



THE SCOTCH
Butchers
CLUB EST. 1937

THE CRAFT. THE CUT.

LET'S TALK ABOUT STEAK

With your next cut of Scotch Beef PGI, Scotch Lamb PGI or Specially Selected Pork, and this handy Steak Guide, you will have all you need to make your dishes **go above and beyond...**



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THE SCOTCH DIFFERENCE

NOT ALL MEAT IS CREATED EQUAL. BORN, REARED AND PROCESSED 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 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 scotchbutchers.com

YOUR TRUSTED LOCAL BUTCHER & SCOTCH EXPERT





Raise the steaks

with

Field Cried



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

Make it



MAKEITSCOTCH.COM

THE CHOICE. THE CRAFT. THE CUT.

Whether it's beef, lamb or pork, this flavourful Guide includes expert tips on how to choose, prepare, cook and serve your Steak perfectly. It includes recipes and advice from traditional Scotch Butchers, while celebrating both their unique skillset and the wonderful range of cuts available.

THE CRAFT

We look at how to get the most from your relationship with your local Scotch Butcher. Scotch Butchers Club members are all like-minded experts, always sourcing the best for their customers, and always more than happy to share their knowledge and expertise with you.

From perfect portion sizes to cooking tips, discover more about what you can learn from them.

THE CUT

We present some of the very finest cuts of Scotch Beef, Scotch Lamb and Specially Selected Pork in more detail – giving you tips and advice to help make sure you can make the most of Scotch red meat – right through from buying and cooking to eating and enjoying every time.



**LET'S GET STARTED, WITH SOME
TASTY SCOTCH RECIPES...**



GRIDDLE-FRIED BAVETTE STEAK

SERVED WITH A CHILLI CORN SALSA



PREP

30

COOK

20

SERVES

4



INGREDIENTS

STEAK

500g Scotch Beef Bavette Steak
2 tsp Fajita Seasoning
35 ml Chilli Flavoured Oil
1 Fresh Lime
Sprinkling of Sea Salt

SALSA

4 Corn on the cobs
Remaining 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

ACCOMPANIMENTS

Mexican style guacamole, spicy rice, refried beans crunched up nacho chips to add some crunch.

WINE PAIRING

An Argentinian Malbec is ideal to go with your Bavette Steak, creating a balance between the rich fruitiness of the wine and the spicy flavours of the dish.

PLEASE DRINK RESPONSIBLY

METHOD

STEAK

1. Rub the Steak all over with the remaining chilli oil, fajita seasoning and a little salt.
2. 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.
3. In a griddle pan cook the Steak for 3–4 minutes on each side (this will be slightly less for individual Steaks).
4. Once cooked, let the juices settle by leaving to rest for 5 minutes.
5. Pop the halves of lime on a hot pan for a few seconds to caramelize. Set aside.
6. Heat the wraps as per pack instructions.

SALSA

1. Half fill a large saucepan with water and bring to the boil.
2. Add the sweetcorn and cook for 5 minutes until just tender. Drain and cool.
3. Brush the corn lightly with 1 tbsp chilli oil and roast in the oven for 15–20 minutes, turning, until blistered/lightly charred.
4. Once cool, slice down the length of the cobs with a sharp knife to remove the kernels.
5. Add the charred corn to a bowl and toss in the peppers, onion, chilli sauce. Season to taste. Cover until required.



LAMB VALENTINE STEAKS



WITH A FRESH HARISSA COUSCOUS
AND PICKLED RED PEPPERS



PREP

15

COOK

30

SERVES

4



INGREDIENTS

STEAK

4 Scotch Lamb Valentine Steaks
1 Lemon Sliced
80ml Olive Oil

PICKLED RED PEPPER

1 Red Pepper
200ml Water
100ml Cider Vinegar
80g Sugar
10 Pink Peppercorns
½ tsp Coriander Seeds

HARISSA COUSCOUS

1 Aubergine Diced
1 Green Pepper Diced
1 Onion Diced
1 x 200g Tin Chopped Tomatoes
10 Olives Stoned and Halved
2 tbsp Red Wine Vinegar
2 tbsp Harissa Paste
Olive oil for Frying
80g Cooked Giant Couscous

ACCOMPANIMENTS

Crumbled feta, rocket, pine nuts, herb oil.

