

# Scotch Beef

*The best for the season*



*Great quality of life,  
great quality of taste.*



**Scotch Beef is well known for its outstanding quality and exceptional taste, take advantage of the flavours each season has to offer.**

Try these mouth-watering meals that the whole family will look forward to eating as a snack, lunch or hearty main meal.

When you see the Scotch Beef label and PGI\* logo, this guarantees the meat you're buying was born, reared and slaughtered in Scotland. It ensures it was produced to higher standards of animal husbandry and welfare in Scotland's natural environment.

Make sure it's Scotch Beef you buy, look for the label.

For more recipes visit:

**[www.scotchbeefandlamb.com](http://www.scotchbeefandlamb.com)**

\* Protected Geographical Indication



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# Cottage pie

**SERVES:** 6

**PREP:** 15 mins

**COOK:** 1½ hrs

## INGREDIENTS

1kg minced Scotch Beef

(20% fat content)

1 leek, chopped

1 parsnip, peeled and chopped

3 medium carrots, peeled and chopped

1tbsp plain flour

700ml beef stock

(use 2 good quality beef stock cubes)

4tbsp tomato puree

1tbsp Worcestershire sauce

3tbsp hot horseradish sauce

### For the topping

1.5kg floury potatoes,

peeled and cut into chunks

100ml milk, warmed

75g butter plus a little extra

Salt and freshly ground black pepper

## NUTRITION

Kcals: 657

Fat: 28.8g

Protein: 45.5g

Carbohydrate: 54.4g

Sugar: 10.7g

Salt: 2.2g

Per serving, listed ingredients only.

## METHOD

1. Fry the mince in a hot non-stick pan, stirring to break up any lumps, until nearly browned. When the fat runs add the chopped vegetables and cook for 5-8 minutes until beginning to soften and the meat is brown all over. Stir in the flour and cook for a minute.
2. Add stock, tomato puree and Worcestershire sauce, stir well and bring to the boil, then reduce heat, partially cover with a lid and simmer for about 40-50 minutes until juices are thick, rich and bubbling and the meat and vegetables are tender. Cool the mixture a little then stir in the horseradish.
3. Spoon the mixture into a 2 litre gratin dish or 6 individual dishes, 350g capacity.
4. Cook the potatoes in boiling water until very tender, about 15-20 minutes. Put the milk, butter, salt and pepper into a small saucepan ready to heat up when you drain the potatoes.
5. Preheat the oven to 190°C/ 170°C fan/ gas mark 5. When the potatoes are ready, drain them well then give the pan a firm shake or two to smash them up and allow the steam to escape. Mash well with a fork or masher until there are no lumps then beat in the warm buttery milk with a fork to keep the mash light and airy. Check seasoning.
6. Spoon the mash evenly over the meat and spread to completely cover and seal in the meat, especially at the edges. Dot the top with a little butter if you wish and bake in the oven for 30-40 minutes for a large dish or 15-20 minutes for the individual servings until bubbling and golden.



# Szechuan style fillet

**SERVES:** 2

**PREP:** 25 mins

**COOK:** 10 mins

## INGREDIENTS

2 Scotch Beef fillet steaks (150g each)

2tbsp groundnut or sunflower oil

150g shiitake mushrooms,  
thinly sliced

1 orange, peel and pith removed and  
cut into segments

Watercress and cucumber salad  
to serve

### For the marinade

2tbsp light soy sauce

1tbsp fine cut orange marmalade

1tbsp clear honey

Juice of 1 orange

1tbsp Shaoxing rice wine

½ tsp Szechuan pepper, crushed

## METHOD

1. Make the marinade by mixing all those ingredients together. Put the steaks in the marinade and turn them to coat thoroughly and rub in the Szechuan pepper.
2. Heat a deep non-stick saute pan or wok until the oil is just beginning to smoke (don't allow to burn!) Shake excess marinade from the steaks and sear in the hot oil for 2 minutes before turning to sear the other side, cook 2 more minutes then add the remaining marinade mixture, turning the steaks until coated in the sticky sauce. Remove the meat to two warm plates and spoon over the sauce from the pan.
3. Steam the mushrooms in the traces of sauce left in the pan with 3tbsp water added, until soft and aromatic. Spoon around the steaks.
4. Dress the finished dish with watercress, slivers of cucumber and the orange segments. No salad dressing will be needed.

