



THE SCOTCH BUTCHERS CLUB EDITION  
**2022**  
THE SCOTCH BUTCHERS CLUB EDITION

THE SCOTCH  
*Butchers*  
CLUB EST. 1987  
THE CRAFT. THE CUT.

## LET'S TALK ABOUT SUMMER


Make the most of eating al fresco this summer with our step-by-step guide to bossing the grill, expert tips and sizzling recipes featuring the best of **Scotch Beef**, **Scotch Lamb** and **Specially Selected Pork**. **Ready?**




## DISCOVER...

LET'S MAKE IT THIS SUMMER! 03


**STEP 1:** FOR ANSWERS TO ALL YOUR BBQ QUESTIONS – ASK THE EXPERTS 04

 SPECIALLY SELECTED PORK YAKATORI SKEWERS 06


**STEP 2:** CHOOSE WHERE AND HOW TO COOK IN THE GREAT OUTDOORS 08

 SCOTCH LAMB STEAK & HALLOUMI SALAD 10


**STEP 3:** PUT THE DELICIOUS INTO YOUR DISHES WITH SOME BRILLIANT BBQ CUTS 12

 BITE BACK MARINADE. SURPRISING SIDES. 14

**STEP 4:** THE SECRET SAUCE OF BBQ SUCCESS IS TO BE CLEAN AND WELL PREPARED! 16

 SCOTCH BAVETTE STEAK WITH CHARRED CORN 18


**STEP 5:** IT'S FINALLY BBQ TIME AND TIME FOR THE SCOTCH MEAT TO SHINE 20

 SCOTCH BEEF, LENTIL & BEETROOT BURGERS 22

**STEP 6:** SERVE. SAVOUR. ALWAYS LEAVE THE OUTDOORS SAFE, CLEAN & TIDY 24

 SPECIALLY SELECTED PORK FLATBREADS 26

**INSPIRED:** TIPS FOR YOUR NEXT OUTDOOR COOKING EXPERIENCE 28

 SCOTCH BEEF SKEWERS 30

**ENJOY:** EAT HEALTHY. LIVE HEALTHY. 32



## THE SCOTCH DIFFERENCE

---

**NOT ALL MEAT IS CREATED EQUAL.  
BORN AND REARED IN SCOTLAND,  
SCOTCH IS MEAT WITH INTEGRITY.**

---

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

**The Scotch Butchers Club** is home to those independent butchers who choose to stock Scotch Beef, Scotch Lamb and/or Specially Selected Pork. On the following pages, we acclaim their timeless craft, and highlight the best cuts of beef, lamb and pork they source from local farms especially for you.

**Don't forget to 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](https://www.makeitscotch.com)

---

YOUR TRUSTED LOCAL BUTCHER & SCOTCH EXPERT



Boss your burger

- with -

Field Creed

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

Make it



MAKEITSCOTCH.COM

# LET'S MAKE IT THIS SUMMER! (AND LET'S SHOUT ABOUT SCOTCH)

**Nothing says summertime quite like the mouth-watering aromas created by cooking on a BBQ or open fire in the great outdoors. With the warmer weather and longer evenings to enjoy, it is the perfect opportunity to scrub down the grill, grab the apron, and fire up the barbie, fire pit, pizza oven...**

This is your time to shine in the sunshine. But sorry, a burnt sausage will not cut the mustard. You need to raise the stakes with the steaks, skewer the competition, and make sure you get it right every step of the way.

To help you, we've pulled together this handy six-step guide that not only features the most interesting cuts of meat from your local Scotch Butcher, but is also packed full of inspiring recipes, tasty marinades, and cooking tips. From your main grills to signature sides, there's a host of local produce featured to help you put the fresh back in al fresco.

## **FIRST THINGS FIRST, START BY ASKING YOUR LOCAL BUTCHER FOR "SCOTCH"**

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

Discover the Scotch Difference at [makeitscotch.com](http://makeitscotch.com)





## FOR ANSWERS TO ALL YOUR BBQ QUESTIONS – ASK THE EXPERTS

**Scotch Butchers Club members are the masters of red meat, your local BBQ experts, and always on hand with reliable advice. So, when it comes to outdoor cooking, ask your local Scotch Butcher to recommend their top recipes and trust them to deliver quality cuts with craftsmanship and confidence.**

### THE FINEST CUTS

Red meat makes a barbecue, so make sure that your main ingredients are good quality and locally reared. Your local 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.

### THE BEST ADVICE

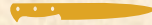
Your local Scotch Butcher can also give you insider tips on what to cook and how to serve your meat just right – whether you opt for steaks, kebabs, chops or burgers. They'll help you to take advantage of what's in season, like new season Scotch Lamb, advise you on the most tender cut of steak, or point you towards the most economical cuts, like delicious pork, if you're catering for a big crowd.

