

2021
EDITION

STEAK AT ITS BEST

THAT'S A CUT ABOVE

Your guide filled with flavour,
expert tips and delicious recipes

THE SCOTCH
Butchers
CLUB EST. 1907
THE CRAFT. THE CUT.





STEAK AT ITS BEST

From ribeye to rump, or premium cuts like picanha and tomahawk, steaks all have unique flavour profiles. And whether it's beef, lamb or pork, this guide includes expert tips on how to choose, prepare, cook and serve your steak from your local Scotch Butcher perfectly.



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For your new favourite steak dish, check out our recipes and share using #ThatsACutAbove



LOCAL PRODUCE



THAT'S A CUT ABOVE

Any great steak dish starts with the right cut and here are a few reasons why your local Scotch Butcher is the best place to find them.



Make it personal

Your Scotch Butcher can make sure your cut is freshly prepared, just how you like it.

Ask the experts

Don't be afraid to talk to them about preparing the perfect portion size or ideal cooking times.

Spoil for choice

If you're looking for a premium cut, like a tomahawk, head to your butcher for a greater selection.

Keep it local

For the freshest cut and best quality, buy from your Scotch Butcher and you'll be supporting local businesses too.

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 scotchkitchen.com



CRAFTSMANSHIP

THAT'S A CUT ABOVE

Scotch Butchers Club members are like-minded experts, sourcing the best for customers. Here's what they had to say about buying quality steak cuts and buying with confidence.

THE SCOTCH
Butchers
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"WE'RE MORE THAN HAPPY TO CHOOSE THE RIGHT CUT FOR THAT ALL IMPORTANT MEAL WITH A RECIPE THROWN IN FOR GOOD MEASURE."

Duncan, Owner and Butcher
Duncan Fraser & Son Butchers

"MY FAVOURITE STEAK IS A POPESEYE, MEDIUM RARE. IT'S AN OFTEN OVERLOOKED CUT OF MEAT, BUT GREAT VALUE FOR MONEY."

John, Craft Butcher
Saunderson's Family Butchers

"FILLET IS THE ACE OF ALL STEAKS, THE MOST PREMIUM AND TENDER WITH LITTLE FAT RUNNING THROUGH IT."

Spencer, Craft Butcher
Haywards Butchers



Ask your local Scotch Butcher to recommend their favourite steak cut.



DISPELLING THE MYTHS

BUYING FROM LOCAL BUTCHERS



"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.



"BUYING FROM A BUTCHER IS TOO EXPENSIVE"

Butchers specialise in stocking a wide variety of cuts and can also help you decide on portion sizes that are right for you, unlike supermarkets, helping you stick to a budget whilst also reducing waste. Plus, you can shop for the rest of your weekly staples at the same time.



"THE QUALITY IS JUST THE SAME AS ANYWHERE ELSE"

Butchers know exactly where your meat has come from so you can buy with confidence. And if they're a Scotch Butcher, their beef, lamb and pork has been quality assured. Your meat is also fresh as they will cut it while you watch.



"IT'S QUICKER AND EASIER TO GET MEAT DURING MY BIG SHOP"

Visiting your butcher is an experience, and the choice of meat you can find is much greater than at a supermarket. Butchers add lots of value such as cooking tips, recipes and serving suggestions – plus, you'll be supporting local small businesses.

Find your local Scotch Butcher at
scotchkitchen.com/scotch-butchers-club



CHOICE

—  —
THAT'S A CUT ABOVE



Choosing a cut can be tough when there are so many on offer. To help you out, here are the profiles of some of the most popular beef steaks so you'll know what to expect when buying, cooking and most importantly, eating.



SIRLOIN

0 10

Price



Tenderness



Marbling



Fat



Flavour



Cooking



Perfect for...

The ultimate steak dinner for 2



RUMP

0 10

Price



Tenderness



Marbling



Fat



Flavour



Cooking



Perfect for...

Midweek family meals



FILLET

0 10

Price



Tenderness



Marbling



Fat



Flavour



Cooking



Perfect for...

