how to Meat perfection
“You are what you eat”

Meat Perfection
When you cook with the finest ingredients, you need no fancy recipes to make a fabulous meal. However, even the best meat can be spoiled if it’s cooked incorrectly. This booklet has been prepared by our own in-house chef and our head butcher to help you get the most from your meat. Instead of hunting for recipes, use this handy guide to choose the right method for each cut of meat. Then just follow the simple step-by-step instructions for outstanding results.

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When you receive your order

Donald Russell packaging
We have pioneered new ways of packaging meat to ensure it arrives with you in perfect condition. Your goods are packed either in presentation boxes or individually as a reduced packaging option and securely wrapped in bubble wrap. Your order is then placed in a strong, reusable cool-box which keeps everything frozen (or chilled if requested) during transit, and protects your goods from knocks and bumps.

Your frozen products
Your frozen meat will most likely be packed with dry ice. Dry ice is a frozen, natural gas, which turns straight from a solid back into a gas with no liquid state in between. It should all have disappeared by the time it reaches you, but your meat will still be frozen. Do not touch the dry ice bags with your bare hands - always use gloves.

For quality and safety, place your frozen products into the freezer immediately.

Your chilled products
Your fresh chilled products are ready to cook and enjoy. If you wish to freeze them, please do so on the day they arrive, and keep them in the original vacuum packaging. The heavy-weight food-grade vacuum-sealed bags help protect your meat from freezer burn, and are also ideal for thawing out later as they help to keep in the meat juices. Store your chilled products in the fridge. Keep raw meat on the lower shelves (or on a plate), so that raw meat juices do not drip onto items stored below and spoil them.

Shelf life on fresh chilled products:
Place in the fridge and use by the date stated on the label.

Thawing meat
Allow plenty of time for your meat to defrost. It’s safer if it can defrost in the fridge, and the meat tastes better too (because there is less drip loss and the meat will be more succulent). Never leave meat to thaw in a warm environment, for example next to a central heating boiler, tumble dryer, washing machine or fridge, or even a warm windowsill that catches the sun. This can lead to a risk of food poisoning.

Defrosting times (approximate)
- Roasting Joints 7-10 hours per 500g
- Steaks 24 hours

If you are short of time, place the product, still in its vacuum pack in a clean sink or bowl and leave it under a cold running tap. The more cold water that can circulate around the product, the faster your meat will thaw. This method can reduce the defrosting time by a third to a half but should only be used in an emergency. Do not be tempted to cook from frozen or defrost in the microwave, as this can make your meat tough and dry.

Blooming
Traditionally matured meat can have a slightly darker appearance and slight odour when it is first removed from the vacuum pack. After about 20 minutes of exposure to fresh air the meat regains a bright, natural colour and the odour fades. This natural process is called ‘blooming’.

If you have a query
Quality, service and above all taste, are of the utmost importance to us. We guarantee your complete satisfaction, so if anything is not to your liking please get in touch, so we can put things right.
How do you like your meat?

All beef products, with the exception of minced beef can be cooked rare, medium or well done. Lamb and Veal can be cooked medium and well done. Pork, with the exception of fillets, should always be cooked well done.

You can see the differences in:
- Internal temperature
- Outer colour
- Inner colour
- Firmness
- Moistness
- Shape

How much meat?

We are often asked how much meat should be served for a single portion, so we’ve produced this simple guide to help you calculate quantities when cooking. The weights given are for raw, uncooked products.

All suggestions are for a single main course for a typical adult. As people’s appetites vary depending on age, profession, lifestyle and also time of year, please treat this as a guide only. If you are serving more than one course you can reduce the quantities.

Serving guide (suggested uncooked weights per person)

<table>
<thead>
<tr>
<th></th>
<th>Metric</th>
<th>Imperial</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef, Lamb, Pork &amp; Veal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Without bone</td>
<td>100g - 250g</td>
<td>4oz - 10oz</td>
</tr>
<tr>
<td>With bone</td>
<td>200g - 350g</td>
<td>8oz - 14oz</td>
</tr>
<tr>
<td>Offal</td>
<td>125g - 175g</td>
<td>5oz - 7oz</td>
</tr>
<tr>
<td>Sauces</td>
<td>50ml - 100ml</td>
<td>1½floz - 3½floz</td>
</tr>
</tbody>
</table>

Note: Please follow one set of measures, do not mix them. Metric Conversion 25g/1oz.

How to use a meat thermometer

Cook delicious steaks and joints with confidence, using a digital meat thermometer. Set the required internal temperature and insert the probe horizontally into the centre of the meat. The probe remains inside the joint during cooking, setting off a beeper alerting you when your meat is cooked to perfection.
Steak secrets - The big 4

**Fillet**
Fillet is the most tender, lean and mild flavoured of all the steaks, therefore the most luxurious and expensive. The majority of our steaks are cut from the centre of the fillet for the best shape, appearance and overall taste.

- **Fillet Steak**
  - Minimum weight: 160g
  - Recommended cooking: Pan frying [see page 12-13]

- **Fillet Medallion**
  - Minimum weight: 70g
  - Recommended cooking: Pan frying [see page 12-13]

- **Fillet Mini Roast**
  - Minimum weight: 340g
  - Recommended cooking: Pan-to-oven [see page 14-15]

**Sirloin**
Sirloin is tasty and tender with good marbling and a covering of fat on the outside. This fat is what makes sirloin taste so good, but you only need a little to get the full flavour benefits, so our butchers pare most of it away.

- **Sirloin Steak**
  - Minimum weight: 210g
  - Recommended cooking: Pan frying [see page 12-13]

- **Minute Sirloin Steak**
  - Minimum weight: 110g
  - Recommended cooking: Pan frying [see page 12-13]

- **Sirloin Mini Roast**
  - Minimum weight: 430g
  - Recommended cooking: Pan-to-oven [see page 14-15]

**Note:** Meat is a natural product, so size, thickness and shape of steaks can vary, especially on the smaller cuts.
Steak secrets - The big 4

Ribeye
Ribeye is juicy and richly flavoured with a rugged appearance, generous marbling and firm texture. It has a wide ribbon of fat at the core which melts during cooking to make it taste extra succulent and mellow.

Ribeye Steak
Minimum weight: 210g
Recommended cooking: Pan frying (see page 12-13)

Minute Ribeye Steak
Minimum weight: 110g
Recommended cooking: Pan frying (see page 12-13)

Ribeye Mini Roast
Minimum weight: 430g
Recommended cooking: Pan-to-oven (see page 14-15)

Rump
Rump is very lean with a robust, firm texture and strong beefy flavour. Traditional rump steaks are very sinewy, but our butchers cut round the sinews. This thicker cut, popular on the Continent, is called ‘Pavé’.

Pavé Rump Steak
Minimum weight: 170g
Recommended cooking: Pan frying (see page 12-13)

Pavé Rump Medallion
Minimum weight: 70g
Recommended cooking: Pan frying (see page 12-13)

Minute Rump Steak
Minimum weight: 170g
Recommended cooking: Pan frying (see page 12-13)

Ribeye Mini Roast
Minimum weight: 430g
Recommended cooking: Pan-to-oven (see page 14-15)

Minute Rump Steak
Minimum weight: 170g
Recommended cooking: Pan frying (see page 12-13)

Note: Meat is a natural product, so size, thickness and shape of steaks can vary, especially on the smaller cuts.

For further help and advice call 01467 629666
For more information visit donaldrussell.com
Pan frying

Perfect for small to medium sized cuts...

Cooking the perfect steak can be a challenge, even for top chefs. That’s because smaller cuts of meat can dry out easily or cook too quickly so they become dry, tough or leathery. We recommend using a heavy frying pan or griddle (ridged pan) rather than an electric grill as you can control the temperature more easily.

1. Prepare the meat
About twenty minutes before you start cooking, remove the defrosted meat from its vacuum packaging and pat dry with kitchen paper. Spread out your steaks on a board in a single layer. This will allow the meat to ‘bloom’ and come to room temperature.

Tip: If you need to defrost in a hurry, place the packs under cold running water (see page 5).

2. Preheat your pan
Make sure your griddle or frying pan is preheated to the highest temperature before you start to cook your steaks. It should be hot enough that you hear a sizzle when you place the meat into the pan. Using a pan which is not hot enough can cause toughness. Add a little olive oil to the pan.

Tip: For a healthier option, brush oil directly onto the steaks - you will use less.

3. Cook to your liking
Use the table (opposite) to fry the steaks for the recommended time, for rare, medium or well done. Cook one side first and then the other. Turn your steaks gently and only once to avoid letting out precious juices and drying out the meat. Be careful not to overcook, as this can make your meat dry and tough.

Tip: Use a meat thermometer to check the internal temperature of your steaks (see page 6).

4. Rest your meat
Use the press-test (see page 6) to check if your steaks are done and then rest them. During resting the juices move evenly through the whole steak and the full flavour and tenderness develops. Place the steaks on a rack so they don’t lie in their own juice, cover with foil and leave in a warm place.

Tip: You can rest a steak for up to ten minutes. It’s always better to over-rest than under-rest them.

5. Use a good steak knife
Finally, always use a razor-sharp, unserrated knife to cut your steaks. A serrated blade encourages diners to ‘saw’ at their steak which gives the impression of toughness on even the most tender meat. A sharp blade slices cleanly through the steak and enhances the whole eating experience.

