

BRILLIANT BBQS

START WITH SCOTCH.



The Scotch Butchers Club's ultimate guide to BBQing like a boss.



THE SCOTCH DIFFERENCE



For top quality this summer, look no further than Scotch Beef, Scotch Lamb, and Specially Selected Pork. The meat born and reared in Scotland on trusted quality assured farms.

That's the Scotch Difference.

It's the unique relationship that our livestock have with their environment, the total devotion of our farmers to quality at every stage from farm to fork, from animal welfare and sustainability, right through to the meat on your plate, Scotch red meat is produced to some of the highest standards.



LOCALLY SOURCED



FARMED WITH CARE



QUALITY ASSURED



BENEFITS OF SHOPPING AT YOUR LOCAL BUTCHER

By choosing beef, lamb and pork from your local Scotch Butchers Club member, you get the dedicated craftsmanship of your local butcher and can also rest assured that the cuts on your grill this summer are sourced from quality assured Scottish farms, leaving you to simply enjoy the best taste and flavour that Scotland has to offer. Visiting your local Scotch Butcher has loads of benefits, we've highlighted a few of our favourite reasons below:

ADVICE ON CUTS

Can't choose between a rump or a sirloin? Don't know your chops from your loins? Worry not, your local Scotch Butcher is on hand to lend their vast knowledge on which cuts will make your BBQ great, how to cook them to perfection, and how best to serve them. They'll encourage you to take advantage of what's in season, advise you on the most tender cut, or point you towards trying something different.

THE RIGHT PORTIONS

Meat is the centrepiece of any BBQ, and everyone wants to tuck into the offerings! However getting portions right can be a little tricky if you're unsure about how much meat is required for the number you are catering for. Your local Scotch Butcher can keep you right on portions, help you stick to your budget, and ensure you minimise any food waste.

PRE-MARINATED MEAT

If you're in a pinch for time or just unsure where to start, many Scotch Butchers pride themselves on having an impressive selection of pre-marinated and prepared BBQ meat options to help you maximise your BBQ with minimal effort. They also frequently run special BBQ promotions, which can be ideal to stock up on and freeze for the next sunny day.

THE ULTIMATE BBQ TIPS

BBQs come in all shapes and sizes, and can use different fuel sources, such as charcoal and gas. We've popped a few tips on direct and indirect heat zones below:

BBQ TYPE	BBQ INFORMATION	HEAT ZONES
CHARCOAL BBQ	A Charcoal BBQ is a classic type of grill. They use lump charcoal or briquettes and are perfect for achieving that classic smoky flavour.	<p>DIRECT - To create a direct heat zone, pile all the charcoal on one side.</p> <p>INDIRECT - For an indirect heat zone, leave the other side charcoal-free to slow-cook your meat.</p>
GAS BBQ	Gas BBQs use propane or natural gas, so they are fast to start up and have good heat control. They are less smoky, so they are ideal for quick, frequent grilling.	<p>DIRECT - To create a direct heat zone, turn on one or two burners and adjust the heat accordingly.</p> <p>INDIRECT - For an indirect heat zone, leave one side off and cook over the unlit burners with the lid closed for an oven-like effect.</p>

For both
Charcoal & Gas:

Direct Heat =
Perfect for cooking
burgers, steaks,
and sausages.

Indirect Heat =
Perfect for
slow-cooking
pork, ribs, or
simply for keeping
things warm.



HOW DO I SAFELY DEFROST MEAT?

- The safest method is defrosting meat in the fridge. Simply place meat in a tray or container to catch drips and allow 24 hours per 2.5kg (5 lbs) of meat.
- A second and slightly faster defrosting technique is the cold-water method. Seal the meat in a leak-proof bag and submerge in cold water, changing the water every 30 minutes.

REMEMBER!

Never defrost at room temperature, as bacteria can grow quickly. Once defrosted, cook the meat within 24 hours and never refreeze defrosted raw meat.



