

## **Farm assured Scottish beef recipes / Wm Low & Co.**

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#### SPICY MEATBALL KEBABS

**Makes:** APPROX. 14 KEBABS

**Cooking Time:** APPROX 12-15 MINS

#### Ingredients:

675G (1½LB) MINCED BEEF  
1.25CM (½") ROOT GINGER, PEELED  
1 ONION, ROUGHLY CHOPPED  
2 FRESH GREEN CHILLIES, SEEDED AND CHOPPED  
1 x 5ML SP (1TSP) MANGO CHUTNEY  
2 x 15ML SP (2TBSP) FRESH CORIANDER, CHOPPED  
1 x 2.5ML SP (½TSP) POPPY SEEDS  
1 x 5ML SP (1TSP) GARAM MASALA  
1 x 5ML SP (1TSP) CHILLI POWDER  
1 x 5ML SP (1TSP) GROUND CUMIN  
SALT AND BLACK PEPPER

#### MINTY YOGURT DIP

300ML (½ PT) GREEK STYLE NATURAL YOGURT

¼ CUCUMBER, FINELY CHOPPED  
2 x 15ML SP (2TBSP) FRESH MINT, FINELY CHOPPED  
1 x 5ML SP (1TSP) GROUND CUMIN  
PINCH CAYENNE PEPPER  
SALT AND BLACK PEPPER

#### Method:

- 1 Using a food processor very finely process the root ginger, onion, and chillies until almost a paste.
- 2 If processor is not available, very finely chop. Add the minced beef, chutney, coriander, poppy seeds, spices and seasoning and combine together.
- 3 Divide mixture into approximately 28 portions and form into balls.
- 4 Thread two on to each skewer – if using wooden skewers soak in water prior to use to prevent sticks burning.
- 5 Place under a pre-heated grill and cook for 12-15 minutes, turning occasionally.
- 6 Serve with a minty yogurt dip.
- 7 To make, combine the ingredients and then chill prior to serving.

Designed and Produced by McIlroy Coates, Edinburgh

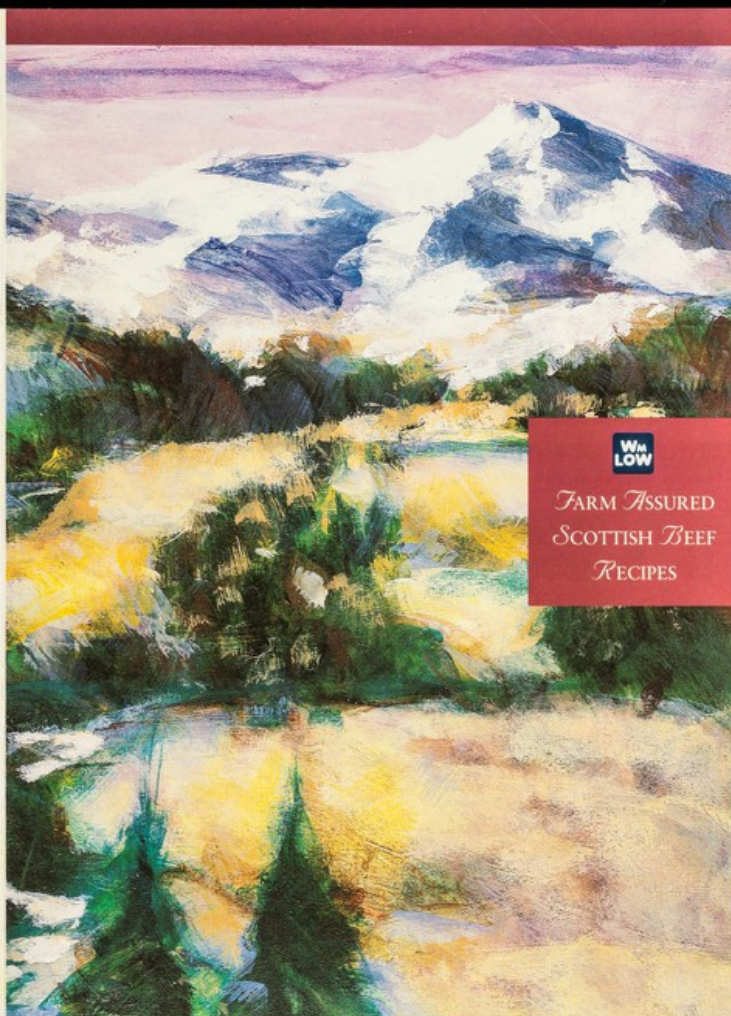


For further information on Wm Low Farm Assured Scottish Beef or FASL, please contact Wm Low Customer Services Department, Wm Low Supermarkets, PO Box 73, Baird Avenue, Dundee, DD1 9NF.

Wm Low & Co. plc, Baird Avenue, Dundee

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FARM ASSURED  
SCOTTISH BEEF  
RECIPES



## Farm Assured Scottish Beef

Wm Low Farm Assured Scottish Beef can be enjoyed throughout the year and this leaflet provides some serving suggestions and recipes that are particularly suitable during the Winter months.