Tip: Donald Russell offers a range of knives, crafted from the finest steel and are a joy to use.

For further help and advice call 01467 629666

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Frying times

<table>
<thead>
<tr>
<th>Product</th>
<th>Searing time per side in minutes</th>
<th>Minimum resting time in minutes</th>
<th>Approx total cooking time in minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Mini Steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare - Medium rare</td>
<td>1 - 1½</td>
<td>4</td>
<td>6 - 8</td>
</tr>
<tr>
<td>Medium</td>
<td>2 - 3</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>3 - 4</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Minute Ribeye/Sirloin Steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare - Medium rare</td>
<td>1/2 - 1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Medium</td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>1½ - 2</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Fillet Medallions/Rump Medallions</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Minute Rump Steaks</td>
<td></td>
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<tr>
<td>Fillet Medallions wrapped in bacon</td>
<td></td>
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</tr>
<tr>
<td><strong>Lamb</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mini-Steaks</strong></td>
<td></td>
<td></td>
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<tr>
<td>Lamb Mini-Steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>1½ - 2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Well done</td>
<td>2½ - 3</td>
<td>1</td>
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</tr>
<tr>
<td>Lamb Valentines*</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Medium</td>
<td>2½ - 3</td>
<td>4</td>
<td>10</td>
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<tr>
<td>Well done</td>
<td>3½ - 4</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Lamb Noisettes</td>
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<td></td>
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</tr>
<tr>
<td>Medium</td>
<td>3 - 3½</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Well done</td>
<td>4 - 4½</td>
<td>1</td>
<td></td>
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<tr>
<td>Lamb Loins</td>
<td></td>
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</tr>
<tr>
<td>Medium</td>
<td>3½ - 4</td>
<td>4</td>
<td>12</td>
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<tr>
<td>Well done</td>
<td>5 - 5½</td>
<td>4</td>
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<tr>
<td>Lamb Cutlets</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>2 - 2½</td>
<td>4</td>
<td>12</td>
</tr>
<tr>
<td>Well done</td>
<td>4 - 5</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Mini Lamb Burger</td>
<td></td>
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<tr>
<td>Classic Lamb Burger</td>
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</tr>
<tr>
<td>Medium</td>
<td>2 - 2½</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Lamb’s Liver</td>
<td></td>
<td>¾ - 1</td>
<td>2</td>
</tr>
<tr>
<td>Veal</td>
<td></td>
<td></td>
<td>3 - 4</td>
</tr>
<tr>
<td>Veal Escalopes</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Medium</td>
<td>2 - 2½</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Well done</td>
<td>3 - 3½</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Veal Loin and Rib Steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>4½ - 5</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td>Well done</td>
<td>6 - 6½</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>calf’s Liver</td>
<td>¾ - 1</td>
<td>2</td>
<td>3 - 4</td>
</tr>
<tr>
<td>Pork</td>
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<tr>
<td>NB. The juices must run clear</td>
<td></td>
<td></td>
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<tr>
<td>Pork Mini Steaks</td>
<td></td>
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<tr>
<td>Pork Loin Minute Steaks</td>
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<tr>
<td>Pork Loin Steak and Chops</td>
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<tr>
<td>Pork Fillet Medallions</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>1½ - 2</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Well done</td>
<td>2½ - 3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Mini Pork Burger</td>
<td></td>
<td></td>
<td>10</td>
</tr>
</tbody>
</table>

*Sear first on open cut side
Pan-to-oven roasting

Perfect for medium-sized cuts
With this method, the meat cuts are first seared in a pan to brown and caramelize the outside and enhance the flavour. Then they are transferred into a preheated oven. This is a fantastic method for medium-sized cuts weighing 250g-1kg (½lb-2¼lb) as it helps the meat stay particularly juicy and succulent. It also gives a better colour than oven roasting alone.

1. Bring the meat to room temperature
About thirty minutes before you start cooking, remove the defrosted meat from its vacuum packaging and pat dry with kitchen paper. Spread it out in a single layer to allow the meat to ‘bloom’ and come to room temperature. This helps your meat cook more evenly and stay tender and juicy.

2. Preheat your oven & pan
Preheat oven to 230°C/450°F/Gas 8. Once the frying or griddle pan is very hot, add a little olive oil to the pan, or brush the oil directly onto the meat to avoid using too much. Sear the meat for the recommended time (see table opposite). When you place the meat into the pan you should hear a sizzle.

3. Cook to your liking
After searing for the recommended time, gently place your meat uncovered on a rack in a roasting tin, and put into the preheated oven. Use the tables (opposite) as a guide to cooking times or use a meat thermometer. Be careful not to overcook the meat, as this will make it dry and tough.

4. Resting
Remove the meat from the oven. Cover with foil and leave to rest in a warm place for at least 10 minutes. Resting is as important as cooking, as it allows the meat to become warm, moist and tender. Use this time to warm plates, prepare vegetables or make a sauce.

5. Serve your meat
Lay your table with razor-sharp, un-serrated steak knives designed to cut cleanly through the meat. A blunt knife makes the meat seem less tender, and a serrated knife encourages your guests to ‘saw’, both of which can ruin even the most beautifully cooked meat.

Cooking times

<table>
<thead>
<tr>
<th>Product</th>
<th>First sear in a pan on all sides (total minutes)</th>
<th>Then roast in the oven at 230°C/450°F/Gas 8 (minutes)</th>
<th>Then rest for the minimum time (minutes)</th>
<th>Approx total cooking time in minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td></td>
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<td></td>
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<tr>
<td>Fillet, Sirloin or Ribeye Mini Roast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>4 - 5</td>
<td>6 - 8</td>
<td>10</td>
<td>20 - 30</td>
</tr>
<tr>
<td>Medium rare</td>
<td>8 - 10</td>
<td>12 - 14</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>12 - 16</td>
<td>16 - 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>16 - 18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chateaubriand</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Rare</td>
<td>5 - 6</td>
<td>6 - 8</td>
<td>10</td>
<td>25 - 35</td>
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<tr>
<td>Medium rare</td>
<td>10 - 12</td>
<td>14 - 16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>14 - 16</td>
<td>18 - 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>18 - 20</td>
<td></td>
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<tr>
<td>Centre Cut Fillet Log</td>
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<tr>
<td>Rare</td>
<td>5 - 6</td>
<td>8 - 10</td>
<td>10</td>
<td>24 - 35</td>
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<td>Medium rare</td>
<td>12 - 14</td>
<td>16 - 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>16 - 18</td>
<td>20 - 22</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>20 - 22</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Rump Mini Roast</td>
<td></td>
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<tr>
<td>Topside Mini Roast</td>
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<tr>
<td>Rare</td>
<td>6 - 8</td>
<td>10</td>
<td>10</td>
<td>25 - 35</td>
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<tr>
<td>Medium rare</td>
<td>12</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>15</td>
<td>18 - 20</td>
<td></td>
<td></td>
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<tr>
<td>Well done</td>
<td>18 - 20</td>
<td></td>
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<tr>
<td>Heart of Rump Roast</td>
<td></td>
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<tr>
<td>Sirloin Roast 1kg Rib Mini Roast</td>
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<tr>
<td>Rare</td>
<td>8 - 10</td>
<td>22 - 24</td>
<td>10</td>
<td>40 - 55</td>
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<tr>
<td>Medium rare</td>
<td>26 - 28</td>
<td>30 - 32</td>
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<tr>
<td>Medium</td>
<td>30 - 32</td>
<td>36 - 38</td>
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</tr>
<tr>
<td>Well done</td>
<td>36 - 38</td>
<td></td>
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<tr>
<td>Lamb</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Short Saddle of Lamb</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Medium</td>
<td>6 - 8</td>
<td>15</td>
<td>10</td>
<td>25 - 35</td>
</tr>
<tr>
<td>Well done</td>
<td>18 - 20</td>
<td></td>
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<tr>
<td>Rack of Lamb</td>
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</tr>
<tr>
<td>Medium</td>
<td>4 - 5</td>
<td>10 - 12</td>
<td>10</td>
<td>22 - 35</td>
</tr>
<tr>
<td>Well done</td>
<td>14 - 16</td>
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<tr>
<td>Pork</td>
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<tr>
<td>NB. The juices must run clear</td>
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</tr>
<tr>
<td>Pork Loin Roast 475g</td>
<td>8 - 10</td>
<td>25 - 30</td>
<td>10</td>
<td>45</td>
</tr>
<tr>
<td>Pork Loin Roast 950g</td>
<td>8 - 10</td>
<td>55 - 60</td>
<td>10</td>
<td>75</td>
</tr>
</tbody>
</table>

For further help and advice call 01467 629666
For more information visit donaldrussell.com
**Traditional roasting**

**Perfect for medium to large joints**

Roasting in a hot oven is the traditional way to cook large joints of meat. It is a very easy way to cook a nourishing and satisfying meal for a large number of people. This method is suitable for any of the better quality, naturally tender cuts of meat weighing 950g or more. It is not suitable for humbler joints which need to be roasted with liquids for a longer period of time to encourage them to become tender.

