

SCOTCH. MAKE EVERY MEALTIME GREAT.



The Scotch Butchers Club's guide to nutritious, delicious meals for life on the go.





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BUTCHER IS
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QUALITY MEALS *EVEN ON YOUR* BUSIEST DAYS

BROUGHT TO YOU BY THE SCOTCH BUTCHERS CLUB

Whether you're short on time, looking for simple recipes, or need creative ways to use up leftovers, it can be hard to know where to start, but we've got you covered. From meals that can be popped straight into the oven to versatile recipes using convenient appliances like the air fryer, this guide will show you how to make the most of your time in the kitchen without sacrificing flavour or nutrition.

This booklet is packed with advice from our Scotch Butchers Club members on how your local Scotch Butcher can be more than just your meat supplier. They're your trusted partner when it comes to easy, nutritious meals that suit your everyday needs. Whether it's finding the right cuts for speedy midweek dinners, offering advice on cooking methods, or sharing time-saving recipes, they're here to provide the solutions you need.

Throughout this guide, we've provided a selection of quick, simple recipes that highlight the incredible versatility of Scotch red meat – meals that are designed to fit effortlessly into your routine, ensuring you can enjoy wholesome, flavour-packed food without the stress. Your local Scotch Butcher is here to support you with expert advice and all the ingredients you need to create meals that are as convenient as they are delicious.



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ALWAYS ASK
FOR SCOTCH

FIND YOUR
LOCAL SCOTCH
BUTCHER AND MORE AT
MAKEITSCOTCH.COM

YOUR LOCAL SCOTCH BUTCHER IS HERE TO MAKE YOUR LIFE EASIER THAN YOU EVER THOUGHT POSSIBLE!

We all like to think that we can lead calm, peaceful and stress-free lives, but at certain times, that just isn't always possible! Whether it's school runs, gym classes, work commitments, dog walks, house cleaning or getting the washing done – we all have things going on that mean we are BUSY.

Wouldn't it be great if your local butcher was able to make life a little bit easier for you at mealtimes? On certain nights of the week, dinner needs to be quick and easy, and the contents of this booklet should go some distance towards helping with that. From quick and easy recipes to activities for the kids, whilst you crack on with the housework, we have you covered.

To kick off proceedings, we wanted to look at the offerings available in your local butcher shop. Many people correctly think of their butcher as the place to go for a pound of mince or a couple of nice steaks for a special occasion. However, many butcher shops (including our Scotch Butchers Club member shops) offer so much more than just the traditional butcher's items!

VALUE-ADDED PRODUCT RANGES

In the world of butchery, we talk about value-added products. In simple terms, these are products that you can get from the butchers that have already had the hard work and prep done to them. Sometimes, life gets in the way of allowing your meat to marinade for a couple of hours, or you don't have time to create fancy skewers with peppers, onions, your choice of meat and a nice sauce. Your butcher is here to help – did you know that many butchers now offer a wide range of products that are ready to be whacked straight in the oven, and the result is something that will have the whole family wanting more, despite how easy it has been for you to cook it. Next time you're heading to the butchers, have a look at the counters and see what kind of products we have!





The list below will give you a taste of what to expect:

- Ready-made stir fry mixes that can be fired straight into the frying pan
- Lasagnes and other pasta bakes made straight for the oven
- Pre-marinated meat products, from chicken to beef, lamb, pork and everything in between
- Kebabs – ready for the grill in a wide selection of different flavour combinations
- Simple products like burgers and sausages with flavour twists to keep teatime interesting and exciting
- Pies, chillis, truffles, the list goes on!

STOCKING UP THE STORE CUPBOARD

Sticking to the same theme, your butcher can also equip your store cupboard with the items needed for any number of recipes! From seasoning mixes to sauces, marinades and other basic ingredients like eggs, pasta, rice and other pantry items that you need for the kitchen, your butcher can help with the base ingredients required for any weekly meal plan. Often, they will be fresh, local, and of excellent quality – just like the meat you'll find in store.



