



25 RECIPES • COMPLETE CUTS GUIDE • COOKING CONFIDENCE

THE MODERN BUTCHER'S KITCHEN

A premium recipe and cuts brochure for confident home cooking.

FROM THE BUTCHER'S BLOCK TO YOUR TABLE



THE GENERIC GUIDE FOR EVERY BUTCHER WEBSITE

THE MODERN BUTCHER'S KITCHEN

A premium digital brochure with 25 complete recipes, a photo example for every meal, and a practical guide to choosing and cooking every major cut.

25 COMPLETE RECIPES

Ingredients, timings, temperatures and clear step-by-step methods.

PHOTO FOR EVERY MEAL

Each recipe is presented with a large finished-dish example.

LARGE, READABLE TYPE

Built for website viewing, tablets, phones and home printing.

COMPLETE CUTS GUIDE

Beef, lamb, pork and poultry cuts explained in plain English.



COOK SAFELY. THEN COOK WITH CONFIDENCE.

75°C

CORE TEMPERATURE FOR THOROUGH COOKING

KEEP IT CLEAN

Wash hands, boards, knives and worktops. Keep raw meat separate from ready-to-eat foods.

CHECK THE THICKEST PART

Insert a clean probe into the centre without touching bone or the tray.

POULTRY, MINCE & STUFFING

Cook thoroughly to 75°C at the centre or thickest part.

LEFTOVERS

Cool promptly, keep refrigerated at 0-5°C, use within 2-3 days, and reheat only once.

WHOLE STEAKS & JOINTS

Intact beef and lamb steaks may be cooked to preference after the exterior is thoroughly seared.

FOLLOW THE LABEL

For pre-packed, stuffed or coated items, follow the supplied cooking instructions first.

Based on current Food Safety Authority of Ireland consumer guidance.



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CUTS, METHODS & COOKING CONFIDENCE.

THE COMPLETE GUIDE

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MATCH THE CUT

Tender cuts suit fast, hot cooking. Hard-working cuts become rich and soft with low, slow heat.

USE A THERMOMETER

A probe removes guesswork, especially for poultry, mince, stuffed meat and large roasts.

REST BEFORE SLICING

Resting allows juices to settle. Slice across the grain for a more tender bite.



RECIPE COLLECTION

BEEF

From quick-seared steaks to slow braises and a proper Sunday roast.



RECIPE 01 / BEEF

CLASSIC SUNDAY ROAST BEEF



BUTCHER'S TIP

For the cleanest slices, use a long sharp knife and cut across the visible muscle fibres. Resting is not optional on a large joint.

BEST CUT

Rib roast, striploin or sirloin joint

SERVES

6

PREP

20 min

COOK

1 hr 15 min +
rest

HEAT

220°C / 200°C fan, then
180°C / 160°C fan

INGREDIENTS

- 1.5 kg beef roasting joint
- 2 tbsp olive oil
- 2 tsp sea salt
- 1 tsp cracked black pepper
- 2 onions, thickly sliced
- 2 carrots, roughly chopped
- 1 head garlic, halved
- 4 thyme sprigs
- 250 ml beef stock
- 1 tbsp plain flour
- 1 tbsp butter

STEP BY STEP

- 1 Remove the beef from the fridge 45 minutes before cooking. Pat dry and rub all over with oil, salt and pepper.
- 2 Place the onions, carrots, garlic and thyme in a roasting tin. Sit the beef on top, fat-side up.
- 3 Roast for 20 minutes at the higher temperature. Reduce the oven and continue until the centre reaches your preferred doneness.
- 4 Transfer the beef to a warm board. Cover loosely with foil and rest for at least 25 minutes.
- 5 Place the roasting tin over medium heat. Stir in the flour, scrape up the browned pieces and gradually add the stock. Simmer until glossy.
- 6 Slice the beef thinly across the grain and serve with the gravy and roasted vegetables.



RECIPE 02 / BEEF

IRISH BEEF & GUINNESS STEW



BUTCHER'S TIP

Shin gives the richest sauce because its collagen melts during slow cooking. Ask for evenly sized pieces so they soften at the same rate.

BEST CUT

Chuck, blade, shin or stewing beef

SERVES

6

PREP

25 min

COOK

2 hr 45 min

HEAT

160°C / 140°C fan

INGREDIENTS

- 1.2 kg diced stewing beef
- 2 tbsp plain flour
- 2 tbsp rapeseed oil
- 2 onions, chopped
- 3 carrots, cut into chunks
- 2 celery sticks, sliced
- 3 garlic cloves, crushed
- 2 tbsp tomato purée
- 440 ml stout
- 500 ml beef stock
- 2 bay leaves
- 4 thyme sprigs
- 700 g baby potatoes
- Salt and black pepper

STEP BY STEP

- 1 Season the beef, dust with flour and shake away the excess. Brown in batches in a heavy casserole, then set aside.
- 2 Add the onions, carrots and celery to the pot. Cook for 8 minutes until beginning to colour.
- 3 Stir in the garlic and tomato purée for one minute. Pour in the stout and scrape the base of the pot.
- 4 Return the beef. Add stock, bay and thyme. Bring to a simmer, cover and place in the oven for 90 minutes.
- 5 Add the potatoes, stir, cover again and cook for 60-75 minutes until the beef is spoon-tender.
- 6 Remove the herbs, check the seasoning and rest the stew for 10 minutes before serving.



RECIPE 03 / BEEF

STEAKHOUSE RIBEYE WITH PEPPERCORN SAUCE



BUTCHER'S TIP

Ribeye carries generous marbling. Use a dry, very hot pan and avoid moving the steak until a proper crust has formed.

BEST CUT

Ribeye steak, 3-4 cm thick

SERVES

2

PREP

10 min

COOK

15 min + rest

HEAT

Hob cooking

INGREDIENTS

- 2 ribeye steaks, 250-300 g each
- 1 tsp sea salt
- 1 tsp cracked black pepper
- 1 tbsp neutral oil
- 30 g butter
- 2 garlic cloves, crushed
- 2 thyme sprigs
- 1 small shallot, finely chopped
- 1 tbsp green peppercorns
- 60 ml brandy, optional
- 150 ml beef stock
- 120 ml cream

STEP BY STEP

- 1 Take the steaks out 30 minutes before cooking. Pat dry and season generously on both sides.
- 2 Heat a heavy pan until very hot. Add oil, then lay in the steaks without crowding.
- 3 Sear for 2-3 minutes per side. Add butter, garlic and thyme, then baste for one minute.
- 4 Check doneness with a thermometer or by touch. Rest the steaks on a warm plate for 8 minutes.
- 5 Lower the heat. Cook the shallot and peppercorns in the same pan. Add brandy carefully, then stock, and reduce by half.
- 6 Stir in the cream, simmer until lightly thickened and spoon over the rested steaks.



RECIPE 04 / BEEF

SLOW-BRAISED BEEF CHEEKS



BUTCHER'S TIP

Cheeks look lean but are rich in connective tissue. Long, gentle cooking turns them exceptionally tender without drying them out.

