

**Strips of Highland Rump,
stir-fried with Spring Onions,
Fresh Ginger, Red and
Yellow Peppers, and Soya Sauce**

Most of the method for this recipe lies in the preparation of the ingredients.

Serves 6

Sunflower oil for the Wok.

2 lbs rump steak, sliced into thin, Strogonoff-like strips.

6 spring onions, sliced thinly lengthwise.

About 1 1/2" fresh ginger, peeled and sliced into thin slivers.

1 red and 1 yellow pepper, each halved, seeds scooped out, and the peppers sliced into very thin strips (you need a really sharp knife for this fine slicing!).

3 tablespoons good Soya Sauce, such as Superior Soy.

Salt, freshly ground black pepper.

Method

Heat about 2 tablespoons oil in the wok until the oil is smoking. Add the meat, a small amount at a time, and stir continuously to cook it evenly, over a high heat. As it cooks, remove it to a warm dish and keep it warm, while you continue to cook the rest of the meat. When all the meat is cooked add the sliced spring onions, red peppers, and ginger to the wok; cook, stirring continuously, for about 5 minutes. Replace the meat in the wok, season with salt and pepper, and stir in the soya sauce. Serve immediately.

Spiced Highland Meatballs

These are delicious hot, or cold with the following recipes for dips.

This makes about 25-30

1 lb lean minced beef.

1 medium onion, skinned and finely chopped.

1 tablespoon chopped parsley.

1 oz fresh white or brown breadcrumbs.

Pinch of salt, freshly ground black pepper.

1 level to round teaspoon medium curry powder.

1 dessertspoon mango chutney.

Plain flour in which to roll the meatballs.

Method

In a food processor whisk together all the above ingredients. Make the mixture into small balls about the size of a walnut, and roll each in flour. Shallow fry in sunflower oil, turning them over so they cook evenly, and until they are evenly well browned. Drain them on kitchen paper, to absorb any excess grease.

Branston Pickle and Whipped Cream

Fold together 1/2 pint whipped cream and 1 tablespoon Branston pickle.

Tomato and Horseradish Sauce

1/2 pint liquidised homemade tomato sauce, with 2 teaspoons horseradish stirred through it.



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Cold Highland Topside with Creme Fraiche (or soured cream) Sauce, with Horseradish and Mushrooms

A 2½ lb piece of topside will serve about 6 people, sliced fairly thinly. Depending how rare you like your meat, roast the topside for 10-15 minutes per lb. Alternatively, you can cook it on a barbecue which is the way I like to cook it for this Summer recipe.

For the sauce

½lb mushrooms - (the brown cap ones have more flavour than the button) stalks removed, and mushrooms sliced.

1 clove of garlic, skinned and crushed.

½pint creme fraiche - you can use soured double cream, but creme fraiche is widely available these days and has half the fat content of double cream.

2 teaspoons horseradish (not horseradish sauce)

Salt, freshly ground black pepper.

Method

Tip the creme fraiche into a bowl and mix with the crushed garlic, horseradish and salt and pepper.

In a frying pan, heat the sunflower oil till very hot, then cook the sliced mushrooms, half the amount first, then the remaining half. Fry them over a high heat till they are well browned, the mushrooms then have a different and far superior taste (I think!) to lightly cooked mushrooms. Cool them.

When the mushrooms are quite cold, arrange the sliced topside on a serving dish, spoon the flavoured creme fraiche down the centre of the slices. Spoon the cooked mushrooms down the centre of the creme.

Highland Escalopes with Fresh Tomatoes, Black Olives and Basil

Serves 6

6 escalopes of beef, or 12 smaller pieces.

3 tablespoons olive oil.

1 large clove of garlic, skinned and finely chopped.

6 tomatoes, skinned, deseeded, and cut in wedges - each half tomato cut in 3 wedges.

6-8 black olives, stoned and cut in chunks.

A small handful of basil leaves, stripped from their stalks, and chopped roughly.

1 pint beef stock (or you can cheat and use good canned beef consomme), salt, freshly ground black pepper.

Method

In a large frying pan heat the olive oil and brown the escalopes well on each side. Remove them to a warm dish, and keep them warm while you continue the recipe. Add the garlic to the frying pan, and cook for a minute or two, then add the tomatoes, olives and beef stock. Season with salt and pepper and let the liquid bubble away till it has reduced by about half. Stir in the basil, and pour over the escalopes in the warm dish. Keep the dish warm till you are ready to serve it.