LET'S GET
THE KIDS
INVOLVED!

RED MEAT PRODUCTS

List as many different cuts of meat or types of food as possible in the columns below, based on what animal they come from! We've given you a few to get started.

Cattle

*Beef
burger*

Sheep

*Lamb
chops*

Pigs

Sausages



SCAN FOR
ANSWERS

SPECIALLY SELECTED PORK

SAUSAGE, SQUASH
AND APPLE TRAYBAKE

NUTRITION

Energy 637kcal

Fat 40g

Sat Fat 13g

Fibre 9.7g

Protein 25g

Salt 2.3g

It doesn't get much simpler than a humble traybake. When you're pressed for time, don't compromise on flavour! This one is perfect for a family midweek meal. With just one tray and minimal prep, it delivers big flavour with little effort, ideal for busy evenings when you need a nutritious, satisfying meal without the fuss. **Simply pop everything in the oven and enjoy a quick, comforting dish that the family will enjoy.**

SERVES 4

PREP TIME 15 MINS

COOK TIME 45 MINS

INGREDIENTS

| | | |
|---|---|--|
| 3 tbsps olive oil | 1 small butternut squash, peeled and chopped into 2cm cubes | 1 tbsp runny honey |
| 8 Specially Selected Pork Sausages | 2 red onions, cut into wedges | 2 tbsps wholegrain mustard |
| 3 garlic cloves, left whole with skins on | 2 eating apples, cored and cut into thick slices | 1 tbsp apple cider vinegar |
| | 1 tbsp rosemary, finely chopped | Handful of flat leaf parsley to garnish (optional) |

METHOD

- 1 Preheat the oven to 180°C fan/200°C. Add ½ tbsp olive oil, the sausages, garlic, squash and red onions to a large baking tray. Toss well and roast for 15 minutes.
- 2 Give the pan a shake after 15 minutes, turn the sausages over and add the apple slices. Return to the oven for a further 15 minutes.
- 3 Meanwhile, mix the remaining olive oil, rosemary, honey, mustard and vinegar in a small bowl.
- 4 After the traybake has had 30 minutes, fish out the garlic cloves and squeeze the roasted garlic flesh into the dressing. Mix well and pour over the vegetables and sausages, making sure everything is well coated in the dressing, then return to the oven for a further 10 minutes, or until the sausages are evenly browned and the vegetables are soft.

✦ 25g
of PROTEIN ✦

HOMEMADE NOODLE POT WITH SCOTCH BEEF

HOMECHEF RECIPE

NUTRITION

Energy 292 kcal

Fat 9.1

Sat fat 3.4g

Carbs 43g

Sugars 5.7g

Fibre 6.1g

Protein 29g

Salt 1.2g

We all know about noodles that come in pots... but this takes things up a notch! Not to knock the trusty ones we're all familiar with, but we feel like this beautiful upgrade using Scotch Beef is the perfect answer to a busy day. Quick to prep, easy to assemble, and packed with flavour. You can use either cold roast beef slices or leftover Scotch steak and pair it with veggies and a broth that comes to life with just a splash of boiling water. **Whether you're meal-prepping or in need of a speedy lunch at home, this is an easy way to enjoy a delicious meal in minutes.**

SERVES 4

PREP TIME 5 MINS

COOK TIME 8-12 MINS

INGREDIENTS

| | | |
|---|---|---|
| 1 nest of fine egg noodles | 1 cm fresh ginger, finely grated | 1/4 red pepper, finely diced |
| 1/4 of a good beef stock cube | 1 small clove garlic, finely grated | 3 sugar snap peas, cut in half lengthways |
| 2 or 3 slices of cold roast | A very small piece of red chilli de-seeded and finely chopped | Small handful of baby spinach leaves |
| Scotch Beef or leftover sliced Scotch steak | 2 mushrooms, very finely sliced | |
| 1 spring onion, trimmed and finely sliced | 1 small carrot, cut into fine matchsticks | |

METHOD

- 1 Place the nest of noodles in the base of a clean, dry jar with a lid. You can break the noodles in half if they won't easily fit through the neck of the jar.
- 2 Crumble the stock cube over the noodles, and scatter in the cold roast beef or cold sliced steak.
- 3 Prepare all the other ingredients as described and pile into the jar.
- 4 When ready to eat, boil a kettle and pour the boiling water into the jar (about 100ml). Close the lid and leave for 8-12 minutes until the noodles are soft. Open the jar and stir a couple of times to make sure the noodles are properly cooked and everything is well-mixed.
- 5 Eat straight from the jar and enjoy.