## NUTRITION

Kcals	Fat	Protein	Carbohydrate	Sugar	Salt
434	22.4g	35.7g	22.5g	17.3g	0.8g

Per serving, listed ingredients only.



# Scotch Beef casserole

**SERVES:** 6

**PREP:** 30 mins

**COOK:** 2 hrs

## INGREDIENTS

1kg Scotch Beef top rump or  
topside of beef cut into large pieces

3tbsp plain flour,  
seasoned with salt and pepper

2tbsp vegetable oil

70g chopped pancetta or  
smoked bacon

18 whole shallots, peeled

500g small whole carrots,  
scrubbed and trimmed

3 sticks celery, cut into 3cm lengths

6 small turnips scrubbed and halved

2 cloves garlic, finely chopped

1 x 400g can chopped tomatoes

500ml beef stock

300ml ale or stout (optional)

Small bundle herbs tied with string  
e.g. thyme, parsley and bay leaf

### To serve

12 medium sized floury potatoes

Handful of coarsely chopped parsley

## METHOD

1. Pre-heat the oven to 170°C/150°C fan/gas mark 3. Toss the beef pieces in seasoned flour and fry in the hot vegetable oil until well browned on both sides, remove with a slotted spoon to an oven-proof casserole dish.
2. Add the pancetta to the pan and cook till the fat runs, add the shallots and fry gently for 5-8 minutes until starting to brown, then add carrots, celery and turnips and continue cooking for a further 10 minutes, browning gently.
3. Add the garlic and tomatoes and stir together for 2-3 minutes and transfer all this to the casserole with the meat before pouring in the stock, ale (if using) and herbs. Bring to the boil then cover the pot and cook in the oven for about 1½ hours until all is tender and the juices are rich and delicious. Remove the herbs and check the seasoning.
4. For the last half hour of the cooking time, cook the whole potatoes, starting in cold water, bring to the boil then cook for 20-30 minutes or until tender and beginning to split. Drain carefully so that they don't completely fall apart, then serve two each with a generous ladleful of beef casserole, finished with a scattering of freshly chopped parsley.

## NUTRITION

Kcals	Fat	Protein	Carbohydrate	Sugar	Salt
512	11.5g	48.6g	51.2g	15.1g	1.4g

Per serving, listed ingredients only.





*lean and tender,  
meltingly soft to taste...*

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# Steak and mushroom pie

**SERVES:** 8

**PREP:** 45 mins

**COOK:** 2¼ hrs

## INGREDIENTS

1.5kg Scotch Beef braising  
steak cut into 3cm cubes

20g dried mixed wild  
mushrooms, soaked in 200ml  
boiling water

3tbsp plain flour seasoned  
with salt and pepper

3tbsp vegetable oil

3 medium onions,  
peeled and thickly sliced

6-8 large flat mushrooms  
cut into quarters

1 litre hot beef stock  
(made from cubes if you wish)

3 sprigs thyme

1 bay leaf

### For the topping

500g ready-made puff pastry

1 small egg, beaten (to glaze)

## NUTRITION

Kcals: 585

Fat: 30.4g

Protein: 46.9g

Carbohydrate: 31.2g

Sugar: 3.9g

Salt: 1.7g

Per serving, listed ingredients only.

