

COOKED TO PERFECTION

YOUR GUIDE TO COOKING THE PERFECT ROAST SCOTCH BEEF



There's nothing quite like roast Scotch Beef. The delicious aroma, flavour and texture proves a winner time and time again. Roast Scotch Beef truly is a dish for the whole family to enjoy.

To make the process that little bit easier, the timings overleaf have been developed to ensure your roast is cooked to perfection. For the full effect, serve your roast Scotch Beef with seasonal roast vegetables and a rich, traditional gravy. What's left over can even be used for sandwiches the next day.

When you see the Scotch Beef label and PGI* logo, this guarantees the meat you're buying was born, reared and slaughtered in Scotland.

It ensures it was produced to higher standards of animal husbandry and welfare in Scotland's natural environment.

Make sure it's Scotch Beef you buy, look for the label.

* Protected Geographical Indication



For additional information and recipe ideas visit: www.scotchbeefandlamb.com

PREPARATION

Prior to cooking, bring the beef to room temperature and season to your liking. Preheat the oven to 180°C. Brown the meat in a hot pan or in a very hot oven, 220°C for 15 minutes and then turn down to 180°C.

TIMINGS

Weigh the piece of meat and calculate the cooking time. If you are roasting a stuffed joint – weigh after stuffing. When ready, remove from the oven and cover loosely with foil. Allow to rest for around 20 minutes (remember the meat will continue to cook during this time).

TIP

Insert a skewer into the middle of the joint and press out some of the juices. The red, pink or clear colour will indicate the stage to which the beef has been cooked.



RARE

Juices are red

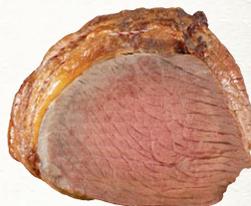
Conventional oven:
15–20 minutes per 450g (1lb)
+ extra 20 minutes



MEDIUM

Juices are pink

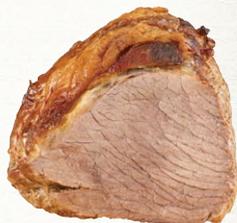
Conventional oven:
22–25 minutes per 450g (1lb)
+ extra 20 minutes



WELL DONE

Juices are clear

Conventional oven:
26–30 minutes per 450g (1lb)
+ extra 20 minutes



For detailed cooking times for Scotch Beef, Scotch Lamb and Specially Selected Pork, download our free mouth-watering “Perfect Steaks and Roasts” app for iPhone, iPod Touch and Android.