WINE PAIRING

Chianti Classico with its fresh acidity will go perfectly with the Lamb Valentine and North African flavours of the couscous.

PLEASE DRINK RESPONSIBLY

METHOD

STEAK

1. Mix the lemon and oil in a bowl and add the Steaks. Cover and leave to marinade for 30 minutes.
2. Season the Steaks and place in a hot pan with a drizzle of oil and sear.
3. Cook for 2–3 minutes on each side.

PICKLED RED PEPPER

1. Cut the red pepper into thin strips. Add to the pan with the remaining ingredients.
2. Bring to the boil then simmer for around 30 minutes.
3. Remove pickled peppers – keep aside.

HARISSA COUSCOUS

1. Heat the oil in the pan, add the diced aubergine, stir until the oil has reduced.
2. Transfer the aubergine to the oven and cook at 180°C for 15 minutes or until golden brown.
3. Sweat the other vegetables in a pan with oil and the harissa for a few minutes. Add the vinegar then the tomatoes, olives, and cooked aubergine. Cook for around 10–15 minutes. Season.
4. Mix the cooked vegetables together with the giant couscous and add the pickled peppers.
5. Place the cooked Valentines on top.



THE CHOICE THAT'S A CUT ABOVE

Choosing a cut can be tough when there are so many on offer.

To help you out, you can always ask your butcher what their favourite cut is, but on the following pages we have also included profiles of some of the most popular cuts of Scotch Beef, Scotch Lamb, and Specially Selected Pork, so you'll know what to expect when buying, cooking, and most importantly, eating.

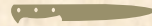
WHAT'S RIGHT FOR YOU?

From traditional ribeye to rump, or premium cuts like picanha and tomahawk, Steaks all have unique flavour profiles. Whether it's beef, lamb or pork, we all have our personal favourites, but it's also nice to taste and experience something new now and again.

So, on the following pages, we will try to whet your appetite, with a range of expert tips on how to choose, prepare and perfectly cook some of the finest cuts from your local Scotch Butcher.

THE MYTH

"I DON'T KNOW
ENOUGH ABOUT THE
CUTS TO ORDER"



That's what your butcher is there for. All you need to do is tell them what you want to cook and for how many people. They'll suggest portions and cuts to match your budget and taste.





BUTCHER'S TIP

ASK US ABOUT CUTS, PREP AND COOKING. WE WILL ALSO HAVE A RANGE OF RUBS AND SAUCE IDEAS FOR YOU TO TRY



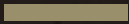
BAVETTE

0 10

Price



Tenderness



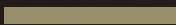
Marbling



Fat



Flavour



Perfect for...
All year round BBQ



PICANHA

0 10

Price



Tenderness



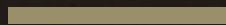
Marbling



Fat



Flavour



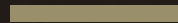
Perfect for...
A family gathering



T-BONE

0 10

Price



Tenderness



Marbling



Fat



Flavour



Perfect for...
The steak lover



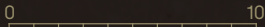


BUTCHER'S TIP

ALWAYS BUY QUALITY MEAT FROM A GOOD LOCAL BUTCHER AND ALWAYS ASK LOTS OF QUESTIONS



CUTLETS



Price



Tenderness



Marbling



Fat



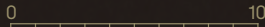
Flavour



Perfect for...
A delicious midweek meal



CHUMP



Price



Tenderness



Marbling



Fat



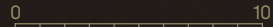
Flavour



Perfect for...
Midweek family meals



VALENTINE



Price



Tenderness



Marbling



Fat



Flavour



Perfect for...
A weekend treat

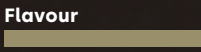
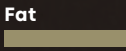
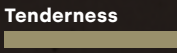
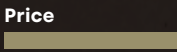


BUTCHER'S TIP

MAKE SURE YOUR PAN IS SMOKING HOT – THE HEAT WILL SEAR THE MEAT AND HELP RENDER THE FAT



CUTLETS

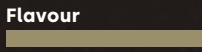
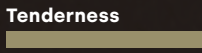
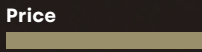


Perfect for...