1. **Prepare the joint**
   Before cooking, remove the defrosted meat from its packaging and pat dry with kitchen paper. Allow the meat to “bloom” and come to room temperature well in advance or for at least 30 minutes before cooking. This is essential to help the meat cook evenly.
   **Tip:** Plan ahead – take your joint out of the freezer to defrost two or three nights before cooking.

2. **Preheat the oven**
   Preheat the oven to the required temperature (see table opposite). Starting with a very hot oven helps to seal the joint to prevent juices escaping. Then the temperature is reduced to cook it evenly all the way through. Season the joint generously with salt and pepper just before cooking.
   **Tip:** Season at the last minute, otherwise the salt will draw out the meat.

3. **Cook to your liking**
   Cook the meat for the recommended time (see table opposite), and/or use a digital meat thermometer. A large joint will continue to rise in temperature by a further 3-5°C after it is removed from the oven. Be careful not to overcook, as this will make the meat dry and tough.
   **Tip:** Meat thermometers are so easy to use and take all the guess-work out of roasting.

4. **Rest your joint**
   Once your joint is cooked to your liking it is important to rest it. Place it on a board or platter, cover with foil, then leave in a warm place for at least 20 minutes. Resting is just as important as cooking, as it allows the meat to become warm, moist and tender all the way through.
   **Tip:** You can rest large joints for up to 60 minutes in a warm oven (see page 47).

5. **Carving**
   For carving we recommend a large wooden carving board. Ensure your carving knife is very sharp as it makes it so much easier to carve neat, even slices. Carve the meat across the grain into slices approximately ½cm (⅛”) or more thick and arrange on a serving dish or individual plates.
   **Tip:** Put a non-slip mat or wet tea towel underneath your carving board to help prevent it slipping.

**Roasting times**

**FOR ALL MEATS:**

1. Preheat conventional oven to 250°C/475°F/Gas 9
2. Sear meat for 15 minutes in oven
3. Reduce oven temperature and add cooking time below

<table>
<thead>
<tr>
<th>Meat</th>
<th>After searing reduce oven temperature to</th>
<th>Roasting time per 450g (lb) in minutes</th>
<th>Donald Russell recommended internal temperature of meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef [rare]</td>
<td>190°C/375°F/Gas 5</td>
<td>10 - 12</td>
<td>45 - 47°C/113 - 117°F</td>
</tr>
<tr>
<td>Beef [medium]</td>
<td>190°C/375°F/Gas 5</td>
<td>14 - 16</td>
<td>55 - 60°C/131 - 140°F</td>
</tr>
<tr>
<td>Beef [well done]</td>
<td>190°C/375°F/Gas 5</td>
<td>20 - 22</td>
<td>65 - 70°C/149 - 158°F</td>
</tr>
<tr>
<td>Lamb (medium)</td>
<td>180°C/360°F/Gas 4</td>
<td>12 - 15</td>
<td>55 - 60°C/131 - 140°F</td>
</tr>
<tr>
<td>Lamb (well done)</td>
<td>190°C/375°F/Gas 5</td>
<td>18 - 20</td>
<td>65 - 70°C/149 - 158°F</td>
</tr>
<tr>
<td>Veal [medium]</td>
<td>190°C/375°F/Gas 5</td>
<td>14 - 16</td>
<td>55 - 60°C/131 - 140°F</td>
</tr>
<tr>
<td>Veal [well done]</td>
<td>190°C/375°F/Gas 5</td>
<td>20 - 22</td>
<td>65 - 70°C/149 - 158°F</td>
</tr>
<tr>
<td>Pork</td>
<td>180°C/360°F/Gas 4</td>
<td>25 - 30</td>
<td>72 - 75°C/162 - 167°F</td>
</tr>
</tbody>
</table>

**Please Note:** The times stated in our guidelines relate to a conventional oven. If you have a fan oven and are unable to turn the fan off, we advise reducing the suggested temperature by 15-25°C. Please refer to the manufacturer’s handbook as recommendations may vary.

**Aga oven roasting times**

<table>
<thead>
<tr>
<th>Meat</th>
<th>Position in oven</th>
<th>Roasting time per 450g (lb) in minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef [medium rare - on the bone]</td>
<td>Lowest set of rungs</td>
<td>12</td>
</tr>
<tr>
<td>Beef [medium rare - off the bone]</td>
<td>Lowest set of rungs</td>
<td>15</td>
</tr>
<tr>
<td>Lamb [pink]</td>
<td>Lowest set of rungs</td>
<td>15</td>
</tr>
<tr>
<td>Lamb [well done]</td>
<td>Lowest set of rungs</td>
<td>20</td>
</tr>
<tr>
<td>Pork</td>
<td>Top of oven</td>
<td>25</td>
</tr>
</tbody>
</table>

**Joints suitable for roasting**

<table>
<thead>
<tr>
<th>Beef</th>
<th>Lamb</th>
<th>Veal</th>
<th>Pork</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-Bone Rib of Beef</td>
<td>Leg of Lamb Boneless Leg of Lamb</td>
<td>Veal 2-Bone Rib Rolled Belly of Veal</td>
<td>Pork Belly</td>
</tr>
<tr>
<td>2-Bone Rib of Beef</td>
<td>Ribeye Roast Ribeye Roll</td>
<td>Centre-cut Fillet Log Tafelspitz Beef Back Ribs Silverside Roast</td>
<td>Pork Shoulder Roast</td>
</tr>
<tr>
<td>Sirloin Roast (2kg)</td>
<td></td>
<td></td>
<td>Pork Shoulder with Cracking</td>
</tr>
<tr>
<td>Centre-cut Fillet Log</td>
<td></td>
<td></td>
<td>Pork Shoulder Mini Roasts with Cracking (550g/1kg)</td>
</tr>
<tr>
<td>Tafelspitz Beef Back Ribs Silverside Roast</td>
<td></td>
<td></td>
<td>Stuffed Pork Shoulder Mini Roast (600g)</td>
</tr>
</tbody>
</table>

**For more information visit donaldrussell.com**
Low temperature cooking

Low Temperature Cooking is a fantastic method that can be used for just about every naturally tender cut of beef, lamb, pork and veal. It involves searing the outside of the meat at a high temperature, and then roasting in a very low oven for a lengthy period. Any size of meat can be cooked using this method, even something as small as a steak. This method is often used on the Continent, where it is considered superior to conventional roasting as there’s less drying of the meat and the juices are retained, so the meat stays moist and succulent with a more natural flavour. A meat thermometer is essential for good results.

Cooking in 3 easy steps

1. Prepare the meat and equipment
Before cooking, remove the defrosted meat from its vacuum packaging and pat dry with kitchen paper. Allow the meat to ‘bloom’ and come to room temperature for up to 30 minutes before cooking. Preheat the oven (with the fan turned off) to 80°C and place a roasting tray in the oven to heat up. Heat a griddle or frying pan on high. Add a little olive oil to the pan, or brush the oil directly onto the meat to avoid using too much. Sear the meat on all sides for the recommended time (see table opposite) to brown it all over. This will vastly improve both the flavour and appearance of your meat.

2. Using the meat thermometer
Season the meat with salt and pepper. (Do not season before searing as salt can draw the moisture out of the meat). Place the meat on the preheated roasting tray. Set the meat thermometer to the desired internal temperature (see table opposite), and insert the probe horizontally into the centre of the meat. Place the meat in the preheated oven with the thermometer cord through the door (the main unit remains outside).

TIP: Always pre-heat the roasting tray as a cold one increases the cooking time. Do not be tempted to transfer the meat to the oven in the same pan used for searing, as this will make the meat cook too quickly.

3. The cooking process
Keep the oven door closed during cooking. Opening the door lets heat escape and increases the cooking time. When the thermometer beeps, your meat is ready to serve straight away. There is no need to rest your meat as it has rested during the cooking process. The lower temperatures allow the meat juices to circulate continually during cooking so the meat stays incredibly soft and the joint is cooked more evenly.

TIP: If your guests are late you can keep the meat warm at 60°C for up to an hour for large joints and 30 minutes for smaller cuts. If your oven does not have a setting as low as 60°C simply switch off the oven.