A weekend treat



BAVETTE

0 10

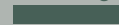
Price



Tenderness



Marbling



Fat



Flavour



Cooking



Perfect for...

A quick midweek recipe



FLAT IRON

0 10

Price



Tenderness



Marbling



Fat



Flavour



Cooking



Perfect for...

A light and fresh dish



RIBEYE

0 10

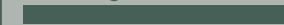
Price



Tenderness



Marbling



Fat



Flavour



Cooking



Perfect for...

When you have a bit more time to spare

ASK YOUR LOCAL
SCOTCH BUTCHER
ABOUT THEIR
FAVOURITE CUT.



HEALTH & NUTRITION

PERFECTLY BALANCED CUTS



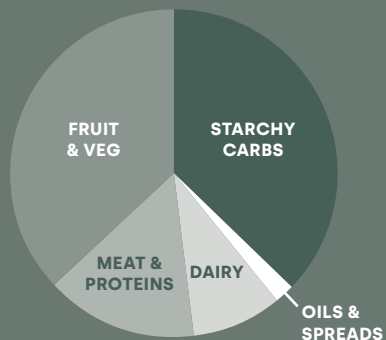
UNDERSTANDING PORTION SIZES

The government recommends we can eat up to 70g (cooked weight) of red meat per day – that's 500g a week.



HEALTHIER WAYS OF COOKING YOUR STEAK CUT

- Choose leaner cuts of beef, lamb or pork when you cook
- Trim fat from the meat before cooking
 - Cut off any remaining fat on the meat before serving
- Switch up your sides with a fresh salad or some grilled veggies



IT'S ALL ABOUT BALANCE

Our bodies need the right energy and nutrients to function normally. As you can see, meat and proteins are a key part of this balance.



RED MEAT HAS A RANGE OF HELPFUL NUTRIENTS

- Naturally rich in protein
 - Low in sodium
- Contains zinc – which contributes to the normal function of the immune system
- Vitamin B12 & Iron – which helps tiredness and fatigue

Find out more about red meat's role in a healthy, balanced diet at scotchkitchen.com/health-nutrition

COOKING

THE PERFECT STEAK



Want to create a restaurant-worthy steak at home? Whether you're grilling, frying, griddling or barbecuing, here are our top tips for getting it just right.

Avoid the chill

Always make sure your steak comes to room temperature and wipe off any excess moisture before you start cooking.

Turn up the heat

Always preheat your grill or pan before you start cooking.

Let it be

Don't over handle your steak when cooking. Try to limit to turning only once, halfway through cooking. Finally, allow the meat to rest for at least 3 minutes after cooking.



The length of time you cook your steak is all about personal preference, here's a quick guide.

Images & illustrations to be supplied



BLUE

- 1 MIN EACH SIDE
- Seared outside, 100% red centre
- Internal temp: 10-29°C
- Spongy with no resistance



RARE

- 2½ MINS EACH SIDE
- Seared outside, 75% red centre
- Internal temp: 30-51°C
- Spongy with some resistance



MEDIUM-RARE

- 3-4 MINS EACH SIDE
- Seared outside, 50% red centre
- Internal temp: 57-63°C
- Spongy and slightly springy



MEDIUM

- 4 MINS EACH SIDE
- Seared outside, 25% red centre
- Internal temp: 63-68°C
- Firm and springy



WELL DONE

- 6 MINS EACH SIDE
- 100% brown throughout
- Internal temp: 77°C+
- Firm



Find perfect pairings on pages 22-23

SCOTCH BEEF BAVETTE STEAK

WITH TEQUILA AND LIME



BUTCHER'S TIP
FOR AN ALTERNATIVE
TO SCOTCH BEEF PGI
BAVETTE STEAKS,
TRY SCOTCH BEEF
PGI RUMP STEAKS.