✦ 29g
of PROTEIN ✦

SCOTCH
BEEF

THE MEAT THE BUTCHERS EAT

It's all fine and well for us to tell you how red meat is the best option to support a busy lifestyle when you're looking for something quick, easy, nutritious and tasty for your main meal of the day, but what do the butchers themselves go for when they find themselves in this situation?! We've spoken to a handful of our **Scotch Butchers Club members** to find out what their go-to meals are after they've had a long day at work! No stopping off at any big golden-arched fast-food chains for these guys – it's all about Scotch!

TOMMY CRICKSHANKS

Falleninch Farm Butchers, Stirling

Tommy heads up the butchery operation at Falleninch Farm in Stirling, a family-run business that has been on the go since 1965 and is now in its third generation. When we asked Tommy what his go-to option is after a day of serving his loyal customers, he went for a Scottish favourite that's been gracing dinner plates for many years...



"For me, it's good old mince and tatties. I make my mince using excellent quality minced Scotch Beef, with plenty of carrots and onions through it. Served with a generous helping of smooth mashed tatties, you just can't get any better than that after a long day at work! Depending on how I'm feeling, I might even pair it with a nice cold glass of beer – perfection."

Every family has their own mince and tatties recipe – but if you want to give it a go and aren't sure where to start, ask your local Scotch butcher for some advice, or check out the Make it Scotch mince and tatties recipe by scanning this QR code and heading to the website.

RONA MACLEOD,

Charles Macleod Butchers, Stornoway

Next up, we're off over to the beautiful Outer Hebrides to hear from Rona Macleod of Charles Macleod Butchers in Stornoway, the home of the famous Stornoway Black Pudding. This family run butchers has been on the go for decades, with a history stretching back to the 1940s. Will Rona's go to meal include any black pudding we wonder?

"I'm an absolute sucker for an excellent quality steak and chips. Sometimes it doesn't need to be too fancy – if you have the best quality Scotch Beef steaks available, with some nice chunky chips and your preferred sides, what is not to love?! I always go for ribeye as that's my favourite, and I like to make homemade chips in the air fryer – it's quick, easy and a healthy way to have chips! I will always try to go for whatever veg is in season and I love a nice peppercorn sauce on t he side too. And yes, you guessed it, I'll quite often have some Stornoway Black Pudding on the side too!"

Steak and chips is a universally loved dish by red meat eaters throughout the country! Did you know, you can do a full meal like the one that Rona has outlined here using your air fryer?



HUGH AND LAURA BLACK

Hugh Black and Sons Butchers

With their head office located in Bathgate, and a footprint of individual shops in 13 different locations, Hugh Black and Sons are known as one of Scotland's largest butchers, who also offer an online delivery service. Hugh and Laura Black have been in and around the business for several years, so know exactly what is needed after a tough shift behind the counter or in the office!

"Scotch Beef tacos are our go-to option for something that is tasty and quick, and loved by all the family! All you need is Scotch Beef steak mince, taco seasoning and some tacos or wraps. You can add whatever you like really, but we go for salsa, salad and grated cheese. It's a weekly staple in our house, and the kids love it too which is always a bonus – no need for teatime arguments!"

It doesn't come much quicker and easier than this! Give Hugh and Laura's meal idea a go, and if you'd like any additional inspiration, there are plenty of different taco recipes on the Make it Scotch website, such as these chipotle steak tacos available by scanning the QR code above.