Cooking times

<table>
<thead>
<tr>
<th>Meat</th>
<th>First sear in a pan on all sides (total minutes)</th>
<th>Donald Russell recommended internal temperature</th>
<th>Approximate cooking time at 80°C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Steaks 150g - 250g</td>
<td>2 - 3</td>
<td>60 - 65°C</td>
<td>45 - 60 minutes</td>
</tr>
<tr>
<td>Fillet, Sirloin or Ribeye Mini Roast</td>
<td>4 - 5</td>
<td>60 - 65°C</td>
<td>60 - 90 minutes</td>
</tr>
<tr>
<td>Topside Mini Roast Chateaubriand Centre Cut Fillet Log</td>
<td>6 - 8</td>
<td>55 - 60°C</td>
<td>1½ - 2 hours</td>
</tr>
<tr>
<td>Short Striploin Topside Roll</td>
<td>8 - 10</td>
<td>60 - 65°C</td>
<td>2½ - 3 hours</td>
</tr>
<tr>
<td>Heart of Rump Roast Tafelspitz</td>
<td>10 - 15</td>
<td>60 - 65°C</td>
<td>3 - 3½ hours</td>
</tr>
<tr>
<td>Lamb</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb Loins and Fillets</td>
<td>2 - 3</td>
<td>60 - 65°C</td>
<td>45 - 60 minutes</td>
</tr>
<tr>
<td>Lamb Racks</td>
<td>5 - 6</td>
<td>60 - 65°C</td>
<td>60 - 75 minutes</td>
</tr>
<tr>
<td>Lamb Short Saddle</td>
<td>6 - 8</td>
<td>60 - 65°C</td>
<td>75 - 90 minutes</td>
</tr>
<tr>
<td>Whole Leg of Lamb [bone-in]</td>
<td>10 - 12</td>
<td>65 - 70°C</td>
<td>3½ - 4 hours</td>
</tr>
<tr>
<td>Whole Shoulder of Lamb [bone-in]</td>
<td>10 - 12</td>
<td>65 - 70°C</td>
<td>3½ - 4 hours</td>
</tr>
<tr>
<td>Veal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal Loin Steaks</td>
<td>2 - 3</td>
<td>65 - 70°C</td>
<td>45 - 60 minutes</td>
</tr>
<tr>
<td>Veal Rib Steaks</td>
<td>2 - 3</td>
<td>65 - 70°C</td>
<td>60 - 75 minutes</td>
</tr>
<tr>
<td>Pork</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork Loin Steak</td>
<td>1 - 2</td>
<td>70 - 72°C</td>
<td>45 - 60 minutes</td>
</tr>
<tr>
<td>Pork Chops</td>
<td>1 - 2</td>
<td>70 - 72°C</td>
<td>60 - 75 minutes</td>
</tr>
<tr>
<td>Pork Fillet</td>
<td>4 - 5</td>
<td>65 - 70°C</td>
<td>1½ - 1½ hours</td>
</tr>
<tr>
<td>Pork Loin Roast 475g</td>
<td>8 - 10</td>
<td>70 - 72°C</td>
<td>1½ - 2 hours</td>
</tr>
<tr>
<td>Pork Loin Roast 950g</td>
<td>8 - 10</td>
<td>70 - 72°C</td>
<td>2 - 2½ hours</td>
</tr>
</tbody>
</table>

Hints and tips

• Low Temperature Cooking is ideal for roasting the best cuts of meat which are very tender. It is not the same as slow cooking, which is a method of cooking humbler cuts of meat with liquid to tenderise them.
• Any cut of tender meat can be cooked using this method, but we would recommend cooking bone-in products [eg: 5 Bone Rib of beef] by conventional roasting. Quite simply the higher heat brings more flavour out of the bone, giving you a sweeter, more flavourful result. It also helps to melt the intrinsic fat in the meat, so the joint bastardes itself.
• Oven temperatures can vary, so it may be worth having your oven thermostat checked, or use an oven thermometer to check the temperature before cooking.
• It is possible to use a gas oven on its lowest setting for low temperature cooking, but the cooking times given will be reduced – using a meat thermometer becomes imperative.

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Traditional braising

Stews, casseroles and pot-roasts

We have combined these different types of dish in one section, because the technique is basically the same. Braising involves cooking meat in liquid (often stock or wine, or a mixture), at a low temperature in the oven or on the hob. This gentle slow cooking process is a combination of roasting and steaming and transforms cuts of meat that are too tough to roast into mouth-watering meals.

1. Prepare the meat

At least 30 minutes before cooking, remove the defrosted meat from its packaging and pat dry with kitchen paper. Allow the meat to come to room temperature. Pre-heat the oven to 140ºC-160ºC/275-325ºF/Gas 1-3.

Tip: About one third of the meat weight gives you the weight of vegetables needed. Try onions, carrots, celery and leeks.

2. Sear for flavour

Heat a large ovenproof pan on a high heat, add a little oil and sear the meat until nicely browned all over. For stews and casseroles, sear the small pieces of meat in batches, to make sure they are evenly browned all over. Do not burn the meat as it makes it taste bitter. Then take out the meat and sear the vegetables until nicely caramelised.

3. Add the liquid

After searing the vegetables, place the meat back in the pan. Add wine, stock or a mixture, and herbs such as bayleaf, peppercorns or cloves. Make sure that the liquid covers at least a third to a half of the meat and bring gently to the boil on the hob. This is known as ‘deglazing’.

Tip: Avoid boiling too quickly as this can make the meat stringy.

4. The cooking process

Cover with a lid and transfer into the preheated oven, or continue to simmer gently on the hob at a very low temperature. For the perfect braise we recommend using the oven method as the process is more gentle and the meat does not stick to the bottom of the pot as it can with the hob method. Check from time to time and top up with liquid if needed.

5. Test the meat

Cooking times vary depending on the cut and your oven. As a rule of thumb, you should check casseroles after 1 hour and at regular intervals thereafter. The easiest way to check joints is to use a meat fork, inserted into the thickest part of the meat. The fork should go in and out easily. With stews and casseroles, simply take a piece out and taste it.

Cuts suitable for braising and stewing

<table>
<thead>
<tr>
<th>Beef</th>
<th>Lamb</th>
<th>Veal</th>
<th>Pork</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Brisket</td>
<td>Lamb Shanks</td>
<td>Veal Osso Bucco</td>
<td></td>
</tr>
<tr>
<td>Beef Rib Trim</td>
<td>Lamb Fore Shanks</td>
<td>Calf’s Cheeks</td>
<td></td>
</tr>
<tr>
<td>Shin of Beef (bone-in)</td>
<td>Whole Shoulder of Lamb</td>
<td>Pork Chops</td>
<td></td>
</tr>
<tr>
<td>Shin of Beef (boneless)</td>
<td>Oxtail</td>
<td>Diced Pork</td>
<td></td>
</tr>
<tr>
<td>Oxtail</td>
<td>Ox Cheeks</td>
<td>Pork Shoulder Roast</td>
<td></td>
</tr>
<tr>
<td>Diced Beef Steak</td>
<td>Beef Kebab Cubes</td>
<td>Pork Hough</td>
<td></td>
</tr>
<tr>
<td>Beef Kebab Cubes</td>
<td>Steak &amp; Kidney</td>
<td>Stuffed Pork Shoulder</td>
<td></td>
</tr>
<tr>
<td>Shin of Beef (bone-in)</td>
<td>Topside Roll</td>
<td>Mini Roast (600g)</td>
<td></td>
</tr>
<tr>
<td>Ox Cheeks</td>
<td>Ribeye Roast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diced Beef Steak</td>
<td>Silverside Roast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef OIives</td>
<td>Beef Steaks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Braising Steaks</td>
<td>Beef Back Ribs</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Boiling

Certain cuts are more suited to boiling on the hob, rather than braising in the oven. Simply put the meat into a large pan, cover with cold water, add root vegetables, an onion or leek and salt and pepper. Simmer gently for several hours, skim off any foam which develops during cooking. The liquid makes a superb stock for soup.

Our cuts recommended for boiling:

- Unsalted Calf’s Tongue
- Unsalted Ox Tongue
- Tafelspitz (this makes the classic dish ‘Wiener Tafelspitz’ traditionally served with horseradish sauce)

For more recipes and cooking advice, see our website at www.donaldrussell.com. You can also email our Head Chef at headchef@donaldrussell.com or our Head Butcher at headbutcher@donaldrussell.com or phone 01467 629666 and ask to speak to one of our Gourmet Team.
Barbecuing

Seven steps for a perfect BBQ

Barbecuing is a method of cooking on a wire rack with intense heat below. This method requires close attention from the cook as the food can burn quickly.

1. Clean and preheat your barbecue.
   An electric or gas BBQ may take 10 to 20 minutes to preheat and a charcoal BBQ needs to be heated until the coals are covered with a layer of ash (approx. 45 minutes). Stock up on charcoal, rather than briquettes. It heats more evenly and has a better, more natural aroma.

2. For best results, treat the meat you barbecue outdoors with the same respect as when you cook in your kitchen. Allow the meat to come to room temperature for at least 20 minutes. Brush the meat with oil. This helps the searing process and prevents sticking.

3. Careful seasoning is necessary. The meat could be marinated beforehand or sprinkled with herbs and pepper. Season with salt at the very last moment only, as salt will draw out juices and prevent the meat from browning properly. We recommend salting the meat after cooking.

4. Never hurry a steak on your barbecue. Cook slowly until browned, and turn gently just once. Use long handled tongs rather than a fork which may pierce the meat and allow valuable juices to escape. Wear an oven glove, covering the arm to prevent burning.

5. It’s all too easy to overcook on a barbecue, leading to charred, leathery, dry meat. To ensure even cooking use the 60/40 method. Cook the meat for 60% of the time on the first side, then turn and cook for the remaining 40%. Take care: As soon as the meat browns it must be moved further away from the heat source so that the inside can cook before the surface burns. The exceptions are thin cuts such as mini-steaks and medallions. Raise the rack so that it is about 30cm (12) above the charcoal - at this height the temperature is just right.

6. To test for doneness take the meat from the heat source and place on a clean plate. Press the meat gently with the tip of your finger. Rare should be soft and supple, well done firm, and medium in between (see pages 6 and 19). A meat thermometer is invaluable for checking larger cuts. Insert the probe horizontally into the thickest part of the meat. Please note that the internal temperature will continue to rise by a few degrees once the meat is removed from the heat source. Therefore remove the meat 3-5ºC before it reaches the desired internal temperature.