BEST CUT

Trimmed beef cheeks

SERVES

4

PREP

25 min

COOK

3 hr 30 min

HEAT

150°C / 130°C fan

INGREDIENTS

- 4 beef cheeks, trimmed
- Salt and black pepper
- 2 tbsp oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery sticks, diced
- 4 garlic cloves
- 2 tbsp tomato purée
- 500 ml red wine
- 500 ml beef stock
- 2 bay leaves
- 4 thyme sprigs
- 1 tsp brown sugar

STEP BY STEP

- 1 Season the cheeks. Brown deeply on every side in a heavy casserole, then remove.
- 2 Cook onion, carrot and celery for 10 minutes. Add garlic and tomato purée and cook for two minutes.
- 3 Pour in the wine, scrape the pot and boil for 5 minutes. Add stock, herbs and sugar.
- 4 Return the cheeks. The liquid should come about three-quarters of the way up the meat. Cover tightly.
- 5 Braise for 3-3½ hours, turning once, until a spoon slides into the meat with almost no resistance.
- 6 Lift out the cheeks. Strain or blend the sauce, reduce until glossy and return the meat to warm through.



RECIPE 05 / BEEF

STICKY BEEF SHORT RIBS



BUTCHER'S TIP

Short ribs should feel loose on the bone when ready. If they are still firm, give them another 20-30 minutes rather than raising the heat.

BEST CUT

Bone-in beef short ribs

SERVES

4

PREP

20 min

COOK

3 hr

HEAT

160°C / 140°C fan

INGREDIENTS

- 1.8 kg beef short ribs
- Salt and pepper
- 1 tbsp oil
- 1 onion, sliced
- 4 garlic cloves
- 25 g fresh ginger
- 120 ml soy sauce
- 80 ml honey
- 2 tbsp rice or cider vinegar
- 500 ml beef stock
- 1 tbsp tomato purée
- 1 tsp chilli flakes
- 2 spring onions
- Sesame seeds

STEP BY STEP

- 1 Season and brown the ribs on all sides in a deep ovenproof pot. Remove excess fat.
- 2 Cook the onion for 5 minutes. Add garlic, ginger and tomato purée.
- 3 Stir in soy, honey, vinegar, stock and chilli. Return the ribs, meaty side down.
- 4 Cover and braise for 2½ hours. Turn the ribs and cook uncovered for another 30 minutes.
- 5 Lift out the ribs. Skim fat from the sauce and boil until sticky enough to coat a spoon.
- 6 Glaze the ribs with the reduced sauce. Finish with spring onion and sesame seeds.



RECIPE 06 / BEEF

BEEF BOURGUIGNON



BUTCHER'S TIP

Choose chuck or featherblade with visible seams of connective tissue. Those seams melt into the sauce and create body.

BEST CUT

Chuck, blade or featherblade

SERVES

6

PREP

30 min

COOK

3 hr

HEAT

160°C / 140°C fan

INGREDIENTS

- 1.2 kg beef, cut into 4 cm cubes
- 150 g smoked bacon lardons
- 2 tbsp oil
- 2 onions, chopped
- 3 carrots, sliced
- 3 garlic cloves
- 2 tbsp flour
- 750 ml red wine
- 350 ml beef stock
- 2 tbsp tomato purée
- 2 bay leaves
- 5 thyme sprigs
- 250 g button mushrooms
- 200 g small shallots
- 25 g butter

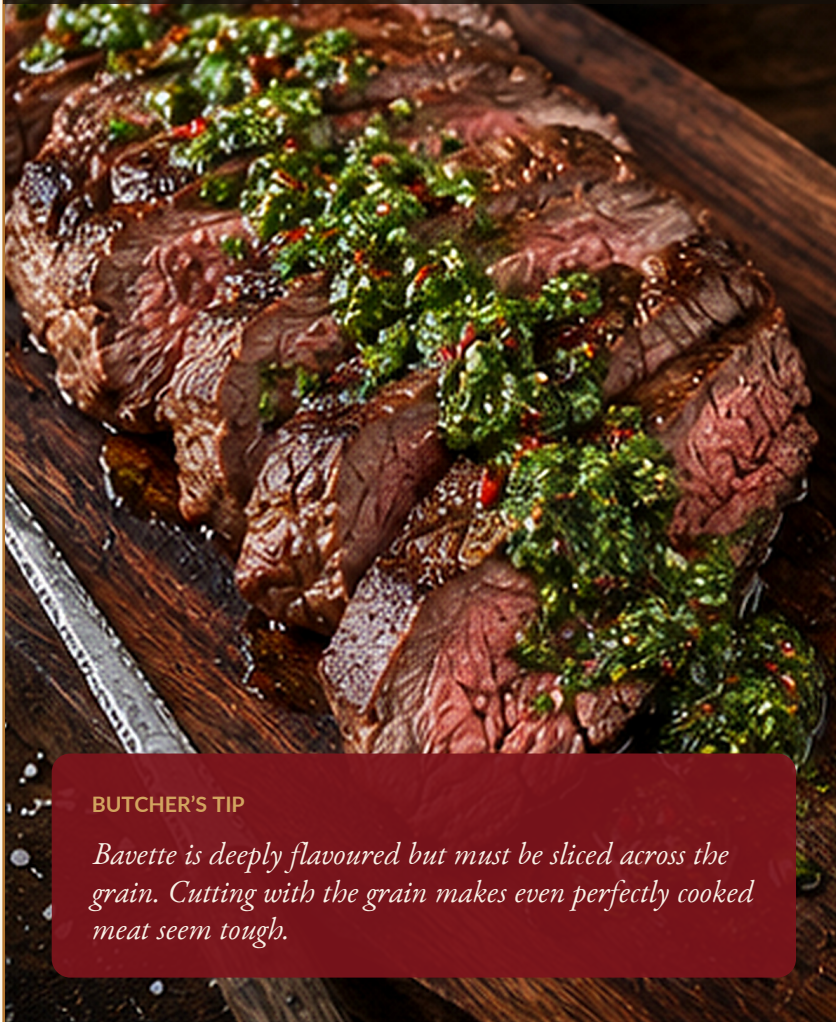
STEP BY STEP

- 1 Brown the bacon in a casserole and remove. Brown the beef in batches in the bacon fat and oil.
- 2 Cook onions and carrots for 8 minutes. Add garlic, tomato purée and flour.
- 3 Gradually stir in the wine and stock, scraping the base. Add herbs, bacon and beef.
- 4 Cover and cook in the oven for about 2½ hours until the beef is tender.
- 5 Fry the mushrooms and shallots in butter until golden. Stir them into the casserole for the final 20 minutes.
- 6 Remove the bay and thyme. Adjust seasoning and serve with mash, bread or buttered noodles.



RECIPE 07 / BEEF

PAN-SEARED BAVETTE WITH CHIMICHURRI



BUTCHER'S TIP

Bavette is deeply flavoured but must be sliced across the grain. Cutting with the grain makes even perfectly cooked meat seem tough.

BEST CUT

Bavette, flank or skirt steak

SERVES

4

PREP

20 min

COOK

10 min + rest

HEAT

Grill, barbecue or hob

INGREDIENTS

- 700-800 g bavette steak
- 1 tbsp oil
- Salt and black pepper
- 1 bunch flat-leaf parsley
- 2 tbsp chopped oregano
- 2 garlic cloves
- ½ red chilli
- 3 tbsp red wine vinegar
- 6 tbsp olive oil
- 1 tsp Dijon mustard
- ½ tsp sea salt

STEP BY STEP

- 1 Blend or finely chop parsley, oregano, garlic and chilli. Stir in vinegar, olive oil, mustard and salt.
- 2 Pat the steak dry, rub with oil and season immediately before cooking.
- 3 Heat a grill pan or barbecue until very hot. Cook the steak for 3-4 minutes per side.
- 4 Rest for 10 minutes on a board. Spoon over a little chimichurri while it rests.
- 5 Identify the direction of the grain, then slice very thinly across it at a slight angle.
- 6 Serve with the remaining chimichurri, roasted potatoes or a crisp salad.