GET IN THE KNOW ON STEAKS

From T-bone to sirloin, and rump to ribeye. Scotch Beef steaks are a great choice when it comes to BBQing, and we've provided a handy steak guide to help you choose the best cut for your next BBQ – no matter the occasion, you'll have confidence in the cut you choose for the best textures, flavours, and value for money:

TOP TIPS

- Get your steaks to room temperature before grilling.
- Oil the meat, not the BBQ.
- Add your salt before cooking, but your pepper after, as it burns on the BBQ.
- Use direct heat to sear the sides of the steak, then move to indirect heat to finish cooking.
- Let it rest before serving.



T-BONE

T-bone is great as it has the sirloin on one side and the fillet on the other, giving a perfect combination of textures and flavours for the biggest of steak lovers.



TOMAHAWK

Tomahawk is a bone-in ribeye steak most well-known for its impressive size and appearance, making it a popular choice for sharing, special occasions, or simply impressing guests.



SIRLOIN

Sirloin is a common favourite amongst steak lovers and a prime cut that is juicy, tender and flavoursome.



RIBEYE

Ribeye is best known for its marbling and rich flavour. It's a tender and affordable cut perfect for taking the centrepiece on your grill.



RUMP

Rump is a more affordable, hearty option with a firmer texture and rich flavour. It's a crowd pleaser for sure.



FEATHERBLADE

Delicious when marinated and seared at a high heat on the BBQ. This is a versatile cut rich in flavour and fantastic value for money.

PUMP UP FLAVOURS



WHY PUT RUBS ON YOUR MEAT?

- Rubs create a smoky and sweet exterior that complements the natural flavour of the meat and adds caramelisation.
- The rub seals in the juices without adding moisture.

WHY PUT MARINADE ON YOUR MEAT?

- Marinades consist of three key ingredients: an acid, a fat and a flavour enhancer.
- Use our handy table opposite to find out how they can transform your meat.

COMPONENT	PURPOSE/EFFECT	EXAMPLES
Acid	Breaks down proteins in the meat, making it more tender.	Lemon juice, vinegar, yoghurt, lime juice
Fat	Coats the meat, helping it stay nice and juicy during cooking.	Olive oil, sesame oil, coconut milk
Flavour Enhancer	Adds distinct and prominent flavour to the meat.	Garlic, rosemary, soy sauce, chilli flakes

MARINADES & RUBS

HOT HONEY MARINADE

- 2 cloves garlic, minced
- 1 tbsp coarse-grain mustard
- 2 tbsp lemon juice
- 2 tbsp honey
- 1 tsp ground chilli
- 2 tsp curry powder
- 1 tsp ground turmeric



GIVE THESE
MARINADES
A TRY WITH
THESE CUTS

GARLIC & CHILLI RUB

- ½ tsp ground cumin
- 1 lemon zest
- Pinch of sea salt
- 2 tsp crushed chillis
- 2 tsp oregano
- 1 tsp crushed garlic



LAMB GIGOT CHOPS

Centre cut bone-in chops from the lamb leg. A juicy steak packed with flavour.



LAMB CHUMP

A lean lamb cut which is tender and juicy. Often compared to the rump.



PORK CUTLETS

Slightly leaner than the pork chop, these are delicious succulent.



PORK CHOPS

An affordable cut offering a balance of lean meat and marbling, making them perfect for marinating and BBQing.



BEEF UP YOUR BURGERS

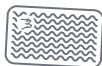
Personalise your summer BBQ with a delicious homemade burger. Here's our step-by-step guide to show you just how simple it is:



STEP 1

CHOOSE YOUR MINCE.

You can use Scotch Beef, Scotch Lamb, or Specially Selected Pork mince to create your burgers, or even try mixing some together for a unique taste. You want your meat to remain juicy so avoid going too lean.



STEP 2

ADD YOUR INGREDIENTS.

It's time to get creative! Add any vegetables, herbs, spices or even fruit into the mix to personalise your flavour profiles. Some of our favourite combinations are beef and beetroot; lamb, oats and leek; or pork, apple and spring onion.



STEP 3

MIX & SHAPE.

It's time to get messy! Scoop balls of mince and shape with your hands into a burger size of your choosing. We suggest aiming for approx 10cm.



STEP 4

GET COOKING.

1. Start with a hot grill using direct heat.
2. Avoid pressing the patties down.
3. Cook with the lid closed for around 10-12 minutes.
4. Turn once, halfway through cooking.



