

The Art of THE BBQ

OUR FREE GUIDE ON HOW TO MASTER
THE ART OF THE BBQ THIS SUMMER



Featuring exclusive content and top tips from some of the finest **Grill Masters**, our step-by-step guide shows how **Scotch Beef**, **Scotch Lamb** & **Specially Selected Pork** can add extra sizzle to your BBQ this summer.

LOOK FOR THE LOGOS



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SCAN TO



DISCOVER

SIZZLE & SHINE

THE ART OF THE BBQ IS ALL ABOUT MAKING THE MOST OF THE SUMMER WITH FINE AL FRESCO DINING... AND THE VERY BEST CUTS OF SCOTCH!

To help you master the art of the grill, we've pulled together this handy guide packed full of expert tips and advice. Whether it's the mouth-watering new recipes featuring the best cuts of Scotch Beef, Scotch Lamb and Specially Selected Pork or helpful ideas on how best to prepare, serve and enjoy your BBQ time – we've got it covered!

Most importantly, our BBQ masters – the butchers, the chefs and the menu makers – are all here to help you make the most of those long summer evenings dining outdoors (whatever the weather!). So, if you want to brush up your skills and cook up a storm, read on!

ALWAYS ASK FOR "SCOTCH"

Look for the logos – it's your guarantee that the meat you are buying is Quality Assured and sourced locally from Scottish farms that adopt the best animal welfare and production methods. Find out more about the Scotch Difference at makeitscotch.com

Find your local Scotch Butcher by scanning the QR code below:



TALK TO A SCOTCH BUTCHER

Shopping at your local Scotch Butcher means you can get access to the best advice on which cuts to buy for your BBQ and how to make the most of them. They can provide you with mouth-watering cuts of Scotch Beef, Scotch Lamb and Specially Selected Pork – all ready prepared for the grill.

Most importantly, they can guarantee that the meat carrying the Scotch logo is sourced from quality assured Scottish farms, so you will enjoy the best taste and flavour too. Indeed, what makes Scotch Beef, Scotch Lamb 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 from farm to fork, and the dedicated craftsmanship of Scotch Butchers. From animal welfare and sustainability, right through to the meat on the plate, Scotch is produced to uncompromisingly high standards.

TIPS FROM THE TOP

ASK YOUR LOCAL SCOTCH BUTCHER FOR ADVICE...

THE RIGHT PORTIONS

Fresh red meat often becomes the centrepiece of a BBQ and everyone wants to tuck in! Your local Scotch Butcher can advise on the right portion sizes to cater for your guests. Getting the portions right can help you stick to your budget and ensure you minimise waste too.

THE BEST CUTS

Your Scotch Butcher can also help you decide what to cook and how to serve it perfectly. They'll encourage you to take advantage of what's in season, advise you on the most tender cut of steak, or point you towards trying something different such as some tasty, delicious and economical cuts of Specially Selected Pork if you're catering for a crowd.

THE EASY PICKS

Many Scotch Butchers also run special BBQ promotions – ideal to stock up and freeze for a sunny day. They also pride themselves on preparing impressive displays of pre-threaded skewers and pre-marinated dishes to help you master the art of the BBQ with minimal effort!







SMART TIP

A little tip I picked up for cooking skewers and kebabs is to cut a potato in half and run it up and down the part of the grill the skewers will be cooked on. The starch will act as a barrier and prevent them from sticking!

PREPARING FOR A GRILLING

The secret to being a star on the BBQ is all about preparing well in advance. So, to help you grill to perfection, we asked the Globe Inn Head Chef, Fraser Cameron, for some professional insights...

Summer is finally here and with it comes glorious BBQ season! Family and friends gathered round the grill (or a nominated person to stand in the rain with an umbrella if you are in Scotland!) and that lovely smoky aroma making everyone hungry! All eyes are on you, the Grill-master, no stress, right? Not if you follow my top tips, tricks and recipes that will have you well prepared.

PREPARE AS MUCH AS YOU CAN

Salads, skewers and marinated meats can be made in advance, covered up and stored in the fridge. Be sure to store the raw meat at the bottom of the fridge.

BEFORE YOU START COOKING

Before you hit the grill it is good to know the four heat zones on your BBQ:

- **Directly above the main heat zone – perfect for searing steak, kebabs.**
- **In the main heat zone – try cooking bone marrow in the bone wrapped in foil directly on the coals.**
- **Side of the main zone – breads and jacket potatoes warm perfectly.**
- **Indirect zone – ideal for slow cooking large joints and keeping cooked meats warm.**

GRILLING WITH CONFIDENCE

To cook meats on the grill firstly rub oil all over and season well with rock salt. Try to avoid putting oil directly on the grill as this may cause a flare up.

