



It's summertime

...get grilling and get together.



Simple, summer recipes for friends and family

Warm Lamb Salad

with roasted veg and feta

Serves: 4

Prep time: 10 mins

Cooking time: 30-35 mins

Ingredients

2 Scotch Lamb loin fillets each weighing about 225g/8oz

Alternatively, Scotch Lamb steaks can easily be used with this recipe. We suggest 1 steak per person.

500g/1lb butternut squash, peeled and deseeded

2 courgettes, trimmed and halved

1 red pepper, deseeded

30ml/2tbsp fresh thyme leaves or 5ml/1tsp dried

salt and freshly ground black pepper

15ml/1tbsp clear honey

juice of half a lemon

1 (100g) bag baby spinach leaves

100g/4oz feta cheese, crumbled

a little olive oil

Cooking instructions

- 01 Preheat the oven to 200°C/Fan 180°C/400°F/ Gas Mark 6. Chop the squash, courgettes and pepper into evenly sized pieces - roughly 2cm pieces. Place in a large roasting tin, add the oil, thyme and seasoning. Toss well to coat then roast for 15 mins.
- 02 If using loin fillets, heat a griddle pan on the hob. Place the lamb on a plate, add a drizzle of oil and seasoning, then rub it into the loin. Place the lamb onto the hot griddle and cook over a medium heat for 10-15 mins turning the lamb occasionally until it is charred on the outside, but still pink in the middle. If using steaks, cook under a pre-heated grill for 4-6 mins each side until cooked to your preference.
- 03 Add the honey and lemon juice to the roasted vegetables then toss again, roast for a further 5 mins or until all the vegetables are tender.
- 04 Transfer the cooked lamb to a board and leave to rest for few minutes. Add the spinach leaves to the roasting tin along with the feta cheese and toss to mix. Divide the vegetables between four plates. Thinly slice the lamb loins and place on top of the warm salad. Serve straight away.



Lamb Souvlaki

Serves: 6

Prep time: 10 mins
& marinating time

Cooking time: 10-12 mins

Ingredients

900g/2lb boned Scotch Lamb leg

60ml/4tbsp olive oil

15ml/1tbsp dried oregano

finely grated zest and juice of 1 lemon

1 clove garlic, crushed

salt and freshly ground black pepper

1 red onion, cut into wedges

1 red pepper cut into wedges

To serve

100ml/4floc Greek style yogurt

45ml/3tbsp chopped fresh mint

pitta bread and Greek style salad

Cooking instructions

- 01 Cut the lamb into 2.5cm/1in cubes. In a large non-metallic bowl mix together the oil, oregano, lemon zest and juice and garlic and ground black pepper. Add the cubed lamb and mix well until the meat is well coated. Cover and leave to marinate for at least 3 hours or preferably overnight.
- 02 Take 12 metal or bamboo skewers soaked in water and thread the lamb, onion and pepper onto them.
- 03 Heat a grill, griddle pan or barbecue until hot. Add the skewers then cook for 10-12 mins, turning occasionally until the lamb is lightly charred.
- 04 Meanwhile mix the yogurt and mint together with seasoning to taste. Toast the pitta bread on the grill, pan or barbecue then serve alongside the souvlaki with a Greek style salad.



Grilled Ginger Beef

and sweet potato salad

Serves: 4

Prep time: 10 minutes
(30 minutes marinating)

Cooking time: 35 mins

Ingredients

8 thin Scotch beef steaks, each approx. 65g (2½ oz) i.e. minute steak or sliced topside

3 tbsp finely grated fresh ginger

3 tbsp olive oil

4 bulbs pak choi, halved lengthwise

750g (1lb 10oz) sweet potatoes, peeled

Juice of ½ a lemon

2-3tbsp sweet chilli sauce

Freshly ground black pepper

Cooking instructions

- 01 Preheated oven: 200°C / Fan 180°F / Gas Mark 6. Place the beef in a single layer in a shallow dish. Sprinkle on 2tbsp ginger with 1tbsp olive oil. Season with some black pepper. Leave to soak up the flavours for 30 minutes.
- 02 Prepare the potato salad. Cut the potatoes into large chunks, place in a roasting dish and drizzle over 1tbsp olive oil, tossing well to coat. Roast for 15 minutes then add the pak choi, drizzled with the remaining olive oil and cook for a further 15 minutes or until the potatoes are tender, tinged golden brown and the greens wilted.
- 03 Cook the marinated steaks under a hot grill or on a barbecue for 1-2 minutes on each side or until done to your liking.
- 04 Spoon the potatoes and greens onto serving plates and top with the steak. Whisk the remaining ginger, sweet chilli sauce and lemon juice into the hot roasting pan to make a warm dressing. Spoon over the steak salads.



