a special occasion? Take a look at some of our tasty sides that are easy and simple to prepare on page 24.

WHY YOU SHOULD ALWAYS 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 production methods. Find out more about the Scotch Difference at makeitscotch.com





Shopping from your local Scotch butcher means you get exactly what you need, when you need it. We take pride in giving advice on which cuts to buy and how to make the most of them. Your local butcher can also help you decide on the right portion sizes, so you can stick to budget with minimal waste – **it's a win win!**

THE SCOTCH DIFFERENCE AT HOME IS SIMPLY IN^{credible}IBLE

When it comes to dining at home, there are so many tasty options available with Scotch Beef, Scotch Lamb and Specially Selected Pork – and so many benefits too.

The 'Scotch Difference' is why so many local butchers are proud to stock the 'Scotch' brands – and why, as members of the Scotch Butchers Club, they are keen to share the many benefits with you and your family – from advice on the best locally produced cuts of meat to universal money-saving tips on the tastiest recipes and handy home-cooking hints.

WHAT IS THE SCOTCH DIFFERENCE?

Scotland is one of the most sustainable and reputable places in the world to produce beef, lamb and pork. From animal welfare and sustainability measures, right through to the meat that makes it onto the plate, Scotch is red meat produced to an uncompromisingly high standard. Indeed, only red meat 'Born & Reared in Scotland' can carry the world-famous Scotch brand mark – a symbol of whole-life assurance for you and your family. The Scotch Difference means:

UK GI Certified: Scotch Beef and Lamb hold the coveted UK GI status legally protecting the brand from imitation.

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.

WHAT IT MEANS FOR YOU

Putting Scotch at the heart of your healthy home-dining means you can create chef-quality meals at home, while also staying on top of your finances. It means meals you can savour, while making sure that nothing goes to waste.

You can find out more about what The Scotch Difference means for you at makeitscotch.com



YES, YOU CAN DO IN*Cred*IBLE ON A BUDGET AT HOME TOO!

Scotch Beef, Scotch Lamb and Specially Selected Pork have an important role to play in providing a healthy, balanced diet.

By combining red meat with other healthy and economical menu options, you can put red meat right at the heart of some inCREDible home dining for all the family.

Scotch red meat is an important source of protein which helps maintain normal bones and muscle growth. It's low in salt, and contains both iron and zinc, which contribute to the normal function of the immune system. It also provides a range of vitamins including Vitamin B12 which helps combat tiredness and fatigue.

Not only does Scotch red meat deliver all naturally, it also goes very well with other protein sources including beans, lentils and pulses. If you choose healthy accompaniments such as brown rice, wholewheat pasta or vegetable noodles, then you can improve your fibre and vegetable intake too – while making your budget go that bit further.



MAKING YOUR MEAT GO FURTHER...

Whether you're choosing beef, lamb or pork, you don't always need to buy one whole steak or cut per person, you can always buy a slightly larger steak and once cooked cut it in half. Alternatively, you can try dicing it to make kebabs or finely slicing it for stir-fries.

You will find that some of the most affordable Scotch Beef cuts such as flat iron or rump steaks are flexible cuts to marinate and then serve sliced. Scotch Lamb leg and rump steaks are also quick and easy to prepare and can then be used in a variety of dishes. While Specially Selected Pork boneless loin steaks are delicious and work with many different flavour combinations. To make these cuts go even further, serve them up with vegetables, salads, savoury rice, grains or couscous – and present together on a serving platter to create a 'wow' factor – that is also really easy to dish up at the table.

MAKE IT ONCE, USE IT TWICE...

Buying what you need while it's fresh and in season is not only a great way to experience the very best quality produce, it can also maximise your shopping budget. For example, there is so much more to a delicious beef, lamb or pork roasting joint than providing the centre piece of a one-off roast dinner. You can make the most of every last bite, by transforming the leftovers into lunches, meals or snacks for the next day. We suggest making excellent use of them second time round in curries, salads, sandwiches, wraps, pasta and rice dishes or even in soups and stocks.