NORMAN HALL

WM Frasers Butchers, Stranraer

We're heading down to the Southwest of the country now to hear what Norman Hall of WM Frasers in Stranraer likes to enjoy after a long day of serving customers with the best possible produce our country has to offer. We wondered when this one would appear, a true classic!

"For me, it has to be a trusty Scotch Beef steak pie. Either a butcher-bought one or a homemade one will do the trick, it's the Scotch Beef that is the important ingredient. I like to have mine ready and waiting to be popped in the oven as soon as I'm home and serve it with seasonal veg and beautiful new potatoes. To top it off, lashings of gravy, you just can't beat it."

DEREK MACKAY

Castleton Butchers, Thurso

To finish off a mini tour of the country's butchers, Derek Mackay from Castletown Butchers in Thurso has provided his option for a tasty treat after a day behind the counter! This one used bacon, but not how you might be expecting it...

"I'm a big bacon man! I like to go for some beautiful Specially Selected Pork back bacon and serve it in my own little way. I have it in a pitta bread with chilli, cheese, lettuce and tomato – trust me on this one, bacon is for so much more than just your rolls on a Saturday morning! If the quality of the meat is correct, it makes for a tasty, super quick meal that even the most amateur of chefs can pull together."

Like the sound of this, but prefer to use a different cut of Specially Selected Pork to bacon? We've got you covered, give these flatbreads a go by scanning the QR code – you could swap out the flatbreads for a pitta or any other type of bread you fancy!



SPEEDY

SCOTCH LAMB
FLATBREADS

NUTRITION

Energy 670kcal

Fat 30g

Sat Fat 10g

Fibre 14g

Protein 49g

Salt 1.2g

Just because a meal is quick to rustle up, doesn't mean it can't be absolutely amazing! With great ingredients and a simple method, give this Speedy Scotch Lamb Flatbreads recipe a go to prove the point! Ready in minutes, it's a great way to enjoy high-quality, nutritious food that fits effortlessly into your routine. **Quick, easy, and full of taste,** this is fast food, done right!

SERVES 4

PREP TIME 30 MINS

COOK TIME 15 MINS

INGREDIENTS

6 Scotch Lamb Leg Steaks
2 garlic cloves, crushed
2 lemons

Seasoning mix: 1 tbsp cumin,
1 ½ tsp coriander, 1 tsp ground
allspice, 1 tsp ground turmeric,
¼ tsp ground cinnamon,
¼ tsp ground ginger
(if you don't have any of
these in the store cupboard,
don't worry, it'll still taste
great with different seasoning –
even just salt and pepper!)

Salad of choice
(we went for red onion,
red cabbage, cucumber,
fresh mint and tomatoes)
1 tsp sumac (optional)
30g feta, crumbled
4 flatbreads
Dressing of choice
(we've gone for tahini!)

METHOD

- 1 Make the marinade by mixing the olive oil, garlic, zest and juice of a lemon and spices in a small bowl. Pour the marinade over the lamb steaks, massaging it into the meat. Leave for 30 minutes at room temperature while you prepare the salad and dressing.
- 2 Add your salad ingredients to a bowl, along with the sumac if you're using it. Add the remaining lemon juice, season to taste, mix well and set aside until ready to serve.
- 3 When you are ready to fry the steaks, heat a large non-stick frying pan over high heat. Add the steaks, and fry for 3 minutes on each side for pink meat. Leave to rest covered in foil for a few minutes.
- 4 Heat the flatbreads according to the packet instructions. Slice the steaks and assemble your flatbreads with strips of lamb, some salad, a drizzle of the dressing and some crumbled feta. Garnish with extra mint leaves if desired.