A quick low-cost meal



TOPSIDE

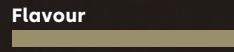
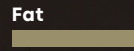
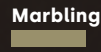
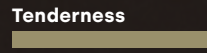
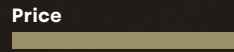


Perfect for...

A super healthy stir-fry



SIRLOIN



Perfect for...

Grill, slow cook, BBQ, fry





THE CRAFT

SCOTCH BUTCHER = LOCAL EXPERT

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.

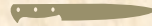
MAKE IT PERSONAL

If you're looking for a premium cut, then you will be spoiled for choice at your Scotch Butcher – where you will always find a greater selection. And, what's more, your local butcher can make sure that your select cut is freshly prepared, just how you like it.

So get to know your butcher. They'll be happy to chat. And don't be afraid to ask all your questions about any cut of meat, or to talk to them about preparing the perfect portion size or ideal cooking times either. They want you to enjoy your meal, and the experience, just as much as you do!

— THE MYTH —

"BUYING FROM A LOCAL BUTCHER IS TOO EXPENSIVE"



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.





THE CRAFT

LOCAL PRODUCE. LOCAL PROVENANCE.

When you choose to buy the freshest quality cuts from your local Scotch Butcher, you know you will also be supporting local businesses and local farms, too.

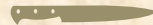
KEEP IT LOCAL

Scotch Butchers source all their red meat from quality assured farms where provenance and welfare are independently verified. Scotland's farmers are passionate about looking after their livestock – but they are also passionate about looking after our landscape, too.

They are dedicated to producing the finest natural produce in sustainable ways. They are caretakers of the land, and just like your butcher, they are proud to be upholding one of Scotland's most important traditional trades. So when you come to choose your beef, lamb or pork, shopping local will always be shopping better. It's better for you, better for your community, and better for the planet.

THE MYTH

"BUYING FROM THE SUPERMARKET IS MUCH MORE CONVENIENT"



Visiting your local butcher is an experience, and you are supporting local businesses at the same time. You'll discover a much greater choice of meat than found at supermarkets – you can usually pick up different sauces, trimmings, vegetables, as well as recipe suggestions!

SO WHY WAIT?

LEARN MORE ABOUT MEAT WITH FARMING FOODSTEPS

If you'd like to teach your family more about where their food has come from, check out **Farming Foodsteps**. It's an online tool which explores where our meat comes from, the difference in Scottish production, sustainability in Scottish livestock farming, food labelling, nutrition, cooking and much more.



SCAN. DISCOVER.

THE CRAFT

HEALTHY CHOICE. HEALTHY DIET.

Scotch red meat is an excellent 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.

MEAT IN THE MIDDLE

With all this protein, minerals and vitamins delivered naturally, Scotch Beef, Scotch Lamb and Specially Selected Pork play an important role in a healthy, balanced diet for all the family. And, by combining red meat with other healthy options, you can put it right at the heart of a healthy diet.

Scotch red meat goes very well with other protein sources, too, such as beans, lentils and pulses, and if you choose healthy accompaniments such as brown rice, wholewheat pasta or vegetable noodles, then you can also improve your fibre and vegetable intake. It's all about getting the combinations right to ensure you can enjoy your red meat, and maintain a healthy, nutritious diet.

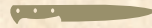
Choose leaner cuts of beef, lamb or pork when you cook. Cut off any fat on the meat before serving if you prefer. Find out more about red meat's role in a healthy, well-balanced diet at:



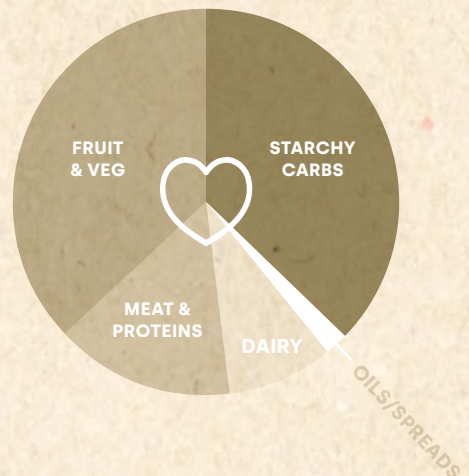
SCAN. DISCOVER.