"Don't be afraid to mix and match recipes. Recipes are only a guideline, feel free to substitute items that cater to your personal taste preferences."

SCOTT SMITH Fhior Restaurant



SAVE TIME AND MONEY WITH YOUR LOCAL SCOTCH BUTCHER

Scotch Butchers are a focal point of many communities, and they are always happy to share their knowledge to ensure you can enjoy Scotch Beef, Scotch Lamb and Specially Selected Pork at their best – and at price to suit your pocket.

THE PERFECT PORTION

Scotch Butchers are your local red meat experts, always on hand with advice you can rely on, and not just about the best cuts, but also what represents best value at any time of the year. So, get to know your local butcher. They'll be happy to chat and happy to answer all your questions about any cut of meat. Don't be afraid to talk to them about the perfect cut for your recipe and the best way to cook it. They want you to enjoy your meal, and the experience, just as much as you do.

THE BEST ADVICE

Your local Scotch Butcher can also give you insider tips 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 versatile cut of steak, or point you towards the most economical cuts, like delicious pork, if you're catering on a budget.

THE LOCAL CHOICE

Whatever you choose, your Scotch Butcher can provide you with perfectly portioned cuts of Scotch Beef, Scotch Lamb and Specially Selected Pork – all sourced from local, quality assured farms where provenance and welfare are independently verified. Indeed, when you come to choose your beef, lamb or pork, shopping local will always be shopping better. It will be better for you, better for farmers, better for your community, and better for the planet too.

LEARN MORE ABOUT RED MEAT...

Your local butcher can teach you a lot about the perfect cut, but if you'd like to teach your family more about where their food has come from scan the QR code below and check out our '**Farming Circle of Life**'. It explores sustainability in Scottish livestock farming...



THE MYTH

"BUYING FROM A LOCAL BUTCHER IS TOO EXPENSIVE."



BUSTED: Butchers stock a wide variety of cuts, and unlike supermarkets, your butcher can help you decide on portion sizes that are right for you. This can help you budget and reduce waste, as well as learning from your butcher how to make the most of the cut you buy.

MAKE IT IN *Cred*IBLE

MAKE IT RICH IN PROTEIN

These tasty cuts of Scotch Beef are not only rich in protein, but they are also great value pound for pound. 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.



FLAT IRON STEAK



Price

RUMP STEAK



Price

SIRLOIN STEAK



Price

FLAT IRON STEAK

COOKING

Do not overcook or steak will be tough. Very hot pan, 2 ½ minutes either side depending on size – do not overcrowd the pan. Allow to rest for 10 minutes – slice thinly against grain.

SERVING SUGGESTIONS

Serve sliced on top of tossed salad including roasted sweet potato pieces. Use dressing of your own choice. Alternatively, place in oriental marinade overnight, cook, slice and serve with tender stem broccoli and sticky rice.

PROTEIN PROFILE

Flat Iron is a lean cut, rich in beef flavour. Affordable alternative to Ribeye for a date night in.



RUMP STEAK

COOKING

Sear in a hot pan 2 ½ minutes each side and steak will remain succulent and juicy. Rest for 4-5 minutes loosely covered in a warm place before serving. Best served rare.

SERVING SUGGESTIONS

Serve with a wild mushroom [you can use dried] sauce and paprika spiced potato wedges for a weekend treat or with a simple garlic and herb butter and fries for weeknight dinner.

PROTEIN PROFILE

Rump steaks have a rich deep flavour and are a tender and affordable cut that would suit most family occasions.



SIRLOIN STEAK

COOKING

Sirloin steaks should need about 2 to 3 minutes on each side for rare, 3 minutes each side for medium/rare and 4 to 5 minutes per side for medium/well done. Take off the heat and rest for around 10 minutes. While they are resting, you could prepare a nice salad to serve with the steak.

SERVING SUGGESTIONS

Serve with a steak garni and a pepper sauce or slice to make it go further and take your fajitas to another level.

