



COOKING WITH MEAT

Masterclass



Lamb noisettes, mash and asparagus



SPRING INTO SUMMER 2018

Great ideas, cooking tips and recipes from your Q Guild butcher to inspire your meal options from Spring into Summer

Spring Fresh Ideas
BBQ Safety

Enjoy Gammon
Learn about Lamb
And so much more inside





Grilled lamb cutlets

Q Guild Butchers represent the finest quality independent butchers in the UK. They are often award winners and leading experts in their field. The Q Guild brand indicates a seal of excellence and quality. A butcher belonging to the Guild indicates that they are one of Britain's best butchers shops. So, when out shopping, always look out for the Q sign in your high street.





SPRING *Food*

MASTERCLASS

Created with passion, backed by heritage and traceability, we love to give our customers something special.

Welcome

Spring is in the air and we have some new and exciting products that will see you right through to the lazy end of Summer.

- Discover home produced sweet-tasting Spring lamb, it has great versatility and comes in a range of cuts that can suit all budgets and servings. See our section on Lamb Cuts and try something new, your butcher will also have some great serving ideas.
- For those keen on picnics, don't forget Glorious Gammon. It's not just a sandwich filler, it can be used in a vast array of salad dishes as well as stir-fry's and paella to pasta bakes and stews. It's easy to cook as well, see our cooking guidelines, to get the best out of gammon.
- As the season warms up it will be time to dust down the BBQ and enjoy some outside entertaining. From a quick burger to a slow cooked lamb joint, make sure your alfresco dining experiences are enjoyable - see our BBQ'ing tips for some safe grilling.

For more ideas and recipes ask your butcher or check out www.qguild.co.uk/recipes

a Masterclass in Meat...

SPRING

Fresh

MasterTIPS

What's available when?

Spring (March-May)

Asparagus Cauliflower Cucumber
Jersey Royal New Potatoes
Purple Sprouting Broccoli
Radishes
Savoy Cabbage
Sorrel
Spinach
Spring Greens
Spring Onion
Watercress

Summer (June-Aug)

Aubergine
Beetroot
Broad Beans
Broccoli
Carrots
Courgettes
Cucumber
Fennel
Fresh Peas
Garlic
Green Beans
Lettuce and Salad Leaves
New potatoes
Radishes
Rocket
Runner Beans
Salad Onions
Sorrel
Tomatoes
Watercress

As the new seasons get underway, there is a wealth of fresh produce available. These can really kick start your cooking ideas.

It's good to eat fresh fruit and vegetables that are in season. There are many reasons why we should try and use seasonal produce, from better flavour and texture, to improved nutrition, and if it's local it will not have travelled as far either, so there will be a smaller environmental footprint.

'Eating seasonally can help you cook more creatively, giving your meals a fresher taste'

Some reasons to eat seasonally

Taste

Food in season often tastes better, especially if it's local as it will not have travelled as far and so will have retained most of its nutrients and vitamins

Nutrition

Seasonal vegetables contain ingredients that our bodies need – often more natural and instinctive i.e. comforting stews with root veg in autumn and soft fruit or green salads in summer

Variety

By following the seasons means you'll eat a wider variety and get the nutrients needed for the time of year.

Good Value

Local farmers and producers often have gluts of seasonal veg, which can mean buy in bulk offers.

Enjoy GAMMON



Why not try gammon for a change this Spring or Summer. Here are just a few master tips to help you enjoy gammon



- 🕒 Soaking a gammon in water for up to 24 hours can help remove excess salt
- 🕒 When boiling or roasting a gammon joint allow 20 minutes per 500g plus 20 minutes at the end and remember don't cook for longer otherwise it will end up dry and tough
- 🕒 Boil – place the joint in a large pan and cover with cold water, or a liquid mix of choice i.e. fruit juice, white wine, ginger beer, cola or stock, and also add some cloves, black peppercorns, cinnamon sticks or bay leaves to enhance the flavour
- 🕒 Bring to the boil and simmer for the calculated time, keeping the pan topped up with liquid

🕒 Roast – preheat oven to Gas Mark 4-5, 180 ° C

🕒 Place the joint in a roasting tin, cover with foil and roast for the calculated time

🕒 20-30 minutes before the end of the cooking time, remove the foil and add your favourite glaze such as Maple & Ginger (a mix of 2x15ml maple syrup and 15ml ginger syrup from a jar of stemmed ginger, plus 2 pieces of thinly sliced stem ginger, and then brush over the joint).

🕒 An alternative method is to boil for half the cooking time and to roast for the remainder, then as above add your favourite glaze 20 minutes from the end

🕒 After removing the gammon from the heat allow it to stand for 10-15 minutes. This allows the juices to be evenly distributed throughout the meat which results in a firmer, juicier and easier to carve ham.

🕒 It is important that the carving knife is extremely sharp as this will allow the carving of thick or thin slices to be more precise and will make it a lot easier



Courtesy of Lovepork.co.uk for more recipe ideas go to www.lovepork.co.uk/recipes



Masterclass WITH LAMB

Take some time out to learn about some of the lamb cuts Q Guild butchers can create for you.