THE MYTH

"THE QUALITY OF MEAT IS JUST THE SAME AS ANYWHERE ELSE"

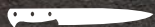


When you visit a Scotch Butcher, you know their beef, lamb and pork has been quality assured. The butcher will be able to tell you exactly which farm your meat has come from – and you can watch it being cut and trimmed right there and then. That's the kind of quality that means you can buy with confidence.





MEDITERRANEAN SCOTCH LAMB



CUTLETS WITH A PESTO LEMON ZING



PREP

10

COOK

20

SERVES

4



INGREDIENTS

12 Scotch Lamb Cutlets or Chops
145g Vine Tomatoes
1/2 Red Onion
Juice of 1/2 a Lemon
Sprig of Fresh Thyme
60g Red Pesto
Sea Salt and Black Pepper

ACCOMPANIMENTS

Tzatziki dressing, toasted flat-breads, pea chutney, cucumber and radish salad, lemon and garlic roasted asparagus, honey roasted vegetables.

WINE PAIRING

A young fruity Pinot Noir will complement the Mediterranean style of the Scotch Lamb Cutlets perfectly.

PLEASE DRINK RESPONSIBLY

METHOD

Preheat the oven to 220°C/425°F/Gas 7

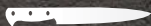
1. Put the lamb cutlets/chops onto a baking sheet and spread the pesto over the top of them.
2. Season with some black pepper and cook in the oven for 20 minutes.
3. Chop the tomatoes into chunks.
4. Finely chop the red onion.
5. Put the tomato, onion, lemon juice and fresh thyme into a saucepan.
6. Season with a little salt and black pepper – bring to the boil, stir and simmer covered for 15 minutes and remove the thyme. If you want a smooth sauce, then liquidise.
7. Serve the lamb cutlets/chops alongside the sauce.

BUTCHER'S TIP

REMOVE YOUR CUTLETS FROM THE FRIDGE AN HOUR BEFORE COOKING TO ALLOW THEM TO COME TO ROOM TEMPERATURE



SOY-MARINATED PORK CUTLET



WITH ASIAN SLAW





PREP

2H

COOK

30

SERVES

4

INGREDIENTS

STEAKS

4 Specially Selected Pork Cutlets
2 tbs Reduced Salt Soy Sauce
2 tbs Honey
2 tbs Rice Vinegar
1 tbs Fish Sauce
80ml Hoisin Sauce

ASIAN SLAW

30g Brown sugar
2 tbsp Rice Vinegar
40ml Lime Juice
½ Small Red Cabbage Shredded Finely
1 Large Carrot (cut into thin strips)
2 Red Chillies (thinly Sliced)
Bunch of Coriander Leaves (chopped)
Bunch of Mint Leaves (shredded)

ACCOMPANIMENTS

Store bought or homemade
Plum Chutney.

WINE PAIRING

The fruity flavours in a Grenache Rose sits well with the Specially Selected Pork Cutlet and the Asian flavours of the marinade.