### THE LOCAL CHOICE

Scotch Butchers are a focal point of many communities and always happy to share their knowledge – so don't be afraid to ask. Many 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 designed to take all the hassle out of the BBQ for you.

### THE MYTH

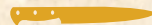
**"I DON'T HAVE TIME TO VISIT THE BUTCHERS"**



**BUSTED:** Lots of butchers offer prepared BBQ bundles including fresh cuts, sides and marinades that will help you to save time.

### THE MYTH

**"I CAN GET THE SAME AT THE SUPERMARKET"**



**BUSTED:** You'll not find specialist or rare cuts at the big stores. So if you're planning a barbecue to impress, then it's best to visit your local Scotch Butcher.





# SPECIALLY SELECTED PORK YAKITORI SKEWERS

—  —  
GET THE BBQ FIRED UP AND GIVE IT A GO!





## INGREDIENTS

600g Specially Selected Pork Fillet, trimmed and diced into 1 inch pieces  
2 Green Peppers, chopped into 1 inch pieces  
2 Onions, chopped into 1 inch pieces  
2 Garlic Cloves, crushed  
20g Ginger, grated  
2 tbsp Rice Wine Vinegar (or white wine vinegar)  
3 tbsp Reduced Salt Soy Sauce  
30g Brown Sugar  
20g Cornflour  
200g Thai Sticky Rice 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 packet 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 a preheated medium/high 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.



SCAN TO DISCOVER  
MORE RECIPES

# STEP NO 2

## CHOOSE WHERE AND HOW TO COOK IN THE GREAT OUTDOORS

**Family garden parties, visits to the beach, camping get-togethers or lazy Sundays at the local park, there are so many times and places to enjoy the thrill of open fire cooking and outdoor dining.**

More than ever these days, we are all happy to grill on the go, to cook in the country. No matter whether we choose a fancy gas BBQ, a traditional charcoal barbie, an open fire pit, or a pizza oven, we do love the fresh air freedom we get from that unique combination of cooking great meals in the great outdoors.

Yes, outdoor grilling may be the new black, but preferably not too black. We like our delicious Scotch red meat to be grilled just right, and on the following pages, we take a look at some of things you need to do to make sure that you serve up a treat – and not another crispy offering. So grab your tongs and take a step outside with us.

### THE SUMMER WEATHER

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



### THE SUMMER PLAYLIST

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





## COOKING WITH GAS, CHARCOAL, WOOD. WHAT'S THE RIGHT CHOICE FOR YOU?

When planning to cook outdoors, there's lots to think about. How often will it be used? How many people are you cooking for? Do you want authenticity or convenience? Here's our handy checklist:



### GAS

- Instant ignition for quicker cooking
- Even cooking and less chance of burning
- Low maintenance cleaning
- Multiple burners for varied temperature cooking
- Direct heat for searing with ease



### CHARCOAL

- Creates the classic barbecued appearance
- Relatively easy to light
- Cheaper option for lesser use
- Lightweight and small for out-of-season storage
- Enhances cuts with smoky flavouring



### WOOD

- Naturally free from any harmful chemicals
- Offers both fast or slow cooking options
- Produces excellent levels of heat
- Great variety of options to work with
- Enhances cuts with an aromatic smoke flavour



# SCOTCH LAMB STEAK & HALLOUMI SALAD

---



A TASTE OF SUMMER, WHATEVER THE WEATHER!

PREP  
**30**

COOK  
**30**

SERVES  
**4**



## INGREDIENTS

4 x 150g Scotch Lamb PGI Leg Steaks  
1 tbsp Rapeseed Oil  
Salt and Pepper, pinch  
225g Reduced Fat Halloumi, cut into ½ inch slices plus 1 tbsp Rapeseed Oil for cooking  
100g Rocket  
100g Baby Spinach Leaves  
1 Red Onion, thinly sliced  
100g Peas, thawed  
30g Pomegranate Seeds  
15g Fresh Mint, chopped  
100g Low Fat Plain Yogurt  
20ml Lemon Juice

## METHOD

### COOKING ON THE BBQ

1. Place the lamb steaks in a bowl, drizzle with oil and season.
2. Cook the lamb on a hot BBQ for 8 minutes, turning halfway through cooking.
3. Remove from heat and cover with foil, rest for 10 minutes.
4. Drizzle the sliced halloumi with oil and season.
5. Cook on the BBQ for 4-5 minutes, turning halfway.
6. To make the salad dressing, mix the yogurt and lemon juice in a bowl and season.
7. Mix the rocket, spinach, red onion and peas in a bowl.
8. Add the halloumi and dressing, mix well.
9. Serve the salad topped with slices of lamb steak and sprinkled with fresh mint and pomegranate seeds.