PROTEIN PROFILE

Sirloin is a prime cut that is tender and flavoursome, make this quality cut go further (see above) or spoil yourself on a special occasion.

ITALIAN STYLE SCOTCH BEEF RAGU

PREP

10m

COOK

60m

SERVES

4



INGREDIENTS

450g lean diced Scotch Beef, cut further into 1cm chunks
1 large Onion, finely chopped
2 Cloves Garlic, peeled and minced
400g tin chopped Tomatoes
1 low salt Beef Stock Cube
60g Tomato Puree
2 tsp Green Pesto
10ml Worcestershire Sauce
250ml boiling water
30ml Scottish Rapeseed Oil
Sea Salt and Black pPepper

METHOD

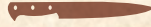
1. In a large frying pan, or wok, sauté the diced beef and the onions in the oil until lightly browned.
2. Add the garlic, celery, tinned tomato, tomato puree, pesto, and Worcestershire sauce.
3. Add the boiling water to the pan and crumble over the stock cube.
4. Season with salt and black pepper.
5. Bring to the boil.
6. Stir well, cover and simmer for 60 minutes, stirring occasionally.
7. Serve with your favourite pasta and top with grated Parmesan cheese.

SLOW COOKER METHOD

1. Put the slow cooker on to High and add the tinned tomato, tomato puree, pesto, and Worcestershire sauce.
2. Dissolve the stock cube in the boiling water and add to the slow cooker.
3. In a large frying pan, or wok, sauté the diced beef and the onions in the oil until lightly browned.
4. Add to the slow cooker.
5. Season with some salt and black pepper.
6. Cover and cook on High for 4 hours, or cook on Low for 6 hours.



SCOTCH BEEF STROGANOFF



PREP

15m

COOK

15m

SERVES

4



INGREDIENTS

600g lean Scotch Beef
Rump Steaks, thinly sliced
1 large Onion, peeled and sliced
200g Chestnut Mushrooms, sliced
2 Cloves Garlic, peeled and minced
2 tsp Dijon Mustard
1 low salt Beef Stock Cube
100ml boiling water
80g light Crème Fraîche
15ml Lemon Juice
Black pPepper
30ml Scottish Rapeseed Oil – plus extra
to fry the steaks
Knob of Butter

METHOD

1. Dissolve the stock cube in boiling water.
2. In a large frying pan heat the oil and the butter.
3. Fry the onion for a few minutes then add the mushrooms and the garlic.
4. Fry until the mushrooms are just browned.
5. Add the beef stock, crème fraîche, mustard and the lemon juice and heat through.
6. Put the sauce into a bowl and clean the frying pan.
7. Heat the oil in the frying pan and sauté the steak slices for 6-7 minutes until browned.
8. Add the mushroom sauce, season with some black pepper and heat through.
9. Serve with rice.



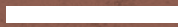
MAKE IT IN *Cred*IBLE MAKE IT FLAVOURSOME

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.



DOUBLE LOIN CHOPS

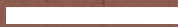
0 10



Price

CHUMP CHOPS

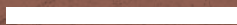
0 10



Price

GIGOT CHOPS

0 10



Price

DOUBLE LOIN CHOPS

COOKING

Let lamb sit at room temperature for 20 minutes before cooking. Then hold the chops with tongs and sear the fat to render in a hot pan. Add rosemary and garlic then sear on both sides. Cook 3-4 minutes on each side or once seared transfer to pre-heated oven at 180°C for 8-12 minutes depending how you like them done (slightly pink is best).

SERVING SUGGESTIONS

A pea and bacon ragout and some boiled potatoes sliced and fried would marry well with the loin chops.

PROTEIN PROFILE

This T-bone cut of lamb is succulent and tender with a distinct sweet lamb flavour.



CHUMP CHOPS

COOKING

Sear in a hot pan and cook 4-6 minutes on each side depending on thickness or transfer to a pre-heated oven at 180°C after searing and cook for approximately 10 minutes depending on your preference but slightly pink will give best flavour. Allow to rest 5-6 minutes in a warm place before serving.