PLEASE DRINK RESPONSIBLY

METHOD

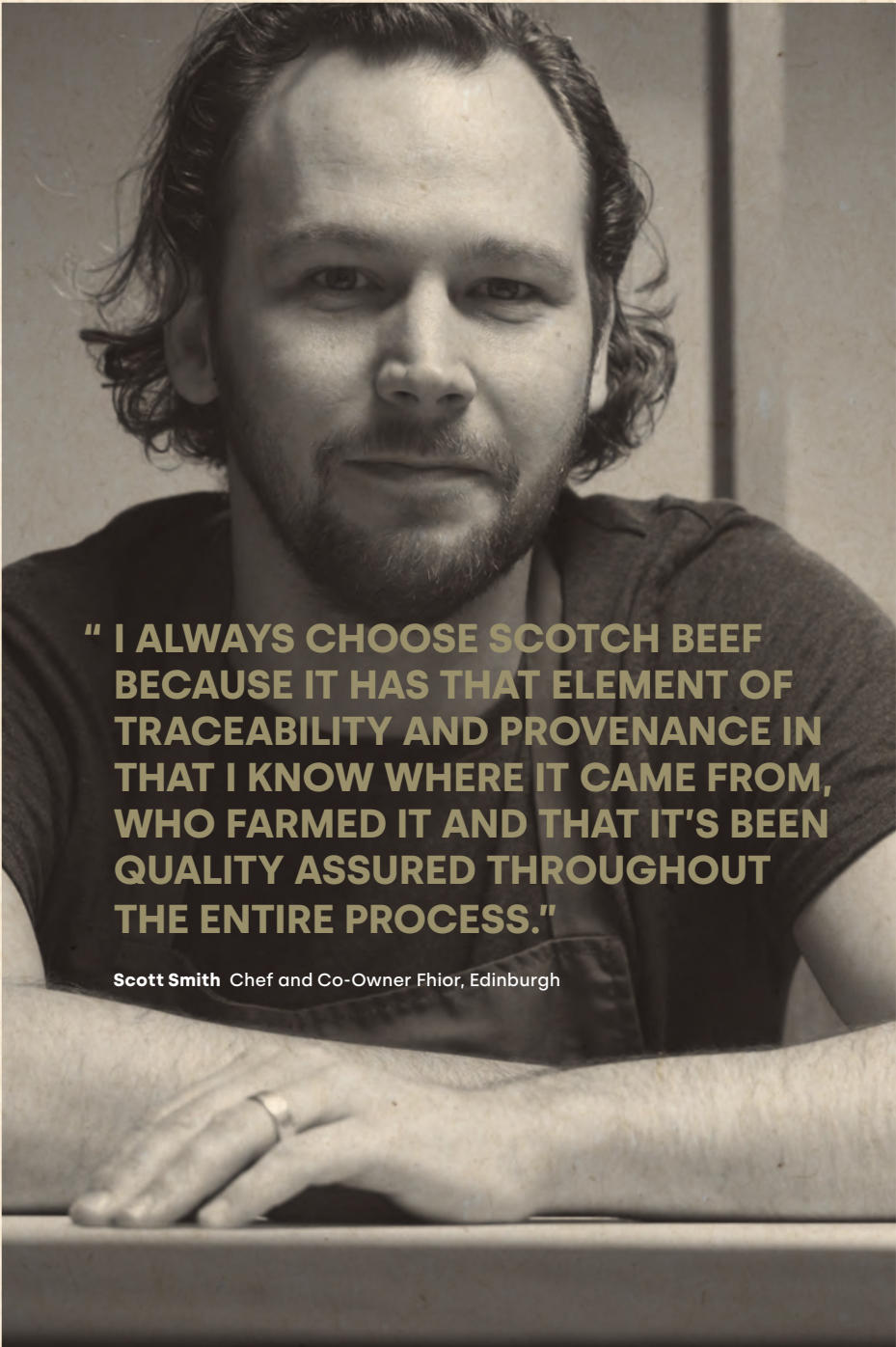
STEAK

1. Mix all the ingredients together in a bowl and add the pork cutlets, mix to coat, cover and place in the fridge for a minimum of 2 hours or overnight.
2. Remove from the fridge, drain the marinade from the pork and set aside.
3. Sear the pork cutlets in a hot pan on each side then transfer to a pre-heated oven for 8–10 minutes at 180°C then remove and allow to rest for 5 minutes.
4. While the pork is cooking, place the reserved marinade in a small pan, bring to the boil and reduce slightly. Brush the pork with the reduced marinade before serving.

ASIAN SLAW

1. Place the sugar in a pan along with 2 tbsp water and bring to the boil, stir until the sugar dissolves.
2. Remove from the heat and stir in the rice vinegar and lime juice along with a pinch of salt and some black pepper.
3. Add the dressing to the prepared salad ingredients and mix well.





" I ALWAYS CHOOSE SCOTCH BEEF BECAUSE IT HAS THAT ELEMENT OF TRACEABILITY AND PROVENANCE IN THAT I KNOW WHERE IT CAME FROM, WHO FARMED IT AND THAT IT'S BEEN QUALITY ASSURED THROUGHOUT THE ENTIRE PROCESS."

Scott Smith Chef and Co-Owner Fhior, Edinburgh

THE CUT

HOW TO PREP AND COOK

It's not just the cut you can ask your butcher about, you can ask them about the best way to prepare and cook the meat, too. Don't be afraid to ask them for advice, even if you're a good cook, you can always learn something from a butcher!

PERFECT EVERY TIME

Avoid a chill...