### COOKING IN THE KITCHEN

1. Place lamb under a preheated grill and cook for 7-8 minutes, turning halfway.
2. Remove lamb from heat and cover with foil. Allow to rest for 10 minutes.
3. Cook the halloumi under a hot grill for 5-6 minutes, turning halfway.



SCAN TO DISCOVER  
MORE RECIPES

# PUT THE DELICIOUS INTO YOUR DISHES WITH THESE BRILLIANT BBQ CUTS...

First things first, you do need to have the right cuts of meat. Of course, choosing the right cut can be difficult when there's so many tasty options on offer. Naturally, you can always ask your Scotch Butcher what their favourite cut is, and take it from there, but to help get your barbecue ball rolling, we've chosen some of our favourites for you.

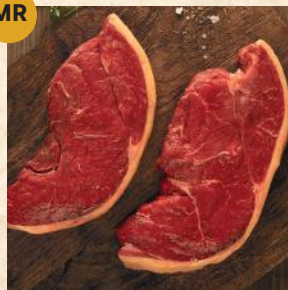
**"SCOTCH LAMB LOLLIPOPS, 2 MINUTES EACH SIDE ON THE BBQ, SEASON WITH SALT AND PEPPER, SAVOURY RICE AND BAKED POTATO. FINGER LICKING GOODNESS ON A LAMB BONE!"**

Gordon Newlands –  
Scotch Butchers Club Manager

MR



MR



**"SCOTCH BEEF SIRLOIN STEAK WITH BLACK GARLIC SEASONING, COOKED MEDIUM RARE WITH SALAD AND A COOL BOTTLE OF BEER TO WASH IT DOWN."**

Tommy Cruickshanks –  
Falleninch Farm, Stirling

## FLAT IRON STEAKS

**Average Weight**  
240g

**Direct/Indirect Heat**  
Direct heat

**Cook Time**  
4-6 minutes

**Internal Temperature**  
55°C

### Notes

Served best medium rare with a dash of pepper

## RUMP STEAKS

**Average Weight**  
226g

**Direct/Indirect Heat**  
Direct heat

**Cook Time**  
4-6 minutes

**Internal Temperature**  
55°C

### Notes

Allow to rest before slicing – goes perfectly with a tomato and shallot dressing

**"SWEET CHILLI SPECIALLY SELECTED PORK SPARE RIBS SERVED WITH SALAD BAKED POTATO AND A ROSE WINE ON THE SIDE."**

Paul Boyle –  
Boghall Butchers, West Lothian

**"SCOTCH BEEF POPESEYE STEAK, 2-3 MINUTES EACH SIDE, GREAT COLOUR ON EXTERIOR OF STEAK WASHED DOWN WITH A LOCAL REAL ALE."**

Steven Bennet –  
DH Robertson, Arbroath

MR MEDIUM RARE   M MEDIUM   WD WELL DONE

# STEP NO 3

Times shown below are approximate as all BBQs will vary.  
Use of a meat thermometer is the best guide to the internal temperature and "doneness" of the meat.



M



## LAMB GIGOT STEAKS

**Average Weight**  
200g

**Direct/Indirect Heat**  
Direct medium/high heat

**Cook Time**  
6-8 minutes

**Internal Temperature**  
60°C

### Notes

Turn regularly to avoid scorching

WD



## PORK SIRLOINS

**Average Weight**  
180g

**Direct/Indirect Heat**  
Direct heat

**Cook Time**  
5-7 minutes

**Internal Temperature**  
70°C

### Notes

Allow to rest before serving – drizzle with a lemon and sage vinaigrette

WD



## PORK RIB FINGERS

**Average Weight**  
3 ribs per person

**Direct/Indirect Heat**  
Indirect heat (30 mins)

**Cook Time**  
30-40 minutes

**Internal Temperature**  
70°C

### Notes

Wrap in foil for indirect cooking and continually baste with a BBQ dressing before finishing on direct heat

# BITE BACK MARINADE

WE CALL IT "MIDGE-FREE MASTERY!"

Summer is upon us, and that means one thing – midges. We've worked with marinade masters on a delicious way to 'bite back' against the ferocious midge using a simple combination of ingredients.

## MIDGE-PROOF MARINADE

This marinade is made from a tasty combination of midge-repelling herbs and spices, including rosemary, thyme, bay leaves and garlic. When added to beef or lamb and barbecued, the game-changing recipe releases aromas that form a natural midge deterrent. So now you can 'bite back' to ensure you don't get eaten alive when you're eating outdoors.

