

# WHAT YOU NEED TO KNOW ABOUT...



**A BBQ is the perfect occasion to kick back, relax and enjoy the great taste of Scotch Beef, Scotch Lamb and Specially Selected Pork throughout the summer months.**

**This leaflet gives you top tips on how to BBQ your meat to perfection and really impress your friends and family.**

## **1. WHAT TO BUY FOR THE BBQ**

The secret to a great BBQ is how you prepare and cook your meat, this doesn't mean you need to buy the most expensive cuts. You can make the BBQ as exciting as you want by varying the type of meat you use.

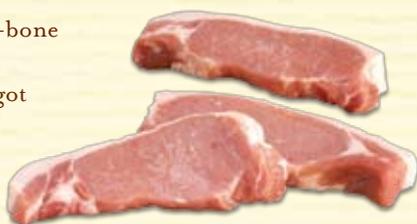
Cuts which work best on the BBQ are those which work well with fast cooking techniques like frying or grilling. The most obvious and popular cuts for the BBQ include steaks and chops, cubed meat for kebabs, mince for burgers or sausages and other processed meat.

### **Steaks & Chops**

*Scotch Beef* – fillet, sirloin, ribeye, rump, popeseye, T-bone and sirloin extra thin/ sandwich steak.

*Scotch Lamb* – loin chops, chump chops, leg steaks, gigot chops, cutlets

*Specially Selected Pork* – loin chops (bone in or out), chump chops, fillet/tenderloin



### **Skewers**

*Scotch Beef* – good lean braising steak, topside, ribeye or sirloin

*Scotch Lamb* – diced shoulder, diced leg

*Specially Selected Pork* – diced shoulder, diced leg, fillet/tenderloin

### **Processed**

Minced Scotch Beef, Scotch Lamb or Specially Selected Pork all make for perfect burgers or sausages. You may want to make your own burger (see recipe) or buy pre-made burgers from your local butcher.



**For more delicious recipe ideas visit  
[www.speciallyselectedpork.co.uk](http://www.speciallyselectedpork.co.uk)**



## 2. MARINATING

A fantastic way to introduce added flavour to Scotch Beef, Scotch Lamb or Specially Selected Pork, marinades also help keep meat moist and succulent by tenderising it.

The opportunities are endless, try experimenting with different flavour combinations to bring your BBQ to life. Below are some tried and tested marinades.

### Garlic & thyme beef marinade

**INGREDIENTS** (serves 4)

6 garlic cloves  
2 tbsp olive oil  
2 tbsp fresh thyme leaves  
½ cup red wine  
Coarse salt and pepper

Smash and coarsely chop the garlic cloves. Combine the garlic, oil, red wine and thyme in a bowl add the steaks and turn to coat. Cover the dish and refrigerate for 2-4 hours, turning the steaks occasionally.

### Chilli & honey lamb marinade

**INGREDIENTS** (serves 4)

2 cloves garlic, crushed  
1 tbsp seeded mustard  
1 tsp grated lemon rind  
2 tbsp lemon or lime juice  
2 tbsp honey  
2 tsp curry powder  
1 tsp chilli paste  
1 tsp turmeric

In a bowl stir together all the ingredients then rub into any cut of lamb and marinate for at least 3 hours.

### Mustard & herb pork marinade

**INGREDIENTS**

(serves 4)

8 cloves garlic, minced  
4 tsp Dijon mustard  
6 tbsp brown sugar  
120ml vinegar  
120ml olive oil  
4 tsp dried basil  
4 tsp dried oregano  
4 tbsp Worcestershire sauce  
Salt and pepper, to taste

Combine all the ingredients and mix well. Place the pork in the marinade for 2 hours, turning occasionally.



To marinate your meat, simply mix the marinade ingredients, place the meat and marinade in a plastic bag and refrigerate until ready to cook. Before cooking, the meat should be drained of excess marinade to allow the meat to brown.

Plan in advance and give the meat a minimum of 2 hours marinating before cooking. If marinating for longer, be careful not to include acidic juices, such as lime, lemon or vinegar for more than 2 hours as these will start to cure the meat.

Baste meat during cooking to add instant flavour and keep meat moist and juicy. Make extra marinade for this purpose, and do not use it if it's already been in contact with raw meat.

There are many tasty marinade bases for steak, such as, beer, wine cooking sherry, soy sauce and worcestershire sauce. Dry rubs can also enhance flavours and the natural juices of the meat make the rub stick to it.