Recipes prepared by
Lady Claire Macdonald of Macdonald
Kinloch Lodge, Isle of Skye.

Casserole of Highland Beef with Prunes and Pickled Walnuts

Serves 6

2 lbs stewing steak, weighed when trimmed and sliced into chunks about 1½" in size.

2 rounded tablespoons plain flour, well seasoned with salt and plenty of freshly ground black pepper.

4-5 tablespoons sunflower oil.

2 medium to large onions, skinned and sliced thinly.

1 clove of garlic, skinned and finely chopped.

1 15oz jar pickled walnuts, drained of their liquid and the walnuts chopped.

6-8 prunes simmered in water till soft, then cooled and stoned. Keep the cooking liquid.

1½ pints water, or 1 pint water and ½ pint red wine.

Method

Heat the oil in a casserole. Toss the pieces of meat in the seasoned flour, and brown them, a small amount at a time, in the hot oil. As they are browned, remove them from the casserole and keep them warm. When all the meat is browned, lower the heat and add the sliced onions to the casserole dish. Cook for about 5 minutes, stirring occasionally so that they cook evenly. Then add the chopped garlic, and any remaining seasoned flour. Stir and cook for a minute or two, then stir in the water, or water and wine, and the prunes and their cooking liquid, and the pickled walnuts. Stir till the sauce boils, replace the brown meat in the casserole, bring to simmering point again, cover with a lid, and cook in a moderate oven, 250°F gas 4, bottom right oven in a 4 door Aga, for 1½ hrs. As with all casseroles, this is better made a day in advance, cooled completely and kept in the fridge or a cold larder overnight, then reheated in a moderate oven for a further hour, from room temperature.

Fragrant Highland Beef Casserole

Serves 12

- 2.25kg (5 lb) Highland beef rump steak
or braising steak
- 75g (3 oz) flour
- 110g (4 oz) thick cut streaky bacon, diced
- 2 medium onions, sliced
- 2 carrots, sliced
- 110g (4 oz) bacon rind or pork skin,
cut into small pieces
- 1.25l (2 pints) beef or chicken stock
- bouquet garni of parsley stalks, thyme,
4 juniper berries, bay leaf and 2 cloves
- 25g (1 oz) butter
- 2 strips orange rind
- 2 tsp black treacle
- 75ml (2 fl oz) port
- juice of half an orange
- squeeze of lemon juice
- salt and freshly ground black pepper

for the marinade:

- 1 large onion, finely sliced
- 1 carrot, finely sliced
- 1 celery stick, finely chopped
- 1 clove garlic, crushed
- 3 juniper berries, crushed
- 3 tbsp olive oil
- 1/2 tsp red wine vinegar
- a sprig of thyme
- parsley stalks
- a bay leaf
- freshly ground black pepper

Method

Trim the fat and sinew from the beef and cut into 1" cubes.

Mix together the marinade ingredients, add the beef and marinate for 12-24 hours.

Drain the meat, reserving the marinade. In a heavy-based frying pan fry the streaky bacon and pork rind until the fat runs and the bacon browns. Remove from the pan and fry the beef in small batches in the residual fat, adding vegetable oil if necessary, until well browned on all sides. Reserve the bacon and pork rind. In a heavy-based flameproof casserole, melt the butter and brown the onions and carrots. Stir in the flour and cook for a few minutes then gradually add the reserved marinade and stock, stirring to give a smooth sauce. Add the bacon, pork rind and the beef. Tuck in the bouquet garni, orange peel and stir in the black treacle. Bring to the boil, season and cook in an oven pre-heated to 350°F/180°F/GM4 for approx 1 1/2 hours until the meat is tender. For Aga: allow 15 minutes in the roasting oven, then transfer to the floor of the simmering oven for the rest of the cooking time.

Remove the meat to a heated serving dish and keep warm. Remove the bouquet garni, orange peel and pork rind. If necessary boil the sauce to reduce, add the orange and lemon juice and check the seasoning. Serve garnished with croutets of fried bread and lots of chopped parsley.



For more information on Highland Beef
please telephone 01848 331 866.