## INGREDIENTS

5g Rosemary  
5g Thyme  
2 Bay Leaf, torn  
2 Cloves Garlic, crushed  
60ml Olive Oil  
15ml Worcestershire Sauce  
1 tsp Dijon Mustard  
A few drops Tabasco  
A few Black Peppercorns  
Good squeeze of Lemon Juice  
(and zest if you have a zester)  
Sea Salt

## METHOD

Begin by mixing the herbs, garlic, mustard, pepper, lemon juice, Worcestershire sauce, Tabasco and oil together in a bowl.

Add chopped pieces of Scotch Beef or Scotch Lamb, coating well. You can also add vegetables to this marinade, e.g. peppers, aubergine or baby gem lettuce.

Cover and leave to marinate for at least one hour, but you could also leave overnight in the fridge.

Season with sea salt and cook on the BBQ.



SCAN TO DISCOVER  
MORE RECIPES





# SURPRISING SIDES



## PROTEIN SALAD

300g Broccoli, cut into small florets  
200g Kale, stems removed and ripped  
1 can of Chickpeas, drained  
1 tbsp Rapeseed Oil  
200g Pre-cooked Quinoa  
50g Mixed Seeds (eg Sunflower, Pumpkin)  
30g Pomegranate Seeds  
15g Fresh Parsley, chopped  
150g Baby Spinach Leaves,  
washed and dried

Drizzle the chickpeas and kale with oil, season with salt and pepper then roast in 180°C oven for 6 minutes until crisp.

Cook the broccoli in boiling salted water for 2 minutes then remove and place in cold water to blanch.

Mix all the ingredients in a bowl and drizzle with rapeseed oil.



## PINEAPPLE SALSA

100g Fresh or Tinned Pineapple,  
finely chopped  
1 Shallot, finely diced  
1 Red Chilli, finely diced  
20g Fresh Coriander, chopped  
1 tbsp Rapeseed Oil

Simply mix the pineapple, chilli, coriander and shallot. Drizzle with oil and season.

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

# STEP NO 4

## THE SECRET SAUCE OF BBQ SUCCESS IS TO BE CLEAN AND WELL PREPARED!

**Any time that you're planning to host a BBQ at home or if you're going to cook out over an open fire pit, then the more prep you do in advance, the more you can enjoy the experience on the day. Besides going to your local Scotch Butcher to choose your favourite cuts, there's lots more you can do the day or night before.**

### SCRUB UP THE GRILL

It is important to ensure your BBQ is clean and ready to cook on. Good food hygiene is one of the most important things to consider when cooking meat outdoors, so get that grill scrubbed. For some cleaning hacks, see our cleaning tips on the opposite page.

---

**ALWAYS HEAT UP THE GRILL AFTER A GOOD CLEAN SO THAT ANY CLEANING AGENTS DON'T TAINT THE TASTE OF FOOD NEXT TIME YOU FIRE UP.**

---

### LOOK OUT THE TOOLS

For the best and safest grilling experience, you will want to have a heavy-duty oven glove, a flipper, basting brush and decent pair of tongs that give you control. And always choose long-handled tools.



SCAN TO DISCOVER  
MORE RECIPES

### PREPARE EARLY

The more prep you can do in advance, the smoother your grilling game will be later on. Prep your food and keep raw or marinated meat in sealed plastic bags in the fridge. Look out the cool box for carrying the meat to the BBQ and pack the essentials for cleaning up, too.

### GET MARINADING

A long marinade helps to avoid losing flavour with the addition of smoke. It's a great idea to marinade meat overnight, or for an easier alternative, choose pre-marinated cuts from your local Scotch Butcher.

### PLAN YOUR SIDES

And of course, there's more than meat to a BBQ, so don't forget the sides. Healthy, nutrient-rich sides can add to a balanced meal and complement the meaty flavours

### INSPIRING RECIPES

For some inspiration on savoury sides and easy marinades to help you get ahead of the game, see our selected recipes on the following pages.

## **GOOD OLD ELBOW GREASE...**

If your grill isn't too grubby, pop it into the dishwasher or soak in hot water with a dishwasher tablet for a few hours. Scrape and rinse.