Once you have put the meat on the grill avoid the urge to keep moving it and turning it! For medium rare cuts allow them to cook for 1 minute then rotate 90 degrees followed by another minute. Turn and repeat, then allow to rest for 4 minutes. For well-done cuts I would do the exact same process but allowing it to cook for 4 minutes on each side, 2 minutes at each stage.

If you plan on cooking meat on the bone such as racks of lamb, pork chops or juicy tomahawk steaks, ask your butcher to French trim them and then cover the bones in foil to ensure they stay white and presentable.

Another showstopping idea is to ask your butcher for a whole piece of sirloin and cut steaks to size to suit your guests!

Once you have finished cooking your burgers, steaks, sausages and kebabs, the BBQ still has a lot more to offer. This is the perfect time to throw in a handful of smoking chips and slow cook a pork belly, brisket or short rib of beef which will be divine with your potato salad made using the left-over jacket potatoes!

SIDES, RUBS AND MARINADES

To complement any feast of meat on the BBQ you need to have quality sides, rubs and marinades in your armoury. Here, Chef Fraser Cameron shares some of his inspirational ideas and favourite recipes...

When it comes to side dishes, I really enjoy a smoky bacon macaroni cheese, corn on the cob and buttery jacket potatoes (the left-over potatoes make an unreal potato salad!). These can be cooked on the lower temperature zone of the BBQ requiring little maintenance, – remember to put the potatoes on early!

Along with hot sides, a fresh salad is always a welcome guest together with dips such as hummus, garlic aioli, and a fresh tzatziki.

BBQs are a great way to experiment with different rubs, marinades, and

cuts of meat you would not usually buy. My perfect BBQ would include the following meats with added zing...

- **Peated BBQ glazed bavette steak**
- **Lemon and thyme dry rub lamb rack**
- **Peri-peri pork chop**
- **Spicy chicken kebabs (thighs are perfect for this!)**
- **Burgers! I always ask my butcher what exciting flavours they have prepared**

The most important part of any BBQ is to enjoy the food, the company and relax!



PEATED BBQ GLAZE

INGREDIENTS

15g groundnut oil
3 cloves garlic
1 finely sliced shallot
¼ tsp ground ginger
¼ tsp allspice powder
¼ tsp mustard powder
¼ tsp cayenne pepper
¼ tsp smoked paprika
210g tomato passata
100g cider vinegar
120g Demerara sugar
1 tbsp Lea + Perrins
1 tbsp golden syrup
½ tsp salt
¼ tsp black pepper
25ml bourbon

METHOD

- Sweat the shallots and garlic then add all the dry spices and cook for 2 minutes.
- Add all the liquids and simmer for 20 minutes.
- Blend in a food processor and store for up to 1 month in the fridge.

POTATO SALAD

INGREDIENTS

Potatoes
Mayonnaise and salad cream
Chopped chives
Spring onion
Lemon zest
Diced shallots

METHOD

- Combine all ingredients in a bowl using just enough mayonnaise and salad cream to bind it. Season generously with sea salt and freshly cracked black pepper.

PERI-PERI RUB

INGREDIENTS

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

METHOD

- Combine all ingredients in a bowl and apply to meat at least 5 hours before serving. If you like it very spicy feel free to add some tabasco and fresh chilli in the mix!

LEMON AND THYME RUB

INGREDIENTS

1 lemon zest
3 cloves garlic crushed
1 tbs fresh thyme leaves
A good pinch of sea salt

METHOD

- Mix well and rub generously over your cut of meat. Allow the flavour to infuse for at least 3 hours before cooking

SMART TIP

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



GETTING THE BEST WITH SCOTCH BEEF

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

PROTEIN PROFILE

An extremely meaty cut from the beef forequarter. The short rib is sometimes called Jacob's Ladder and lends itself to long, gentle cooking. The beautiful marbling of fat equals a succulent cut when cooked correctly. The key is to break down the connective tissues.

COOKING RECOMMENDATIONS

Rub with BBQ seasoning and sear on the BBQ until browned all over, pop in the oven with some stock and cook covered at 140-150°C for 4 hours. Make up a barbeque style glaze and brush all over the ribs. Wrap in foil and place back on the BBQ for the last 15 mins.

SERVING SUGGESTIONS

Blanch some corn on the cobs for 5 mins. Finish on the BBQ brushing with the same glaze that is used on the short rib.



FLAT BRISKET

PROTEIN PROFILE

A cheaper cut from the beef forequarter. It has a great tradition of being cooked/smoked on the BBQ. Another cut that lends itself to long gentle cooking. If possible brining beforehand will help the cooking process.

COOKING RECOMMENDATIONS

Give the brisket a dry rub and leave as long as possible. Add some wet wood chips to create an indirect heat. If possible, keep your BBQ at between 90°C and 120°C using the vents. Add the brisket and rotate every hour until the core temperature reaches 85-90°C.

SERVING SUGGESTIONS

Slice some onions into four thick pieces and sear on the BBQ, while cooking brush with glaze made up of reduced beer, paprika and cumin. Cook for 15-20 mins on the direct heat.



