

BEEF

Joints:

Sirloin, Forerib,
Topside & Silverside

Roast

Rare: 20 minutes per 450g/1lb plus 20 minutes

Medium: 25 minutes per 450g/1lb plus 25 minutes

Well done: 30 minutes per 450g/1lb plus 30 minutes

(180°C, 350°F,
Gas Mark 4)

Brisket

Pot Roast/
Slow Roast

30-40 minutes per 450g/1lb plus 30-40 minutes.

180°C, 350°F, Gas Mark 4

Steaks:

Popeseye & Sirloin

Grill/Fry

Rare: 2.5 minutes each side

Medium: 4 minutes each side

Well done: 6 minutes each side

Sirloin Extra Thin

Grill/Fry

1 minute each side

Fillet

Grill/Fry

Rare: 3-4 minutes each side

Medium: 4-5 minutes each side

Well done: 6-7 minutes each side

Braising Thick Runner

Braise/
Casserole

1.5 hours-2.5 hours.
170°C, 325°F, Gas Mark 3

Stewing Shoulder Steak,
Hough

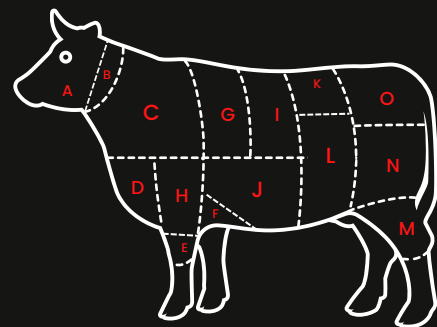
Stew/
Casserole

2-3 hours.
170°C, 325°F, Gas Mark 3

Prime Casserole Thick
Flank/Round Steak

Casserole

1-1.5 hours.
170°C, 325°F, Gas Mark 3



A: Cheek - Ox Tongue
B: Neck & Clod - Stewing
C: Chuck & Blade - Braising Steak
D: Thick Rib - Braising
E: Shin
F: Brisket - Joints
G: Fore Rib
H: Thin Rib - Mince
I: Sirloin - Steaks
J: Flank
K: Picanha - Steaks
L: Rump - Steaks
M: Leg - Mince
N: Thick Flank - Strips or Steaks
O: Topside & Silverside - Roasting & Ox tail

PORK SINGAPORE NOODLES



1 tbsp vegetable oil
1 tsp Chinese 5 spice
2 tsp curry powder
1 garlic clove crushed
300g noodles
500g leftover diced pork
1 onion sliced
1 pepper sliced
1 head of broccoli
1 carrot grated

Boil a pan of water and cook the noodles according to instructions. In a large frying pan soften the onions and garlic in the oil for 5 minutes. Next, add the curry powder and 5 spice and stir well, cooking for 1 minute before adding the pork and remaining vegetables. Add a little of the noodle-cooking water to loosen. Cook for a further 5 minutes stirring regularly. Add the noodles to the pan and stir well.



CHICKEN & HAGGIS WELLINGTON

4 chicken breasts
250g Scottish Craft
Butchers Haggis
Puff pastry sheets
1 egg, beaten
Salt and Pepper
Olive oil

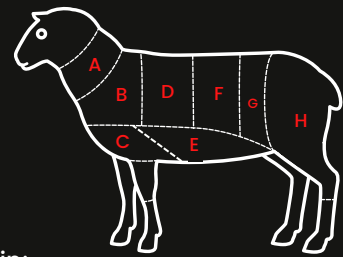


Season the chicken with salt and pepper. Divide the haggis into four portions and place them on top of the chicken. Cover tightly with clingfilm and chill in the fridge for 30 minutes. Preheat the oven to 200°C. Remove the pastry from the fridge 5 minutes before using and unwrap the clingfilm. Cut the pastry into four squares big enough to wrap around each chicken. Cover each individual chicken with the pastry, be sure to seal around completely and smooth down the edges. Chill in the fridge until ready to cook. Brush the wellingtons with the beaten egg and score a pattern into the pastry. Cook for around 30 minutes until golden brown all over.

SCOTTISH
CRAFT BUTCHERS

Recommended cooking
methods and times for meat

www.craftbutchers.co.uk



LAMB

A: Neck - Curries
 B: Middle Neck - Roasts
 C: Shoulder - Mini Roasts & Mince
 D: Best End: Casseroles
 E: Breast
 F: Loin: Noisette
 G: Chump - Chops
 H: Leg - Steaks, Roasts & Shanks

Loin:
 Whole/Half Boneless

Shoulder:
 Whole/Boned & Rolled

Half Boneless Loin

Best End Neck

Loin Chops

Chump Chops

Leg Steaks/Gigot Chops

Cutlets

Chump Ends

Scrag

Shoulder Lamb Cubed

Roast

Grill/Fry

Grill/Fry

Grill/Fry

Grill/Fry

Braise

Casserole

Grill/Fry
 Cube for
 Kebabs

Medium: 25 minutes per
 450g/1lb plus 25 minutes.
 180°C, 350°F, Gas Mark 4

Well done: 30 minutes per
 450g/1lb plus 35 minutes.
 180°C, 350°F, Gas Mark 4

6-8 minutes each side

6-8 minutes each side

6-8 minutes each side

4-6 minutes each side

1.5-2hours.
 170°C, 325°F, Gas Mark
 3 until tender

Slow cook at 170°C,
 325°F, Gas Mark 3
 until tender

3-5 minutes each side
 2-4 minutes each side
 Grill: 10-15 minutes turning
 occasionally