SERVING SUGGESTIONS

Season the chops with a little Ras el Hanout prior to cooking and brush lightly with Rose Harissa paste once cooked. Serve with a Greek style salad or couscous.

PROTEIN PROFILE

A hearty, flavoursome cut that will adapt to a variety of flavours, ideal for a family weekday meal.



GIGOT CHOPS

COOKING

Give the chops 4-6 minutes each side in a hot pan turning once then rest for 5 minutes before serving. Add a sprig of rosemary/knob of butter to baste the lamb while cooking.

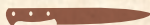
SERVING SUGGESTIONS

The gigot chops would go well with the richness of a gratin potato cooked with garlic, cream and Parmesan and some crisp green beans.

PROTEIN PROFILE

A lean and tasty economical cut ideal for a weekend treat.

SCOTCH LAMB CHOPS WITH FETA CHEESE



PREP

10m

COOK

25m

SERVES

4



INGREDIENTS

8 Scotch Lamb PGI Chops or cutlets, approx. 100g each
400g small Potatoes, cut into 1cm slices
3 Red Onions, peeled and quartered
40ml Olive Oil
250g Cherry Tomatoes, halved
1 Garlic Bulb
2 Peppers, deseeded and sliced
100g Feta Cheese, crumbled
2 sprigs fresh Thyme leaves

METHOD

1. Preheat the oven to 220°C/200°C fan oven/gas 7.
2. Scatter the potatoes and onions on one large non-stick baking tray.
3. Drizzle the oil over the vegetables, season with salt and pepper.
4. Roast in the oven for 5 mins, remove from the oven, add the lamb, return to the oven to roast for a further 10 mins if you like your lamb medium, or a little longer if you like your lamb less pink
5. Remove the tray from the oven, scatter the tomatoes, garlic and peppers around the tray and return to the oven to roast for a further 10 mins.
6. Remove the tray from the oven and divide the lamb and vegetables between four warm plates.
7. Sprinkle over the feta and the thyme leaves. Serve immediately.



PULLED SCOTCH LAMB WRAP



PREP

10+m

COOK

3hrs

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 Scottish Rapeseed Oil

METHOD

1. Preheat the oven to 170°C/150°C fan oven/gas 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.



MAKE IT IN *Cred*IBLE MAKE IT LOW IN FAT

Specially Selected Pork is always one of the most affordable and healthiest 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.



PORK BELLY

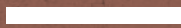
0 10



Price

PORK CHOPS (BONE-IN)

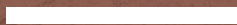
0 10



Price

PORK SIRLOINS

0 10



Price

PORK BELLY

COOKING

Pork belly takes well to marinating be it traditional apple juice/vinegar or oriental soy/Shaoxing wine. After marinating pat dry and sear the pork belly slices on all sides to colour. Place the pork in a dish along with any marinade. Cover with tin foil and place in an oven at 180°C for 40 minutes. Remove tin foil and continue to cook for another 20-30 minutes. Add a little water during cooking if necessary.

SERVING SUGGESTIONS

The pork belly is so adaptable it would go well with traditional red cabbage and braised potatoes, with oriental soy and ginger pineapple chutney or with a Mediterranean butterbean stew and pesto.

PROTEIN PROFILE

Super versatile and economical cut that is flavoursome and adaptable.



PORK CHOPS (BONE-IN)

COOKING

Select thick cut chops – hold with tongs and sear the fat edge of the chops in a hot pan, then sear on both sides and cook, turning for about 8 minutes then allow to rest, loosely covered for 4-5 minutes. Any combination of herbs, sage, thyme, garlic, fennel seeds added to the pan will enhance the flavour. Baste the chops during cooking.

SERVING SUGGESTIONS

Mustard sauce or pan roasted apples and pears work or try a grain mustard celeriac slaw with a baked potato. You could carve the cooked chop to make it go further – no fighting over the bone!

PROTEIN PROFILE

These succulent chops are an ideal choice for a hearty midweek meal.



PORK SIRLOINS

COOKING

Sear in a hot pan and cook for 4-5 minutes each side depending on thickness, then allow to rest for 4-5 minutes.

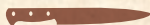
SERVING SUGGESTIONS

Ideal for a stir fry, try brushing the pork with wasabi paste while it is resting then slice thinly and serve in your favourite noodle stir fry.

PROTEIN PROFILE

An economical cut that is tender, lean and juicy – ideal for any meal occasion.

SPECIALLY SELECTED PORK MOROCCAN STYLE



PREP

10-15m

COOK

15-20m

SERVES

4



INGREDIENTS

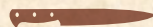
4 lean Specially Selected Pork Chops
or Loin Steaks
1 tsp Cumin
1 tsp Cinnamon
1½ tsp Ginger
150g pot Natural Yogurt

METHOD

1. In a dish mix together cumin, cinnamon, ginger and natural yogurt. Add the pork and mix well to coat.
2. Cover, refrigerate and leave for 2-3 hours for the flavours to infuse.
3. Barbecue or grill for 16-20 minutes turning once.
4. Serve with couscous and a large salad.

TOP TIP

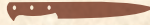
GREAT FLAVOUR



A tiny flavour addition can transform a meal from being good to being delicious and memorable. This is where the flavour elements (sweet, salty, sour, bitter and umami) come into play. These should constantly be considered when planning the meal and cooking. For example, choose sides and toppings that cover each of these categories. It is also important to taste the main dish before serving and adjust to these elements. Simply adding a dash of soy sauce, splash of vinegar or pinch of sugar can really elevate the final dish.



SLOW COOKED SPECIALLY SELECTED PORK CHILLI



PREP

10+m

COOK

3hr
40m

SERVES

4-6



INGREDIENTS

1kg boneless Specially Selected Pork Shoulder
7 tsp Chilli seasoning mix
1 tbsp Scottish Rapeseed Oil
1 large Onion, roughly diced
2 Garlic Cloves, peeled/finely chopped
500g Passata
1 tbsp Clear Honey
400g can of Kidney Beans, drained
325g can of Sweetcorn, drained

METHOD

1. Remove skin and fat (or ask your local Scotch Butcher to do this). Wash and pat dry. Season with salt and pepper then rub in chilli seasoning. Make seasoning by combining 1 to 1½ tsp dried chilli flakes with 1 tbsp ground cumin, ½ tsp each ground coriander and ground cinnamon, salt and pepper. Alternatively, use 7 x tsp readymade chilli or taco seasoning mix. Stand for 20 minutes at room temperature.
2. Preheat the slow cooker to High. Fry onion and garlic in a large pan for 5 minutes.
3. Add passata and honey. Heat until just boiling.
4. Put pork in slow cooker and pour over sauce.
5. Cover slow cooker top with foil shiny side down (to retain heat). Put the lid on. Cook on High for 3½ hours (or reduce to Low and cook for about 7 hours) until tender.
6. Remove pork from sauce. Cover with foil and leave for 10 minutes.
7. Skim fat and pour sauce into a pan. Stir in beans and sweetcorn. Bring to the boil and simmer for 2-3 minutes. Cover and keep warm.
8. Use two forks to pull the pork apart. Discard any fat. Pile into warm bowls and spoon over bean and corn sauce. Serve with sweet potato wedges, slaw-style salad and pea guacamole.



INCREDIBLE PREPARATION

Eating well at home comes down to two simple things – the ingredients that you select and how you choose to cook them in the kitchen. Red meat can vary quite significantly in price depending upon a number of factors, but by always selecting Scotch red meat, you can be sure of the quality in every bite.

Thereafter the secret to serving up a great meal is in knowing how to prepare the different cuts of meat. If you know the best ways to cook some of the less well-known and more affordable cuts – then that will give you a head start when it comes to exploring new recipes. This is where your local butcher can give tips designed to help you get more for your money when you cook at home.

TAKING THE STRESS OUT OF COOKING AT HOME

First things first – make sure you read the full recipe before you start. Check you have everything you need and make sure you understand each step of the recipe.

Next up – get your cooking space in order. Chefs keep their kitchens super organised for a reason – it just makes everything easier. Keep your surfaces clutter free and clean – and check you have all the utensils you will need close to hand.

Then prepare what you can before you start cooking. Get all your ingredients chopped or prepped. Measure out your

spices and herbs. Peel the veg. Look out your oils. Everything you can do ahead of turning up the heat helps to keep things chilled.

If you're busy, choose an easy cooking method – like a slow cooker you can just set and forget – and always clean as you go, so that there's no big mountain of dishes to face after the meal.

Finally, get the tunes on. Make yourself a cooking playlist that will help to keep you relaxed, happy and in the zone in the kitchen.

A LEANER ALTERNATIVE, A HEALTHIER ALTERNATIVE

Specially Selected Pork is a healthy alternative to other meats and is a great low-fat option. Fresh lean pork shares similar nutritional benefits to lean beef and lamb. It's naturally low in sodium, contains both zinc and selenium, and is also an important source of several B vitamins. Importantly, these B vitamins, zinc and selenium all have a role to play in keeping your immune system healthy.


TOP TIP

INVEST IN AN AIR FRYER


They offer a healthier alternative to traditional deep frying and can cook everything from chops and bacon to a tasty side of chips.




TOP TIP

—  —

For healthier diets,
choose leaner cuts of
beef, lamb or pork, avoid
adding fat when cooking,
and cut off any fat on the
meat before serving.



TOP TIP

—  —
Choosing nutritious side dishes will help to ensure that you can enjoy your red meat and maintain a healthy diet too.

IN ^{red} CREDIBLE PRESENTATION

When it comes to choosing which sides to serve with your red meat dish, there are so many options to consider – from dependable family favourites to intriguing and exotic pairings. And, of course, you can mix and match to serve up the perfect plate – ensuring you finish with a flourish.

What's more, alongside your choice of healthy accompaniments – from noodles to salads – there is also the question of the presentation and table setting. First and final impressions go a long way and getting them right will help to enhance any home dining experience – so we've also got some tips on how to make the right impression every time.

FROM FRESH SIDES TO IMPRESS...

If you are looking for the perfect pairing to make your meal go further, taste better and provide even more nutrition too, then we have some wonderful tasty inspiration for you. Check out our favourite sides at **makeitscotch.com** – everything from smoky paprika potatoes to cranberry apple salad.

TO TABLE SETTINGS THAT WOW...

A great home dining experience is not just about the food you prepare – it is about the ambience you create too. Think about it like another recipe: what are all the ingredients you need to bring together to create the right atmosphere for your guests – whether that's family, friends or a new date that you're looking to impress.

Think about the table style. Do you go for seasonal theme? A party vibe? Or classic table setting?

Think about the table decorations. Do you go for candles? Name settings? Flowers? Napkins?

Think about the room. Is the lighting right? Too bright? Too dark? Is the music right. Too loud? Too soft? Is there enough space around your table for everyone to get seated easily?

SOPHIE'S SLICE HOSTING TIPS

@sophies_slice

1. Embrace a 1-Pot Slow Cook

Whether you are cooking a chilli con carne, or a classic stew. Slow cooked dishes are great for entertaining as they allow you to get all the work done in advance of your guests arriving.

2. Serve it Family Style

If you have made a big one pot wonder simply transfer it all to a serving dish and place in centre of the table with a selection of sides, sauces and toppings.

3. Have Nibbles and Drinks Ready from the Start

There's nothing worse than cooking under time pressure, especially when you're trying to be the perfect host. So, I like to always have a selection of nibbles and drinks already laid out for when the guests arrive.

MAKE IT IN *Cred*IBLE FOR DATE NIGHT

Even when we are feeling the pinch, we all like to push the boat out now and again – especially for the ones we love – and even more so if it's an intimate dinner for two on a date night at home.

That's when premium cuts can be worth every penny. From traditional fillet or sirloin steak to fine cuts such as picanha and T-bone, these premium steaks all have their own unique flavour profiles – and a special cachet when it comes to a special occasion.

COOKING THE PERFECT STEAK...

We all love to be treated to something that is just a little bit more 'wow', and if you want to cook a restaurant-worthy steak at home, then here are our top tips for getting it just right.

- 1. Avoid a chill:** Always make sure your steak comes to room temperature.
- 2. Start it dry:** Wipe off any excess moisture before you start cooking.
- 3. Start it hot:** Always preheat your grill or pan before you start cooking.
- 4. Let it cook:** Limit handling, try to turn it only once, halfway through cooking.
- 5. Let it rest:** Finally, allow the meat to rest for at least three minutes after cooking.

FROM RARE TO WELL DONE...

The length of time you cook your steak is all about personal preference. Here's a quick guide:

#1 BLUE / 1 MIN EACH SIDE

Seared outside, 100% red centre
Internal temp: **10-29°C**
Spongy with no resistance

#2 RARE / 2 MINS EACH SIDE

Seared outside, 75% red centre
Internal temp: **30-51°C**
Spongy with some resistance

#3 MEDIUM-RARE / 3-4 MINS EACH SIDE

Seared outside, 50% red centre
Internal temp: **57-63°C**
Spongy and slightly springy

#4 MEDIUM / 4 MINS EACH SIDE

Seared outside, 25% red centre
Internal temp: **63-68°C**
Firm and springy

#5 WELL DONE / 6 MINS EACH SIDE

100% brown throughout
Internal temp: **77°C+**
Firm

MIX IT UP WITH A WELL-CHOSEN SAUCE...

With the cut selected, the cooking nailed, and the candles lit on the table, it all comes down to the final minutes and how you serve it up to perfection. That's when a well-chosen sauce can elevate even the finest cuts – and transform a tasty, healthy steak into a culinary experience.

The perfect sauce adds to the flavour of your meal even more. If you're in doubt about which sauce to serve with which cut, simply discuss the cut with your local Scotch Butcher and ask them for their recommendations on their favourite sauce. But here's some to try for starters...



FOR SOMETHING ZESTY:

Try a vibrant green chimichurri

FOR SOMETHING INDULGENT:

Try the nutty notes of brown butter

FOR SOMETHING CREAMY:

Try a delicious sauce Diane

FOR SOMETHING CLASSIC:

Try a simple wine reduction

**FOR A CLASSIC PEPPERCORN
OR STEAK DIANE SAUCE...**


Find easy-to-follow recipes at

makeitscotch.com

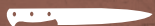


"If you're not sure how much you need or what to cook, we can help! We spend our days suggesting recipe ideas to our customers and advising on how much they will need – **don't be afraid to ask.** You can be confident our meat is the best quality too as we only source Scotch assured meat which **is the best you can get!"**

NEIL MENZIES N.G. Menzies Butchers

A top-down view of a white bowl filled with pulled pork, white rice, kidney beans, green onions, shredded carrots, and bell peppers. A dark brown circular callout box is overlaid on the top left of the bowl.

TOP TIP



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

MAKE IT IN^{credible}IBLE

MAKE IT GO EVEN FURTHER

Whether it's family birthday dinner or a romantic date night, dining at home is one way that you can get more for your money. Not only can you save a bit, but you are in control and can always make sure that every meal goes as far as possible.

The best way to do this is by making the most of leftovers – either by incorporating them into new dishes or next-day snacks or by freezing them for future use.

MAKE THE MOST OF LEFTOVERS...

Leftovers can taste even better second time around. Tasty recipes such as beef chilli, lamb stovies and pork noodle soup can help you to make the most of your scrumptious leftovers.