## 3. COOKING GUIDELINES

Cooking times on BBQ's depend on the amount and stage of burning of the charcoal and the height of the grill from the coals as well as the the size or thickness of the cuts of meat you are cooking . The best time to cook on a charcoal BBQ is when the coals have turned from black to grey and are glowing red, the following times are guidelines, please keep checking your meat if you're unsure as to it's level of doneness. You can also use touch to feel when the meat is cooked or a meat thermometer.

### Scotch Beef Steaks



#### RARE

Seared outside, 2½ mins each side.  
75% red centre.  
Internal temp: 30-51°C.



#### MEDIUM RARE

Seared outside, 3-4 mins each side.  
50% red centre.  
Internal temp: 57-63°C.



#### MEDIUM

Seared outside, 4 mins each side.  
25% pink centre.  
Internal temp: 63-68°C.



#### MEDIUM WELL

5 mins each side.  
Slight hint of pink.  
Internal temp: 72-77°C.



#### WELL DONE

6 mins each side.  
100% brown throughout.  
Internal temp: 77°C +.

Note: For lamb and pork cooking times ask your butcher or visit [www.scotchbeefandlamb.com](http://www.scotchbeefandlamb.com) or [www.speciallyselected.co.uk](http://www.speciallyselected.co.uk)

### Burgers

For burgers that are about 2cm thick cook the burgers for 3-4 mins on each side for rare, 4-5 mins for medium and 5-6 minutes for well done.

### Sausages

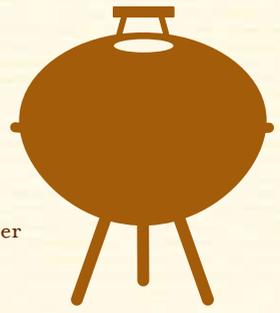
For a medium to thick sausage cook for about 10-15 minutes turning regularly.

### Skewers

Using even sized cubes of meat, cook for about 15-20 minutes, turning regularly and brushing with the marinade or until done to your liking. Let the kebabs rest for 5 minutes or so before eating.



## 4. BBQ SAFETY



### The golden rules of BBQ'ing

- Wait until the charcoal is glowing red with a powdery grey surface before cooking
- Always wash your hands thoroughly before preparing food, after touching raw meat and before eating.
- Check the centre of the food is piping hot.
- Ensure that all burgers and sausages are thoroughly cooked throughout.
- Keep hot foods hot and cold foods cold until you are ready to eat them. To avoid burning and drying out, remove meat from the fridge an hour before cooking, keep it covered and out of direct sunlight.
- Use separate utensils for raw and cooked meat. Don't put cooked food on a plate or surface used for raw meat.
- Don't add sauce or marinade to cooked food if it has already been used with raw meat.
- Remember, BBQ's can be dangerous – please take the necessary precautions to avoid burns, fires and food poisoning.

For more food hygiene information visit [www.food.gov.uk](http://www.food.gov.uk)

## 5. TOP TIPS

- **Use the oven:** If barbecuing lots of meat, it can be cooked in the oven first and then finished off on the barbecue for added flavour (but make sure it's piping hot all the way through).
- **Charred doesn't mean well done:** Even if meat is burnt on the outside, it might not be cooked properly on the inside. So cook food over a steady heat and always check that it's cooked in the middle.
- **Keep food cool in warm weather:** Keep food out of the fridge for the shortest time possible before cooking.
- **Soak skewers:** If using wooden skewers, soak ahead of use to avoid burning on the grill. You can also add flavour to the centre of the meat by soaking them in wine, cider, beer or fruit juice.
- **Use the grill:** If the weather isn't up to it, use the grill indoors to get that summer feel.



## 6. BEST BBQ TOOLS

**Spatula and tongs** – perfect for flipping anything on the grill.



**Basting brush** – perfect for keeping food moist.

**Water spray bottle** – grease fires are the enemy as they give food that bitter, charred taste, so keep this on hand to stop any flare-ups.

**Oven mitts** – essential when the heat is on.

**Wire brush** – it's important to keep the grill clean while you're cooking, and easier to clean while it's still warm.

**Apron** – essential to protect your clothes.

# SIZZLING STEAKS

The huge variety of steaks available from beef lamb and pork means that there is no shortage of fantastic recipe ideas for everyday or special occasions. For more information and great recipe ideas visit [www.scotchbeefandlamb.com](http://www.scotchbeefandlamb.com) or [speciallyselectedpork.co.uk](http://speciallyselectedpork.co.uk)

## GRIDDLED SCOTCH LAMB STEAKS WITH GREEK SALAD

SERVES 2 PREP 10 mins COOK 10-15 mins

### Ingredients

2 Scotch Lamb gigot (leg) steaks

Salt and pepper

FOR THE SALAD

2 large tomatoes cut into chunks

½ small cucumber, peeled and cut into chunks

1 small red onion very thinly sliced

50g kalamata olives

50g feta cheese, broken into small pieces

Leaves from 2 sprigs oregano, roughly torn

Black pepper and olive oil to dress

### Method

1. Mix together all the salad ingredients except for the oil.
2. Heat a non-stick griddle pan to medium/hot. Lightly season both steaks and place them on the hot pan at a diagonal to the stripes for 2 to 3 minutes then turn 90 degrees to achieve a criss-cross pattern. Turn and cook the other sides in the same way, 2-3 minutes, then a further 2-3 minutes or until the lamb is cooked to your liking. (Remove the steaks to a warm oven for 5-10 minutes if you prefer the lamb to be well done.)
3. Dress the salad with a good extra virgin olive oil and serve with the gigot steaks and warm crusty bread.

### Nutrition

| Kcals | Fat | Protein | Carbohydrate | Sugar | Salt |
|-------|-----|---------|--------------|-------|------|
| 223   | 6g  | 16.4g   | 26.2g        | 4.3g  | 1.5g |



# SUCCULENT SKEWERS

Skewers or kebabs combine fantastic flavour opportunities with colour and texture unlike any other BBQ option. Mixing herbs, vegetables (sometimes fruit) with any number of cuts of beef, lamb or pork will guarantee a delicious meal'.

## SKEWERED SPECIALLY SELECTED PORK FILLET WITH SAGE & APPLE

SERVES 4 PREP 10-15 mins COOK 20 mins (plus 30 mins marinating)

### Ingredients

#### FOR THE SKEWERS

450g Specially Selected Pork fillet, or lean shoulder, cut into 2 cm slices

2 small cox or braeburn apples, cored and cut into wedges

2 small red onions, peeled, cut into quarters lengthwise, layers separated

12 sage leaves

#### FOR THE MARINADE

3tbsp olive oil

2tbsp cider vinegar (or 6 tbsp apple juice)