The versatility of lamb means there are cuts for many different meal occasions. Look out for seasonal variations too, from tender new season spring lamb to flavoursome autumn lamb.

Do not worry about asking your Q Guild butcher's advice on which lamb cut to use for your recipe, they are happy to help. Here is just a selection of the lamb cuts available:

Great for grilling - Chops, Cutlets & Steaks

Lamb cutlets – taken from the best end, these require little cooking and should be eaten slightly pink. The cooking time depends on the thickness but ask your butchers advice

Shoulder steaks – full of flavour

Barnsley chops – also known as crown or double chops and prepared from the saddle, these are perfect for those with a hearty appetite

Valentine steaks – a modern butterfly cut prepared from the loin with the meat of two chops

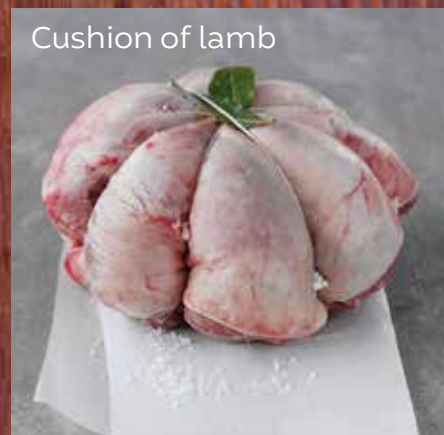
Barnsley lamb chop



Valentine steaks



Cushion of lamb



Barbecued slow braised shoulder of lamb with red wine and rosemary

Serves: 6-8

Preparation time: 10 minutes

Marinade time: 4hrs or overnight

Cooking time: 3 hours 20 minutes

Ingredients:

1.8-2.25kg/4-5lb lean whole lamb shoulder

Salt and freshly milled black pepper

For the Marinade:

4-5 large sprigs rosemary leaves, roughly chopped

75ml/5tbsp good, balsamic vinegar

250ml/9flox good red wine

60ml/4tbsp olive oil

1 large red onion, peeled and sliced



Lamb koftas

Why not try lamb mince – great for burgers, kofta kebabs or a moussaka. When cooking mince with other ingredients, such as in a moussaka, start by browning just the mince in a good sized pan. Fry either dry or with just a little oil, for 4-6mins. Do not put too much mince in the pan or it will steam. Batch fry instead. For some great lamb recipes visit www.qguild.co.uk/recipes

Great for roasting

Cushion of lamb – a boneless joint that is round in shape and easy to carve.
Your butcher can prepare this for you

Rolled boneless shoulder – a succulent tender roasting joint, ideal for stuffing

Half shoulder – a cut that is full of flavour

Whole and half leg – prime roasting joints perfect for Sunday roasts

Rolled boneless
shoulder



Half shoulder blade



Method:

Mix the marinade ingredients together and transfer to a double-lined plastic food bag. Add the joint and coat in the marinade. Seal the bag, transfer to a large plate and refrigerate for up to 4 hours or overnight, turning the bag over once.

Preheat the oven to Gas mark 1-2, 140-150°C, 275-300°F. Place the joint on a chopping board, score the surface in a diamond pattern (or ask your Q butcher to do this for you) and season on both sides.

Transfer the joint from the marinade and place in a large non-stick roasting tin, with the marinade mixture from the bag. Cover with foil and roast in the oven for 3-4 hours. Remove the joint from the oven and remove the onion and rosemary from the surface of the joint.

Cook on a prepared barbecue for 10 minutes on each side. Transfer to a large plate, cover and leave to rest for 10-15 minutes. Carve the lamb and serve with fresh salad leaves.





SUMMER BBQ *Masterclass*

Master TIPS – Safe Grilling

- For coal BBQ's, light well before you want to eat, they can take up to an hour to go white before they are ready for cooking on.
- Remember to wash your hands and all utensils, also have a bowl of warm soapy water next to your BBQ to wash utensils in between cooking.
- Keep raw and cooked meat separate, using separate utensils and plates. Do not put cooked products back on plates previously used for raw.
- If you are marinating meat you have to take extra care to avoid food poisoning. Keep marinating meat in the fridge until you are ready to use it. Discard the marinade when you have put the meat on the barbecue, using a freshly made marinade to baste your meat while it cooks.
- For whole muscle meat products like fillets, steaks and chops, take care when grilling as they can cook quite quickly and sometimes burn what should be a lovely steak. Ensure the grill is pre-heated, coals are white or gas is on medium to high. Place steaks on a pre-oiled griddle (or put some sesame oil on the steaks if they are not already marinated), grill for a few minutes either side turning only once. Depending how thick they are, suggested timings per side are: rare (2-3mins); medium (4-5mins); well done (6-7 mins)
- Cook burgers until they are piping hot, no pink areas in the centre and juices run clear. Make use of a digital thermometer to take out the guesswork, meat products should reach an internal temperature of between 75°C – 80°C.
- For BBQ's with lids, larger joints can also be cooked. Pre-marinated spatchcocked joints or whole chickens are great for a larger party or an outdoor Sunday roast, ask your Q butcher to prepare one for you – or see opposite if you want to have a go yourself. Usually taking about 40+mins to cook, depending how thick, check the joint halfway through cooking to ensure an even doneness.
- Another fun Sunday roast, if your BBQ is large enough, is Beer BBQ'd Chicken, where the chicken is basted with garlic butter and spices, placed upright onto a can of beer and cooked for 2-3 hours – dependent on size of chicken or until internal temperature reaches 80°C
- Want to enjoy a subtle smoky flavour, then try cooking your meat on an untreated wooden plank, ideally cedar, alder, hickory or maple, usually available from speciality shops. Follow the pre-cooking instructions to get the best cooking experience and these will not only look great, but mean less handling, as food doesn't need turning. They can only be used a few times, but can be used as smoking chips when finished with.