BEEF KEBABS

PROTEIN PROFILE

Dice of beef taken from the rump and sirloin. The marbling of the fat helps render during cooking and keeps the meat succulent and tender. The meat can be roasted over a direct heat.

COOKING RECOMMENDATIONS

Cook over direct heat for about 6-8 mins in total, turning over halfway. Tip – pre-soak the skewers in water for an hour or two to stop burning. To add flavour make a brush by tying sprigs of rosemary and thyme together with string and dip in oil. Brush the kebabs with herb brush while cooking.

SERVING SUGGESTIONS

Pierce an aubergine, rub with oil, cumin, and coriander. Wrap in tin foil and place directly on grill or the coals. Cook until tender (approx. 15-20 mins), while hot either chop finely or blend. Add some fresh coriander and olive oil to create your smoked aubergine dip.

LIP-LICKING GOOD WITH SCOTCH LAMB

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.



VALENTINE STEAKS

PROTEIN PROFILE

Valentine steaks are taken from the loin of lamb – they are two chops butterflied out. Ask for a nice lean covering of white fat and marbling throughout the flesh.

COOKING RECOMMENDATIONS

Sear on the BBQ for 2 mins on each side, rest in tin foil for 5 mins in total.

SERVING SUGGESTIONS

Par boil baby potatoes in water for 10 mins. Place in tin foil, drizzle with olive oil and salt. Wrap in tin foil and place on the BBQ, cook for 10-15 mins rotating them every 5 mins. Once cooked, place in a dish with some parsley and mint leaves.



BREAST OF LAMB

PROTEIN PROFILE

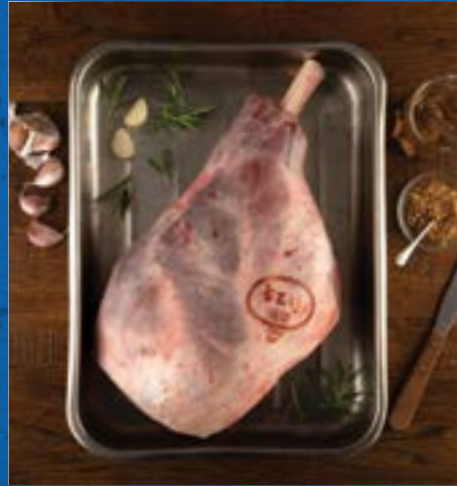
An inexpensive cut of lamb. Packed full of flavour when cooked slowly to render the fat. The meat becomes so tender that it falls apart.

COOKING RECOMMENDATIONS

Sear on the BBQ and then transfer to the rack and cook indirectly for up to 3 hours. Turn the breast of lamb every 30 mins or so and baste with a little herb and garlic butter throughout.

SERVING SUGGESTIONS

Serve alongside chargrilled courgettes. Cut the courgettes in half lengthways, place on the grill directly underneath the breast. As the fat is rendering off the breast let it drop onto the courgettes so they are cooking in lamb fat. Cook until charred and tender on both sides. Place in a serving dish and crumble feta over the top of the courgettes.



LEG OF LAMB

PROTEIN PROFILE

Leg of lamb is fantastic for the BBQ, with ample fat to lend itself well to this style of cooking. To try something different, ask for leg of lamb with the bone removed (or butterflied), so the meat lies flat and is more uniform, which speeds up the cooking process.

COOKING RECOMMENDATIONS

Sear fat side down on the BBQ to gain a real char, cook for 15-20 mins. Transfer to a tray and finish in the oven for a further 90 mins.

SERVING SUGGESTIONS

As it's charring, brush with a rosemary brush (rosemary sprigs tied together). Sprinkle over anchovies before putting in the oven. Make up a salsa verde and once the lamb is cooked, remove and brush on the salsa verde and allow the meat to rest. Cut the lamb and serve with some crusty bread.

PEP-UP THE PLATE WITH SPECIALLY SELECTED PORK

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.



PORK CHOPS

PROTEIN PROFILE

The chop is a cut taken from the middle of the loin. Ask your butcher to cut them thick with the skin on. It's always a clever idea to score the fat evenly before cooking.

COOKING RECOMMENDATIONS

Marinate the chops in advance in garlic and rosemary. Grill on the BBQ and cook for about 4-5 mins on each side. Cook to a core temperature of 65°C. Rest for 5 mins before serving.

SERVING SUGGESTIONS

Cut a Granny Smith apple into wedges. Cook on the grill and brush with cider and brown sugar. Cook for 3 mins on each side.



PORK SHOULDER

PROTEIN PROFILE

A relatively inexpensive cut from the forequarter of the pig. The shoulder benefits from a low gentle method of cookery. This can be also called the Boston Butt. The meat is extremely flavourful but with little marbling.