## **BEER & CHEER!**

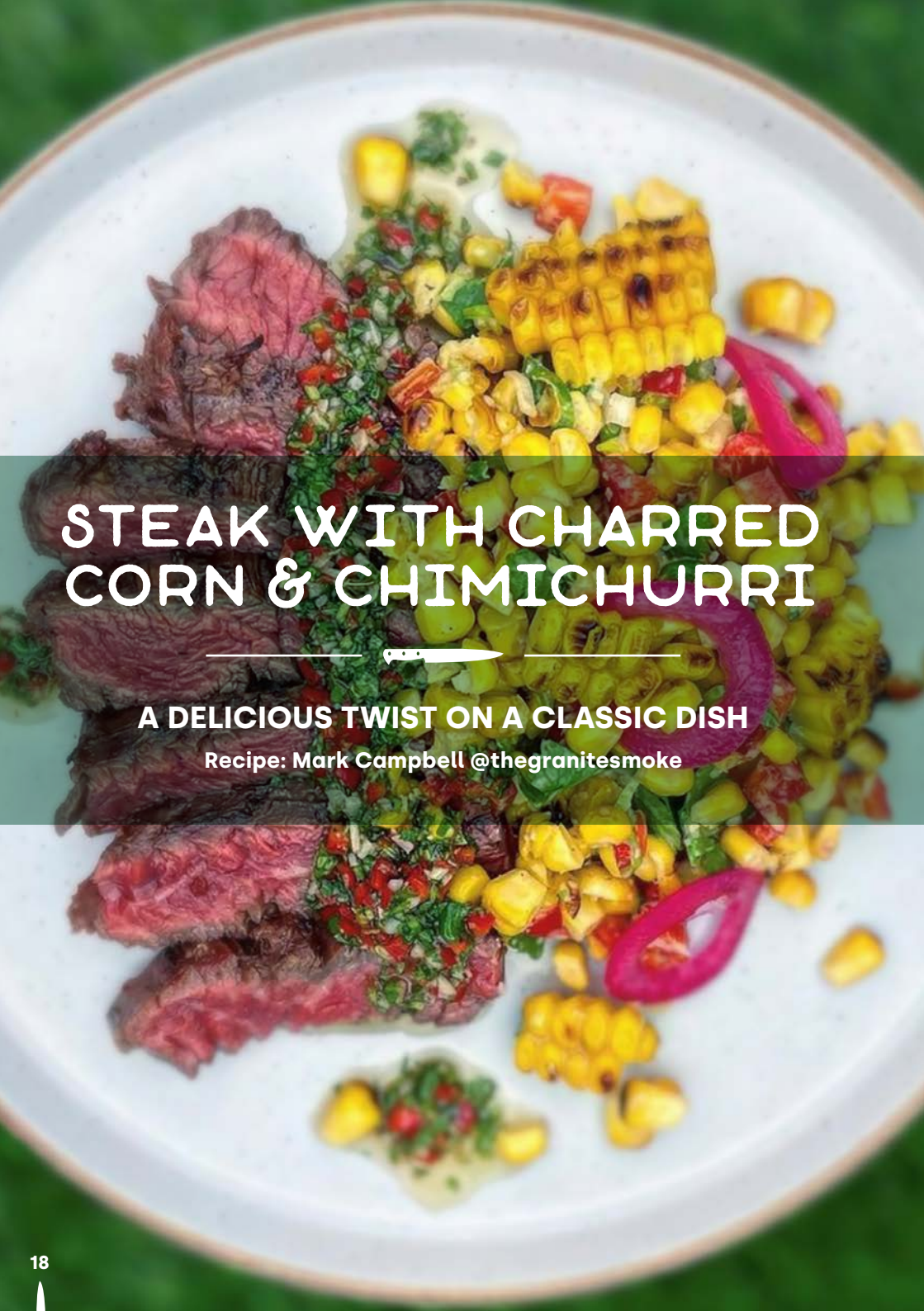
Beer is a great cleaning agent; simply pour half a bottle onto a warm grill and scrub with some newspaper or a wire brush.

## **ONIONS OR LEMONS?**

Cut an onion in half and attach it to a fork then rub over a hot grill. If you prefer, try a half lemon dipped into salt, then rinse. It works!

## **CHEMICAL FREE CLEANING**

3 tbsp Bicarbonate of Soda , 1 tbsp Cooking Salt, 1 tbsp Washing Up Detergent, 1 tbsp Cold Water. Spread over the grill. Clean and rinse.