RECIPE 08 / BEEF

JUICY HOMEMADE BEEF BURGERS



BUTCHER'S TIP

Do not knead or compress the mince. Loose shaping gives a more tender burger. Mince should be cooked thoroughly.

BEST CUT

Fresh beef mince, ideally 15-20% fat

SERVES

4

PREP

15 min

COOK

12 min

HEAT

Grill, barbecue or hob

INGREDIENTS

- 700 g beef mince
- 1 tsp fine salt
- ½ tsp black pepper
- 1 tsp Worcestershire sauce
- 4 burger buns
- 4 slices mature cheddar
- 1 onion, thinly sliced
- Lettuce leaves
- 2 tomatoes, sliced
- 4 tbsp burger sauce or mayonnaise
- Oil for cooking

STEP BY STEP

- 1 Divide the mince into four equal portions. Shape gently into patties about 2 cm wider than the buns.
- 2 Press a shallow dent into the centre of each patty. Season the outside just before cooking.
- 3 Heat a pan, grill or barbecue to medium-high. Lightly oil the cooking surface.
- 4 Cook for 5-6 minutes per side until fully cooked through. Add cheese for the final minute.
- 5 Toast the cut sides of the buns. Layer sauce, lettuce, tomato, burger, onion and the top bun.
- 6 Serve immediately. Check the centre reaches 75°C; colour alone is not a reliable safety test.



RECIPE COLLECTION

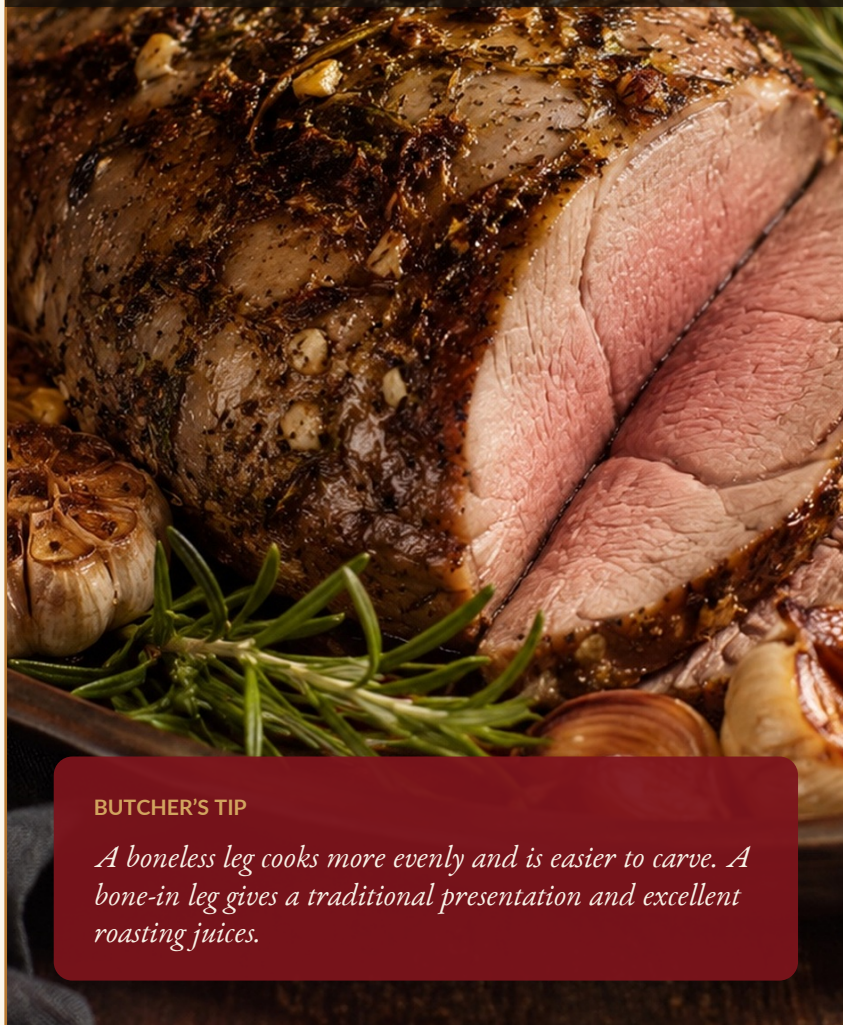
LAMB

Hearty, tender and full of flavour. Timeless recipes for every table.



RECIPE 09 / LAMB

GARLIC & ROSEMARY ROAST LEG OF LAMB



BUTCHER'S TIP

A boneless leg cooks more evenly and is easier to carve. A bone-in leg gives a traditional presentation and excellent roasting juices.

BEST CUT

Bone-in or boneless leg of lamb

SERVES

6-8

PREP

20 min

COOK

1 hr 40 min +
rest

HEAT

220°C / 200°C fan, then
180°C / 160°C fan

INGREDIENTS

- 2 kg leg of lamb
- 4 garlic cloves, sliced
- 2 tbsp rosemary leaves
- 2 tbsp olive oil
- 1 lemon, zest and juice
- 2 tsp sea salt
- 1 tsp black pepper
- 2 onions, quartered
- 300 ml lamb or chicken stock
- 1 tbsp redcurrant jelly, optional

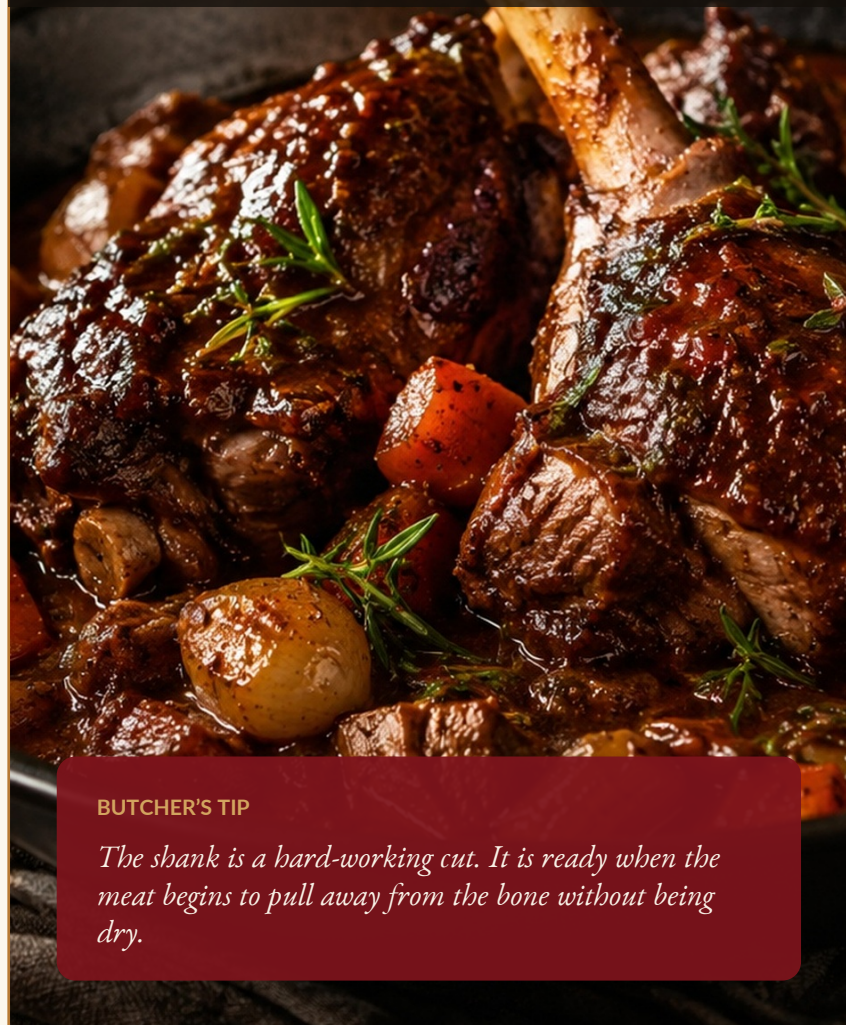
STEP BY STEP

- 1 Remove the lamb from the fridge 45 minutes before cooking. Make small slits and insert garlic slices.
- 2 Mix rosemary, oil, lemon zest, salt and pepper. Rub all over the lamb.
- 3 Place onions in a roasting tin and sit the lamb on top. Roast for 20 minutes at the higher temperature.
- 4 Reduce the oven and cook until the centre reaches your preferred doneness.
- 5 Rest loosely covered for 25-30 minutes. Meanwhile, add stock to the tin and scrape up the roasting juices.
- 6 Simmer the gravy, stir in redcurrant jelly if using, then carve the lamb across the grain.