PREP
15

COOK
20

SERVES
2

INGREDIENTS

2 200g Scotch Beef PGI Bavette
or Rump Steaks

1 tbsp olive oil

Salt and freshly ground pepper

Zest and juice of 1 lime

50ml extra virgin olive oil

1 tsp sea salt flakes

4 cloves garlic, peeled
and roughly smashed

30g fresh coriander, finely chopped
including the stems

50ml tequila (optional)

It's steak with a twist, and an extra
helping of zingy flavour. Great for
a date night dish.

METHOD

1. Combine all the marinade ingredients in a large bowl and set to one side.
2. Preheat a griddle or frying pan until piping hot.
3. Rub each steak with olive oil and season well with salt and pepper on each side.
4. For a medium cooked steak, cook for four minutes on each side, adjust this time depending on your preference.
5. Once cooked, place the steaks in the marinade to rest.
6. Turn the steaks over after five minutes in the marinade to ensure the moisture is evenly distributed throughout. Marinade for another five minutes.
7. Remove the steaks from the marinade and slice.
8. Serve with tortillas, salsa, guacamole and chargrilled sweetcorn.



We'd love to see your delicious steak dishes, so share using #ThatsACutAbove

Use our perfect steak cooking guide on page 9



SCOTCH BEEF MINUTE STEAK



WITH TERIYAKI SAUCE



We'd love to see your delicious steak dishes, so share using **#ThatsACutAbove**



MINUTE STEAK
IS LEAN, THINLY CUT
AND COOKS QUICKLY.
IT'S ALSO VERSATILE,
SO WORKS IN A RANGE
OF DISHES.



PREP
20

COOK
10

SERVES
2

INGREDIENTS

2 Scotch Beef PGI minute steaks
(80-100g each)

For the salad:

30g pea shoots
100g buckwheat, or fine egg noodles
2-3 radishes, thinly shredded
50g mange tout, thinly shredded
1 carrot, grated

For the Teriyaki Sauce:

1 tsp finely shredded ginger
2 tsp sweet chilli sauce
1 tsp tamari or light soy sauce
1 tbsp rice vinegar
1 tbsp toasted sesame oil
2 tbsp mirin
2 tbsp sake (or vodka)
2 tbsp soy sauce

Simple, healthy and quick to whip up makes this dish the perfect choice for a midweek meal.

METHOD

1. Put all salad ingredients into a large bowl.
2. Prepare the noodles as per the packet instructions.
3. Mix together all the ingredients for the teriyaki sauce.
4. Pat the steaks with kitchen paper until dry and preheat a non-stick pan. When the pan is hot, sear the steaks for a minute or less each side, then move to a warm plate.
5. Reduce the heat, then pour the teriyaki sauce into the pan, swirling the pan around to keep the sauce moving until it becomes glossy.
6. Briefly return the steaks to the pan, turning them in the sauce to coat, then transfer them to warm plates while you let the sauce become syrupy.
7. Dress the salad and toss it well to evenly distribute the coloured ingredients and flavours.
8. Serve the steaks with the sauce together with the noodles and salad.

SCOTCH LAMB NECK FILLET



WITH TABBOULEH SALAD



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ASK YOUR LOCAL
SCOTCH BUTCHER
FOR SCOTCH LAMB PGI
NECK FILLETS OR LOIN.
THEY CAN ALSO TRIM
THEM FOR YOU.



PREP

15

COOK

20

SERVES

4

INGREDIENTS

The steak:

500g Scotch Lamb PGI neck fillets
or loin

1 tsp cumin seeds and 1 tsp coriander
seeds crushed in a mortar and pestle

A little light olive oil

Salt

The Tabbouleh:

150g bulgur wheat

6 cherry tomatoes

1/2 diced cucumber

Large handful of tender flat leaf
parsley, roughly chopped

4 spring onions, finely sliced

Zest and juice of 1 lemon

1-2 tbsp olive oil

The yogurt dressing:

6 tbsp thick Greek style yogurt

1 garlic clove, finely grated

1/4 cucumber unpeeled
and coarsely grated

1 tbsp chopped chives

Salt and pepper

There's nothing like a bit of spice to
liven up this fresh, healthy steak dish.