MEAT PRODUCTS

Sausages **Grill/Fry** 10-12 minutes turning occasionally

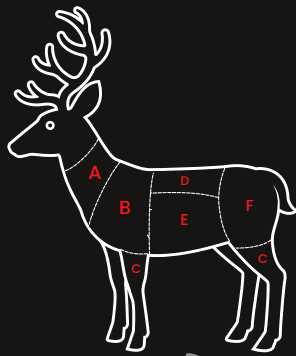
Kebabs **Grill/Fry** 10-15 minutes turning occasionally

Stirfry **Fry** 3-6 minutes plus 2 minutes
 with vegetables

Burgers **Grill/Fry/BBQ** 6-7 minutes each side

Grillsticks **Grill/BBQ** 10 minutes turning occasionally

Meatballs **Oven Baked** 180°C, 350°F, Gas Mark 4 for
 30 minutes or 170°C, 325°F,
 Gas Mark 3 for 1-1.5 hours



VENISON

A: Neck
 B: Shoulder - Casseroles, Mince & Sausages
 C: Shank
 D: Saddle, Rack, Striploin & Under-fillet - Steaks
 E: Flank & trim - Burgers
 F: Rump, Topside, Silverside, Thick Flank &
 Top Rump - Kebabs & Roasted

Haunch Roasts

(180°C, 350°F,
 Gas Mark 4)

Saddle Steak

Fillet

Braising

Stewing Shoulder Steak,
 Shin

Roast

Pot Roast/
 Slow Roast

Grill/Fry

Grill/Fry

Braise/
 Casserole

Stew/
 Casserole

Rare: 20 minutes per
 450g/1lb plus 20 minutes

Medium: 25 minutes per
 450g/1lb plus 25 minutes

Well done: 30 minutes per
 450g/1lb plus 30 minutes

30-40 minutes per 450g/1lb
 plus 30-40 minutes

Rare: 2.5 minutes each side

Medium: 4 minutes each side

Well done: 6 minutes each side

Rare: 3-4 minutes each side

Medium: 4-5 minutes each side

Well done: 6-7 minutes each side

1.5 hours-2.5 hours.
 170°C, 325°F, Gas Mark 3

2-3 hours.
 170°C, 325°F, Gas Mark 3



CHICKEN

Raw chicken should be cooked thoroughly and should never be cooked directly from frozen. Leftover cooked chicken should be left to cool and then immediately stored away under cover in the fridge. When reheating, do this very thoroughly until piping hot all the way through (above 82°C). It is perfectly safe to re-freeze cooked chicken as long as it's cooled quickly and frozen immediately.

If cooking chicken in a conventional oven, you should on average allow 20 minutes per 450g (1lb) plus 20 minutes at 190°C, 375°F, Gas mark 5. The best way to check that a chicken is properly cooked is to test it with a temperature probe which should show an internal temperature of 75°C or over. Alternatively, a skewer pierced deeply through the thickest part of the thigh must show the juices running absolutely clear, not pink.

PORK

Loin:
 Bone-in/Boneless

Shoulder

Leg:
 Whole, Half Bone-in,
 Bone-in & Boneless

Streaky:
 Joint (Belly) &
 Joint with Stuffing (Belly)

Loin Chops:
 Bone-in/boneless

Chump Chops
 Gigot Chops

Spare Rib
 Chops

Fillet Slices
 (Tenderloin)
 1 to 1.5cm
 (1/2 - 5/8 inch)

Streaky Rashers

Belly Slices or Ribs

Roast

Grill/Fry

Grill/Fry

Grill/Fry

Grill/Fry

Grill/Fry

Roast

Barbecue

Grill

Rare: 45-55 minutes
 per 450g/1lb.
 160°C, 330°F, Gas Mark 3

Medium: 30 minutes per 450g
 plus 30 minutes.
 180°C, 350°F, Gas Mark 4

Well done: 35 minutes per
 450g plus 35 minutes

8-10 minutes each side

8-10 minutes each side

8-10 minutes each side

3-5 minutes each side

2-4 minutes each side

8-10 minutes each side

200°C, 400°F, Gas Mark 6
 for 25 minutes

20 minutes turning
 occasionally

10-15 minutes turning
 occasionally

A: Cheeks
 B: Spare Rib Roast - Ribs
 C: Shoulder - Pulled, Sausages
 D: Hand
 E: Trotters
 F: Loin - Steaks, Chops, Medallions, Bacon
 G: Belly - Sausages, Bacon, Roasts
 H: Leg Ham
 I: Hock