RECIPE 10 / LAMB

RED WINE BRAISED LAMB SHANKS



BUTCHER'S TIP

The shank is a hard-working cut. It is ready when the meat begins to pull away from the bone without being dry.

BEST CUT

Lamb shanks

SERVES

4

PREP

20 min

COOK

3 hr

HEAT

160°C / 140°C fan

INGREDIENTS

- 4 lamb shanks
- Salt and pepper
- 2 tbsp oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 4 garlic cloves
- 2 tbsp tomato purée
- 500 ml red wine
- 500 ml lamb or beef stock
- 2 bay leaves
- 4 rosemary sprigs
- 1 tbsp honey

STEP BY STEP

- 1 Season the shanks and brown them well in a casserole. Remove and set aside.
- 2 Cook onion, carrot and celery for 10 minutes. Add garlic and tomato purée.
- 3 Pour in wine, scrape the pot and boil for 5 minutes. Add stock, bay, rosemary and honey.
- 4 Return the shanks. Cover and cook for 2½-3 hours, turning once.
- 5 When the meat is very tender, remove the shanks and skim the sauce.
- 6 Reduce the sauce until rich and glossy. Return the shanks to coat before serving.



RECIPE 11 / LAMB

HERB-CRUSTED RACK OF LAMB



BUTCHER'S TIP

Ask your butcher to French-trim the rack for a clean finish. Keep the fat cap: it protects and flavours the meat during roasting.

BEST CUT

French-trimmed rack of lamb

SERVES

4

PREP

20 min

COOK

25 min + rest

HEAT

200°C / 180°C fan

INGREDIENTS

- 2 racks of lamb, 6-8 bones each
- Salt and black pepper
- 1 tbsp oil
- 2 tbsp Dijon mustard
- 80 g fresh breadcrumbs
- 2 tbsp chopped parsley
- 1 tbsp chopped rosemary
- 1 garlic clove, grated
- 30 g finely grated Parmesan
- 1 tbsp olive oil

STEP BY STEP

- 1 Season the racks. Heat a pan and brown the lamb, especially the fat side.
- 2 Mix breadcrumbs, herbs, garlic, Parmesan and olive oil.
- 3 Brush the meaty side with mustard and press on the herb crumb firmly.
- 4 Roast crumb-side up for 15-20 minutes, depending on size and preferred doneness.
- 5 Rest for 10 minutes before carving between the bones into cutlets.
- 6 Serve with roast vegetables, dauphinoise potatoes or a sharp green salad.



RECIPE 12 / LAMB

TRADITIONAL IRISH LAMB STEW



BUTCHER'S TIP

Neck is excellent value and full of flavour. Slow cooking softens the connective tissue and enriches the broth.

BEST CUT

Lamb neck, shoulder or diced stewing lamb

SERVES

6

PREP

25 min

COOK

2 hr 15 min

HEAT

Hob or 170°C / 150°C fan

INGREDIENTS

- 1.2 kg lamb neck or shoulder pieces
- 2 tbsp oil
- 2 onions, sliced
- 4 carrots, thickly sliced
- 2 leeks, sliced
- 900 g floury potatoes
- 1 litre lamb or chicken stock
- 2 bay leaves
- 4 thyme sprigs
- 2 tbsp chopped parsley
- Salt and black pepper

STEP BY STEP

- 1 Season the lamb. Brown lightly in batches, or leave unbrowned for a paler traditional stew.
- 2 Layer half the potatoes, onions, carrots and leeks in a heavy pot. Add the lamb and remaining vegetables.
- 3 Pour in enough stock to nearly cover. Add bay and thyme and bring gently to a simmer.
- 4 Cover and cook very gently for about 2 hours until the lamb is tender.
- 5 Crush a few potato pieces into the broth to thicken it naturally.
- 6 Remove the herbs, season carefully and finish with plenty of chopped parsley.



RECIPE 13 / LAMB

SPICED LAMB KOFTA FLATBREADS



BUTCHER'S TIP

Lamb mince has enough natural fat to stay juicy. Chill the shaped koftas for 15 minutes if they feel too soft to handle.

BEST CUT

Lamb mince

SERVES

4

PREP

25 min

COOK

12 min

HEAT

Grill, barbecue or hob

INGREDIENTS

- 600 g lamb mince
- 1 small onion, finely grated
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- ½ tsp cinnamon
- 2 tbsp chopped parsley
- 1 tsp salt
- 4 flatbreads
- 200 g Greek yoghurt
- ½ cucumber, grated
- 1 lemon
- Salad leaves and pickled onions

STEP BY STEP

- 1 Mix lamb, onion, garlic, spices, parsley and salt until just combined.
- 2 Divide into eight portions and shape into long koftas around skewers or by hand.
- 3 Mix yoghurt with squeezed cucumber, lemon zest, a little juice and salt.
- 4 Cook the koftas over medium-high heat, turning regularly, until browned and cooked through.
- 5 Warm the flatbreads. Spread with cucumber yoghurt and add salad.
- 6 Top with koftas, pickled onions and an extra squeeze of lemon.



RECIPE COLLECTION

PORK

Crisp crackling, juicy chops, sticky ribs and family casseroles.



RECIPE 14 / PORK

SLOW-ROAST PORK SHOULDER WITH CRACKLING

**BUTCHER'S TIP**

Dry skin and a level roasting position are the keys to even crackling. Your butcher can score the skin for you.

