

BEEF

Joints:

Sirloin, Forerib, Topside & Silverside  (180°C, 350°F, Gas Mark 4)	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

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 Think Flank/Round Steak	Casserole	1-1.5 hours. 170°C, 325°F, Gas Mark 3
--	-----------	--

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.

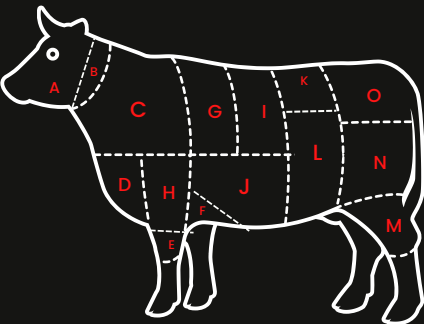


CHICKEN & HAGGIS WELLINGTON

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



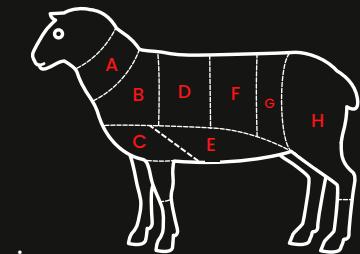
Season the chicken with salt and pepper. Divide the haggis into four portions and place them on top of the chicken. Cover tightly with clingfilm and chill in the fridge for 30 minutes. Preheat the oven to 200°C. Remove the pastry from the fridge 5 minutes before using and unwrap the clingfilm. Cut the 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.



- 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

SCOTTISH  
CRAFT BUTCHERS

Recommended cooking  
methods and times for meat



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

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

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

Kebabs

Stirfry

Burgers

Grillsticks

Meatballs

Grill/Fry

10–12 minutes turning occasionally

Grill/Fry

10–15 minutes turning occasionally

Fry

3–6 minutes plus 2 minutes  
with vegetables

Grill/Fry/BBQ

6–7 minutes each side

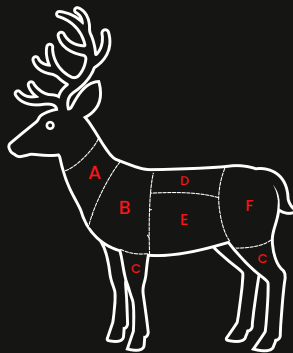
Grill/BBQ

10 minutes turning occasionally

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

## LAMB



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

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

Braising

Stewing Shoulder Steak,  
Shin

Braise/  
Casserole

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

Stew/  
Casserole

2–3 hours.  
170°C, 325°F, Gas Mark 3

## VENISON

Haunch Roasts

(180°C, 350°F,  
Gas Mark 4)

Roast

Pot Roast/  
Slow Roast

Grill/Fry

Grill/Fry



## 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 undercover 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

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

Grill/Fry

8–10 minutes each side

Grill/Fry

8–10 minutes each side

Grill/Fry

8–10 minutes each side

Grill/Fry

3–5 minutes each side

Grill/Fry

2–4 minutes each side

Roast

8–10 minutes each side

Barbecue

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

Grill

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