# STEAK WITH CHARRED CORN & CHIMICHURRI



A DELICIOUS TWIST ON A CLASSIC DISH

Recipe: Mark Campbell @thegrانيتesmoke



## INGREDIENTS

350g Scotch Bavette Steak  
Knob of Butter

### COFFEE RUB:

1 tbsp Sea Salt  
1 tbsp Instant Coffee  
1 tbsp Garlic Powder  
1 tbsp Smoked Paprika  
½ tbsp Freshly Ground Black Pepper  
½ tbsp Ground Coriander  
½ tbsp Onion Powder  
1 tsp Chipotle Chilli Powder

### CHARRED CORN:

4 Corn on the Cob  
1 Sweet Red Pepper, chopped  
Pickled Red Onion

### DRESSING:

Juice of ½ a Lime  
1 Clove Garlic, minced  
2 tbsp Sour Cream  
2 tbsp Mayonnaise  
Small Bunch Coriander, finely chopped

### CHIMICHURRI:

½ Cup Olive Oil  
2 tbsp Red Wine Vinegar  
Bunch of Parsley, finely chopped  
Bunch of Coriander, finely chopped  
4 Cloves Garlic, finely chopped  
2 Red Chillies, deseeded and finely chopped  
1 tsp Dried Oregano  
1 tsp Coarse Sea Salt  
½ tsp freshly ground Black Pepper

## METHOD

1. Take the steak out of the fridge one hour before cooking.
2. Light and set up the BBQ for direct grilling.
3. Mix all the chimichurri ingredients together in a bowl. Cover and allow to sit for as long as possible to release all of the flavours into the oil. Ideally, let it sit for 2-4 hours, if time allows.
4. Rub the steak with a little olive oil, mix all the coffee rub ingredients together in a bowl and apply to the steak.
5. Once the BBQ is searing hot get the steak(s) on for 3-4 minutes per side which will allow the steak to pick up a lovely crust. For rare (the way I like it) pull it off the BBQ when the internal temperature hits 50°C. Place it on a plate with a knob of butter and allow to rest.
6. Rub a little olive oil & some seasoning over the corn on the cob before lightly charring on the BBQ. Turn every couple of minutes making sure they don't catch.
7. Add the charred corn dressing ingredients to a bowl and mix. Remove the corn kernels from the cob with a sharp knife. Add this to the bowl along with the sweet red pepper and dress.
8. Remove the steak from the resting plate and slice against the grain before plating it up along with a generous portion of charred corn and chimichurri. Finish the plate by adding a garnish of some pickled red onion.

See page 29 for Mark Campbell's top tips for enjoying your next outdoor cooking experience.



# STEP NO 5

## IT'S FINALLY BBQ TIME AND TIME FOR THE SCOTCH MEAT TO SHINE

**Cooking in the flames might be the fun part, but it's also when you need to bring everything together seamlessly to ensure you serve up a treat that is both healthy and delicious. So here's some pointers...**

### TIME TO GET STARTED

Some 20-30 minutes before you're ready to fire up the grill, take the meat out of the fridge and let it sit at room temperature. The colder your cut is when it hits the grill, the longer it will take to cook.

### CHOOSE SKEWERS

Skewers are perfect for a range of meats and vegetables – and are easy to cook, serve and eat off of.

### PRECOOK PERFECTION

Precook meats that take longer to cook, like sausages and ribs, so that you are ahead of the game. It's easy to finish them perfectly on the grill.

### SPARK A CONVERSATION

Catch up with friends and family while you wait for the flames to die down. Make sure the coals are white hot – the right time to add the meat.

### CHECK YOUR TIME & TEMPS

If you're using a mixture of cuts then cooking times will vary, so use a temperature probe to ensure all your meat is cooked properly.

### FIRE STARTER = FIRE MANAGER

If you're working with an unfamiliar grill, keep a spray water bottle handy to help control any possible flareups and hotspots.

The sun is out,  
the friends  
and family are  
gathered, the  
beer is on ice,  
and the wine  
is in the cooler.  
It's time to get  
the show on  
the road...





# SCOTCH BEEF, LENTIL & BEETROOT BURGERS

---

AN INTERESTING, HEALTHY AND TASTY TWIST



PREP

15

COOK

15

SERVES

4



## INGREDIENTS

400g Scotch Beef PGI Mince  
 1 Onion, finely diced  
 1 Can of Cooked Green Lentils, drained  
 2 Raw or Pickled Beetroot, grated  
 1 tbsp Sundried Tomato Paste  
 (tip: if you can't find sundried tomato paste, try mixing 1 tsp of Smoked Paprika with 1 tbsp Tomato Paste)  
 1 Egg, beaten  
 200g Baby Spinach Leaves  
 4 Brioche Buns  
 Salt and Pepper, pinch  
 100g Pickled Gherkins, sliced  
 2 Tomatoes, sliced  
 1 Red Onion, sliced  
 Rapeseed Oil

## METHOD

### COOKING ON THE BBQ

1. Combine the grated beetroot, onion, beef mince, tomato paste and lentils in a bowl, season and mix well.
2. Add the beaten egg and mix again.
3. Divide into four even sized balls then shape into patties (tip: these can be made ahead then stored in the fridge.)
4. To cook on the BBQ, brush each burger lightly with rapeseed oil and lay onto the preheated grill.
5. Don't be tempted to move them for 3-4 minutes. The burgers will stick and tear if you do.
6. Nudge them with the tongs gently and if they move they are ready to turn.
7. Flip over and cook for a further 3-4 minutes.
8. Serve in brioche buns with sliced tomato, red onion, gherkins and baby spinach.