7. Once the meat is cooked to your liking it must be rested. During resting, the temperatures within the meat fuse, the juices in the middle move to the outside and it becomes warm, moist and tender all the way through. To rest your meat, place it on a rack so it doesn’t lie in its own juices. Cover with foil and leave in a warm place for up to 20 minutes. Remember, it is always better to over-rest meat than to under-rest it.
### Barbecuing cooking times

<table>
<thead>
<tr>
<th>Time (minutes in total)</th>
<th>Beef</th>
<th>Lamb</th>
<th>Veal</th>
<th>Pork</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 6</td>
<td>Classic Gourmet Burgers</td>
<td>Lamb Fillets</td>
<td>Veal Escalopes</td>
<td>Pork Fillet Medallions</td>
</tr>
<tr>
<td></td>
<td>Fillet Medallions</td>
<td>Lamb Valentine Steaks (medium)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pavé Rump Medallions</td>
<td>Lamb Noisettes (medium)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ribeye Steaks</td>
<td>Classic Lamb Burgers</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sirloin Steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minute Rump Steaks</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>bleu/rare</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 - 8</td>
<td>Mini Gourmet Steak Burgers</td>
<td>Lamb Mini-Steaks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grand Gourmet Burgers</td>
<td>Lamb Valentine Steaks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fillet Steaks</td>
<td>Lamb Noisettes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minute Ribeye/Sirloin Steaks</td>
<td>Lamb Loin</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beef Mini-Steaks</td>
<td></td>
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<tr>
<td></td>
<td>Ribeye Steaks</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>[medium]</td>
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<td></td>
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<tr>
<td></td>
<td>Sirloin Steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>[medium]</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Minute Rump Steaks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>[medium]</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 - 20</td>
<td>Carnivore’s Gourmet Burgers</td>
<td>Lamb Racks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kebab Cubes</td>
<td>Lamb Short Saddle</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ribeye Steaks [well done]</td>
<td>Boneless Leg of Lamb</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sirloin Steaks [well done]</td>
<td>Lamb Leg (bone-in)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Minute Rump Steaks [well done]</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fillet, Sirloin, Ribeye Mini Roast</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Mini Rump Roast</td>
<td></td>
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<tr>
<td></td>
<td>Chateaubriand</td>
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<tr>
<td>30 - 60</td>
<td>Heart of Rump Roast</td>
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<tr>
<td></td>
<td>Tafelspitz</td>
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<tr>
<td></td>
<td>Ribeye Roast 1kg</td>
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<tr>
<td>80 - 100</td>
<td>Sirloin Roast 2kg</td>
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**Please Note:** These times are suggested as a guide only and may vary depending on equipment used and circumstances.

### BBQ Tips and Hints

- The secret of a successful BBQ is good organisation before you begin cooking. Prepare what professional chefs call the "mise en place", with all the necessary ingredients, seasonings and tools prepared, including the rack and foil for resting. Barbecuing happens quickly and planning can make the difference between cooked and burnt – also between safety and danger.
- Place the BBQ on a level surface and make sure it is well ventilated. Keep away from anything flammable and place in a safe position. Use long handled tools and wear oven gloves.
- Never leave a BBQ unattended. Keep pets away and supervise children at all times.

- Expect to experiment with cooking times and techniques, and allow time for it. Food cooks quicker when it is hot and sunny, but takes longer if it is cold or windy.
- Before using the BBQ for the first time, carefully read the manufacturers instructions, paying special attention to warning labels and safety information.
- Cover the BBQ with a lid as much as possible during the cooking process especially for the larger cuts. This helps to cook larger cuts more evenly, to lock in the BBQ flavours and prevent flare-ups.
- For hygiene reasons never mix raw and cooked meat. Keep raw meat cool indoors until just before cooking – do not leave it out in the sun. Wash your hands before cooking and after handling raw meat.
Mini range - perfect for BBQ’s

Sunny days, good friends, a cold glass of wine... All you need is good food to make this one of the best days ever.

At a barbecue, guests love to try a little bit of everything, and much prefer lots of small portions to larger pieces of meat. That’s why we stock a full range of ‘minis’, all cut from the finest beef, lamb and pork. They cook in minutes and taste exquisite, whether you prefer to enjoy them indoors or out.

1. Beef Mini-Steaks
Juicy and succulent. These exclusive grass-fed mini-steaks are cut thick to keep them juicy, but are small so they’re quick and easy to cook. Great for kids, and perfect for brunch, snacks and casual suppers. Try them with some freshly baked bread for a succulent steak sandwich in under ten minutes.

2. Mini Gourmet Steak Burgers
As delicious as steak. For the first time ever, here is a burger that can really compete with steak for flavour, texture and enjoyment – in a delectable, mini size. They’re made entirely from our best steak and prime topside of beef - we don’t even add any salt or pepper as this would detract from the flavour.

3. Lamb Valentines
Heart-shaped fillets of pure lamb loin. A Donald Russell speciality, this unusual heart-shaped double-steak is cut from the highly prized loin, the most tender part of the lamb. Delicious for quick lunches, they are superb cooked over coals, turning a simple meal in your back garden into a gourmet feast.

4. Lamb Mini-Steaks
Melt-in-your-mouth, bite-sized lamb steaks. Part of our Mini-Steak range, these have done exceptionally well in all our taste tests. Even children love them. They cook in just three minutes and are so tender you barely need to chew. Naturally, all our lamb is grass-fed and has the freedom to graze outdoors.

5. Lamb Noisettes
Miniatures of light, tender lamb loin. Perfectly round cuts of supersweet, grass-fed lamb loin and fillet, individually tied to keep the shape while cooking. There’s no finer way to give your guests real pleasure, as these are a great gourmet treat that taste fantastic with just the simplest of cooking and accompaniments.

6. Pork Mini-Steaks
Great for snacks and childrens’ meals. These delicious Pork Mini-Steaks are an innovative cut, pioneered by our butchers, that cook in minutes yet taste juicy and tender. Every mouthful is a joy to eat, and all cut from Free-Range pork, guaranteeing some of the highest animal welfare standards in the UK.
The Ultimate Steak Burgers

Simply the best - here’s why...

We produce our steak burgers in-house so we have full control over their quality.

We are proud to say that we make them using one thing and one thing only – 100% grass-fed, naturally reared beef steak.

Our aim was to make a steak burger that rivalled a steak for taste, texture and quality. To achieve this we tried a number of different grinds and mixtures and are proud to have succeeded in making the ultimate steak burgers.

We add absolutely nothing to our minced steak and you can really tell; these burgers have a natural meaty flavour, juicy texture and are so tender you can cut them using just a fork.

Our burgers have been designed for maximum taste and enjoyment and should be cooked, rested and seasoned like a steak – ask yourself the question ‘how would I like my burger done?’.

Not only are our steak burgers deliciously meaty they are healthy too as they have no preservatives, no flavour enhancers, no added fat.

As a rule of thumb, the fewer the ingredients in a burger the better. These new 100% pure steak burgers mean taste, enjoyment and health in a quality product. Grill or BBQ them. Serve with salad for a healthy meal that’s low in salt and a good source of energising B vitamins and iron.

Dr. Chris Fenn, Nutrition Consultant

Recommended cooking methods:

1. Pan fry in a heavy frying pan or ridged griddle pan, grill or barbecue.

Recommended cooking times:

<table>
<thead>
<tr>
<th>Steak Burger</th>
<th>Searing time per side in minutes</th>
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<tbody>
<tr>
<td>Classic Gourmet</td>
<td>2 - 2½</td>
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<tr>
<td>Grand Gourmet</td>
<td>3 - 3½</td>
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<tr>
<td>Mini Gourmet</td>
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<tr>
<td>Carnivore’s Gourmet</td>
<td>5 - 5½</td>
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</tbody>
</table>

Cook steak burgers as you would steaks. Do not forget to rest – see page 12.

Serve with:

- Tomato slices, shredded lettuce and thinly sliced onion
- Mushrooms sautéed in butter
- Crispy bacon and horseradish sauce
- Melted mature cheddar or blue cheese

Two quick delicious sauces:

**Tomato basil sauce:** Core 1 peeled tomato, dice into small cubes and mix with 20g chopped basil, 100g tomato ketchup and 10ml olive oil.

**Red Pepper vinaigrette:** Finely chop ¼ red pepper, 1 small shallot and 2 stalks of parsley. Mix with 50ml vegetable or chicken stock, 2 tbsp olive oil, 1 tbsp white wine vinegar and 1 tsp white sugar. Leave to marinade for 20 minutes then season to taste with salt and pepper.

Chef’s tip:

To help your burger keep it’s shape during cooking, make a slight indentation in the centre with your thumb.
Value for money

We believe you should be paying for prime meat, not for fat that needs cutting off before you can start cooking. A typical Donald Russell cut will be beautifully trimmed and free of silverskin and gristle, with all the surplus fat neatly pared away, leaving just what you need for perfect cooking results.

Marbling

Good quality meat is always well marbled. ‘Marbling’ refers to the small streaks of white fat that are sometimes visible in the meat. It is critical to the flavour and is also what makes one cut taste different from another. Good marbling creates juiciness and flavour by melting during cooking and helping to trap moisture within the meat.