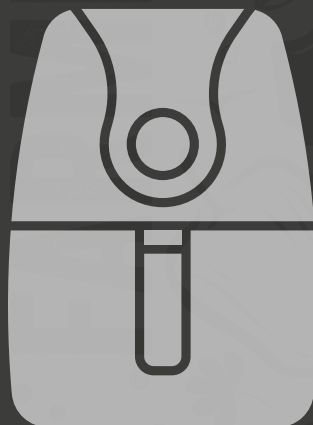
✦ 49g
of PROTEIN ✦

THE LATEST KITCHEN MUST-HAVE: THE AIR FRYER



Unless you've been living under a rock for the last year or two, you've either bit the bullet and bought an air fryer or entertained the idea of buying one! They are the latest kitchen craze for convenient at-home dining, and for good reason. Air fryers are easy to use, quick, and can be a handy piece of equipment for making healthy and tasty meals (especially if you find yourself running around trying to get a million things done around the house – modern family life can get busy!)

Understandably, it can be a bit daunting trying new and different cooking methods when you take that first step! So, we've created a little guide with some tips and tricks for how to get the best out of your air fryer. Check out our handy table below with everything you need to know!



THE HEAT IS ON

| Cuts of Protein | Temp | Time | Glazes/Seasoning | TIPS |
|-----------------------------------|------|---|---|---|
| Beef Fillet (6oz / 170g) | 200c | 12-15 mins depending on your liking | 1 tbsp Gochujang, 1 tbsp Soy Sauce, Pinch of Sugar, Pinch of Sesame Seeds will turn your dish into Sticky Korean beef that can be served with noodles | Save some of the Korean glaze and brush on the fillet whilst resting to draw in some extra flavour |
| Pork Chop (6oz / 170g) | 200c | 12 mins | Tie rosemary sprigs with string and dip in oil and use this to brush the pork chop and to glaze during the resting period | Score along the fat in 1 cm gaps to prevent the fat from curling up whilst cooking |
| Lamb Rump (7-8oz / 200 - 225g) | 200c | 12-16 mins | ½ tsp of Harissa, Cumin and Coriander plus a pinch of Salt will start to cure and season the rumps and they will take on more flavour | Score the fat on the top of the rump in a criss-cross fashion – this will help render the fat down and will self-baste the flesh whilst cooking |



BENEFITS

| | |
|-------------|--|
| Health | Uses less fat than traditional convection cooking (Shallow frying and Roasting) As the food is being cooked quicker the nutritional value from the proteins is higher |
| Energy | More efficient on energy use and costs as does not take long to heat up (approx. 2 mins of preheating) |
| Time Saving | Can free up space in the kitchen (hob/oven) and across the board is quicker than conventional cooking so will help enormously for those quicker mid-week meals |

RULES OF THUMB

| | |
|---------------|---|
| Resting | Always rest for at least the same amount of cooking time – e.g. 6 mins cooking and 6 mins resting – lightly cover with foil and keep in the air fryer after turning off |
| Carving | Once you have carved your protein do not forget to season between the slices |
| Residue | After cooking check the bottom of your liner/paper/fryer as there will be juices from the meat that you can utilise in sauces/dressings or just to pour over the resting meat |
| Cooking Times | Approx 20% less cooking time than a fan assisted oven |

TIPS AND TRICKS

| | |
|--------------------|--|
| Liners/Parchment | If you can buy a liner for your air fryer it will help/ease cleaning – failing that, a square of parchment paper in the bottom will reduce the mess especially if the proteins have been marinated |
| Spray Oil | Use spray oil and seasoning on proteins on a plate/tray before cooking. Roll the protein around the plate to 'soak' up all the flavouring |
| Reduce temperature | Reduce the air fryer by 20c than you use in your normal oven |
| Probe | Always use a probe to check your internal temperature on the proteins |
| Turning | Always turn the proteins halfway through their cooking time |

AIR FRYER

PORK
SCHNITZEL

NUTRITION

Energy 535 kcal

Fat 14g

Sat Fat 2.8g

Fibre 6.1g

Protein 45g

Did you ever think of using cornflakes as the crumb for a beautiful Specially Selected Pork Schnitzel? We did! And it comes out amazing in the air fryer. This recipe is all about big flavour with minimal effort, making it perfect for those busy days when you still want a satisfying, home-cooked meal. **Ready in under 30 minutes, this is a quick, easy, and nutritious option for a midweek dinner.**

SERVES 4

PREP TIME 30 MINS

COOK TIME 20 MINS

INGREDIENTS

4 Scotch pork loin steaks,
fat trimmed

150g cornflakes, crushed

2 large eggs, beaten

50g plain flour

2 tbsps garlic granules

750g new potatoes,
cut into halves or quarters

Salad and dressing of choice:
(we went with radishes, dill,
rocket, mustard, honey, olive oil
and cider vinegar!)