To avoid wasting good food, and money, you should always store all your leftovers in the fridge. Use airtight containers or wrap them in airtight packaging to keep nasty bacteria out and the flavour in. It is best to use the top shelf in your fridge and make sure to use what you refrigerated earliest first.

BATCH COOKING FOR THE FREEZER...

When you are cooking at home, you can also save time, work and money by making extra portions to pop in the freezer – once they have cooled. For example, lamb curries and beef chillies

are perfect for batch cooking. This can also help you plan your weekly meals well ahead – which again helps you manage that budget.

Invest in some good freezer containers, and make sure you label and date food clearly so there is no guessing what's inside. Freeze a few single portions for convenience too. And remember to check the fridge and freezer before you start meal planning to ensure you use what you previously prepared.

AND ALWAYS DEFROST IT WELL...

Plan ahead when thawing frozen food, especially meat. The best way is to thaw frozen food in the fridge, where it will remain at a safe and constant temperature. If you cannot defrost food in the fridge, you could put it in a container and then place it under cold running water. Remember – DO NOT defrost meat under cold running water unless it is in a sealed container because harmful bacteria could be spread to surfaces.

TOP TIP

FREEZE FOR THE FUTURE



There are lots of things you can reuse from the freezer – including sides and sauces. Put any left-over fresh herbs in the freezer too. Use an ice cube tray filled with water, olive oil or stock and then just pop them out when you need them.

DINE IN AND MAKE IT INCREDIBLE

We all love convenience food or eating out in a restaurant now and again, but one of the simplest ways to save money and improve your health is by preparing home-cooked meals.

KEEP IT SIMPLE

Of course, cooking at home doesn't always have to be a big production. The key to a healthy diet is to eat food that is as close as possible to the way nature made it – like Scotch red meat. You don't have to spend hours poring over recipes or combining hundreds of different ingredients, in fact, you will find that the simplest meals are often the tastiest.

SAVE TIME

Cooking at home and dining in can be quicker than going to eat out. There are loads of quick and tasty meals you can cook at home – see our recipe suggestions at makeitscotch.com. Many of these meals can be whipped up in less time than it takes to travel to a restaurant or wait for a delivery.

SAVE MONEY

When you first consider it, you may think that eating out at a restaurant – especially a fast-food one – will be less expensive than making a meal at home. But that's rarely true, especially if you opt for the more economical cuts – and follow the money-saving tips we've highlighted in this guide.

SHARE MORE

Cooking at home is also a great way to bring people together and to spend quality time with friends and family. Everyone loves a good home-cooked meal – and preparing the food together can bring people together in a creative and healthy way.

"Cooking on a budget can be done by shopping at your local butcher too. Just let us know what your budget is and we will suggest a cut that fits. Affordable cuts definitely doesn't mean less tasty!"

MURRAY LAUCLAN David Comrie and Son

JUST GET STARTED

Dining in may be the new going out – and it can save time and money – but don't go thinking that you have to make every meal at home. Cooking at home just a few times a week can reap rewards. The more you cook in your own kitchen, the better you will get at it, and the more you'll enjoy it – and soon enough you will think of eating out as an occasional treat rather than the norm.

WHEN YOU DO PREPARE YOUR OWN MEALS, YOU HAVE MORE CONTROL OVER THE INGREDIENTS, AND YOU CAN MAKE HEALTHIER CHOICES THAT MAKE YOU FEEL BETTER.



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.



NOTES

- THE SCOTCH -
Butchers Club
THE CRAFT. THE CUT.

NOTES

THE SCOTCH
Butchers Club EST. 1987
THE CRAFT. THE CUT.



Raise the steaks

with

Field Cried



- ✓ Locally sourced
- ✓ Quality assured
- ✓ Expertly reared
- ✓ Totally traceable
- ✓ Peace of mind

Make it



MAKEITSCOTCH.COM

SHARE YOUR HOME DINING 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 scotchbutchers.com



@makeitscotch



SCAN. DISCOVER.