METHOD

1. Rub the lamb with the crushed spices, olive oil and salt. Set aside while you prepare the tabbouleh.
2. Prepare the bulgur wheat according to the pack instructions and allow to cool.
3. Mix together all the tabbouleh ingredients and add to the bulgur once it's cool.
4. Mix the yogurt, garlic, cucumber and chives together and season to taste. Add to a bowl and chill until ready to serve.
5. Place a frying pan over a medium/high heat and fry turning regularly until nice and brown, but still pink in the middle – around 4 minutes total each side. It should still feel soft in the middle when pressed with your finger and not too springy.
6. Remove to a board and cover loosely with foil to let the meat relax before slicing.
7. Serve each person a portion of the tabbouleh, topped with the sliced lamb. Drizzle the yogurt dressing over the top.

SPICED SCOTCH LAMB LEG STEAK

WITH SPINACH



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BUTCHER'S TIP
DUE TO THE LOWER FAT CONTENT OF SCOTCH LAMB PGI LEG STEAKS, OVER-COOKING CAN RESULT IN THE MEAT BECOMING DRY SO COOK QUICKLY OVER A HIGH HEAT.



PREP
10

COOK
20

SERVES
4

INGREDIENTS

4 120g Scotch Lamb PGI leg steaks
2 tbsp tomato puree
1 red chilli
1 clove of garlic, peeled
500g baby new potatoes
200g baby spinach leaves
30g butter or 2 tbsp olive oil
Salt and pepper

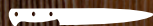
METHOD

1. Mix the tomato puree with the chilli and garlic (grated with a fine grater), in a small bowl and season with a pinch of salt.
2. Spread the paste all over the steaks and set aside while you cook the potatoes in boiling water.
3. Preheat the grill to a high setting and cook the steaks for about 3 to 4 minutes on each side or until done to your liking.
4. When the potatoes are thoroughly cooked, drain well and shake the pan hard so that the potatoes split and release some steam.
5. Squash the potatoes slightly with a fork. Add the butter or oil and return to the heat.
6. Add the spinach to the potato pot a handful at a time until it has wilted. Season and serve with the spicy lamb.

Not a spinach fan? Check out our other sides on page 23



SPECIALLY SELECTED PORK MEDALLION



KOREAN STYLE



We'd love to see your delicious steak dishes, so share using #ThatsACutAbove



PREP
20

COOK
25

SERVES
4

INGREDIENTS

For the marinade:

- 3 tbsp Gochujang paste
- 3 cloves of garlic, peeled and thinly sliced
- 50g ginger, peeled and grated
- 30g sesame oil
- 30ml reduced salt soy sauce
- 30ml rice wine
- 30g honey

For the stir fry:

- 500g Specially Selected Pork medallions, sliced thinly
- 100g spring onions, cut into inch long batons
- 2 onions, peeled and thinly sliced
- 1 red pepper, deseeded and sliced
- 2 tsp sesame seeds
- 140g basmati rice
- 120g pak choi, washed and sliced lengthways
- 100g baby corn, halved lengthways
- 100g carrot, peeled and sliced into matchsticks
- 100g sugar snap peas
- Salt and black pepper

BUTCHER'S TIP

THE TRICK FOR A TENDER AND JUICY MEDALLION IS NOT TO OVERCOOK IT. A NICE TECHNIQUE IS TO TENDERISE AND SEAR OVER A HIGH HEAT.



Get a taste of the exotic from home with a simple dish that's packed with deliciousness.

METHOD

1. In a large bowl, mix the Gochujang, soy, sesame oil, honey and rice wine and whisk together. Add the ginger and garlic, mix well to create your marinade.
3. Place the pepper, onion, baby corn, pak choi, carrot and sugar snaps in a bowl.
4. Pour half the marinade over the pork and the other half over the vegetables and allow to marinate for at least 30 minutes.
5. Heat a frying pan over a high heat and add a splash of oil.
6. Carefully add the pork and fry for 4-5 minutes until the sauce is sticky and the edges of the meat are crisped up.
7. Remove from the heat and set aside.
8. Heat oil in a separate frying pan and add the vegetable and marinade mix.
9. Stir fry for 2-3 minutes. Season and remove from the heat, the veg should still have a crunch.
10. Cook the rice as per the packet instructions.
11. Divide the rice and veg between 4 serving bowls and top with the crispy pork. Sprinkle with sesame seeds and serve immediately.