BEST CUT

Skin-on pork shoulder

SERVES

8

PREP

25 min

COOK4 hr 30 min +
rest**HEAT**230°C / 210°C fan, then
160°C / 140°C fan

INGREDIENTS

- 2.5 kg skin-on pork shoulder
- 2 tbsp fine sea salt
- 1 tbsp fennel seeds, crushed
- 1 tsp black pepper
- 2 onions, quartered
- 2 apples, quartered
- 1 head garlic, halved
- 300 ml cider or apple juice
- 300 ml chicken stock
- 1 tbsp plain flour

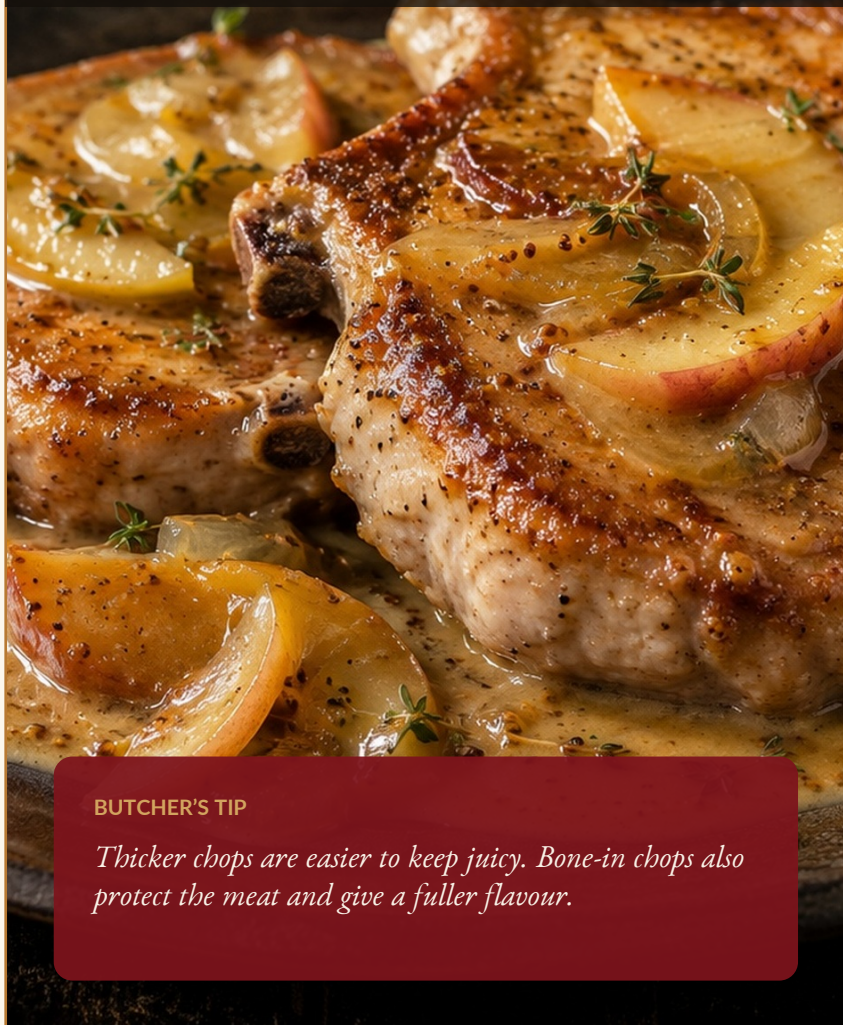
STEP BY STEP

- 1 Unwrap the pork and dry the skin thoroughly. Leave uncovered in the fridge overnight if possible.
- 2 Score the skin without cutting deeply into the meat. Rub salt into every cut; season the meat with fennel and pepper.
- 3 Place onions, apples and garlic in a roasting tin. Sit pork on top, keeping the skin level.
- 4 Roast at high heat for 30 minutes. Reduce the temperature and cook for about 4 hours.
- 5 Rest the pork for 30 minutes. If the crackling needs help, remove it and return it to a hot oven briefly.
- 6 Deglaze the tin with cider and stock, thicken lightly with flour and serve with pulled or sliced pork.



RECIPE 15 / PORK

PORK CHOPS WITH APPLE & MUSTARD SAUCE



BUTCHER'S TIP

Thicker chops are easier to keep juicy. Bone-in chops also protect the meat and give a fuller flavour.

BEST CUT

Bone-in loin or rib pork chops

SERVES

4

PREP

15 min

COOK

25 min

HEAT

Hob cooking

INGREDIENTS

- 4 thick pork chops
- Salt and pepper
- 1 tbsp oil
- 20 g butter
- 2 eating apples, sliced
- 1 shallot, chopped
- 150 ml dry cider
- 150 ml chicken stock
- 1 tbsp wholegrain mustard
- 100 ml cream
- 1 tsp thyme leaves

STEP BY STEP

- 1 Pat the chops dry and season. Heat oil in a large pan over medium-high heat.
- 2 Brown the chops for 3-4 minutes per side. Lower the heat and cook until the centre reaches 75°C. Rest.
- 3 Add butter and apples to the pan. Cook until golden but still holding their shape. Remove.
- 4 Cook the shallot for 2 minutes. Add cider and reduce by half.
- 5 Add stock, mustard, cream and thyme. Simmer until lightly thickened.
- 6 Return the apples and chops with their resting juices. Warm gently and serve.



RECIPE 16 / PORK

STICKY OVEN-BARBECUED PORK RIBS

**BUTCHER'S TIP**

Baby back ribs are leaner and quicker; spare ribs are meatier and richer. Low heat first, high heat last.

BEST CUT

Pork spare ribs or baby back ribs

SERVES

4

PREP

20 min

COOK

2 hr 30 min

HEAT150°C / 130°C fan, then
220°C / 200°C fan

INGREDIENTS

- 1.8 kg pork ribs
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- ½ tsp pepper
- 150 ml barbecue sauce
- 3 tbsp honey
- 2 tbsp cider vinegar
- 1 tbsp Worcestershire sauce
- 100 ml apple juice

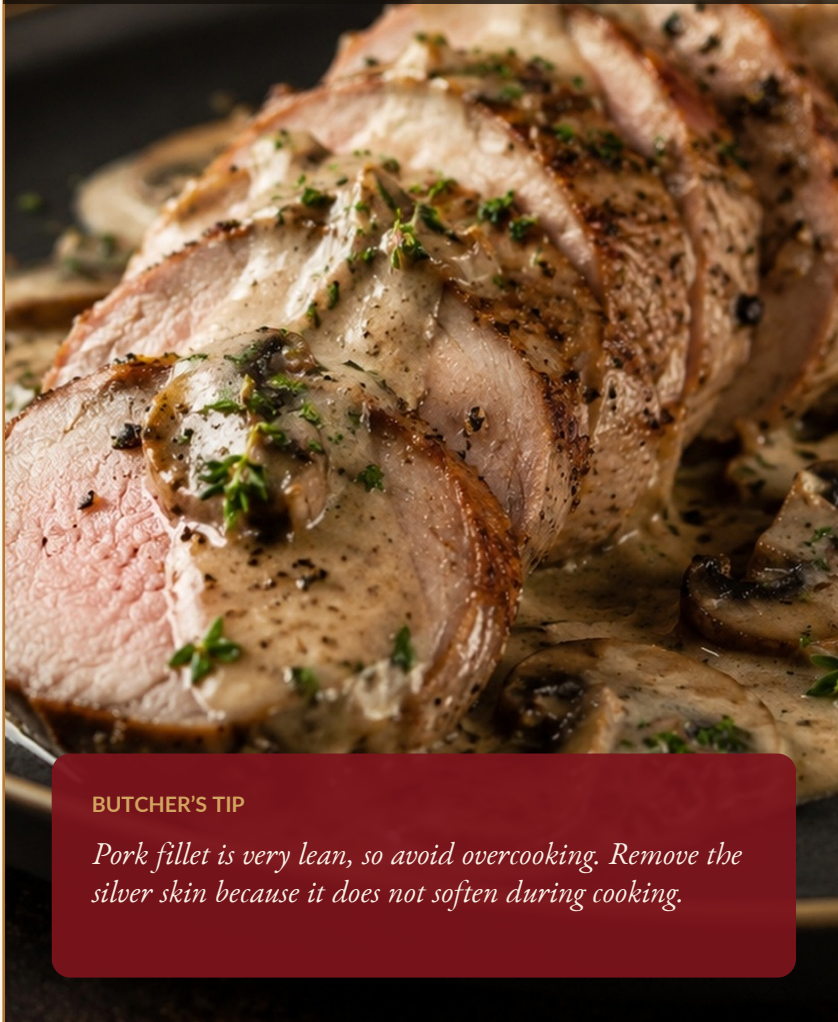
STEP BY STEP

- 1 Remove the thin membrane from the bone side if still attached. Mix the dry spices and rub over the ribs.
- 2 Place ribs in a roasting tin, add apple juice and cover tightly with foil.
- 3 Cook slowly for 2 hours until tender but not falling apart.
- 4 Mix barbecue sauce, honey, vinegar and Worcestershire sauce.
- 5 Uncover, drain excess liquid and brush generously with glaze. Increase the oven temperature.
- 6 Roast for 15-20 minutes, turning and glazing twice, until sticky and caramelised.



RECIPE 17 / PORK

PORK FILLET WITH CREAMY MUSHROOM SAUCE

**BUTCHER'S TIP**

Pork fillet is very lean, so avoid overcooking. Remove the silver skin because it does not soften during cooking.

BEST CUT

Pork tenderloin / fillet

SERVES

4

PREP

15 min

COOK

25 min

HEAT

190°C / 170°C fan

INGREDIENTS

- 2 pork fillets, about 450 g each
- Salt and black pepper
- 1 tbsp oil
- 25 g butter
- 250 g mushrooms, sliced
- 1 shallot, chopped
- 2 garlic cloves
- 100 ml white wine or stock
- 200 ml chicken stock
- 150 ml cream
- 1 tsp Dijon mustard
- 1 tbsp chopped parsley

STEP BY STEP

- 1 Remove any silver skin from the pork. Season and brown the fillets in an ovenproof pan.
- 2 Transfer the pan to the oven for 12-15 minutes, until the centre reaches 75°C. Rest the pork.
- 3 Return the pan to medium heat. Add butter and mushrooms and cook until golden.
- 4 Add shallot and garlic. Pour in wine and reduce by half.
- 5 Add stock, cream and mustard. Simmer until the sauce coats the back of a spoon.
- 6 Slice the pork into thick medallions, spoon over the sauce and finish with parsley.



RECIPE 18 / PORK

SAUSAGE, TOMATO & BUTTER BEAN CASSEROLE



BUTCHER'S TIP

Use a coarsely textured butcher sausage with good seasoning. Browning first creates flavour and helps the sausages hold their shape.

BEST CUT

Quality butcher sausages

SERVES

6

PREP

15 min

COOK

50 min

HEAT

180°C / 160°C fan

INGREDIENTS

- 12 pork sausages
- 1 tbsp oil
- 2 onions, sliced
- 2 red peppers, sliced
- 3 garlic cloves
- 1 tsp smoked paprika
- 2 tbsp tomato purée
- 2 x 400 g tins chopped tomatoes
- 250 ml chicken stock
- 2 x 400 g tins butter beans, drained
- 1 tsp dried oregano
- 1 tbsp brown sugar
- Chopped parsley

STEP BY STEP

- 1 Brown the sausages in a casserole or ovenproof pan. Remove to a plate.
- 2 Cook onions and peppers for 8 minutes. Add garlic, paprika and tomato purée.
- 3 Stir in tomatoes, stock, oregano and sugar. Bring to a simmer.
- 4 Return the sausages and bake uncovered for 30 minutes.
- 5 Stir in the butter beans and cook for another 10 minutes until hot and thickened.
- 6 Check seasoning, scatter with parsley and serve with crusty bread or mash.



RECIPE COLLECTION

POULTRY

Roast dinners, traybakes, pies, curries and family favourites.



RECIPE 19 / POULTRY

PERFECT CLASSIC ROAST CHICKEN



BUTCHER'S TIP

Probe the thickest part of the thigh without touching the bone. Resting keeps the breast moist and makes carving easier.

BEST CUT

Whole chicken

SERVES

4-6

PREP

15 min

COOK

1 hr 30 min +
rest

HEAT

200°C / 180°C fan

INGREDIENTS

- 1 whole chicken, 1.6-1.8 kg
- 2 tbsp softened butter
- 1 lemon, halved
- 1 head garlic, halved
- 4 thyme sprigs
- 2 onions, quartered
- 2 carrots, chopped
- 250 ml chicken stock
- Salt and black pepper

STEP BY STEP

- 1 Remove the chicken from the fridge 30 minutes before cooking. Pat dry inside and out.
- 2 Season the cavity and add lemon, garlic and thyme. Rub the skin with butter, salt and pepper.
- 3 Place onions and carrots in a roasting tin and set the chicken on top.
- 4 Roast until the thickest part of the thigh reaches at least 75°C and the juices run clear.
- 5 Rest for 20 minutes, loosely covered. Do not tightly wrap the skin or it will soften.
- 6 Use the roasting tin and stock to make a quick gravy while the chicken rests.



RECIPE 20 / POULTRY

LEMON-HERB CHICKEN THIGH TRAYBAKE



BUTCHER'S TIP

Chicken thighs are forgiving, flavourful and excellent value. Leave space around them so the skin roasts rather than steams.

BEST CUT

Bone-in, skin-on chicken thighs

SERVES

4

PREP

15 min

COOK

50 min

HEAT

200°C / 180°C fan

INGREDIENTS

- 8 chicken thighs
- 700 g baby potatoes, halved
- 2 red onions, cut into wedges
- 1 lemon, sliced
- 4 garlic cloves
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 150 ml chicken stock
- 200 g cherry tomatoes
- Salt and pepper
- Fresh parsley

STEP BY STEP

- 1 Toss potatoes and onions with half the oil, oregano, paprika, salt and pepper. Roast for 15 minutes.
- 2 Pat the chicken dry. Season and place skin-side up among the vegetables.
- 3 Add lemon, garlic and stock. Roast for 30 minutes.
- 4 Add the cherry tomatoes and cook for another 10-15 minutes.
- 5 Check the thickest part of each thigh reaches 75°C and the skin is crisp.
- 6 Rest for 5 minutes and finish with parsley and the tray juices.



RECIPE 21 / POULTRY

CREAMY CHICKEN & MUSHROOM PIE



BUTCHER'S TIP

Thigh meat stays succulent in a pie. Cooling the filling slightly helps the pastry rise rather than becoming greasy.

BEST CUT

Chicken thigh fillets or cooked roast chicken

SERVES

6

PREP

30 min

COOK

50 min

HEAT

200°C / 180°C fan

INGREDIENTS

- 800 g chicken thigh fillets, diced
- 1 tbsp oil
- 30 g butter
- 1 leek, sliced
- 250 g mushrooms, sliced
- 2 garlic cloves
- 40 g plain flour
- 400 ml chicken stock
- 150 ml cream
- 1 tsp Dijon mustard
- 2 tbsp chopped parsley
- 1 sheet puff pastry
- 1 egg, beaten
- Salt and pepper

STEP BY STEP

- 1 Season and brown the chicken in batches. Set aside.
- 2 Melt butter and cook leek and mushrooms for 8 minutes. Add garlic.
- 3 Stir in flour for one minute. Gradually add stock, then cream and mustard.
- 4 Return chicken and simmer for 10 minutes. Stir in parsley and cool slightly.
- 5 Transfer to a pie dish. Cover with pastry, seal the edges, cut a steam hole and brush with egg.
- 6 Bake for 25-30 minutes until deeply golden and bubbling. Ensure the filling is piping hot.



RECIPE 22 / POULTRY

FAMILY CHICKEN TIKKA-STYLE CURRY



BUTCHER'S TIP

Thigh fillets remain tender during simmering and reheat better than breast. Cut pieces evenly for reliable cooking.

BEST CUT

Boneless chicken thighs

SERVES

6

PREP

25 min +
marinating

COOK

40 min

HEAT

Hob cooking

INGREDIENTS

- 1 kg chicken thigh fillets, cut into chunks
- 150 g natural yoghurt
- 2 tsp garam masala
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp salt
- 2 tbsp oil
- 2 onions, sliced
- 4 garlic cloves
- 25 g ginger
- 2 tbsp tomato purée
- 400 g chopped tomatoes
- 200 ml chicken stock
- 150 ml cream or coconut milk
- Fresh coriander

STEP BY STEP

- 1 Mix chicken with yoghurt, half the spices and salt. Marinate for 30 minutes or overnight.
- 2 Brown the chicken in batches in a wide pot. It does not need to be cooked through.
- 3 Cook onions for 10 minutes. Add garlic, ginger and remaining spices.
- 4 Stir in tomato purée, tomatoes and stock. Simmer for 15 minutes.
- 5 Return the chicken and simmer until cooked through and the centre reaches 75°C.
- 6 Stir in cream or coconut milk, warm gently and finish with coriander.



RECIPE 23 / POULTRY

SPINACH & CHEESE STUFFED CHICKEN BREASTS



BUTCHER'S TIP

Ask for evenly sized large breasts. Stuffed poultry needs careful temperature checking because the filling slows heat reaching the centre.

BEST CUT

Large skinless chicken breasts

SERVES

4

PREP

25 min

COOK

30 min

HEAT

190°C / 170°C fan

INGREDIENTS

- 4 large chicken breasts
- 150 g baby spinach
- 150 g cream cheese
- 60 g grated cheddar
- 1 garlic clove, crushed
- ½ lemon, zest
- 1 tsp dried herbs
- 8 slices streaky bacon, optional
- 1 tbsp oil
- Salt and pepper

STEP BY STEP

- 1 Wilt the spinach, squeeze very dry and chop. Mix with cream cheese, cheddar, garlic, lemon zest and herbs.
- 2 Cut a deep pocket into the side of each chicken breast without slicing all the way through.
- 3 Fill each pocket and secure with cocktail sticks. Wrap with bacon if using.
- 4 Brown the breasts briefly in an ovenproof pan with oil.
- 5 Bake for 20-25 minutes until the chicken and centre of the filling reach 75°C.
- 6 Rest for 5 minutes, remove the sticks and slice carefully.



RECIPE 24 / POULTRY

TURKEY MEATBALLS IN TOMATO SAUCE



BUTCHER'S TIP

Turkey mince is lean. Breadcrumbs, egg and Parmesan keep the meatballs tender, but avoid overmixing.

BEST CUT

Turkey mince

SERVES

4-6

PREP

20 min

COOK

40 min

HEAT

190°C / 170°C fan

INGREDIENTS

- 700 g turkey mince
- 60 g breadcrumbs
- 1 egg
- 40 g grated Parmesan
- 2 tbsp chopped parsley
- 1 garlic clove, grated
- 1 tsp dried oregano
- 1 tsp salt
- 1 tbsp olive oil
- 1 onion, chopped
- 2 x 400 g tins chopped tomatoes
- 150 ml chicken stock
- 1 tsp brown sugar
- Fresh basil

STEP BY STEP

- 1 Mix turkey, breadcrumbs, egg, Parmesan, parsley, garlic, oregano and salt gently.
- 2 Roll into 20-24 meatballs and place on an oiled tray.
- 3 Bake for 15 minutes until lightly coloured.
- 4 Meanwhile, cook onion in olive oil. Add tomatoes, stock and sugar and simmer for 15 minutes.
- 5 Add the meatballs to the sauce and simmer for 10 minutes, ensuring they reach 75°C.
- 6 Finish with basil and serve with pasta, rice or crusty bread.



RECIPE 25 / POULTRY

STICKY HONEY-GARLIC CHICKEN WINGS



BUTCHER'S TIP

Baking powder helps dry the skin and promotes crispness. Do not substitute bicarbonate of soda, which can taste bitter.

BEST CUT

Chicken wings, split at the joints

SERVES

4

PREP

15 min

COOK

50 min

HEAT

210°C / 190°C fan

INGREDIENTS

- 1.5 kg chicken wings
- 1 tbsp baking powder
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- 80 ml honey
- 60 ml soy sauce
- 3 garlic cloves, grated
- 1 tbsp cider or rice vinegar
- 1 tsp sesame oil
- 1 tsp chilli sauce, optional
- Spring onions and sesame seeds

STEP BY STEP

- 1 Pat the wings very dry. Toss with baking powder, salt, pepper and paprika.
- 2 Arrange on a rack over a tray with space between each wing.
- 3 Roast for 40-45 minutes, turning once, until crisp and fully cooked.
- 4 Simmer honey, soy, garlic, vinegar, sesame oil and chilli for 3-4 minutes.
- 5 Toss the hot wings in the sticky glaze and return to the oven for 5 minutes.
- 6 Finish with spring onions and sesame seeds. Serve immediately.



PART TWO

THE COMPLETE CUTS GUIDE

Know what to buy, what each cut is best for, and when to use quick heat or slow cooking.

TENDER CUTS

Come from less-worked muscles.
Cook quickly with dry heat: grill, sear,
roast or barbecue.

HARD-WORKING CUTS

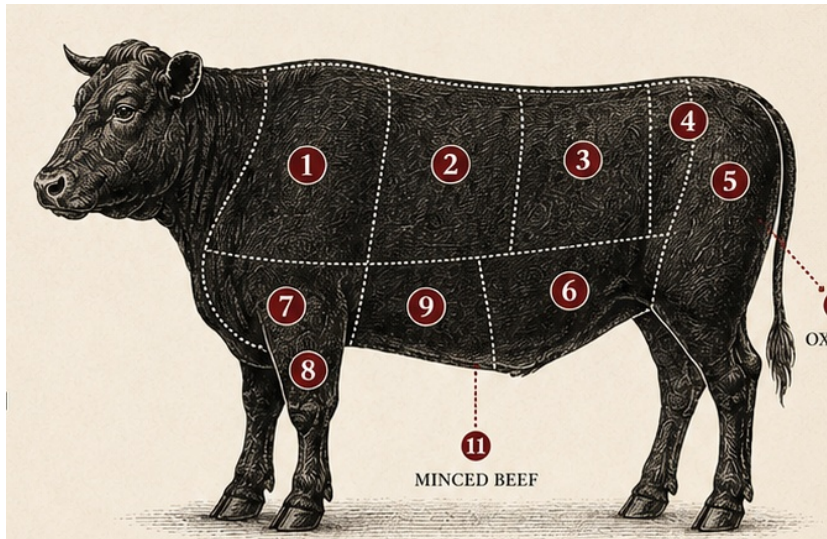
Contain collagen and connective
tissue. Cook slowly with moisture
until tender.

FAT & BONE

Both carry flavour and help protect
meat while it cooks.



Beef cuts



Fillet

BEST FOR

Pan-searing, roasting whole

Very tender and lean. Cook quickly and avoid taking beyond medium unless preferred.

Ribeye

BEST FOR

Steaks, grilling, pan-searing

Well marbled, juicy and rich. Excellent with simple seasoning and high heat.

Sirloin / Striploin

BEST FOR

Steaks, roasting joints, grilling

Tender with a defined fat cap. Good balance of flavour and texture.

Rump

BEST FOR

Steaks, roasting, kebabs

Lean and beefy. Best served medium-rare to medium and sliced across the grain.

T-bone / Porterhouse

BEST FOR

Grilling, barbecue, sharing steak

Combines striploin and fillet around the bone. Needs even heat and proper resting.