Size and Shape

Meat is a natural product, so the size, thickness and shape may vary, particularly with the smaller cuts, such as Minute Steaks, as well as Fillet and Pavé Rump Medallions. This should be regarded as characteristic of its origins rather than a flaw.

Traceability

Every product you receive is labelled with a unique code number. This number is part of a set of records which gives us a full and detailed history of the product. Should there be any queries or complaints (or even compliments!) about any of our products, we can trace the product back to the original abattoir and investigate fully to the source of the problem. It is a vital system to help us maintain our standards of excellence and also constantly improve.

Your label is packed with useful information:
1. Product Code
2. Product Description
3. Weight
4. Health Mark
5. Best Before Date
6. Batchcode
7. Traceability
8. Origin

If you have any comments, queries or questions please email headbutcher@donaldrussell.com.

Professional freezing

As butchers, we want you to enjoy your meat in superb condition. That’s why we use state-of-the-art freezing techniques immediately after cutting and vacuum packing. Whenever meat is frozen, ice crystals can form which then pierce the cell structure and cause damage. The faster food is frozen, the smaller the ice crystals. Our meat is frozen extremely fast, to ultra low temperatures. This method means that any ice crystals formed are tiny, which really helps to lock in the freshness, texture, taste and nutrients. There is a noticeable difference in quality compared with home freezing and it’s a free service, so it’s always worth asking us to freeze your order for you.

Our passion for quality

For years we’ve challenged anyone to find meat more delicious or tender than ours. We have a tenacious Scottish passion to produce the best meat we can by natural rearing, traditional maturing and expert butchering. At every step, we resolutely demand high standards to ensure that every bite is a real delight - guaranteed.

The finest packaging for the finest meat

Donald Russell meat is sealed in hygienic vacuum packaging. The heavy-weight food-grade vacuum-sealed bags help protect against freezer burn and prevent drying out during defrosting. Top chefs prefer their meat packed this way because it is a natural way to keep the meat fresher for longer. No artificial preservatives or gases are used.

We are aware that packaging can have an impact on the environment and we are always looking for ways to reduce, re-use and recycle our packaging. We constantly speak to packaging experts about ways to achieve this, and we now offer a reduced packaging option on most orders. You can find up-to-date information at www.donaldrussell.com, and if you have any comments or queries, please email greeenchampion@donaldrussell.com.

Passion for quality

For further help and advice call 01467 629666

For more information visit donaldrussell.com
You’ve never tasted better beef - here’s why

Selection
We have very strict criteria regarding age and weight. In addition, our buyers train for many years to learn how to select the best, with a good fat covering and general shape. We only pick the best, and we never compromise on quality.

Colour and Marbling
Donald Russell beef has a deep red colour, which is characteristic of well-aged beef. (A bright red colour does not necessarily indicate the meat is either fresh or good quality, simply that it has not been given the time to fully mature). Top quality beef is also richly marbled, with small creamy-white flecks and streaks of fat throughout the meat. This is essential for a fabulous flavour, as the fat melts during cooking to make the meat juicy and tasty.

Butchery
We cut many of our beef portions from the finer parts. For example, the majority of our Fillet Steaks are cut from the middle of the Whole Fillet which has the best flavour, shape and texture. Our Sirloin Steaks are cut from the striploin with the vein end removed and are special trimmed, so they come beautifully prepared with no excess fat to cut off. Even the humbler cuts receive high specification butchery, which means finer meat and less fat, gristle and sinews. Our Beef Shins, for example, are cut from superior hind meat and Ox Cheeks are carefully cut by hand to the exceptionally high, ‘kitchen-ready’ standard of all our meats.

Rearing
Our beef cattle are all UK origin, and are procured from assured farms, where the highest standards of animal husbandry are upheld. Our cattle graze freely for most of the year on lush, mineral-rich grass, and in winter they are housed in dry conditions where they continue to be fed a natural diet. Hormones and recycled protein are strictly forbidden and health records are kept for each animal.

Maturing
All our beef is traditionally matured for up to 28 days, for extra flavour and tenderness. It is dry matured on the bone in hygienic conditions where the temperature and humidity is strictly controlled. Storing the beef in this way is an expensive process and up to 8-10% is lost during the three weeks of maturing. However, the results are well worth it for the improved tenderness, better flavour and superior overall eating quality.
Butcher’s guide to BEEF

1. Shin
This old-fashioned cut is lighter in fat and mellower in flavour than Beef Rib Trim. All our shins are cut from superior hind quarter, and are perfect for casseroles and stews.

2. Oxtail
As the name suggests, this cut is from the tail of the animal. We only use the thicker top part of the tail, where the meat is most plentiful. This is a delicious, old-fashioned cut that benefits from long, slow braising to release its full flavour.

3. Rump
Rump has a rich, beefy taste and a firm, juicy bite. It is excellent value for everyday eating, and available in a number of steaks, as well as delicious roasts such as the Heart of Rump, and the Tafelspitz – cut from the rump cap and excellent for pot roasting.

4. Sirloin
Sirloin is one of the most flavoursome steaks, but it’s almost as tender as fillet, which is why it’s so popular. Lightly marbled, with a thin strip of fat on one edge, our Sirloin Steaks and roasts are cut from the middle (the best part) and ‘special trimmed’, so you get more prime meat for your money.

5. Fillet
The fillet is the least-used muscle and therefore the most tender part of the animal. It is also the most expensive. Lean in appearance, the meat has a sublime, subtle flavour. It is available in steaks and medallions, as well as various roasts.

6. 5-Bone Rib
Known as ‘the banquet roast’, as it can serve up to eighteen, this beef is juicy, rich and flavoursome with the meat made sweeter by the bones. Our butchers’ favourite, and a popular choice at carveries, this magnificent joint is unbeatable for special family meals.

7. Ribeye
The butcher’s favourite, because of its delicious beefy flavour, this heavily marbled cut has a ribbon of fat at its core which melts during cooking, making the meat sensationally juicy. It’s also great value, so our Ribeye Steaks and roasts are a good choice for family meals.

8. Brisket
Cut from the breast of the animal, our top quality brisket is hand rolled and tied to keep its shape during cooking. It tastes wonderful after a few hours in the pot with some herbs, vegetables and stock or wine.

9. Rib
The meat between the rib bones is very heavily marbled, and as such is full of flavour. It needs long, slow cooking to break down the fat, but the reward is an intense flavour hit. Available in Rib Trim for slow cooking, or as whole Beef Back Rib racks for roasting, pot roasting or barbecuing.

10. Ox Cheeks
An unusual specialty cut, ours are trimmed to an exceptionally high standard, so there’s hardly any fat or sinew. Excellent braised in red wine – after a few hours the meat is velvety smooth and the gravy is thick and delicious.

11. Ox Tongue
A favourite from days gone by. Unsalted Ox Tongue tastes delicious served hot or cold. It has a rich, beefy flavour and benefits from several hours of cooking to tenderise the meat.

12. Special Cuts
We make our Kebab Cubes, Minced Steak, Diced Steak and Burgers in-house, from the off-cuts of our steaks and grills. That means it’s all grass-fed, naturally reared beef that goes into them – and nothing else.

For further help and advice call 01467 629666
For more information visit donaldrussell.com
Butcher’s guide to BEEF

You’ve never tasted better mince – here’s why

Minced Beef Steak
Like our burgers, our mince is made using only the lean trimmings from our grass-fed, naturally reared beef steaks. The low amount of existing fat contributes to the rich flavour and makes this mince a healthier option.

The quality of our mince not only comes through in the flavour, but the texture too. We have sampled many different grinds before choosing one of a medium coarseness because we think it’s perfect for evenly distributing the little fat which holds all the flavour.

We believe that taste should come from the quality of the steak and not be altered in any way by preservatives, flavour enhancers like salt or added fat. That’s exactly why we can say with pride that you’ve never tasted better or healthier mince than ours.

A great product for all the family, mince is the quick and easy way to make delicious meals. Opposite are a few delicious mince recipes for you to try

Standard mince recipe Serves 2-3
Brown 440g Beef Mince in a heavy pan until nicely coloured, remove and leave aside.
Braise 1 chopped Onion in the mince juices until soft and caramelized. Chop together 2 cloves Garlic, 1 Chilli, 1 Red Pepper and Herbs of your choice. Return along with the beef mince to the pan, season with Salt and Pepper. Add 400g chopped Tomatoes and simmer for about 40-50 minutes. Serve with pasta, rice or potatoes.

Oven-baked meat balls Serves 2-3
Mix 440g Mince (beef, lamb, pork or veal) with 1 finely chopped Onion, 30g Breadcrumbs, 1 Egg and season with Salt and Pepper. Form into 8-12 balls with your hands. Mix together 600g chopped Tomatoes, 4 tbsp Water, 2 tbsp of Worcestershire sauce, Honey, Sugar and Malt Vinegar. Drizzle Olive Oil into an ovenproof dish, place in the meatballs and cover with sauce. (Don’t worry about drowning the meatballs, most of the sauce gets absorbed!) Place in 220ºC oven for 30-40 minutes until nicely browned. Serve with rice and sour cream.