Homemade Blue Cheese Scotch Beef Burger

Ingredients

- 600g Scotch Beef mince
- 1 red onion
- 1 sprig of fresh thyme
- 200ml Worcestershire sauce
- 140g Scottish blue cheese (Lanark or Hebridean blue)
- Sea salt and black pepper (to taste)
- 4 burger buns

Cooking Method

1. Dice a red onion and finely chop the thyme.
2. Put the steak mince, onion, Worcestershire sauce and thyme into a bowl, season with some salt and black pepper and mix well.
3. Divide the mixture into four, then roll into balls and flatten with the back of your hand into patties. Cover and put into the fridge to chill for 30 mins.
4. BBQ for 6 mins each side until cooked through.
5. Cut the cheese into four slices, top each burger with a slice of cheese and grill until just melting.
6. Serve on toasted burger buns with lettuce, tomato and red onion slices.

MAKE IT A MEAL

Sides are a delicious addition to your summer spread, accompanying your quality cuts perfectly. Think zingy slaws, fresh salads tossed in flavoursome dressings, and homemade dips. The options are endless.

Kimchi Slaw

Ingredients

- 1 carrot, peeled and grated
- 200g radishes, finely sliced
- 1/2 Chinese leaf cabbage or 2 pak choi, finely shredded (optional)

- 2 tbsp sesame seeds, toasted
- 2 tbsps rice vinegar
- 1 tsp fish sauce
- 1 tsp granulated sugar
- 1/2 tsp salt

Cooking Method

Add all the ingredients for the kimchi slaw to a bowl and stir well. Leave for at least 30 minutes to allow it time to pickle.



Chimichurri Steak Sauce

Ingredients

- Large bunch (2 big handfuls) of fresh parsley leaves, chopped
- 2 tbsp olive oil
- 1 red chilli, de-seeded and finely chopped
- 2-3 garlic cloves, minced or finely chopped
- 2 tbsp dried oregano
- 2-3 tbsp red wine vinegar
- 1/2 tsp sea salt flakes

Cooking Method

1. Put the chillies and garlic into a bowl and mix together.
2. Add all the other ingredients.
3. Stir well until everything is completely combined.
4. Cover the bowl with cling film and put the mixture in the fridge, ideally overnight or for 2-4 hours to allow the flavours to develop.
5. To cut down on chopping, if you have a blender you can whizz up all the ingredients for about 10 seconds on a medium speed until blended but not puréed.



Grilled Broccoli and Pomegranate Protein Salad

Ingredients

- 300g broccoli, cut into small florets
- 200g kale, stems removed and ripped
- 1 can of chickpeas, drained
- 1 tbsp rapeseed oil
- 200g precooked quinoa
- 50g mixed seeds (e.g. sunflower, pumpkin)
- 30g pomegranate seeds
- 15g fresh parsley, chopped
- 150g baby spinach leaves, washed & dried

Cooking Method

1. Drizzle the chickpeas and kale with oil, season with salt and pepper then roast in the 180C oven (160C fan) for 6 minutes until crisp.
2. Cook the broccoli in boiling salted water for 2 minutes then remove and place in cold water.
3. Mix all the salad ingredients in a bowl and drizzle with rapeseed oil.

TIP: Buy a precooked quinoa packet for ease, or switch out with rice if preferred.





@makeitscotch

YOUR BBQ CHECKLIST

Make sure you have a well-stocked supply of BBQ tools by checking our list of the few essentials:

- ☐ Matches or a lighter, firelighters or lighter fluid for a charcoal grill
- ☐ A meat thermometer to check that your cuts are cooked to perfection
- ☐ Skewers for creating your own meat/veg skewers
- ☐ Aluminium foil to keep cooked meats warm while more is grilling
- ☐ An apron to protect your clothes from any grease or smoke – one with a pocket for your tools is even handier
- ☐ Long-handled tongs for easily flipping meat on the grill while protecting your hands from the heat
- ☐ Fire extinguisher for safety
- ☐ Grill brush and cleaning equipment for afterwards

BRILLIANT BBQ SHOPPING LIST!

Head to our website for
BBQ recipes, guides and more:

