



simply cooking

introduction

Quality Meat Scotland (QMS), the Scottish red meat industry body, provides free education sessions and cookery demonstrations to primary and secondary schools. The main focus of the sessions is healthy eating and the role red meat plays as part of a balanced diet. Information about farming is also included in the sessions which are offered, subject to dates being available, to any school on request.

A QMS secondary school initiative, the Meat Voucher Scheme, offers schools a voucher to spend on Scotch Beef, Scotch Lamb or Specially Selected Pork at their local butcher for use in home economics/hospitality classes.

We hope these initiatives, along with our range of free publications, will encourage young people to think about the many benefits of cooking with protein-rich foods like red meat and other fresh, natural produce.

For more information about QMS schools' initiatives please visit www.qmscotland.co.uk or call us on 0131 472 4040.



This cookery book, free to all young people studying Home Economics courses, has been designed to accompany the Meat Voucher Scheme in Schools.

It has eight cracking recipes using natural ingredients that require simple cooking techniques. It tackles the issue of fitting great cooking and real eating into a young lifestyle at low cost.

The recipes are full of flavour and goodness but take little time and effort, as the food is prepared and cooked very quickly.

Convenience foods and ready meals can be expensive and are often highly processed with a blend of artificial flavourings, preservatives, sugar, salt and fat.

However, "fast food" does not have to mean unhealthy and full of potentially nasty chemicals.

You can cook fresh food quickly with huge health benefits and maximum flavour and you will know exactly what has gone into each dish you prepare.

There is no fiddly preparation in any of these recipes - just simple tasty food that looks good, tastes fantastic and is good for you too!

Remember eating a healthy, balanced diet is one of the best things you can do in life.

POINTS TO REMEMBER WHEN COOKING

1. Choose the freshest and best quality produce when you can for optimum flavour and goodness.
2. A well-stocked store cupboard and good simple utensils make cooking much easier.
3. Good seasoning with natural herbs and spices are especially important when food is cooked quickly.





peppered beef and vegetables

Ingredients

- 2 cups basmati rice
- 500g Scotch Beef rump steak cut into thin strips
- 2 level teaspoons coarsely ground black pepper
- 1 teaspoon crushed garlic
- 3 spring onions, sliced
- 500g packet frozen mixed stir fry vegetables
- 200g baby pak choi/Chinese leaves, leaves separated
- 3 tablespoons oyster sauce
- 1 teaspoon clear honey
- 40g blanched almonds
- 2 tablespoons freshly chopped coriander leaves
- Olive oil spray

Method

- Cook rice according to pack instructions. Drain well.
- Meanwhile, place the strips of meat and pepper in a clean, dry plastic bag, twist to close the bag and shake to coat the meat with the pepper.
- Spray a non-stick wok or frying pan with oil and heat. Stir fry the peppered meat in 2 batches over a high heat for 2-3 minutes or until browned and tender.
- Remove from wok and keep warm. Reheat wok, add almonds and stir-fry until golden then remove with a slotted spoon. Add garlic, spring onion and remaining vegetables and stir for 5-6 minutes until tender but still crisp.
- Drizzle in the oyster sauce and honey to wok and stir through. Return beef to the wok and toss until heated through. Just before serving stir in the toasted nuts and chopped coriander leaves. Serve immediately with rice.

serves
4

Nutrition		% Energy
kcal	548	-
kJ	2293	-
Protein (g)	31.7	23.13
Fat (g)	12.0	19.70
Carbohydrate (g)	77.1	56.27

beef wraps with avocado salsa

serves
4

Ingredients

Four tortillas

Salad leaves – washed (about 150g)

One sweet pepper cut into thin strips

250g Scotch Beef top side minute steak cut into very thin strips

Oil for cooking

Avocado Salsa

One large, ripe avocado

1 medium-hot green chili (deseeded and finely chopped)

Juice of half a lime

2 salad onions, trimmed and chopped

Two Handfuls fresh coriander

2 tablespoons of low fat yoghurt
(or enough to make a paste consistency)

Nutrition		% Energy
kcal	367	-
kJ	1536	-
Protein (g)	20.9	22.8
Fat (g)	15.7	38.5
Carbohydrate (g)	37.8	38.7

Method

- For the salsa, stone and peel the avocado. Put the flesh in a food processor with all the other ingredients, apart from the low fat yoghurt and blend well, until smooth. Add the low fat yoghurt to make a thick salsa. Transfer the salsa to a small bowl for serving.
- Heat a heavy based frying pan with a little oil and wait until the pan gets really hot.
- Cook the beef in small batches, replenishing with a little more oil, as required but ensuring that the oil is hot before the beef is added. Cook small amounts of the beef for about 10 seconds on each side. (You just need to seal the meat; thicker pieces will take longer to cook). Lift the sealed beef from the pan, shake off excess oil and put it into a large bowl. Repeat to cook all of the beef.
- Add the, slices of pepper and salad leaves to the cooked beef and mix well. Add a tablespoon of the avocado salsa to the meat and salad and mix well.
- Warm the tortillas according to the packet instructions.
- Fill the warm tortillas with the salad, peppers, beef and avocado salsa and fold the wraps up and eat immediately!



With thanks to Fi Bird (stirrinstuff) for assistance with this recipe.

citrus beef and vegetable stir fry with couscous

Ingredients

10mls olive oil

1 clove garlic, crushed

1 small piece of ginger, peeled and finely grated

1 red or orange pepper, deseeded and sliced

6 spring onions, trimmed and sliced

125g broccoli, cut into small florets

250g Scotch Beef top side minute steak, cut into thin strips

juice and zest of one large orange

30mls reduced sodium soy sauce

5mls cornflour

200g couscous

400mls hot vegetable stock

a little freshly milled black pepper

Nutrition		% Energy
kcal	240	-
kJ	1004	-
Protein (g)	10.5	27.5
Fat (g)	5.8	21.8
Carbohydrate (g)	31.7	50.7

serves
4

Method

- Place couscous in a bowl, pour over the hot stock, cover and leave to one side.
- Place broccoli florets in a small pan with a little water. Steam gently for about 3 minutes then drain thoroughly.
- Place the juice and zest of the orange in a small jug with the soy sauce.
- This should measure about 150mls – add a little water if required. Add the cornflour to the jug and mix well.
- Heat olive oil in a wok or large frying pan.
- Add garlic and ginger to the pan and sauté for 1 minute. Add steak and fry until evenly browned.
- Add sliced peppers, spring onions and broccoli and stir fry for a further 2 minutes.
- Add the orange juice and soy sauce mixture to the pan stirring all the time.
- Allow to bubble gently for 2 minutes.
- Meanwhile fork through the couscous adding a little black pepper.
- Serve the couscous with the stir fry.



tagliatelle with Moroccan style lamb sauce

Ingredients

- 1 onion, chopped & 3 stalks of celery, chopped
- 2 teaspoon minced garlic & 3 teaspoon ground coriander
- 3 teaspoon ground cumin & 250ml chicken stock
- 500g minced Scotch Lamb
- 400g can chopped tomatoes
- 500g sweet potatoes (1 medium sized potato) peeled and cut into 2 cm cubes
- 2 courgettes, halved lengthways and thickly sliced
- 320g (dry weight) tagliatelle
- Olive oil spray

Method

- Spray a large saucepan with oil and heat.
- Cook onion and celery for 3-4 minutes, or until soft. Add garlic and spices and cook for 1 minute more.
- Add lamb and cook, stirring, for 5 minutes over a high heat, or until browned, breaking up any lumps with the back of a wooden spoon.
- Add stock, tomato and sweet potato.
- Bring to the boil, reduce heat and simmer partially covered for 10 minutes.
- Add courgette and cook, uncovered, over medium heat for 15 minutes, stirring regularly, until vegetables are tender and the sauce has thickened.
- While the sauce is simmering, cook pasta in large saucepan of boiling water according to packet instructions.
- Drain and serve topped with sauce. Garnish with sliced spring onions, and chopped parsley, if desired.

serves
4

Nutrition		% Energy
kcal	545	-
kJ	2281	-
Protein (g)	34.1	25.02
Fat (g)	15.67	25.87
Carbohydrate (g)	69.4	50.94

lamb curry

serves
4

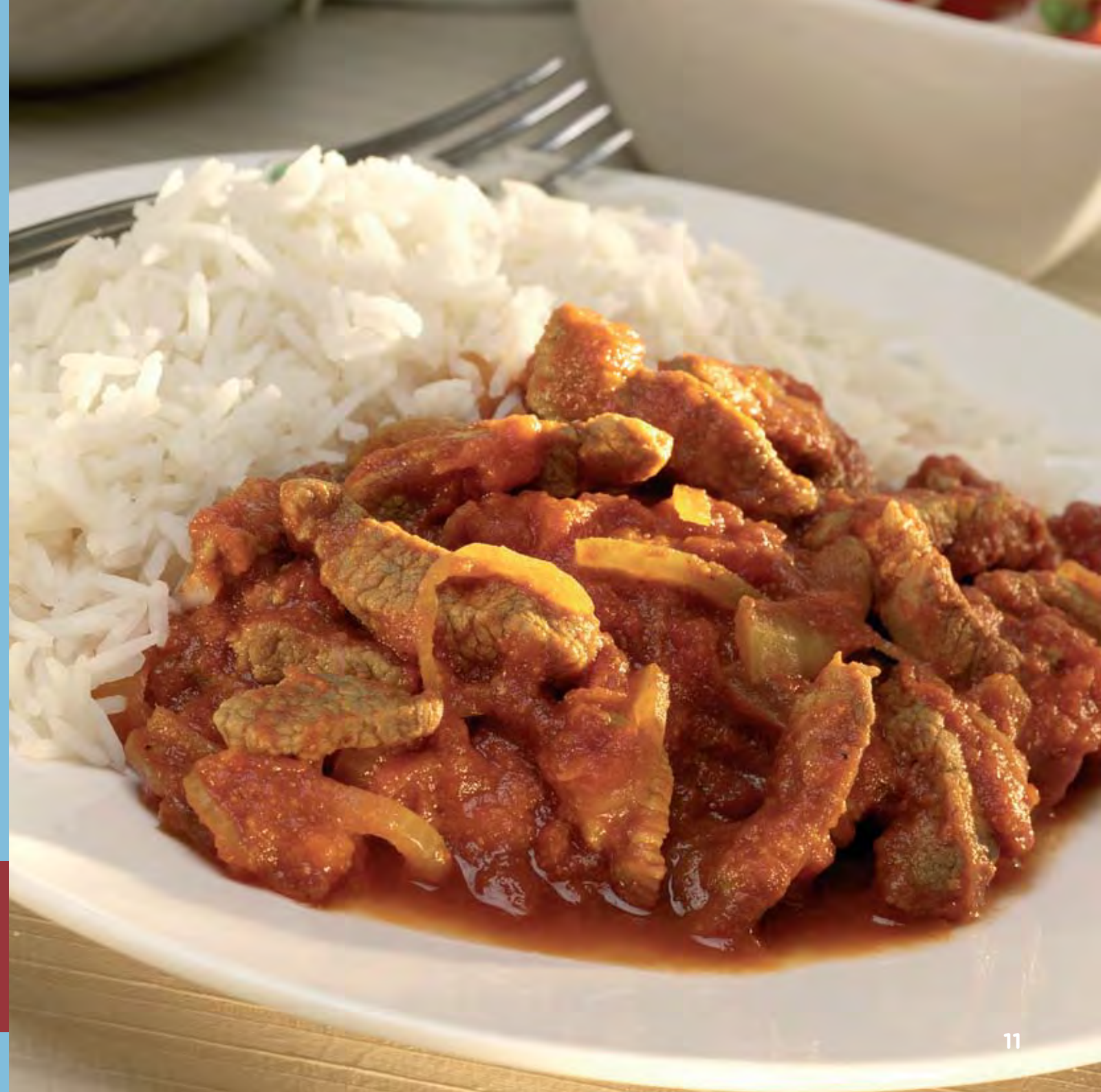
Ingredients

10mls olive oil
1 medium onion, peeled & sliced
3 Scotch Lamb chump chops, cut in bite-size chunks
75g button mushrooms, sliced
1 red pepper, deseeded & sliced
20p-sized piece root ginger, peeled & grated
1 teaspoon each of garam masala & ground coriander, plus a quarter tsp each of chilli powder & cumin (or 3tsp medium curry powder instead)
50g cashew nuts (optional)
25g sultanas
Freshly milled black pepper
1 medium can coconut milk
300g basmati/long grain rice
1 teaspoon turmeric

Method

- Heat oil in a medium sized pan and sauté onion.
- Add lamb and brown thoroughly. Add peppers, mushrooms and ginger.
- Add spices and coat lamb thoroughly.
- Cook rice in boiling water with the turmeric, according to the times on the packet.
- Meanwhile, add remaining ingredients to lamb and simmer whilst the rice is cooking. The flavours will develop and the sauce reduce to a coating consistency.
- Drain rice and serve with curry.

Nutrition		% Energy
kcal	487	-
kJ	2038	-
Protein (g)	17.8	14.8
Fat (g)	12.8	23.7
Carbohydrate (g)	74.9	61.5





pork with plum sauce

serves
4

Ingredients

250g (dry weight) medium egg noodles
500g Specially Selected Pork fillet, cut into thin strips
1 tablespoon grated fresh ginger
1 onion, sliced
250g asparagus, cut into short lengths
200g broccoli, cut into tiny florets
1 chopped red pepper
200g mange tout, halved
80ml plum sauce
2 tablespoons chilli sauce
80ml reduced salt soy sauce
Olive oil spray

Method

- Cook noodles as per packet instructions.
- Gently use a wooden spoon to separate the strands. Drain well.
- Spray a wok with oil and heat.
- Add pork and stir-fry over high heat until browned and cooked through, then set aside.
- Add ginger and onion to wok with 1 tablespoon water and stir fry until golden.
- Add asparagus, broccoli, pepper and mange tout and stir fry until bright green and tender.
- Put sauces in a jug and whisk to combine. Add to wok, stirring over high heat until sauce thickens slightly.
- Return pork to wok and cook for 2 minutes or until heated through.
- Serve noodles topped with pork. Garnish with chervil and chopped chives, if desired.

Nutrition		% Energy
kcal	487	-
kJ	2038	-
Protein (g)	32.2	26.41
Fat (g)	10.3	18.94
Carbohydrate (g)	68.9	56.60

sweet and sour pork stir fry

serves
4

Ingredients

10mls olive oil
1 medium onion, peeled & sliced
1 clove garlic, peeled & chopped
350g Specially Selected Pork steaks, cut in strips
1 green pepper, deseeded & cut in chunks
1 tin pineapple rings (in natural juice not syrup)
4 spring onions
1 teaspoon dark soy sauce
Freshly milled pepper
Half a teaspoon Chinese 5 spice
Juice of half a lemon
10g brown sugar
1 teaspoon cornflour
250g dry noodles

Method

- Heat oil in wok/pan and sauté onion and garlic. Add pork and stir over medium high heat until all the pork is browned.
- Add peppers and spring onions and stir.
- Cut the pineapple rings into segments and add fruit, spices, flavourings and juice to pan.
- When pork is thoroughly cooked, thicken sauce with a little cornflour blended with cold water. Stir into pork and allow to boil to cook out flour.
- Serve with noodles in heated bowls.

Nutrition		% Energy
kcal	434	-
kJ	1816	-
Protein (g)	24.5	23.0
Fat (g)	9.06	18.0
Carbohydrate (g)	68.0	59.0

pork and herb meatballs in tomato sauce

serves
4

Ingredients

Meatballs

250g Specially Selected Minced pork
One tablespoon wholemeal breadcrumbs
One tablespoon freshly grated parmesan cheese
One dessertspoon chopped fresh herbs
1 clove garlic crushed
1 egg yolk
Freshly ground pepper

Tomato sauce

1 tablespoon olive oil
Small onion finely chopped
Stick celery finely chopped
1 x 400g tin tomatoes (or passata)
40g grated carrot (½ small carrot)
Half a can of water
1 teaspoon tomato puree (optional)
Freshly ground pepper

Method

- Heat the olive oil in a pan.
- Sauté the onion and celery until they begin to soften.
- Add the tomatoes, grated carrots, half a can of water and tomato puree, if you are using it.
- Bring to the boil and simmer gently for two - three minutes to break the tomatoes down.
- Add the meat balls do not stir (it is tempting) or the meat balls will break. Put a lid on the pan and simmer until the meat balls have cooked (about 15 minutes, depending on their size). Season with pepper.

With thanks to Fi Bird (stirringstuff) for assistance with this recipe.

Nutrition		% Energy
kcal	286	-
kJ	1197	-
Protein (g)	18.8	26.3
Fat (g)	10.8	33.8
Carbohydrate (g)	30.4	39.9





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