Mince pie with sour cream Serves 2-3
Mix 440g Mince (beef, lamb, pork or veal) with 1 tsp dried Italian herb mixture, 1 chopped and braised Onion, 20-30g Breadcrumbs, 1 Egg and season with Salt and Pepper. Grease an ovenproof dish and fill with the mixture. Mix 180g Sour Cream with 1 Egg and 20g grated Parmesan and spread on top of the meat. Place in 200ºC oven for 20-25 minutes. Remove carefully from oven and leave to rest for 10 minutes. Serve with fresh leaf salad and crisp baguette.
Butcher’s guide to LAMB

You’ve never tasted better lamb - here’s why

Selection
We source our lamb within the UK only, depending on the time of year. Our experienced buyers look for good ‘conformation’, that is, the right age, a good shape and just the right amount of fat covering. That’s how we can be sure of sweet, delicate meat with an outstanding flavour.

Colour and Marbling
Traditionally matured lamb has a slightly darker colour than normal un-matured lamb. It also has good, even marbling with small creamy-white flecks of fat throughout the muscle. This is critical to the flavour of the meat, as the fat melts during cooking to make the meat juicy and tasty.

Butchery
We cut a number of steaks from the loin, which is the equivalent of sirloin in beef. These include Valentine Steaks, Lamb Noisettes, Lamb Mini-Steaks, Crown Chops and Lamb Loin. Our Racks of Lamb look particularly impressive as we prepare them to a standard known as ‘French Trim’, the highest specification of cut. The bones are clean and well defined, rather than buried in a layer of unwanted fat. Our Leg of Lamb is also Swiss Cut making it much easier to carve, and many of our roasts are boned, rolled, and tied by hand for superb shape during cooking.

Rearing
All our lamb is reared on British farms, where good animal welfare is a matter of principle and a way of life for the farmer, not just a convenient label. In early season, the lambs are from the south, and in later season from the north and Scotland. Our lambs are free to graze in the field and their diet is entirely natural.

Maturing
Donald Russell lamb is matured for a minimum of ten days, depending on the season. Our butchers use their skill and experience to ensure the lamb has just the right length of maturing. This traditional process really makes a difference in improving the tenderness, flavour, succulence and overall eating quality of our naturally reared lamb.

For further help and advice call 01467 629666
For more information visit donaldrussell.com
### Butcher’s guide to **LAMB**

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<td>Our traditional Leg of Lamb is cut from the hind part of the animal, and is full of flavour. Ours are ‘Swiss-cut’ to make them easier to carve, but are also available as a boneless cut for totally hassle-free carving.</td>
<td>These old-fashioned favourites are delicious pan-fried. Ours are superbly prepared and come fully kitchen-ready.</td>
<td>This incredibly succulent, tender cut is the equivalent of sirloin in beef. Lean and full of flavour, we offer several loin cuts including Valentine Steaks, Noisettes, and Lamb Mini-Steaks, or simply Lamb Loin on its own to pan-fry or roast.</td>
<td>Very tender and mild in flavour, Lamb Fillets are tiny finger-shaped pieces that are ideal for pan frying.</td>
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<tr>
<td>The Saddle is cut from the back part of the animal, with all the bones removed. Ours are highly trimmed, and hand rolled and tied so they keep their shape beautifully during cooking.</td>
<td>These are a delectable lamb cut, tied with string for a neat-looking presentation that holds its shape during cooking. They have a super-sweet taste and are perfect for dinner parties.</td>
<td>Our Rack of Lamb is a prime piece of loin with the bones still attached. This gives it a wonderful flavour and an impressive appearance. Our racks are French Trimmed, which means the excess fat is trimmed away to reveal clean, white bones, and it looks superb on the plate.</td>
<td>A humbler cut of lamb that is excellent value for family meals. We recommend slow cooking the shoulder to bring out the flavour and make it incredibly tender.</td>
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<tr>
<th>9. Shank</th>
<th>10. Off-Cuts</th>
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<tbody>
<tr>
<td>A favourite of gastro-pubs, this flavoursome cut benefits from slow-cooking for several hours, with stock and vegetables. Then it become so tender it simply falls off the bone.</td>
<td>Our Diced Lamb and Minced Lamb are prepared using the off-cuts of our naturally reared, traditionally matured lamb, which explains why they taste so delicious in all your recipes.</td>
</tr>
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Butcher’s guide to PORK

You’ve never tasted better pork - here’s why

Rearing
Our free-range pork is sweet and moist with a delicious flavour that comes from traditional rearing and a genuine care for the welfare of the animals. We have a long association with our pork farmers and are proud to say all our pigs are reared in large outdoor paddocks. To give them as comfortable a living environment as possible, they are provided with mud wallows in summer and straw filled shelters in the winter.

Selection
We have strict criteria regarding the age and weight of the pork we produce. The way pigs are reared is key because contented animals produce the most tender, flavoursome meat. Our expert buyers select only the finest pork with the barest covering of creamy-white fat for succulence.

Butchery
We prepare all our Pork to the same high ‘kitchen-ready’ standards as our other meat. We cut our Pork Loin Steaks extra thick so they stay juicy during cooking. Our Pork Chops are cut with the bone left in which gives them a delicious meaty flavour. We remove as much fat as possible from our roasts, leaving just a thin covering to help retain the succulence during cooking. This gives the cuts a superb appearance, especially the Rib Roast, where the bones are clearly visible rather than being covered in fat.

Animal welfare
The Five Freedoms
1. Freedom from hunger and thirst by ready access to fresh water and a diet to maintain full health and vigour.
2. Freedom from discomfort by providing an appropriate environment including shelter and a comfortable resting area.
3. Freedom from pain, injury or disease by prevention or rapid diagnosis and treatment.
4. Freedom to express normal behaviour by providing sufficient space, proper facilities and company of the animal’s own kind.
5. Freedom from fear and distress by ensuring conditions and care which avoid mental suffering.
Butcher’s guide to PORK

1. Loin
Equivalent to the sirloin in beef, our pork loin is sweet, moist and deliciously tasty. We cut our Pork Loin Steaks extra thick so they stay juicy during cooking. Our Pork Loin Roast is just as delicious, and an excellent value family roast.

2. Fillet Medallions
An incredibly lean, tender and mild-tasting cut, which tastes delicious pan fried. Because it’s so lean, it works well with creamy sauces. This, together with its neat appearance, makes it perfect for dinner parties.

3. Mini-Steaks
Pork Mini-Steaks are an innovative cut from the loin, pioneered by our butchers. The meat is very lean and it cooks in minutes. Every mouth-full is a joy to eat and the meat stays juicy and tender.

4. Chop
Pork Chops are cut from the loin, but with the rib bone still attached, which gives them a delicious, meaty flavour. Like our Loin Steaks, these are cut extra thick to help them stay moist and succulent.

5. Belly
This traditional slow-roast has rich seams of fat that impart an irresistible savoury flavour and make the meat incredibly tender. It also has the most delicious crispy crackling, which our butchers score for you to help it crisp up beautifully.

6. Rib
With highly trimmed bones, and a fat covering on to keep the meat moist, our Pork Rib Roast is an impressive celebration cut, and the flavour is simply divine. It’s very easy to cook and carve, and it’s great value too.

7. Shoulder
A boneless cut favoured on the continent, Pork Shoulder has a good firm texture and lots of flavour. It’s suitable for roasting or pot roasting, and is a great value cut for everyday meals.

8. Rindless Shoulder
Lean and meaty, this joint is a good choice for everyday family meals or Sunday lunch. It has a good firm texture and is easy to roast or pot roast. It offers excellent value and has a robust flavour that pairs well with aromatic herbs.

For further help and advice call 01467 629666
For more information visit donaldrussell.com
Selection
We have strong links going back many years with our veal farms, and regularly visit them. They make an initial selection for us based on our strict criteria, and we carry out a second check in-house to make sure it is up to our high standards.

Butchery
The quality of our butchery is outstanding, as befits such high quality meat. Our steaks are all trimmed to exceptionally high standards, with virtually no fat, or silverskin. Our Rolled Belly of Veal is cut from the superior thinner part of the belly and has a generous layer of fat to help keep it moist and succulent. Our Calf’s Sweetbreads are cut from the thymus gland in the neck, and are highly trimmed so there is no further preparation needed. This superior standard of butchery in all our veal cuts saves you time in the kitchen as well as giving you more prime meat for your money.

Rearing
All our veal is carefully reared on farms where welfare and quality come first. Calves are reared in spacious, well-lit barns, in companionable groups, and enjoy a natural, GMO-free diet of milk and maize. The farms, located in Holland, are independently inspected to ensure standards of care are met, and every primal cut can be fully traced back to its origins.

Maturing
Our veal is traditionally matured, for a minimum of 21 days, just like our beef, to help bring out the best flavour and make it meltingly tender.

You've never tasted better veal - here's why
Butcher’s guide to VEAL

1. Shin
Known as ‘Osso Buco’ after the Italian dish traditionally made with veal shin. Veal Osso Buco is a braising cut, similar to Beef Shin, but with a much milder flavour, and a fine texture.

2. Topside
The topside is cut from the hind quarter and is lean in appearance, with very little fat or sinew. Our butchers prepare our Veal Escalopes and Veal Stroganoff Strips from this cut.

3. Calf’s Liver
The best calf’s liver is a light pink colour, as the paler it is the more mild and tender it will be. We supply our Calf’s Liver pre-sliced for convenience.