Always make sure your steak comes to room temperature.

Start it dry...

Wipe off any excess moisture before you start cooking.

Start it hot...

Always preheat your grill or pan before you start cooking.

Let it cook...

Limit handling, try to turn it only once, halfway through cooking.

Let it rest...

Finally, allow the meat to rest for at least 3 minutes after cooking.



YOUR STEAK TIMINGS

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



THE SERVE WITH A SMILE

With the cut selected, and the cooking nailed, it all comes down in the final minutes to the serve. That's when a fresh accompaniment or well-chosen sauce or on the side can elevate even the finest and leanest of cuts – and transform a wholesome meal into a culinary experience.

FINISH WITH A FLOURISH

The perfect sauce can bring out the flavour of your Steak even more, elevating the truly delicious to the completely unforgettable. And when it comes to sides there are so many options to consider – from dependable choices to intriguing matches, you can mix and match to serve up the perfect plate – ensuring you finish with a flourish.

And, of course, if you're in doubt about what to serve with which cut, simply discuss the cut with your local Scotch Butcher and ask them for their recommendations on their favourite sauce or their choice of sides.

DELICIOUS SAUCES TO TRY

For something zesty...

#1 Try a vibrant green chimichurri

For something indulgent...

#2 Try the nutty notes of brown butter

For something creamy...

#3 Try a delicious sauce Diane

For something classic...

Try a beautifully simple wine reduction

Making a peppercorn or Diane sauce? Find easy-to-follow recipes at makeitscotch.com





PAPRIKA POTATOES

4 Medium Potatoes, peeled and cut into 2cm cubes
1 tbsp Vegetable Oil
1 tsp Paprika or Sweet Smoked Paprika
Salt

Put the diced potatoes onto a baking tray, sprinkle with the oil and salt and toss through with your hands. Shake to spread the potatoes into a single layer and dust with the paprika. Cook in a hot oven for 15 minutes until tender and golden.

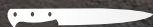


ONION RINGS IN BEER BATTER

1 litre Vegetable Oil for deep frying
3 Medium/Large Onions, peeled and cut into 1cm slices
115g Plain Flour and 1 tbsp Cornflour
Pinch Salt, Cayenne or Paprika (optional)
330ml Beer of choice

1. Pour the oil into a large, deep saucepan, do not fill more than a third full or the hot oil could boil over and catch fire. Heat the oil to 180°C.
2. Separate the onion slices into rings and rinse under cold water, then drain and pat dry on kitchen paper. Take a little of the seasoned flour and toss the onion slices in it.
3. Make the batter. Sift the flours, salt and cayenne into a mixing bowl. Gradually pour in the beer whisking it in with a balloon whisk until you have a smooth thick batter that will coat the onions.
4. When the oil is nearly up to temperature, dip some of the onion rings in the batter letting any excess drip back into the bowl.
5. Cook the rings in batches of a few at a time and cook for about 3 minutes until dark golden brown. When done remove with a slotted spoon onto a tray lined with absorbent paper and keep warm in a low oven until all are ready to serve.

PORK TOPSIDE STEAK



WITH SAGE FRIED POTATOES AND
AN ORANGE DRESSING SALAD



PREP

10

COOK

20

SERVES

4



INGREDIENTS

STEAKS

4 Specially Selected Pork Topside Steaks
Oil for Frying
Pinch of Salt and Pepper for Seasoning

SAGE FRIED POTATOES

Bunch of Sage Leaves
300g Potatoes peeled
Oil for Frying
Pinch of Salt and Pepper for Seasoning

SALAD

Mixed Salad Leaves
1 Orange – peeled sliced or segmented

ORANGE DRESSING

400ml Orange juice
30ml Olive Oil
2 tsp Lemon Juice

ACCOMPANIMENTS

Broccoli salad, roasted green beans, grilled asparagus, fennel and olive dressing.

WINE PAIRING

Fresh and zesty Chenin Blanc goes well with the Pork Topside Steak and the citrus of the orange salad dressing.

PLEASE DRINK RESPONSIBLY

METHOD

STEAKS

1. Heat a large saucepan and add a little oil, season the pork topside steaks with sea salt and black pepper and place in the pan, cook for approximately 3 minutes on each side then remove from the pan and allow to rest for 5 minutes before serving. Remember to cover and keep warm when resting.