Look out for the Wm Low Farm Assured symbol which appears on all our meat products that come from approved Scottish Farms that produce Farm Assured Scottish Livestock (FASL).



This scheme promises our customers the highest standards of farming practice, and guarantees all Wm Low Farm Assured Meat is 'Farm Fresh and Food Safe'.

If the cut or joint of meat you would like is not available, please ask our trained butchers' advice.

Wm Low Farm Assured Scottish Beef – the perfect choice for a healthy balanced diet.

### ROAST BEEF WITH MUSTARD CRUST

**Serves:** FOUR TO SIX

**Cooking Time:**

ALLOW 20 MINS PER 450G/LB PLUS  
20 MINS FOR RARE  
25 MINS PER 450G/LB  
PLUS 25 MINS FOR MEDIUM  
30 MINS PER 450G/LB  
PLUS 30 MINS FOR WELL DONE  
TEMP: GAS MARK 4-5, 180°C, 350°F

**Ingredients:**

900-1.35KG (2-3LB) LEAN BEEF TOPSIDE JOINT  
1 x 15ML SP (1TBSP) BLACK PEPPERCORNS, CRUSHED  
**MUSTARD CRUST TOPPING**  
3 x 15ML SP (3TBSP) ENGLISH MUSTARD  
2 x 15ML SP (2TBSP) FRESH PARSLEY, CHOPPED  
1 x 5ML SP (1TSP) OIL  
25G (1OZ) BREADCRUMBS

**Method:**

- 1 Weigh the joint and calculate the cooking time, as above. (Joints less than 1.25kg (2 1/2lb) may require up to 5 minutes per 450g (1lb) extra.)
- 2 Place joint on a trivet in a roasting tin.

- 3 Press the crushed black peppercorns all over the surface of the joint.
- 4 Open roast in a pre-heated oven for calculated time, minus 15 minutes.
- 5 Mix together the mustard, parsley and oil. Remove joint from the oven.
- 6 Spread the mustard mixture over the surface. Press the breadcrumbs onto the mustard. Return to the oven for the final 15 minutes until the breadcrumbs are golden.
- 7 Remove the joint from oven and allow to stand for 10 minutes prior to carving. Serve with new potatoes and seasonal vegetables. Also delicious served cold.



### BEEF AND ALE POT ROAST

**Serves:** SIX

**Cooking Time:** APPROX. 2 1/2 HOURS  
TEMP: GAS MARK 3, 160°C, 325°F

**Ingredients:**

1.025KG (2 1/2LB) BRISKET BEEF, BONED AND ROLLED  
1 x 15ML SP (1TBSP) OIL  
2 ONIONS, QUARTERED  
4 CARROTS, SLICED  
4 STICKS CELERY, SLICED  
2 BAY LEAVES  
SALT AND BLACK PEPPER  
2 x 15ML SP (2TBSP) CORNFLOUR  
450ML (1/2PT) BEEF STOCK  
150ML (1/4PT) BROWN ALE

**Method:**

- 1 Heat the oil in a large saucepan, add the joint and brown all sides.



- 2 Place in a deep 3.4 litre (6pt) casserole.
- 3 Arrange the carrots, celery and bay leaves around the joint and season well.
- 4 Mix the cornflour with a little of the stock, stir into the remaining stock and pour into the casserole with the brown ale.
- 5 Cover and cook for 2 hours.
- 6 Serve with boiled potatoes and green veg.

### BOEUF BOURGUIGNONNE

**Serves:** SIX

**Cooking Time:** APPROX 2 1/4 HOURS

**Ingredients:**

900G (2LB) STEWING BEEF IN 2.5CM (1") CUBES  
100G (4OZ) STREAKY BACON, DE-RINED, CUT INTO STRIPS  
1 x 15ML SP (1TBSP) OIL  
3 x 15ML SP (3TBSP) PLAIN FLOUR  
300ML (1/2PT) RED WINE  
450ML (1/2PT) BEEF STOCK  
2 CLOVES GARLIC, CRUSHED  
1 x 15ML SP (1TBSP) TOMATO PUREE  
1 BOUQUET GARNI  
SALT AND BLACK PEPPER  
20 BUTTON ONIONS, PEELLED  
100G (4OZ) BUTTON MUSHROOMS

**Method:**

- 1 Heat the oil in a large saucepan and brown the beef.
- 2 Sprinkle in the flour and cook gently for 1-2 minutes.
- 3 Stir in the wine, stock, garlic, tomato puree,



- 4 bouquet garni and seasoning.
- 5 Fry the bacon strips in a separate pan.
- 6 Add the onions and continue to fry for 5 minutes.
- 7 Discard any fat from the bacon and onions and add them to the meat.
- 8 Cover with a tight fitting lid and simmer for 1 1/2 hours.
- 9 Add the mushrooms and cook, uncovered, for a further 30 minutes, or until the meat is tender and sauce has thickened.
- 10 Serve with boiled potatoes and a selection of seasonal vegetables.