4. Loin
The sweetest cut of veal – equivalent to sirloin in beef – our highly trimmed Veal Loin Steaks have a delicious, delicate flavour and are exquisitely tender.

5. Belly
An economical cut from the underside of the animal, which is excellent for roasting or pot roasting. Our Rolled Belly of Veal is cut from the superior thinner part of the belly and has a generous layer of fat to help keep it moist and succulent.

6. Rib
Our Veal Rib Steaks and Veal 4-Bone Rib are cut from the sweet and tender loin, with the rib bones still attached for extra flavour.

7. Rib Steaks
Like the beef equivalent, this cut is particularly juicy and rich in flavour, but with a milder taste. It is naturally highly marbled, with a central ribbon of fat that gives a fabulous, well-rounded taste.

8. Calf’s Sweetbreads
A genuine gourmet delicacy, Calf’s Sweetbreads are cut from the thymus gland located in the neck of the animal. Ours are highly trimmed and fully kitchen-ready.

9. Calf’s Cheeks
A little-known braising cut that is popular on the continent, our Calf’s Cheeks are skilfully prepared and fully kitchen-ready.

10. Calf’s Tongue
Similar to Ox Tongue, but with a much more delicate flavour, this is an excellent value cut for boiling.

For further help and advice call 01467 629666

For more information visit donaldrussell.com
Q Why is resting so important?
A During resting, the temperatures within the meat fuse. The juices which tend to stay in the centre of the meat while cooking move to the outside making it warm, moist and tender all the way through. Resting is equally important for all types of meat. After cooking always allow your meat to rest in a warm place, covered with foil, for at least 10 minutes (up to 20 or 30 minutes for larger joints).

Q How long can I keep meat warm?
A Meat (especially steak) does not need to be sizzling hot, and in fact the full flavour can be appreciated much more when the meat is warm rather than hot. You can keep steaks warm for up to 30 minutes and roasts for up to 60 minutes in a warm oven (without fan) at 60ºC while you get everything else ready. If your oven does not have a control this low simply switch the oven off, open the door to let out some heat, then shut it again. It will stay warm at just the right temperature.

Q Is it possible to prepare meat dishes a day before serving?
A Slow-cooked dishes such as stews and casseroles can be prepared the day before, which actually helps improve the flavours and texture. Any fat that has settled on the top is very easy to remove. Store the dish in the refrigerator overnight. Before serving, ensure that the dish is reheated correctly. For complete safety, use a meat thermometer to check the core temperature, which should reach 82ºC. Only ever reheat once.

Q What is the best way to season meat?
A We recommend you season steaks with salt and pepper after cooking, not before. Seasoning too early draws moisture out of the steaks and can make them dry and tough. However, we recommend you season roasts with salt and pepper shortly before cooking, because salt helps to crisp up the outside while cooking in the oven.

Q What about marinating?
A A marinade is a combination of acidic ingredients (e.g. wine, lemon juice, vinegar) along with olive or flavoured oil (e.g. sesame) and aromatic ingredients (e.g. garlic, vegetables, herbs, pepper). Acidic ingredients soften the proteins to make the meat more tender. Aromatic spices and herbs add flavour but should be used sparingly as their intense flavour can be overpowering.

Before cooking drain the meat and pat dry, as a wet surface will prevent it from browning properly.

Tender cuts of meat should be marinated for no longer than 4 hours as the marinade can overpower the flavour and break down the meat structure, which can affect the texture.

Humbler cuts can be marinated for up to two days stored at 4ºC in the fridge. Liquid marinades can be used as an ingredient in braised dishes, but should be boiled first to kill any bacteria.

Q What type of wine should I use for sauces and braising?
A Use the wine you are going to serve along with your dish for cooking. It will reward you with a wonderful harmonised flavour.
Meat cooking tips

Q How can I cook a quick sauce?
A Use the pan juices to prepare a sauce. For a dark sauce, braise chopped onion in the used pan until golden brown and caramelised. Deglaze by adding 200ml red wine, port or Madeira and simmer to reduce the liquid by half. Add 200ml stock and reduce to desired consistency.
For a cream sauce, fry the chopped onion slightly. Deglaze with 200ml white wine or grape juice. Reduce by half. Add 200ml double cream and reduce to desired consistency. Instead of a sauce, lightly drizzle the meat with olive oil or flavoured oils (e.g. sesame).

Q What if I’m not completely satisfied with my purchase?
A We’re so proud of our products we guarantee your money back if you’ve ever tasted better. Please let us know if anything is not to your liking. We would much rather have the chance to put things right than lose a customer.

Q Where can I get hints, tips and recipes or more help and advice?
A You’ll find many more hints, tips and recipes for all our products on our website at www.donaldrussell.com. What’s more, everyone who works at Donald Russell in Inverurie has been to our in-house cookery school, so they have first hand knowledge of how to handle, cook and serve the meat. We also have a Gourmet Team of trained food experts, and a team of highly qualified butchers, so we can help with almost any query you may have. You can call us on 01467 629666 Monday-Friday 8am-8pm, Saturdays 9am-4pm and Sundays 10am-4pm.

Freezer tips

Your meats will last longer and stay in excellent condition if you keep them frozen at -18°C or below. For this reason, you should regularly check the temperature of your freezer and adjust your thermostat accordingly. Older freezers should be defrosted on a regular basis. It is also advisable to check the rubber seal on your freezer door at the same time. Most modern freezers have auto-defrost, and do not require regular defrosting.

• Keep a list of everything in your freezer and the ‘best before’ date. That way you can ensure that you use everything while it is at its best. It will also help you plan when you need your next Donald Russell order.

• Upright freezers should not be overloaded, as this can prevent them operating correctly.

• Chest freezers, on the other hand, should be filled up, as this helps to keep the temperature down, so your freezer runs more efficiently.

• Fridge freezers or freezer boxes are ideal for keeping a few smaller items and should not be used to store larger cuts of meat.

• Always freeze meat in original Donald Russell vacuum packaging as it helps prevent freezer burn and makes the best use of space in your freezer.
Glossary of culinary meat terms

**Basting:** Spooning the juices and melted fat over a joint during roasting to keep it moist.

**Boning:** Removing the bones from meat so that it can be rolled or stuffed.

**Brochette:** A spike or skewer. Wooden skewers are usually pre-soaked in water to prevent them burning.

**Broiling:** American term for grilling.

**Deglaze:** Dissolve congealed cooking juices by adding liquid (wine, stock or water), scraping and stirring vigorously, while bringing to the boil. The juices may be used to make gravy or to add to sauce.

**Dice:** Cut into rough cubes of approximately 2.5cm (1").

**Escalope:** Cut into 1cm (½”) slices. Some butchers flatten meat with a hammer, but we do not recommend it. If the quality is good, hammering is not necessary.

**Fillet:** The tender undercut of a loin of beef, lamb, pork or veal.

**French Trim:** A method of trimming rack and rib cuts which removes the fat and muscle from between the bones to reveal the bones themselves.

**Kebab Cube:** Cut into approximately 2.5cm - 4cm (1” – 1½”) cubes, which can be pierced onto a wooden or bamboo skewer (brochette), then grilled or barbecued.

**Marinating:** Soaking meat in a solution of acidic liquid, oil and/or herbs, spices and seasonings to tenderise the meat and add flavour.

**Medallion:** French term for small rounds of meat, usually fillet of beef, pork or veal.

**Pavé:** A term used to describe a high-specification method of cutting Rump Steak into a neat rectangular shape, which is taken from the French for ‘brick’.

**Mignon:** A small whole fillet, such as Lamb Fillet or the tail end of a large fillet.

**Noisette:** A small sliced cut, usually lamb, tied round the middle.

**Slice:** To cut across the grain into the desired thickness.

**Steak:** Sliced into 1cm – 2.5cm (½” – 1”) thickness.

**Swiss Cut:** Generally a very high standard of butchery. For example, a Swiss Cut Leg of Lamb is a joint with the H-bone and knuckle removed for easier carving.

**Tournedos:** A steak sliced into 3cm - 5cm thickness (1¼” - 2”) and tied with string round the middle.

**Bone-in-joints**
Hold the joint at the end of the bone, using a towel or kitchen paper for a firmer grip if necessary. Carve the meat away from the bone, into approximately 1cm (½”) thick slices.

**Boneless joints**
e.g. Short Saddle of Lamb. Hold the joint in place with a carving fork or tongs. Carve the meat across the grain into slices approximately ½cm (¼”).

**Racks and Rib Roasts**
Hold the meat with the bones facing upward, using a towel or kitchen paper for a firmer grip if necessary. Carve down between the bones into even sized cutlets. Or remove the bones completely by cutting along the bones through the meat. This will enable you to carve the roast into thin slices.

Meat carving tips

Good carving comes with experience, knowledge, and the right equipment. But most importantly, your joint should be allowed to rest for at least 15 minutes before-hand, as this will allow the joint to ‘set’, making it easier to carve. To carve meat properly, a good, well-balanced and properly sharpened carving knife is essential. It should not be serrated, as this encourages a sawing action and gives an unattractive appearance to the meat slices. A blunt knife encourages hacking, which makes the meat seem less tender, and can ruin even the most beautifully cooked meat. We also recommend a good quality, large wooden carving board with a non-slip mat or wet tea towel underneath to prevent it slipping.
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