1 clove garlic peeled and crushed

2tsp dried oregano or mixed herbs

Salt and pepper

8 bamboo or metal skewers

### Nutrition

Kcals 223

Fat 6g

Protein 16.4g

Carbohydrate 26.2g

Sugar 4.3g

Salt 1.5g

### Method

1. Prepare the meat, apples and onions as above and place in a bowl.

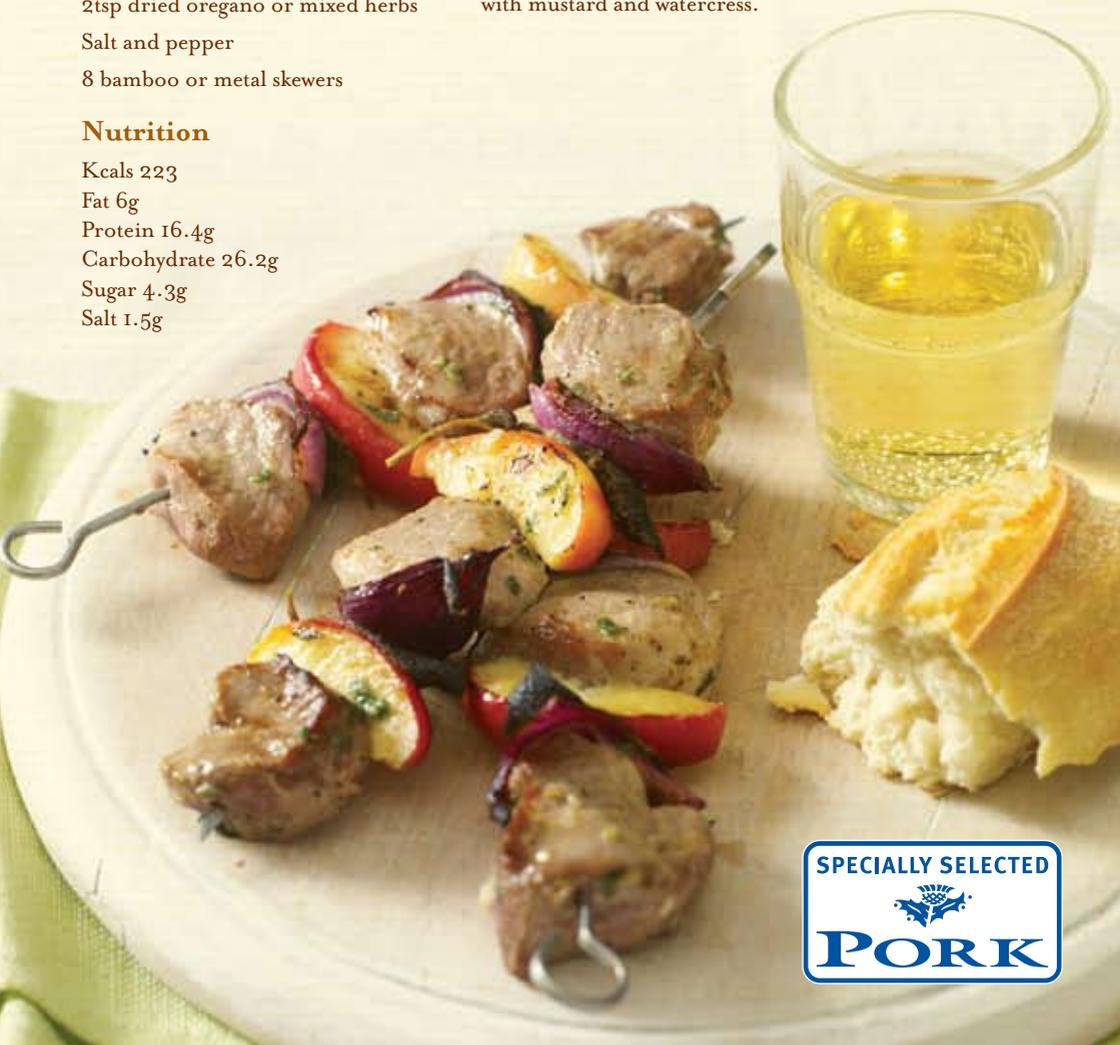
2. Combine all the ingredients for the marinade, (keep some aside for brushing during cooking) pour it over the prepared meat etc, leave to marinate for 20 to 30 minutes, turning in the liquid now and again

3. pre-heat the grill or light the barbeque

4. Thread the skewers with a chunk of meat, a slice of onion, a sage leaf and a piece of apple; and so on until you've used up all the ingredients. Use the reserved marinade to brush over the kebabs as they cook.

5. Cook under a hot grill (or bbq) for about 15-20 minutes, turning regularly and brushing with the marinade or until done to your liking. Let the kebabs rest for 5 minutes or so before eating.

Serve with rice or in a warm baguette with mustard and watercress.



# BRILLIANT BURGERS

The iconic food of choice for many when barbecuing. Burgers can be fun to prepare and cook and when combined with a large soft bun the easiest food for any occasion.

## RATHER SPECIAL BURGER

SERVES 4 PREP 25 mins COOK 30 mins

### Ingredients

#### FOR CARAMELIZED ONIONS

3 medium red onions,  
peeled and thinly sliced

25g unsalted butter

2 tbsp olive oil

Pinch of salt

Pinch of sugar

#### FOR THE BURGERS

600g coarsely ground ribeye Scotch Beef

Small red onion, finely chopped

2 tbsp chopped herbs such as parsley,  
chives, marjoram

4 Ciabatta buns

#### FOR BLUE CHEESE DRESSING

100g semisoft blue cheese such as roquefort

100ml soured cream

#### TO SERVE

Mixed baby salad leaves

1 large tomato, cut into 8 slices

### Method

1. Start with the caramelized onions. Fry the onions in the oil and butter over a gentle heat until transparent and soft (6 mins) then sprinkle on the salt and sugar and continue cooking, stirring from time to time until golden and sticky and beginning to crisp at the edges. Set aside.

2. Mix together all the burger ingredients and season (using your hands makes it easier). Shape into 4 burgers about 10- 12 cm diameter.

3. Heat the grill to its hottest setting and cook the burgers for 3-4 mins on each side for rare, 4-5 mins for medium and 5-6 minutes for well done.

4. Pop the split ciabatta's under the grill to warm a little.

5. Load buns with a handful of salad leaves, tomato slices, a burger, a tangle of onions and a dollop of blue cheese dressing for those who'd like it.

### Nutrition

| Kcals | Fat | Protein | Carbohydrate | Sugar | Salt |
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| 223   | 6g  | 16.4g   | 26.2g        | 4.3g  | 1.5g |



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