Salt and pepper to taste

Lemon wedges to serve

✦ 45g
of PROTEIN ✦

METHOD

- 1 Preheat the air fryer to 200°C. Put the potatoes in the basket, season with salt and pepper, pour over 1 tbsp olive oil, toss well so they are coated in the oil and air fry for 25-30 minutes until golden and crispy.
- 2 Meanwhile, place the crushed cornflakes in a large bowl and stir through the garlic granules. Dust the pork steaks in the flour, tapping off the excess, then dip into the beaten egg so they are coated on both sides before placing in the cornflake mixture, turning them over a few times and pressing the cornflakes into the meat so the schnitzels are evenly coated.
- 3 Once the potatoes are ready, keep them hot in a warm oven. Turn the air fryer down to 180°C. Cook the schnitzels for 15 minutes, turning them halfway through until golden and crispy on both sides.
- 4 Combine your salad and dressing of choice with the cooked potatoes, season to taste, and there you have it – that's how easy a potato salad can be!
- 5 Serve the schnitzels with the potato salad on the side and extra lemon wedges.



AIR FRYER STEAK FRITES

NUTRITION

Energy 665kcal

Fat 31g

Sat Fat 12g

Fibre 4.9g

Protein 52g

SCOTCH
BEEF

Steak Frites - so simple, but so so so effective! This beautiful recipe uses excellent quality Scotch Beef sirloin or ribeye steak to create a delicious dish that you won't believe has been cooked in the air fryer!

SERVES 4

PREP TIME 15 MINS

COOK TIME 45 MINS

INGREDIENTS

4 x Scotch ribeye or sirloin steaks

2 tbsps olive oil

1 kg maris piper potatoes,
scrubbed and cut into
1cm thick batons

4 x garlic cloves, peeled and
finely chopped

4 x sprigs of rosemary,
finely chopped

30g parmesan cheese, finely
grated plus extra for garnish

1 tbsp sea salt flakes

Handful of flat leaf parsley,
finely chopped

Salt and pepper to taste

Rocket leaves (optional)

METHOD

- 1 Remove the steaks from the fridge 30 minutes before cooking. Rub $\frac{1}{2}$ tbsp olive oil over the meat.
- 2 For the fries, preheat the air fryer to 200°C. Put the batons into a large bowl, drizzle over 1 tbsp olive oil and add $\frac{1}{2}$ tbsp of the sea salt flakes. Toss the potatoes in the oil and salt so they are well coated and air fry for 30 minutes until they are evenly golden and crispy, shaking the basket every now and then.
- 3 Once the fries have had 30 minutes of cooking, increase the heat to 220°C and place the steaks on top of the fries. Cook for 5 minutes on each side for pink meat, turning halfway through (you may have to cook two steaks at a time depending on the size of your steaks and your air fryer).
- 4 After your steaks have had 10 minutes, season to taste and wrap them in foil to rest.
- 5 Meanwhile, pour the remaining $\frac{1}{2}$ tbsp olive oil over the fries along with the remaining $\frac{1}{2}$ tbsp sea salt flakes. Sprinkle over the chopped rosemary and garlic and toss the fries in the air fryer basket until well coated. Grate over 30g of the parmesan cheese and toss again.
- 6 Serve the steaks with the fries, extra parmesan, and a sprinkling of parsley.

52g
of PROTEIN



WHAT ARE THE SOCIALS SAYING?