Delicious Recipes For Pure Highland Beef



Highland Beef Pilaf

Serves 4

675g (1½ lb) minced Highland beef
25g (1 oz) butter
1 large onion, peeled & chopped
3 cloves garlic, crushed
2 tsp ground coriander
1 tsp cumin
½ tsp turmeric
2.5cm (1") piece of ginger root, peeled and grated
1 cinnamon stick, broken into chunks
1 level tbsp tomato puree
570ml (1 pint) chicken stock
salt & freshly ground black pepper
225g (8oz) frozen peas, defrosted
350g (12oz) long grain rice
50g (2oz) seedless raisins
50g (2oz) pine kernels
a bunch of fresh coriander leaves, chopped

Method

Melt the butter in a large flameproof casserole, add the onion and fry gently until softened. Add the garlic and the minced beef, turn up the heat and brown, stirring well. Add the spices and the ginger root and continue cooking for a few minutes, then stir in the tomato puree and 150ml (½ pint) of the stock. Season and bring to the boil, stirring. Lower the heat, cover and simmer for 1 hour or until the meat is tender. For Aga: this can be done on the floor of the Simmering Oven.

Add the remaining stock to the casserole, bring to the boil, then add the rice. Stir well, cover and simmer gently for about 15 minutes until the rice is cooked and all the stock is absorbed. For Aga: this can be done in the Simmering Oven. Fold in the peas, raisins and pine kernels, and heat through for a few minutes. Adjust the seasoning and sprinkle with chopped coriander leaves. Garlic bread and salad make a delicious accompaniment.

Pot-roast Topside Highland Beef with Root Vegetables

Serves 6

1.1kg (2½ lb) piece of rolled topside Highland beef
225g (8 oz) smoked streaky bacon, chopped
1 large onion, peeled and chopped
1 carrot, peeled and chopped
110g (4 oz) celeriac, peeled and diced
2 cloves garlic, crushed
1 level tbsp plain flour
150ml (½ pint) red wine
275ml (⅓ pint) beef/chicken stock
1 bouquet garni or bunch of fresh herbs to include
parsley, bay, marjoram, thyme and rosemary
2 tsp tomato puree
salt and freshly ground black pepper

for garnish:

1 carrot
110g (4oz) celeriac
110g (4oz) turnip
110g (4oz) baby onions
chopped fresh parsley

Method

Pre-heat oven to 180°C/375°F/GM4

Put the beef in a heavy based flameproof casserole and fry over a medium heat until browned on all sides. The fat around the joint should be sufficient for frying. Remove the meat from the pot and set aside.

Put the bacon in the casserole and gently heat until the fat runs. Increase the heat and cook until the bacon is crisp. Lift out with a slotted spoon and set aside with the beef. Lower the heat and add the prepared vegetables to the casserole. Place the lid on and allow them to soften. Continue to cook until they are lightly coloured then add the flour and stir. Cook for a few minutes more then gradually

stir in the wine, tomato puree and stock. Bring slowly to the boil, stirring occasionally, to achieve a smooth sauce. Return the bacon and topside to the pan, add the bouquet garni and some salt and pepper. Cover and cook in the preheated oven for 1½-2 hours, or until the beef is tender when pierced with a knife. For Aga: Cook for 20 minutes in the Roasting Oven then transfer to the floor of the Simmering Oven for the remaining cooking time.

Meanwhile prepare the garnish. Cut the carrot, celeriac and turnip into neat baton shapes. Peel the baby onions. Cook all these vegetables together in a frying pan with a little water, butter and sugar. The idea is that when the vegetables are cooked, all the water is absorbed and the butter and sugar form a glaze around the vegetables. When the meat is cooked remove to a carving dish and allow to rest for 15 minutes at room temperature before carving. While the meat is resting strain the cooking liquor, remove any surface fat and pour into a wide saucepan. Bring to the boil and reduce until the desired consistency and intensity of flavour is reached.

To serve, reheat the vegetable garnish and divide between warmed serving plates. Carve the topside and place slices on top of the glazed root vegetables. Coat with the sauce and sprinkle with parsley.



These delicious recipes have been specially created by Mo Scott, founder chef-owner of the Michelin Poachers Restaurant in Glasgow. From her home at Earls Hill Farm, Mo runs cookery training courses and demonstrations. Mo also prepares, in her own kitchen for sale to those that do not have the time to make them, meals for the freezer, jams, jellies and pickles using the finest Scottish produce in an innovative but traditional style.