

Good family

FOOD



Simply Delicious



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Scotch Kitchen and **Enjoy Quality Pork**



Welcome!

The Health and Education team at Quality Meat Scotland has produced this recipe booklet to help inspire readers to make quick, nutritious and tasty meals using Scotch Beef PGI, Scotch Lamb PGI and Specially Selected Pork.

These brands are underpinned by world-leading quality assurance schemes that ensure you can be confident the meat carrying these logos has been produced to a high standard that make animal welfare a priority.

This recipe booklet is free of charge and contains six great recipes which are fun, quick and easy to make using beef, lamb and pork:

- **Scotch Beef Tacos**
- **Spaghetti with Chilli Scotch Beef and Beans**
- **Lamb Steak with Spicy Couscous**
- **Lamb Burgers with Spiced Sweet Potato Wedges**
- **Pork and Apple Sausage Rolls**
- **Pork Caesar Salad**

Happy cooking! 😊
Jen & Mairi

The Good Family Food Team
Quality Meat Scotland



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SERVES: 4-6
PREP: 15 MINS*
COOK: 15 MINS

Scotch Beef Tacos

* Plus 1 hour marinating time, optional.

Ingredients

- 300g Scotch Beef PGI rump steak (or any other variety of medium thick cut steak)
- 1 large onion, thinly sliced
- 1 red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 1/2 tbsp Scottish rapeseed oil
- 8 shop bought taco shells or soft corn tortillas

To assemble the tacos

1 ripe avocado, peeled and sliced*, 4 lime wedges, 100g grated cheddar cheese
100g natural yoghurt / soured cream, 1/2 jar of shop bought tomato salsa (optional)
Shredded iceberg lettuce (optional) *Squeeze over a little lime juice to stop it browning.

Method

- Place all the marinade ingredients into a medium ziplock bag (reserve a little for later). Add steaks, remove excess air, seal then massage marinade all over the meat. Leave for up to an hour at room temperature or up to 6 hours in the fridge.
- Remove steaks from bag. Pat the steaks dry with kitchen paper and lightly rub a little rapeseed oil over both sides of the steak.
- Place a large frying pan onto a medium high heat. Once hot add the steaks and cook to your liking (around 1-1 1/2 mins per side for medium).
- Once cooked remove from pan and allow to rest for 5-10 minutes.
- Meanwhile, add a little more oil to the same pan then add the sliced onions. Sauté on a medium heat until they're soft. Scrape the pan of all the lovely steak flavour which should soak into the onions. Then add the peppers along with the reserved marinade. Stirring all the time cook for another two minutes. Remove from the heat.
- Cut the steak into thin slices then add to the pan and mix everything well.
- Put the tacos or tortillas in the oven to warm and put all the other elements onto large plates. Allow everyone to tuck in and help themselves.

Spaghetti with Chilli Scotch Beef and Beans

SERVES: 4-6
PREP: 10 MINS
COOK: 25 MINS

Ingredients

500g lean minced Scotch Beef PGI
2 tsp medium chilli powder
600g jar of tomato based pasta sauce
410g can of red kidney beans, rinsed,
and drained
340g can corn kernels, drained
1 green pepper, seeded and diced
500g spaghetti
Scottish rapeseed oil spray

Method

1. Spray a large saucepan with oil and heat. Add the mince and chilli powder and cook over medium heat for about 5 minutes, until browned, breaking up any lumps. Stir in the pasta sauce and bring to the boil. Reduce heat and simmer, partially covered, for 15 minutes, stirring occasionally.

2. Add the beans and vegetables and cook a further 5 minutes. While the sauce is simmering, cook the pasta in a large saucepan of boiling water. Drain and serve with the sauce. Garnish with shredded parsley and spring onions, if desired.

This sauce keeps in the fridge for up to two days - in fact the flavour improves if made ahead. It also freezes well for up to 2 months. Freeze in individual portions, labelled and dated.



Scotch Beef



Lamb Steak with Spicy Couscous

Ingredients

4 Scotch Lamb PGI rump steaks,
each approx 150g
250g couscous
75g sultanas
Grated zest from 1/2 lemon
400ml vegetable or chicken stock
(at boiling point)
1 tbsp harissa paste*
1 tbsp Scottish rapeseed oil
2 tbsp roughly chopped coriander
leaves
Yogurt and a wedge of lemon to serve

**If you don't have harissa, use tomato purée
and chilli sauce.*

SERVES: 4
PREP: 5 MINS
COOK: 10 MINS

Method

1. Prepare the couscous by tipping it into a heat-proof bowl with the harissa, sultanas and lemon zest and pour over the hot stock, stirring with a fork.
2. Cover and leave for 10 minutes while the stock is absorbed.
3. Season the lamb steaks and rub them with the oil, heat the pan and cook the meat over a high heat turning often to cook evenly, for about 8 minutes in total. Allow the meat to rest for 5 minutes or so.
4. Stir the couscous again and break up any lumps with a fork. Sprinkle some chopped coriander over the couscous and serve with the steaks, a small bowl of yoghurt and a wedge of lemon to squeeze over.