## METHOD

1. Preheat the oven to 170°C/150°C fan/gas mark 3. In a small bowl cover the dried mushrooms with 200ml boiling water, set aside. Heat some of the oil in a deep saute pan and gently fry the onions for 5-10 minutes till softened then with a slotted spoon transfer to an oven-proof casserole.
2. Toss the cubed meat in the seasoned flour, shake off any excess then fry the meat in the remaining oil in the pan, you will need to do this in batches, using a little more oil as necessary, until all the beef is well browned.
3. Pour the beef stock and the mushroom soaking liquid into the frying pan and stir to gather up all the sticky bits from the bottom. Pour this mixture over the beef in the casserole dish along with the soaked mushrooms, thyme and bay leaf. Bring to the boil then cover with a lid and cook in the oven for about 1¼ hours or until the meat is tender. Adjust the seasoning if necessary.
4. Lightly saute the quartered mushrooms in a little oil and set them aside until the meat is cooked.
5. Stir the mushrooms into the meat mixture then spoon it into a 2 litre traditional pie dish with only a minimum of the gravy and allow the meat to cool completely. If the gravy is thin, set the casserole over a medium heat, bring back to the boil then simmer for 5-10 minutes without the lid for the gravy to reduce and thicken. Spoon some of this into the pie dish to just sufficiently coat the meat and reserve the rest to serve with the pie.
6. When the meat is cool, set the oven to 200°C/180°C fan/gas mark 6. Roll out the pastry to the thickness of a pound coin, cut two strips to stick to the thumb-rim of the pie dish, stick by wetting the rim with water and placing the strips of pastry to cover it. Then cover the whole dish with pastry, moistening the base pastry first, and press to seal all round with the side of your thumb. Trim off any excess pastry and use to decorate the top of the pie. Lightly brush with the beaten egg, pierce a hole in the top with a sharp knife, to allow steam to escape, then cook for about 50 minutes until the pastry is nicely risen and golden brown, and the filling piping hot. Reduce the oven temperature to 180°C/160°C fan/gas mark 4 after the first 15-20 minutes of cooking.
7. Cover the pie loosely with a double sheet of baking parchment if you feel the pastry is browning too quickly.
8. Serve with lightly buttered steamed cabbage and the reserved gravy, heated.



# Roast rib of Scotch Beef

**SERVES:** 10

**PREP:** 20 mins

**COOK:** 2½ hrs

## INGREDIENTS

3kg rib of Scotch Beef on the bone

2tbsp olive oil

1kg shallots peeled and halved lengthwise

3 heads garlic, cut in half widthwise

Juice of 2 oranges

3tbsp wholegrain mustard

3tbsp light muscovado sugar

Leaves from 6 sprigs of thyme

2tsp coarse flakes of salt e.g.

Maldon salt

Freshly ground black pepper

Finely grated zest of ½ orange

## NUTRITION

Kcals: 518

Fat: 22.4g

Protein: 67.2g

Carbohydrate: 11.5g

Sugar: 10.3g

Salt: 1.7g

Per serving, listed ingredients only.

## METHOD

1. Pre-heat the oven to 220°C/200°C fan/gas mark 7. Weigh the joint and calculate the cooking time 15 mins per 500g plus 30 mins for rare beef; 20 mins per 500g plus 30 mins for medium; 25mins plus 30 for well done.
2. In a large roasting tin, toss the shallots and garlic with the oil and roast for 15 mins. Pour the orange juice over the shallots.
3. Meanwhile, with a very sharp knife score a criss-cross pattern deeply into the fat of the beef, but not through to the flesh. Mix together the mustard, sugar, thyme, salt, pepper and orange zest and rub this mixture all over the beef but particularly between the cuts. Set the beef on top of the shallots and return to the oven. After 15 mins, reduce the oven temperature to 190°C/170°C fan/gas mark 5.
4. Check every now and again that the beef is not browning too quickly and that the shallots and garlic are slightly moist, add 100ml of water if necessary, and cover the beef loosely with a double sheet of greaseproof paper. Once cooked allow the meat to rest covered with foil for 15 mins, in a warm place, before carving thinly. Serve with the soft shallots and vegetables of your choice.