COOKING RECOMMENDATIONS

Butterfly open the shoulder, rub in spices and season well. Sear on the BBQ until charred all over. Place in the oven at 140°C and cook for 3-4 hours. Remove and wrap in tin foil and place on the grill for 10 mins.

SERVING SUGGESTIONS

Once cooked, pull the pork. Serve with a tangy red cabbage slaw in a wrap. A sriracha and lime mayo will be a terrific addition.



PORK FILLET

PROTEIN PROFILE

A lean and long piece of muscle from the most tender of the pork middle.

COOKING RECOMMENDATIONS

BBQ – ensure internal temperature reaches 75°C.

SERVING SUGGESTIONS

Coat in any herbs or rubs that you like before cooking: usually 2-3 hours before to ensure the meat picks up lots of flavours.

RYAN GOW

Hi there, I'm Ryan Gow and I'm 28 years old. I started as an apprentice in John Munro's Dingwall shop in January 2019 where I learnt how to produce sausages, burgers and boning of lamb and pork while also help set up counter displays.

I then moved up to the slaughterhouse where I learnt how to produce the puddings (black, white, haggis and red). After my stint in the production room, I moved out onto the boning/trimming tables and learnt how to trim the cuts of beef before developing more knife skills to bone out beef. After becoming proficient at this I learnt how to do catering orders and any private orders that we processed. While learning all this I progressed through the business. I finished my apprenticeship and thanks to the help of my colleagues and the assessors, I won the award for Scottish Craft Butcher level 2 Modern Apprentice of the Year. Soon after this, I received a phone call asking if I would like to be one of four Ambassadors for QMS, which I gladly accepted. I opted to further my knowledge by working for the Diploma which I completed in February 2024.

MY BBQ TIPS...

Whenever the BBQ gets rolled out at home, which is when the weather permits (so not too often!), we will buy a lot of food (always too much), everything from burgers, sausages, and some steaks. We will invite family and friends round and enjoy the day cooking good food and enjoying some drinks while the sun shines.

On the BBQ itself, I'd say I have quite simple tastes. I love steaks (ribeye or sirloin), burgers (steak or steak and spring onion) and sausages but sometimes I'll try new ideas or recipes I've seen.

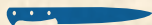
When looking for cheaper cuts that are still amazing and full of flavour, or cuts that can be incorporated with other things to create a good meal, I would include things like rump steak. Rump is seen as the cheaper of the steaks but is still very good when cooked less than well done as it remains juicy and tender.

Flank and skirt of beef are also considerably cheaper than other cuts. When thinly sliced and wrapped round vegetables these can make amazing bites to eat. This can also be done with minute steaks sliced from the topside or silverside of beef.

The key to making the most of the cheaper cuts is how you cook them. Rump or minute steaks are great for the BBQ, but don't cook them any more than medium as they will be tougher, less flavourful and less juicy.



SCOTCH BEEF STEAK WITH SWEET POTATO & CORN



PREP

10m

COOK

40m

SERVES

4



INGREDIENTS

FOR THE BEEF FRYING STEAK:

- 2 tsps smoked paprika
- 1 tsp cumin
- ½ tsp onion granules
- ½ tsp garlic granules
- ½ tsp oregano
- ½ tsp thyme
- ¼ tsp cayenne pepper

FOR THE QUINOA:

- 2 large sweet potatoes, peeled and cut into small cubes
- 2 tbsps rapeseed oil
- 100g cooked quinoa
- 2 corn on the cob
- 400g can of black beans, drained and rinsed
- ½ red onion, finely chopped
- 2 red peppers, finely diced
- 100g feta, crumbled
- 30g coriander, roughly chopped

FOR THE QUINOA DRESSING:

- 3 tbsps extra virgin olive oil
- Juice and zest of one lime
- 1 tsp maple syrup
- Extra lime wedges and coriander to serve

METHOD

Cooking on the BBQ

1. Heat the oven to 180°C fan/200°C.
2. Prepare the sweet potatoes and place on a roasting tray with half the oil and some seasoning. Toss together so the cubes are well coated and place in the oven for 30-40 minutes until cooked through and slightly caramelised, turning occasionally.
3. Make the spice rub for the steaks by mixing the spices together in a bowl. Pat the steaks dry with some kitchen paper and rub the spice mix all over steaks until well coated. Set aside while you prepare the rest of the ingredients for the quinoa.
4. Preheat the BBQ or griddle pan over a high heat. Rub the corn on the cobs with a little oil and cook on each side until slightly blackened, turning regularly. Leave to cool, then slice off the charred kernels and set aside.
5. Add the cooked quinoa to a large bowl and add the rest of the ingredients for the quinoa. Make the dressing and set aside. Once the sweet potatoes are ready, add these to the quinoa along with the charred corn kernels. Mix well before pouring over the dressing. Taste and correct the seasoning.