Lamb Burgers

with Spiced Sweet Potato Wedges

SERVES: 4
PREP: 15 MINS
COOK: 30 MINS

Ingredients

For the burgers

500g minced Scotch Lamb PGI
1 tbsp fresh coriander, finely chopped
1 tbsp fresh mint, finely chopped
Salt & pepper to season burgers before cooking
1 tbsp Scottish rapeseed oil

To serve (optional)

1 beef tomato, sliced
1/2 small bag of mixed baby leaf salad
1/2 red onion, thinly sliced into rings
50g Feta cheese
4 burger buns
Mayonnaise and ketchup to serve
Guacamole



For the wedges

2 large sweet potatoes, cut into wedges
1/4 teaspoon ground cumin
1/4 teaspoon crushed chilli flakes
1 tbsp Scottish rapeseed oil

Method

1. Heat the oven to 190°C.
2. Put the mince in a bowl and add the coriander and mint. Get your hands in and mix well until everything is well combined.
3. Divide the lamb into four equal sized portions. Use your hands to shape into balls then flatten into burger shaped patties, using the minimum of handling. Put the patties on a plate, use your thumb to press a slight indent into the centre of the burger, to help avoid the 'golf ball' effect when cooked. Cover with cling film and chill for around half an hour.
4. Put the wedges in a baking tray with the oil and spices and give everything a good mix with your hands then spread out in a single layer. Put in the oven for around 25-30 minutes till golden brown, turn them half way through cooking.
5. Fifteen minutes before the wedges are ready take your patties out of the fridge. Heat a frying pan to a high heat. Season the patties with salt and pepper on both sides.
6. Once the pan starts to smoke turn down the heat and add a little rapeseed oil. Put the patties into the pan. Cook on one side for around 2 minutes without touching them, unless they appear to be burning. Turn and brown the other side. Continue to cook until ready, turning every couple of minutes for another 6 minutes or so - be careful they don't burn though. Or, an easier method is to transfer them into the hot oven after browning and cook for around 6-8 minutes.
7. Serve the burgers in a bun with as many toppings as you like with the wedges.



Scotch Lamb

Pork and Apple Sausage Rolls



MAKES: 9 MEDIUM
SIZED SAUSAGE ROLLS,
OR 18 MINI SIZED
PREP: 20 MINS
COOK: 20 MINS

Ingredients

300g minced Specially Selected Pork (ideally from the shoulder)

1/4 red onion, very finely chopped

1 sprig of thyme (leaves picked)

Grated zest of 1/4 lemon

1/4 tsp fennel seeds (toasted and finely crushed)

Pinch dried chilli flakes (optional)

Salt & pepper

370g sheet of ready rolled puff pastry

1 egg, beaten

1 royal gala apple, grated and excess juice removed by squeezing together in hands

Method

1. Preheat the oven to 200°C.
2. Combine the mince, red onion, apple, thyme leaves, fennel seeds, chilli flakes, lemon zest and salt & pepper in a bowl.
3. Cut the rolled pastry sheet in half lengthways. Place a strip of mince down the centre of each, lengthways, going right up to the edges. Brush the exposed pastry with beaten egg. Take the edge of the pastry and roll up and seal. Brush with more egg on top and the sides. Take a small sharp knife and cut 3 small score lines along the top of each sausage roll.
4. Line a baking sheet with greaseproof paper and place into a hot oven for 20 minutes until golden brown, puffed up and cooked right through.
5. Serve with a green salad and tomato ketchup or chutney.