SAGE FRIED POTATOES

1. Dice the potatoes and boil until almost cooked then drain.
2. Heat the oil in a pan and fry the sage leaves in batches, remove with a slotted spoon and place on kitchen paper – they should be crispy.
3. When the potatoes are drained fry in the oil the sage was cooked in and cook until the potatoes are golden.

SALAD

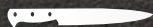
1. Mix all the ingredients together, season and bind with a little of the reduced orange dressing.

ORANGE DRESSING

1. Pour the orange juice into a hot pan and reduce until thick and syrupy, mix through the oil and lemon juice.

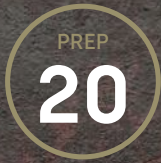


SCOTCH T-BONE STEAK



WITH OVEN DRIED TOMATOES AND
CHARRED COS LETTUCE





INGREDIENTS

STEAKS

2 Scotch Beef T-Bone Steaks
Few Knobs of Butter
Oil for Frying
Few Sprigs of Thyme
Few Cloves of Garlic Bashed
Sprinkling of Sea Salt

CHARRED LETTUCE

1 Cos Lettuce quartered
Sprinkling of sea salt

OVEN DRIED TOMATOES

10 Cherry Tomatoes halved
1 Sprig of Thyme
1 Clove of Garlic
Pinch of Sea Salt
Olive Oil

ACCOMPANIMENTS

Caramelised onions, herb buttered portobello mushrooms.

WINE PAIRING

A new world Cabernet Sauvignon with your Scotch T-Bone is a pairing made in heaven with the wine being robust enough to match a well seared Scotch T-Bone.

PLEASE DRINK RESPONSIBLY

METHOD

STEAKS

1. Heat a griddle pan and drizzle with a little oil, season the Steak with the sea salt and place in the pan on the fat edge to render then cook on both sides for approximately 4 minutes along with the bashed garlic and thyme.
2. Towards the end of the cooking add the butter and baste the steaks with a spoon before removing. Allow the Steaks to rest for 5 minutes before serving. Remember to cover and keep warm when resting.

CHARRED LETTUCE

1. While the steaks are resting add a drizzle of oil to a hot pan.
2. Add the quarters of cos lettuce seasoned with salt and allow to char on the two sides.

OVEN DRIED TOMATOES

1. Lay the tomatoes on a tray, scatter over the thyme and garlic, season, and drizzle with oil.
2. Place in an oven at 120°C for approximately 1 hour.





SCAN. DISCOVER

THE GOOD LIFE

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.



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.

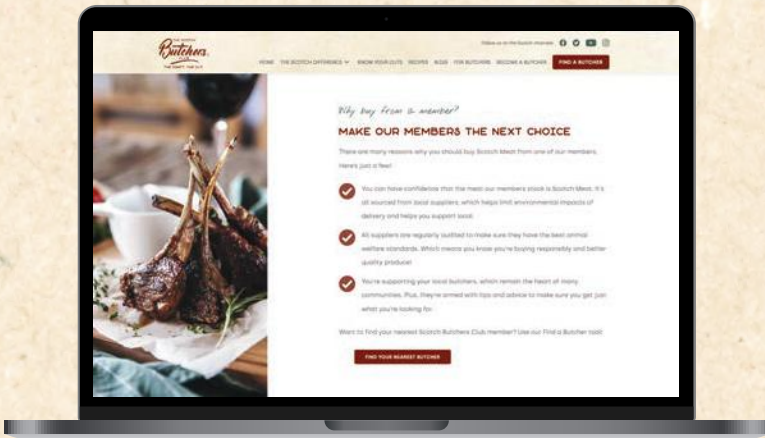
In fact, red meat from the hills and glens of Scotland is amongst the most sustainable in the world and, as we've seen, can be made into all kinds of healthy and nutritious meals. High in energy-giving protein and nutrients, red meat fits right into your active lifestyle and can be a warm, delicious, 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



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 scotchbutchers.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

MAKE IT YOUR WAY

We'd love to see your delicious steak dishes
– please share using **#ThatsACutAbove**

Discover more at
scotchbutchers.com



@makeitscotch



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

QMS
Quality Meat Scotland