SCOTCH BEEF SKEWERS WITH SUPERFOOD SALAD



PREP

30m

COOK

30m

SERVES

4



INGREDIENTS

FOR THE SKEWERS:

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, grated to a paste
20ml lemon juice
Salt and pepper, pinch

FOR THE SALAD:

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 (eg sunflower, pumpkin)
30g pomegranate seeds
15g fresh parsley, chopped
150g baby spinach leaves, washed and dried

METHOD

Cooking on the BBQ

1. Soak eight 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 eight skewers.
5. Drizzle the chickpeas and kale with oil, season with salt and pepper then roast in 180°C oven for 6 minutes until crisp.
6. Cook the broccoli in boiling salted water for 2 minutes then remove and place in cold water.
7. Mix all the salad ingredients in a bowl and drizzle with rapeseed oil.
8. Place each skewer on a hot BBQ for 8 minutes, turning halfway.
9. Remove and cover with foil to rest for 10-15 minutes. Serve with the salad.

Cooking in the kitchen

1. Place the skewers under 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.



BARBECUE SCOTCH BAVETTE STEAK & CORN SALSA



PREP

30m

COOK

19m

SERVES

4



INGREDIENTS

4 x corn on the cob
35ml chilli flavoured oil
1 small red pepper, finely chopped
1 small orange pepper, finely chopped
1 small green pepper, finely chopped
1 small red onion, thinly sliced
4 tbsp reduced sugar sweet chilli sauce
Pinch of Scottish sea salt
500g of Scotch Beef bavette steak
2 tsp fajita seasoning
8 regular wholemeal tortilla wraps

METHOD

Cooking on the BBQ

1. Salsa: Half fill a large saucepan with water and bring to the boil.
2. Add the sweetcorn. Cook for 5 minutes until just tender. Drain and cool.
3. Brush the corn lightly with 1 tbsp chilli oil and cook over hot coals for 3-4 minutes, turning, until blistered and lightly charred. Allow to cool.
4. Slice down the length of the cobs with a sharp knife. Remove the kernels.
5. Add the charred corn kernels to a bowl and toss in the peppers, onion, chilli sauce. Season to taste. Cover and chill until required.
6. BBQ: Rub the steak all over with the remaining chilli oil, fajita seasoning and a little salt.
7. Leave to stand at room temperature for 15 minutes. Even better, wrap the steak and chill for 2 hours to allow flavours to develop further.
8. Cook over hot coals for 12-15 minutes, turning, until cooked to medium/rare. Or, if you have individual steaks, cook these for 3-4 minutes on each side for medium/rare, and up to 5 minutes on each side for medium.
9. Let the juices settle by leaving to stand for 5 minutes.
10. Pop the halves of lime on the barbecue for a few seconds to lightly caramelize and set aside.
11. Heat the wraps (follow instructions).



OATY SCOTCH LAMB BURGERS WITH SPEEDY PICKLES



PREP

25m

COOK

10m

SERVES

4



INGREDIENTS

400g Scotch Lamb mince
25g porridge oats
Pinch of sea salt and black pepper
100g leeks finely chopped
1 red-skinned apple cored and coarsely grated
100g red cabbage finely shredded
175g carrot peeled and grated
2 tsp clear honey
2 tbsp cider vinegar
4 brioche buns halved and toasted
75g bistro salad mix
Tip: If you want it spicier, add 1 clove of crushed garlic, a pinch of dried chillies and 1 tsp of ground cumin

METHOD

Cooking on the BBQ

1. Burgers: Mix together the lamb mince, oats, seasoning and 50g of the leek in a large bowl.
2. For a spicier flavour add 1 clove crushed garlic, a pinch of dried chillies and 1 tsp ground cumin.
3. Season with salt and black pepper.
4. Divide into four portions and shape with your hands into 10cm burgers. Cover and chill until ready to cook.
5. Cook the burgers over hot coals, turning, for about 10 minutes until cooked through.
6. Speedy pickle: Mix the apple, cabbage, carrot and remaining leek together.
7. Blend the honey and vinegar together and toss into the vegetables.
8. Season to taste. Cover and chill until ready to serve.
9. To serve, line the buns with salad, top with burgers.
10. Spoon over some of the vegetable pickles.
11. Serve immediately with the remainder of the pickled salad on the side.



GRANT DUFFY

Hello, I'm Grant. I'm 32 years young and I live in Strathaven, South Lanarkshire. I'm originally from a small town called Alyth in Perthshire where my Butchery Apprenticeship began. I started my apprenticeship in 2010 with James Ewarts. To date, I have completed my Level 2 and Level 3 SVQ and I am about to embark on my Craftsman certificate.

MY BBQ TIPS...

When it comes to barbecuing, I like to keep it simple. Sausages, burgers and kebabs are always essential.

I also always enjoy pork ribs on the BBQ (plain or flavoured). Ask your local butcher what flavours are available and you really can't go wrong.