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Pork Caesar Salad

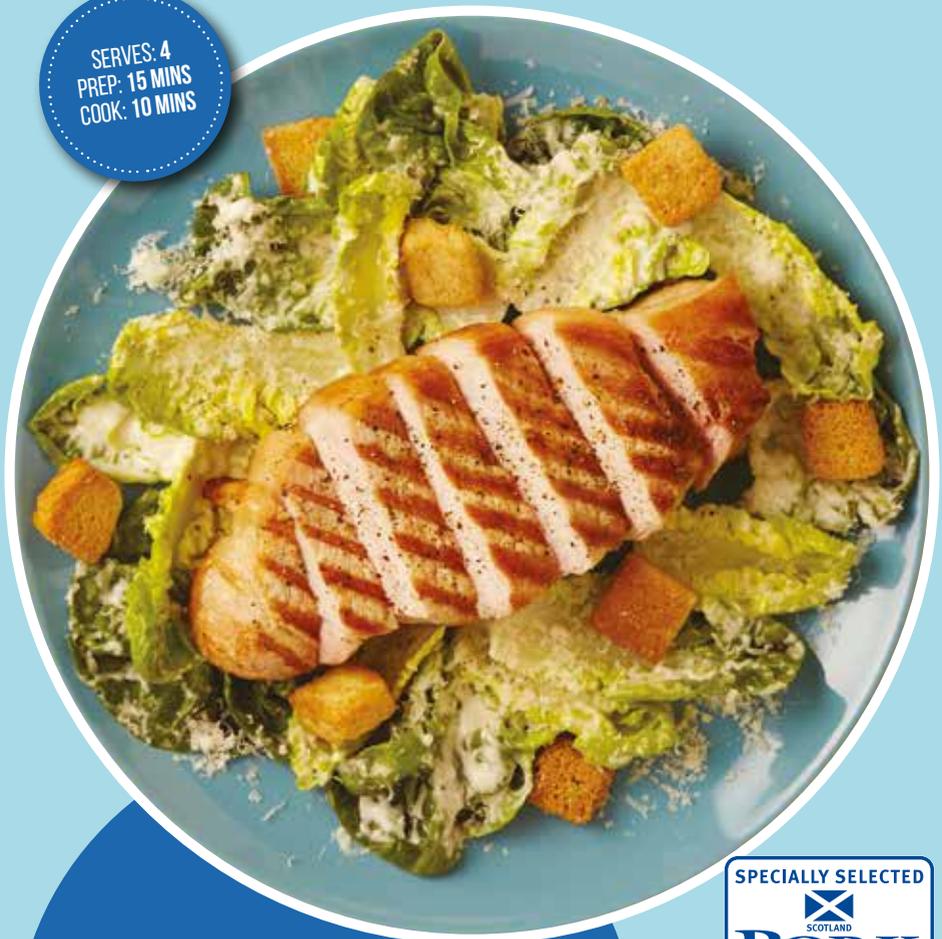
Ingredients

- 4 Specially Selected Pork loin steaks
- Crusty Bread
- Lettuce leaves
- 2 garlic cloves
- 2 anchovy fillets
- 50g parmesan
- 4 tbsp mayonnaise

Method

1. Mix the garlic cloves, anchovy fillets, parmesan and mayonnaise in a food processor and blend until smooth.
2. Heat a pan to medium/high.
3. Place the pork steaks in the pan and cook for 3-4 minutes on each side.
4. Toast the crusty bread and cut it in to croutons.
5. Cut the lettuce leaves and place in a bowl, with croutons and dressing and mix.
6. Slice the pork steak and place on the top to serve.

SERVES: 4
PREP: 15 MINS
COOK: 10 MINS



Pork

Let's Talk Nutrients!

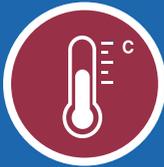
Beef, Lamb and Pork are rich in protein which is essential for the body's growth, maintenance and repair. In fact, meat is the top source of protein in the UK diet.

Red meat contains haem iron. Haem iron is only found in meat and is easily absorbed by our bodies. It helps us carry oxygen round our bodies in our red blood cells. The darker the meat, the more haem iron it contains.

Beef, Lamb and Pork are all a source of Niacin (Vitamin B3), Vitamin B12, Phosphorus and Zinc. Niacin aids digestive health while supporting energy release. Vitamin B12 is naturally only found in food of animal origin and helps to keep your nerves and red blood cells healthy, fighting fatigue. Phosphorus, in conjunction with calcium and vitamin D, maintains bone strength, while zinc is important for normal wound healing and muscle recovery.

With a good, balanced diet, it's easy to make sure your body is getting enough nutrients.

What About leftovers?



Cool it down

Quickly and pop in the freezer within 2 hours of cooking.



Portion control

Freeze food in realistically sized portions.



Wrap up or Box up

Use freezer bags or sealed boxes to prevent freezer burn!



Got doubts? Chuck it out!

If you are unsure of how long food has been frozen for or are wary once it has defrosted, don't take any chances.



Keep it tasty

Meat can be kept in the freezer for a long time, but best to eat between 3 and 6 months.



Stick a label on it

It may seem like it takes a while but it will save you so much time in the future!

Why Read the Label?

You probably recognise the **Scotch Beef**, **Scotch Lamb** and **Specially Selected Pork** logos, but do you know what they stand for?

You'll find some of what these iconic labels stand for below - it is impressive!



Heritage

The labels are a guarantee that the meat you are buying is from Scotland which is renowned for its long tradition of producing top quality beef, lamb and pork.

Jobs and Economic Sustainability

You are helping to support the Scottish red meat industry which accounts for around 50,000 jobs, many of which are in fragile areas of Scotland.

Quality Assurance

Scotland has a world-leading quality assurance scheme which underpins the Scotch Beef PGI, Scotch Lamb PGI and Specially Selected Pork brands. This covers all aspects of livestock production - from farm to haulage, auction markets and processors.

Animal Welfare

Animal welfare is a top priority in the quality assurance standards and the members of the industry's quality assurance schemes are inspected regularly to ensure high standards are maintained. Scotland's animal welfare charity, the Scottish SPCA, works in partnership with Quality Meat Scotland to ensure animal welfare is a priority.

Countryside

Livestock farming has an important role to play in maintaining and enriching the biodiversity and beauty of the Scottish countryside.



Created by QMS

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