Rather Special Burger

Serves: 4

Prep time: 25 mins

Cooking time: 30 mins

Ingredients

For the caramelised onions

3 medium red onions, peeled and thinly sliced

20g unsalted butter

1 tbsp olive oil

pinch of salt

pinch of sugar

For the burgers

600g Scotch Beef mince

small red onion, finely chopped

2 tbsp chopped herbs

such as parsley, chives, marjoram

4 Ciabatta buns

For the 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

Cooking instructions

- 01 Start with the caramelised 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.
- 02 Mix together all the burger ingredients and season. Mixing them with your hands makes it easier. Shape into 4 burgers about 10-12 cm diameter.
- 03 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.
- 04 Pop the split ciabatta buns under the grill to warm a little.
- 05 Load up the buns with a handful of salad leaves, a couple of tomato slices, a burger, a tangle of onions and a dollop of blue cheese dressing for those who'd like it.



Red Thai Pork

with spicy noodles

Serves: 2

Prep time: 10 mins

Cooking time: 10 mins

Ingredients

225g lean Specially Selected Pork fillet, cut into thin slices

5ml oil

30ml red Thai curry paste

3 spring onions, sliced

50g sugar snap peas

1 red pepper, deseeded and sliced

1 red chilli, seeded and sliced

2 heads pak choi, sliced

150ml coconut milk

For the noodles

100g dried rice or egg noodles

Juice of 1 lime

15ml sweet chilli sauce

Fresh chopped coriander

Spring onion

Cooking instructions

- 01 In a large non-stick wok or pan, fry the pork until browned. Stir through the red Thai curry paste and add spring onions, sugar snap peas, red pepper, red chilli and 2 heads pak choi. Cook for 2-3 mins.
- 02 Add 150ml coconut milk and heat for 1-2 mins until the sauce has thickened slightly. Sprinkle with fresh chopped coriander.
- 03 For the noodles cook 100g dried rice or egg noodles according to the pack instructions. Drain and stir through the juice of 1 lime, sweet chilli sauce, fresh chopped coriander and spring onion.
- 04 Serve the stir-fry with the noodles.



Chunky Pork Chops

Serves: 4

Prep time: 20 mins

Cooking time: 20 mins

Ingredients

4 lean thick

Specially Selected Pork chops

3 cloves garlic

Freshly cracked ground pepper

5 fresh sage leaves

Juice and rind of 1 lemon

2 tablespoons olive oil

Cooking instructions

- 01 For the marinade, crush together garlic, black pepper and roughly chopped sage leaves. Add to this the olive oil, lemon juice and rind.
- 02 Add the pork chops to the mixture. Cover and leave to marinate for anything from 10 mins up to 2 hours if you have the time.
- 03 Cook chops on a preheated grill or griddle pan for 6-8 mins each side or until cooked. Allow pork to rest for a few minutes before serving.
- 04 Serve with salad and chunky chips or alongside seasonal roast vegetables.



SPECIALY SELECTED

PORK

Great Quality of Taste

Scotland is renowned for producing some of the very best food and drink, a reputation based on generations of experience.

For many years now, the Scotch Beef and Scotch Lamb brands have held a "Protected Geographical Indication" or PGI for short. This is a European scheme which helps protect food terms of a high quality with a genuine link to a region or area. Champagne and Jersey Royal potatoes share a similar award.

Essentially, the Scotch brands and PGI logo guarantees the meat you are buying has been born, reared and slaughtered in Scotland, following strict quality assurance scheme standards.

Despite not having PGI status, the Specially Selected Pork label is your guarantee that pork has been produced to stringent standards that provide traceability and modern, professional farming practices. Furthermore, we work with the Scottish SPCA, Scotland's animal welfare charity, to ensure farmers maintain the highest standards of animal health and welfare in Scotland's natural environment.

For more information on the brands, and for additional recipe ideas, visit www.scotchbeefandlamb.com and www.speciallyselectedpork.com

For more information on healthy eating, visit the Food Standards Agency website on www.eatwell.gov.uk



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