Over the past few years, some of the biggest advocates of Scotch red meat have emerged through the social media partners that we work with. These are people who commit a lot of time towards sharing valuable and interesting content with their large audiences on social – so they really care about where their food comes from. Equally, they like shopping at their local Scotch Butcher, so they must know what they're talking about! Hear from a handful of our partners below to see what their go-to easy meals are and how their butchers support them.



My name is Graeme Kuli, and I am a passionate photographer who loves everything health and fitness-related (and, of course, good grub!). My local butcher is very informative and guides me on the right cuts of meat depending on what dish or cuisine I'd like to cook.

GRAEME KULI
@JustFeedKuli

My go-to quick and easy midweek meal is definitely our Korean Rice Bowl. As I am up super early for work and lead an active, healthy lifestyle, I always get lean mince beef from my local butchers as it's high in protein, low in fat, and super quick to cook. Give it a go!

Serves 2

Ingredients:

400g Scotch Lean Beef Mince
250g of cooked Basmati Rice

Sauce:

30g of Gochujang Paste
30ml Dark Soy Sauce
50g of Honey
3 Cloves of Minced Garlic

Pickled Cucumber:

1 Cucumber
1 Tablespoon Sesame Oil
3 Tablespoons Rice Vinegar
1 Tablespoon of Maple Syrup
1 Teaspoon of Chilli Flakes

Method:

Chop the cucumber, add your marinade and pop in the fridge. Brown your mince. Add sauce and cook for another couple of minutes. Serve with your rice and pickled cucumber (microwave rice for a quicker meal!) Garnish with sesame seeds, spring onions and coriander.

My go to
recipe using
— Scotch —
red meat



“

I am a food blogger with a passion for all things food and drink. I aim to promote the best local Scottish produce and always prioritise cooking with the best quality ingredients at home, which always means cooking with Scotch Beef, Scotch Lamb and Specially Selected Pork. My local butcher is always full of the best and freshest local produce and the butchers are incredibly helpful in pointing me in the right direction for which cut of meats to use for different dishes.

One of my go-to recipes at home is Spaghetti Bolognese as it is a great one-pot dish, full of nutritious vegetables, and perfect for meal prep when I am working!

SERVES 4-6

INGREDIENTS

300g Scotch Beef mince
300g Specially Selected Pork mince
3 rashers of smoked streaky bacon
1 red onion
2 carrots
1 pepper
2 sticks of celery

2 handfuls of button mushrooms
2 garlic cloves, minced
1x bay leaf
2 springs of rosemary
3-4 springs of thyme
1 heaped tbsp of oregano
500ml beef stock
½ tsp of chilli powder

1 heaped tbsp of tomato paste
2 tins of chopped cherry tomatoes
Splash of Worcestershire Sauce
1 tbsp tomato ketchup
Parmesan cheese
400g spaghetti

METHOD

Put a large casserole dish on medium heat and add a splash of olive oil. Add the finely chopped bacon rashers and fry until golden and crispy. Chop all vegetables (onions, carrots, peppers, celery and mushrooms) roughly into 1cm pieces. Reduce to low heat and add the vegetables, minced garlic, rosemary, thyme and bay leaves and fry for 10 minutes until soft. Increase medium-high heat and add the Scotch Beef and Specially Selected Pork mince, cook for 3-4 minutes until browned all over.

Add the two tins of chopped tomatoes, tomato puree, beef stock, oregano chilli powder, Worcestershire sauce, tomato ketchup and end of Parmesan cheese to pot and reduce to low-medium heat. Gently simmer for 1 hr 30 mins, stirring occasionally, until you have a thick, rich sauce. Season and taste if needed, then add 50g grated parmesan to the pot and stir through thoroughly.

Cook the spaghetti as per the pack instructions and either stir it into the bolognese sauce (*my personal preference*) or serve it on top with a sprinkle of more grated parmesan.

SOPHIE HANNIGAN
@ScottishFoodGirl



My go to
recipe using
— Scotch —
red meat

”

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