There are some speciality cuts that can really be enjoyed on the BBQ. For example, popeseye with a drizzle of marinade or lamb chump chops with rosemary and garlic or even some succulent gigot chops to heighten your senses and ensure optimum 'Meat Sweats'! These cuts are versatile, affordable and delicious!

I am also a big advocate of Scotch Lamb. My lamb recommendations for the BBQ include lamb burgers, lamb kebabs and lamb steaks (gigot/chump). All of these are a great choice for the BBQ. And I also

take great pride and enjoyment in the boning, trimming and tying of the larger lamb cuts such as rolled shoulder (boneless or bone-in) and of course, whole or half leg of lamb.

That is the beauty of visiting your local Scotch Butcher – for the combination of real quality assurance, advice and inspiration, cooking knowledge and recommendations.

I look forward to the upcoming 2024 BBQ season. Our counters are always full of colour, flavour and inspiration. I would encourage everyone to visit their local butcher this BBQ season to support the Scotch brand, support local, and Taste the Difference!



SCOTCH LAMB STEAK & HALLOUMI SALAD



PREP

30m

COOK

30m

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 cm 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

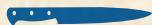
1. Place the lamb steaks in a bowl, drizzle with oil and season.
2. Cook the lamb on a hot BBQ for 8 minutes, turning halfway through cooking.
3. Remove from heat and cover with foil, and rest for 10 minutes.
4. Drizzle the sliced halloumi with oil and season.
5. Cook on the BBQ for 4-5 minutes, turning 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, and 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 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.



SCOTCH LAMB SKEWERS WITH CORIANDER PESTO



PREP

10m

COOK

25m

SERVES

4



INGREDIENTS

600g Scotch Lamb leg steak trimmed and chopped into 3cm cubes

1 tsp ground fenugreek (or 1-2 tsp mild curry powder)

A pinch sea salt and black pepper

5 tbsp rapeseed oil

2 red onions peeled and cut into wedges

1 lemon juiced

40g fresh coriander washed

2 green chilli deseeded and roughly chopped

2 garlic cloves

1 tsp ground cumin

8 small naan breads

You'll also need eight wooden or metal skewers. If you're using wooden skewers, soak in water for 40 minutes ahead of cooking.

METHOD

Cooking on the BBQ

1. Mix the lamb with fenugreek, seasoning and 1 tbsp oil in a large bowl.
2. Let the lamb marinate for 2 to 3 hours ahead of cooking.
3. Pop the onion in another bowl. Add half the lemon juice and some seasoning.
4. Leave to stand for 10 minutes then drain well.
5. Thread the lamb and onion onto the skewers. Brush the onion with 1 tbsp oil.
6. Cook over hot coals, turning, for about 10 minutes until browned and cooked through.
7. To make the pesto. Put all but a few sprigs of coriander in a blender or food processor. Add half the chilli, the garlic, cumin, remaining lemon juice and remaining oil.
8. Blitz for a few seconds until smooth. Season to taste.
9. To serve, toast the naan bread as recommended on the pack and lay the skewers on top.
10. Drizzle over the coriander pesto, remaining coriander and chilli.



JORDAN MCCAUGHAN

Hi, I'm Jordan, and I've been working at Hugh Black and Sons for nearly seven years now. I first started just after I left school at the Bathgate Factory, then progressed into the boning hall at Wishaw and then finally moved into the shop, where I learned how to perfect my trade – although I still strive to improve every day.

Throughout my time, I gained my SVQ Level 2 (SCQF 5) and also got SVQ Level 3 (SCQF 6). After gaining both of these, I was lucky enough to be invited to fulfil one of the Ambassador roles with QMS.

MY BBQ TIPS...

In my spare time I enjoy cooking and what better than a BBQ!

One of my absolute favourites on the BBQ is Italian pork links. I know they are very simple but aren't they just great! They are also a great option for the kids who can just have them plain which are just as good.

When it comes to getting more value for your money, then pork has to be up at the top of the list. It's also very versatile, you can do so much with it and almost any marinade takes to it.

Most pork cuts lend themselves well to BBQ cooking. Some of our favourites are pork satays, pork medallions, pork burgers and Chinese chops. And who can forget pork belly – which if it is cooked correctly, is a real treat.

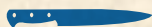
Just like cooking any meats, you want to make sure you bring your pork out of the fridge 15-20 minutes before cooking to give it a chance to come to room temperature and allowing it to cool evenly throughout.

SMART TIP

Ask your local Scotch Butcher to use his sharp knife to score the Specially Selected Pork skin so you can be assured of extra special crispy pork crackling.