### COOKING IN THE KITCHEN

1. Preheat the grill to medium/high.
2. Grill the burgers for 6-8 minutes until golden and cooked through, turning halfway through cooking.
3. Grill the brioche buns until nicely toasted.
4. Serve in brioche buns with sliced tomato, red onion, gherkins and baby spinach.



SCAN TO DISCOVER  
 MORE RECIPES

# STEP NO 6

## SERVE. SAVOUR. ALWAYS LEAVE THE OUTDOORS SAFE, CLEAN AND TIDY.

Good health and wellbeing bring together our love of the outdoors with a celebration of easy, nutritious cooking. When you serve up great food in a lovely setting on a summer's evening, it's hard to feel that there is much wrong in the world. So take the time to enjoy it, savour it!

### SUSTAINABLE & NUTRITIOUS

Red meat from Scotland is among the most sustainable and the most nutritious in the world and can be made into all kinds of healthy meals using either a barbie, an open fire pit or a pizza oven. In summer, we get to enjoy the wonderful tastes and textures of flame-grilled food and get out in nature, too.

### OUTDOOR COMMUNITY COOKING

Of course, it is a time of the year we all look forward to – but remember that we need to be very mindful of the risks of cooking outdoors – and we're not just talking about the midges.

If you are cooking in public spaces, then you should always check with the local authority or the location management for local rules or requirements for cooking outdoors and come prepared. But wherever you are cooking outdoors, there are some important things to remember:

### 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 :-)**

### THE MYTH

**"QUALITY DOESN'T MATTER AS MUCH FOR A BBQ"**

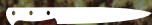


**BUSTED:** No matter how it's cooked, every meal should be enjoyed with the best quality cuts and that's what you get from your local butcher. Plus, you'll know your meat has come from quality-assured farms.





# SPECIALY SELECTED PORK FLATBREADS



WITH PINEAPPLE AND CHILLI



## 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

### SLAW:

- Salt and Pepper, pinch
- 100g Red Cabbage, finely sliced
- 1 Red Onion, finely sliced
- 20ml Lime Juice

Find our Pineapple Salsa recipe on page 15.

## METHOD

### COOKING ON THE 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. Place each burger on a hot BBQ for 6-8 minutes, turning halfway.
6. Remove and cover with foil. Allow to rest for 10 minutes.
7. Serve in toasted flatbreads topped with slaw and salsa.

### COOKING IN THE KITCHEN

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



SCAN TO DISCOVER  
MORE RECIPES



# ...INSPIRED?

## TIPS FOR YOUR NEXT OUTDOOR COOKING EXPERIENCE

There's a huge menu of inspiration on Instagram. Feast your eyes on expert advice, delicious dishes and local know-how – and don't forget to follow your favourites, too.



**MARK CAMPBELL**  
@thegrانيتesmoke



Outdoor cooking all year round is Mark's motto. From perfecting his haggis burger to mastering the perfect brine, Mark showcases delicious dishes cooked outdoors, no matter the weather!

Share your own BBQ creations:  
[#makeitscotch](https://www.instagram.com/makeitscotch)



### QUALITY, SUSTAINABLE CHARCOAL

Charcoal infuses flavours into your meat and for me I think of it as an ingredient. If you have a fantastic steak you should cook it over the best possible charcoal.

### USE NATURAL FIRE LIGHTERS

Using lighter fluid or chemical based fire lighters can leave an unpleasant taste on your grilled food and no one wants that.

### USE YOUR BBQ LID

It helps trap in the smoke, which helps give that chargrilled flavour. It also radiates heat back down onto the food, helping it cook more efficiently.

### COOK TO TEMPERATURE

The one BBQ accessory I would not be without is my instant read thermometer, it completely removes that horrible "Is it ready?" question so many BBQ'ers ask themselves. With an instant read thermometer you can get perfect results every time.

### MAKE IT SCOTCH

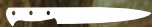
Getting locally sourced, traceable quality produce elevates your BBQ game from good to great.

### MAKE IT MEMORABLE

Cook clean. Cook safe. Enjoy!