SPECIALLY SELECTED PORK TIKKA SKEWERS

WITH MASALA SAUCE



PREP
20

COOK
25

SERVES
4

INGREDIENTS

500g Specially Selected Pork Fillet
2x small red onions, cut into chunks
20ml rapeseed oil
1x tsp ground ginger
1x tsp chilli powder
The juice of 2 lemons
35g ground almonds
10g fresh coriander
1 pack of 3 mixed peppers, finely chopped
1 small brown onion, finely chopped
2 cloves of garlic, minced
1 tsp ground cumin
3 tsp curry powder
400ml coconut milk
4 metal or wooden kebab sticks

Get the taste of the takeaway with a twist on this favourite, cooked on the grill or barbeque (weather permitting).

METHOD

1. Cut the pork fillet in half lengthways, then cut into chunks.
2. Place the chunks into a bowl with one teaspoon of the curry powder and the juice of one lemon. Mix well and leave to marinate while you make the masala sauce.
3. In a wok, fry the chopped pepper, onion and garlic for two minutes on a low heat.
4. Add the rest of the curry powder, cumin, chilli and ginger. Cook for another minute, stirring as you cook.
5. Add the coconut milk, lemon juice and tomato puree. Bring to the boil and simmer for 5 minutes.
6. Add the ground almonds, stir well then put to one side while you make the pork and vegetable skewers.
8. Thread the pork chunks, onion and peppers onto the skewers.
9. Turn the grill to high and cook the skewers for about 15 minutes, turning as you cook.
10. Serve alongside your masala sauce, naan breads, rice, chutneys and pickles.



We'd love to see your delicious steak dishes, so share using #ThatsACutAbove

PAIRINGS

—  —
THAT ARE A CUT ABOVE



SAUCES

A well-chosen sauce can elevate steak. Here are a few to get you thinking.

For something zesty

Try a vibrant green chimichurri **1**

For something indulgent

Try the nutty notes of brown butter **2**

For something creamy

Try a delicious sauce Diane **3**

For something classic

Try a beautifully simple wine reduction

IF IN DOUBT
ABOUT HOW TO SERVE
YOUR STEAK, ASK YOUR
LOCAL SCOTCH BUTCHER
FOR THEIR SAUCE
RECOMMENDATIONS.



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



SIDES

Your steak accompaniment is just as important as the cut itself, bringing out the flavour even more. From dependable choices, to intriguing matches, here are a few of our favourites that you can mix and match to make your perfect plate.

Sides for beef

- Smoky paprika potatoes
- Caramelised onions
- Tomato salsa **1**
- Roasted garlic mashed potatoes
- Sweet potato fries

Sides for lamb

- Squash & Sweetcorn Fritters **2**
scotchkitchen.com/recipe/squash-sweetcorn-fritters/
- Roasted brussels sprouts
- Potato-leek gratin
- Peas and crispy pancetta
- Garlic herb shoestring fries

Sides for pork

- Cranberry apple salad
- Tangy vinegar coleslaw
- Simple Caesar salad **3**
- Sesame garlic roasted asparagus
- Parmesan pesto roasted potatoes



ASK YOUR
LOCAL SCOTCH
BUTCHER ABOUT
THEIR FAVOURITE
SIDES TO COOK
AT HOME.



STEAK



THAT'S A CUT ABOVE

With your next cut of Scotch Beef PGI, Scotch Lamb PGI or Specially Selected Pork, and this handy expert guide, you have all you need to make a dish that goes above and beyond.



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Want to get our latest tips and recipe inspiration?
Follow our social media channels.



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