PORK & FENNEL KEBABS WITH PEACH, GORGONZOLA & WALNUT



PREP

2m

COOK

15m

SERVES

4



INGREDIENTS

FOR THE PORK KEBABS:

750g Specially Selected Pork fillet, cut into 3cm cubes
1 orange, zest and juice
2 tbsps olive oil
3 garlic cloves, peeled and crushed
2 tbsps fennel seeds
1 fennel bulb, cut into chunks
1 red onion, cut into wedges

FOR THE SALAD:

120g of rocket
Couple of large handfuls of baby spinach
4 ripe peaches, destoned and cut into wedges
1 tbsp runny honey
100g gorgonzola or 100g feta, crumbled
70g walnuts, toasted and roughly chopped
Bunch fresh mint leaves

FOR THE SALAD DRESSING:

3 tbsps olive oil
1 ½ tbsps apple cider vinegar
4cm fresh ginger, finely grated
½ tbsp runny honey
2 tpsps wholegrain mustard
Half a lemon, juiced

METHOD

1. Toss the pork with the marinade ingredients into a large bowl, mixing well so the pork is well coated. Thread the skewers with chunks of meat interspersed with the red onion wedges and fennel chunks. If you have leftover fennel, finely slice it to add to the salad later. Set aside to marinate if you have a couple of hours to spare, if not you can cook them straight away.
2. Make the salad dressing by whisking all the ingredients into a jug. Season to taste.
3. Preheat the BBQ or griddle pan to medium/high. Grill the peach slices for a few minutes on each side until slightly charred and drizzle over the runny honey during the last few minutes of cooking so they are nicely caramelised. Set aside.
4. Grill the kebabs over a medium heat, turning as they brown for about 10-15 minutes until the pork is cooked through. Set aside, cover with foil and allow to rest while you make the salad.
5. Add the salad leaves to a large serving dish, crumble over the cheese, and add the walnuts and fresh mint leaves. Pour over the dressing and mix well.
6. Serve the kebabs with salad on the side.

PORK, PINEAPPLE & CHILLI FLATBREADS



PREP

30m

COOK

30m

SERVES

4

SPECIALY SELECTED

PORK

- BORN & REARED -

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
- 1 tbsp 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 four 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 the 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.



PORK & APPLE BURGERS



PREP

10m

COOK

15-20
min

SERVES

4

SPECIALLY SELECTED

PORK

- BORN & REARED -

INGREDIENTS

450g Specially Selected Pork mince
1 cooking apple, peeled, cored and grated
3 spring onions, chopped
Rind of 1 lemon
1-2 small eating apples (optional)
Freshly ground black pepper

METHOD

1. Mix together the pork, grated apple, onions and lemon rind. Season with black pepper and form into four large or eight small burgers.
2. Cook under a preheated grill set to medium for 5-7 minutes on each side or until firm to press and cooked through.
3. Arrange cooked burgers on split rolls and top with the slices of eating apples.



SUMMER SIDES & SALADS

A tasty selection of healthy summer salads and nutrient-rich vegetable side dishes – not to mention some sweet dips and spicy sauces – will really help to up your BBQ game to an artform

ROASTED SUMMER BABY POTATOES

INGREDIENTS

200g baby potatoes
 3 tbsp olive oil
 25g butter, diced
 2 cloves garlic, crushed
 1 lemon, zested
 1 bunch spring onions, sliced
 ½ red pepper diced
 8 cherry tomatoes, halved
 1 tbsp flat leaf parsley leaves
 1 tbsp mint leaves

METHOD

- Heat the oven to 180°C/gas mark 5.
- Place the potatoes in a large pot, cover with cold water and season. Bring to the boil and cook for 10 mins.
- Drain and place in a roasting dish and add the olive oil and toss to coat the potatoes.
- Cook for 25-30 mins until the potatoes are golden brown.
- Meanwhile combine the butter, garlic and lemon to make a flavoured butter.
- Gently melt the butter, place the potatoes in a serving dish with the peppers, tomatoes and herbs. Add the melted flavoured butter and toss to combine and season.

SPRING ONION AND ROCKET COUSCOUS

INGREDIENTS

100g couscous
 25g apricots
 15g sultanas
 150ml vegetable stock
 25g butter
 2 spring onions
 50g rockette
 1 tsp Dijon mustard
 1 tbsp white wine vinegar
 3 tbsp olive oil

METHOD

- Dice the apricots and along with the sultanas, place in a bowl with the couscous.
- Bring the stock and butter to the boil. Pour over the couscous until it is barely covered. Cover with cling wrap and allow the couscous to fluff up.
- Dice the apricots and place in a bowl with the sultanas and couscous.
- Slice the spring onions finely.
- Place the mustard and vinegar in a bowl and whisk. Gradually add the olive oil whisking all the time.
- Fork the couscous and add the spring onion. Add some of the dressing and season to taste.

"There are so many options to consider when it comes to tasty and tantalizing accompaniments, but here are a few of our favourites to help you garnish with gusto."