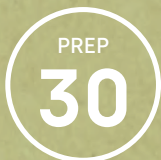


# SCOTCH BEEF SKEWERS



THE FAMILY-FRIENDLY FAVOURITE





## INGREDIENTS

4 x 227g Scotch Beef PGI Sirloin Steaks, fat trimmed and cut into 1 inch cubes  
2 Red Onions, cut into 1 inch pieces  
2 tbsp Rapeseed Oil  
1 tbsp Smoked Paprika  
2 Garlic Cloves, minced to a paste  
20ml Lemon Juice  
Salt and Pepper, pinch

Try with our Protein Salad recipe on page 15.

## METHOD

### COOKING ON THE BBQ

1. Soak 8 wooden skewers in water to avoid burning on the grill.
2. Mix the steak, onions and peppers in a bowl with rapeseed oil, garlic, smoked paprika and lemon juice.
3. Season with salt and pepper, marinate for 30 minutes.
4. Thread a cube of meat onto each skewer, then onion and then red pepper. Repeat to fill the skewer. Repeat to make 8 skewers.
5. Place each skewer on a hot BBQ for 8 minutes, turning halfway.
6. Remove and cover with foil to rest for 10-15 minutes before serving.

### COOKING IN THE KITCHEN

1. Place the skewers under a medium/hot pre-heated grill for 8 minutes, turning halfway through cooking.
2. Remove from the grill, cover with foil and allow to rest for at least 15 minutes.



SCAN TO DISCOVER  
MORE RECIPES

# ENJOY.

## EAT HEALTHY. LIVE HEALTHY.

**Good health and wellbeing will always bring together our love of the outdoors with a celebration of easy, nutritious cooking at home. Scotch Beef, Scotch Lamb and Specially Selected Pork can all be a central part of a healthy, balanced diet – whether you are cooking at home, eating al fresco or fuelling an active lifestyle, Scotch really makes the difference.**

### MAKE TIME FOR NURTURE & NATURE

Of course, eating a balanced diet is important for us all, but getting out in nature is great for our wellbeing, too. Managing the beautiful, natural environment that so many of us enjoy is just another part of a livestock farmer's day job – and one more important way in which they contribute to the wellbeing of our communities.

In fact, red meat from the hills and glens of Scotland is amongst the most sustainable in the world and, as we've seen, can be made into all kinds of healthy and nutritious meals. High in energy-giving protein and nutrients, red meat fits right into your active lifestyle and can be a warm, delicious, and nurturing treat while you're recovering post-exercise. Which is something we can all look forward to!



**COOKING OUTSIDE WITH OUR FAMILY AND FRIENDS IS A FUN WAY TO ENJOY THE OUTDOORS. DISCOVER GREAT DAYS OUT AND SCOTTISH FARM STAYCATIONS [WWW.GORURAL.CO.UK](http://WWW.GORURAL.CO.UK)**

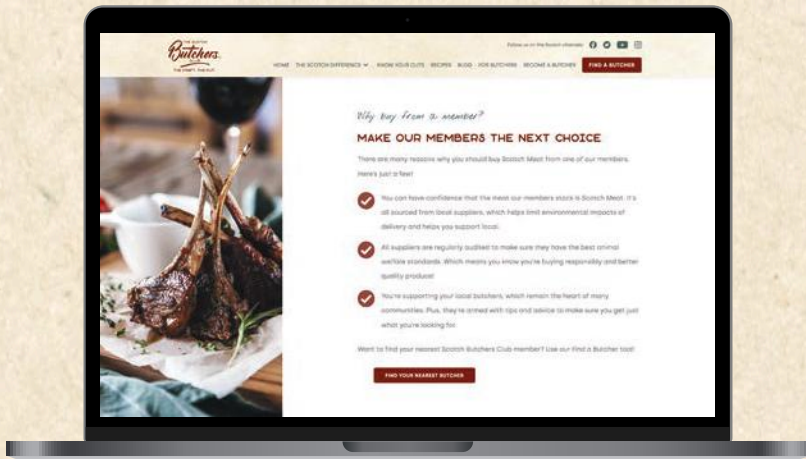


# DISCOVER.

## THE SCOTCH DIFFERENCE

To find out a lot more about Scotch red meat and the Scotch Butchers Club you should visit [scotchbutchers.com](http://scotchbutchers.com)

Here you will discover a wide range of resources designed to help you get the most from Scotch Beef, Scotch Lamb, and Specially Selected Pork.



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 discover what's new. For now, remember to always 'make it with Scotch' so that you, your family and your friends can enjoy the full flavour of meat with integrity.

Thank you.





Discover more at  
[scotchbutchers.com](https://scotchbutchers.com)



@makeitscotch



SCAN. DISCOVER.

100% Recycled Paper. Pass me on or recycle me.