With Summer approaching fast, it's time to dust off the barbecue and remind ourselves about preparing and cooking food safely.

Take a look at our master tips and dig out the BBQ, scrub the grill and have a great Summer eating 'Alfresco'.

Spatchcock Lemon Chicken

To prepare a spatchcock chicken first remove the backbone and then flatten out.

Place it into a pre greased foil tray or tin, or if placing directly onto the grill to enable easy turning use skewers, place one on each side, from the leg across to the breast.

Coat the chicken with your favourite marinade for example, lemon, garlic & sage. Crush together 3 cloves of garlic, black pepper & 6 roughly chopped fresh sage leaves, add this to the juice of 1 lemon and 30ml olive oil.

Leave to marinade in a fridge for at least 2 hours. Cook in the tray or tin, or directly onto the grill until the chicken is cooked and tender with juices running clear or it can be cooked in a preheated oven 180°C, for 20 mins per 500gms.



Photography Courtesy of Dalziel Ltd

Barbecued Lance Steaks



Ingredients:

2 x 300g/10¹/₂oz lean rump steaks, each cut in half
5ml/1tsp sunflower oil

For the marinade:

15ml /1tbsp Worcestershire sauce
15-30ml/1-2tbsp prepared barbecue sauce
10ml/2tsp good balsamic vinegar
Salt and freshly milled black pepper
Rocket leaves, to garnish

Method:

Place the steaks in a non-metallic dish. Mix together the marinade ingredients and pour over the steaks. Cover and marinate for 10 minutes.

Heat the oil in a large non-stick frying pan and cook the steaks according to your preference.

Arrange the steaks on a small bed of rocket leaves and serve with pea mash.

Gourmet Ranch Burgers



Ingredients

- 450g/1lb beef mince
- 1 small onion, peeled and grated
- 1 large garlic clove, peeled and finely crushed
- 5ml/1tsp English mustard, optional
- 60ml/4tbsp prepared barbecue sauce
- 15-30ml/1-2tbsp freshly chopped flat-leaf parsley
- Salt and freshly milled black pepper
- 15ml/1tbsp sunflower oil

Method

1 In a large bowl mix all the ingredients together. Using slightly damp hands shape the mixture into four 9cm/3½inch burgers. Cover and chill for 20 minutes.

2 Cook the burgers under a preheated moderate grill or prepared barbecue for 6-8 minutes on both sides until thoroughly cooked or until any meat juices run clear.

3 Serve the burgers in bread rolls of your choice with sliced tomatoes, onion rings, lettuce and/or a selection of relishes, such as guacamole, onion or sweetcorn relish.

WILL YOUR NEXT BBQ LOOK LIKE THIS?



**TASTE THE
WOOD FIRED
DIFFERENCE**

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[traegergrills.uk](https://www.traegergrills.uk)



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Be Inspired!



At Taste of Game we are passionate about game meat. Game meat is wild and natural, part of our countryside harvest. It is part of our heritage but is also a vibrant and a modern addition to today's lifestyles and food choices.

Ask your Q Guild butcher about trying a wide range of game products, and be inspired by the recipe ideas on our website at:

www.tasteofgame.org.uk

- **Game pie**
- **Game pâté**
- **Game birds such as Pheasant, Partridge, Grouse and Wood Pigeon**
- **Venison from Red Deer, Muntjac or Roe Deer**
- **Hare and Rabbit**

Chinese pancakes with aromatic pulled venison



Moroccan sausages with mediterranean vegetables

For an easy, quick, 'all-in-one' family meal this Summer

Cooking Instructions

To assemble the dish, place some chopped vegetables (mushrooms, mixed peppers, courgettes, red onion and vine tomatoes) into an oven tray, along with your desired quantity of Moroccan Sausages.

Drizzle your favourite oil (lemon, basil, garlic or chilli flavour perhaps) over the sausages and vegetables. Cook for approx. 30-35 minutes at 190 °C. For a quick and easy, tasty all-in-one meal.

For more great recipe ideas from the Q Guild visit www.qguild.co.uk/recipes

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