MUSHROOM KETCHUP

INGREDIENTS

500g chestnut mushrooms
veg oil for frying
2 Banana shallots, diced
100g Demerara sugar
75ml white wine vinegar
400ml double cream
1 tsp salt
½ tsp cayenne pepper
¼ tsp smoked paprika
2 salted anchovies, chopped

METHOD

- Finely chop the mushrooms by hand or pulse in a blender until broken down.
- Heat a large non-stick frying pan and add the oil and cook the shallots for 5-6 mins over a low heat until softened.
- Add the mushrooms and turn up the heat and cook for up to 10 mins until the mixture looks dry and dark in colour.
- Add the sugar and vinegar and stir to dissolve the sugar. Boil until the mushrooms are coated in a syrupy glaze.
- Add the remaining ingredients and bring to the boil immediately lower the heat and slowly reduce to half.
- Remove from the heat and blend until smooth (thin down with a little water if necessary).
- Pass the mixture, through a sieve. Best to use at room temperature.

SMOKED PAPRIKA AIOLI

INGREDIENTS

3 cloves garlic
½ tsp smoked paprika
100ml olive oil
2 egg yolks

METHOD

- Place the garlic and 25ml oil in a pan and gently simmer to confit the garlic. Once the garlic is soft, add in the smoked paprika. Allow to cool.
- Place egg yolks and garlic and blend to combine. Gently add the oil until a thick aioli is reached.

SALSA VERDE

INGREDIENTS

80g watercress
6 anchovy fillets, white
1 handful of mint leaves
1 handful of parsley leaves
2 tsp Dijon mustard
1 garlic clove, crushed
8 tbsp extra virgin olive oil
1 lemon, juice only
2 tbsp capers

METHOD

- Place all the ingredients in a blender.
- Blend to a smooth paste.
- Serve.

THE JOY OF ALFRESCO DINING

Good health and wellbeing are the cornerstones of outdoor dining and our love of easy, nutritious BBQ cooking. Whether it's visits to the beach, catch-ups in the park, or lunch on the lawn, we all love a little bit of chilled outdoor dining – those unforgettable times when the aromas and flavours of the BBQ are hanging in the air on a warm summer's evening.

This is quality time with family and friends. A time to get everyone involved in the art of the BBQ. And remember, if you're inviting friends along, it's a good idea to ask them to bring some sides or salads too. That means less work for you and a chance to discover some of their favourite family recipes.

If you really want to keep things simple, then skewers are perfect for cooking with a whole range of meats and colourful vegetables. They are easy to cook, easy to serve and easy to eat – and with some imagination can be raised into an art form all of their own.

And that's the art of the BBQ in a nutshell – to relax and slow the pace of life down for a few hours. A time to share the joy of outdoor cooking with family and friends. To chat about freshly cooked food that's been lovingly prepared – how good it tastes and that unmistakable BBQ aroma. A time to explore the flavours of Scotch Beef, Scotch Lamb and Specially Selected Pork and maybe find a new favourite cut as you cook up a storm on the big grill.

Here's to creating fun and fond memories this summer. Enjoy!



SUSTAINABLE SUMMER BBQS

There's one hot topic that is increasingly on everyone's lips when it comes to BBQ season – and that's sustainability. We are proud to say that fresh red meat from Scotland is already among the most sustainable and the most nutritious in the world and can be made into all kinds of healthy meals to brighten up your BBQ.

But there are lots of other things you can consider to ensure you have a sustainable and waste-free BBQ. Below we've included some tips from Zero Waste Scotland – and you can find out more here: www.zerowastescotland.org.uk/resources/planning-zero-waste-barbecue

BUY YOUR MEAT LOCAL

This one we fully endorse. Your local Scotch Butcher is key to a waste-free barbie. Like we said, they can help you buy exactly the amount of meat that you want, so you minimise waste. And, as you are buying fresh, any meat that isn't cooked can be frozen for another time.

USING ECO-FRIENDLY FUELS

There are now companies that supply charcoal that has been made from sustainably managed wood. By buying charcoal from these suppliers, you're supporting a local producer, creating employment, maintaining a traditional method of production and reducing your environmental impact. You can find our more here: www.greenaspirationsscotland.co.uk/charcoal

USE REUSABLE PLATES

Unless you are relaxed about taking the good china out into the garden, it's a good idea to invest in some reusable plastic plates – and cutlery. It's a much better, greener choice – than going for the disposable paper ones.

SAVE YOUR LEFTOVERS

Once cooked, store your leftovers carefully. Meat and veg can then be chopped up the next day and added to stews, pasta and rice, or whizzed up into soups. Alternatively, you can use BBQ leftovers to create amazing next-day sandwiches – for a cheeky picnic. But do remember to store raw meat and cooked meat separately to avoid cross-contamination.

GRILLING IN PUBLIC SPACES

Of course, we need to be very mindful of the risks of cooking outdoors too – especially if you plan to have a BBQ in a public park or similar space. You should always check with the local authority or the location management for site-specific rules or requirements and remember to:

- **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; don't leave any waste**
- **Leave the site tidy – just as you found it – so others can enjoy it**



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