Tomahawk

BEST FOR

Reverse searing, barbecue

A thick bone-in ribeye. Start gently, finish over fierce heat and rest well.



Beef cuts at a glance

Chuck

BEST FOR

Stews, pot roast, slow cooking, mince

Hard-working shoulder meat with deep flavour and collagen that softens slowly.

Featherblade

BEST FOR

Braising, slow roasting

Rich and tender after slow cooking. The central seam must be removed for steaks.

Brisket

BEST FOR

Low-and-slow roasting, smoking

Firm, flavourful breast cut. Slice across the grain after a long rest.

Short Rib

BEST FOR

Braising, slow roasting, barbecue

Meaty ribs with fat and connective tissue. Becomes luxurious with gentle cooking.

Shin

BEST FOR

Stews, ragù, pies

Packed with collagen. Gives body and gloss to slow-cooked sauces.

Beef Cheek

BEST FOR

Braising, slow-cooked dishes

Very hard-working muscle that becomes exceptionally tender after 3-4 hours.



Beef cuts at a glance

Topside

BEST FOR

Roasting, pot roasting

Lean hindquarter cut. Protect from overcooking and slice very thinly.

Silverside

BEST FOR

Pot roast, corned beef

Lean and firm. Best with moisture, gentle heat and thin carving.

Flank / Skirt / Bavette

BEST FOR

Fast grilling, fajitas, stir-fries

Long-grained and full flavoured. Cook quickly and slice thinly across the grain.

Oxtail

BEST FOR

Stews, soups, braises

Bone, marrow and collagen create a rich sauce. Needs long, slow cooking.

Mince

BEST FOR

Burgers, meatballs, cottage pie

Choose fat level for the dish. Burgers and mince should be cooked thoroughly.

Diced Stewing Beef

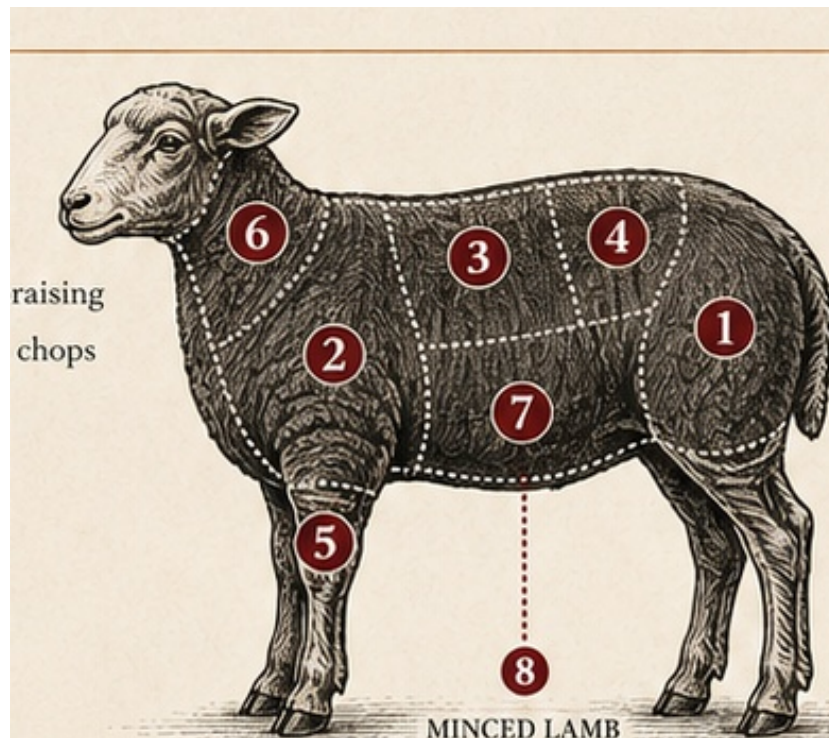
BEST FOR

Casseroles, curry, pies

Usually cut from chuck, blade or shin. Even cubes cook consistently.



Lamb cuts



Leg

BEST FOR

Roasting, butterflying, steaks

Lean, versatile and easy to carve. Whole leg suits roasting; butterflied leg suits barbecue.

Shoulder

BEST FOR

Slow roasting, curries, mince

More fat and connective tissue than leg. Excellent for low, slow cooking.

Rack

BEST FOR

Roasting, herb crusts

Tender and elegant. Often French-trimmed and served pink to preference.

Loin Chops

BEST FOR

Pan-frying, grilling, barbecue

Small tender chops with a T-shaped bone. Fast cooking suits them best.

Cutlets

BEST FOR

Grilling, pan-frying

Individual slices from the rack. Tender, quick and visually impressive.

Neck

BEST FOR

Stews, curries, braises

Economical, flavourful and collagen-rich. Needs slow cooking.



Lamb cuts at a glance

Shank

BEST FOR

Braising, slow roasting

Lower leg cut with deep flavour. Cook until the meat yields from the bone.

Breast

BEST FOR

Slow roasting, stuffing, rolling

Fatty and full flavoured. Benefits from slow cooking and a crisp finish.

Lamb Mince

BEST FOR

Koftas, burgers, meatballs

Naturally flavoursome with enough fat to stay juicy.

Diced Lamb

BEST FOR

Stews, curries, skewers

Shoulder is ideal for slow dishes; leg is leaner and suits quicker cooking.

Liver & Kidney

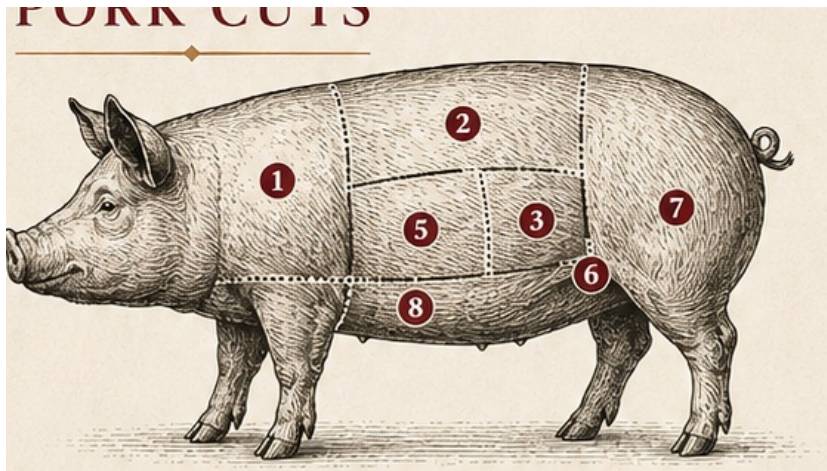
BEST FOR

Quick frying, pies

Cook briefly for tenderness; kidney also works well in pies.



Pork cuts



Loin Chop

BEST FOR

Pan-frying, grilling, roasting

Lean with a strip of fat. Thick chops stay juicier and are easier to cook evenly.

Rib Chop

BEST FOR

Pan-frying, grilling, barbecue

Bone-in and slightly richer than centre loin chops. Excellent for high heat.

Tenderloin / Fillet

BEST FOR

Medallions, roasting whole

Very lean and tender. Cook quickly and remove silver skin first.

Shoulder

BEST FOR

Slow roasting, pulled pork

Fatty, flavourful and forgiving. Ideal for long cooking and shredding.

Belly

BEST FOR

Slow roasting, braising, crisping

Alternating layers of meat and fat. Cook gently, then finish hot for crispness.

Spare Ribs

BEST FOR

Slow baking, barbecue

Meaty and rich. Tenderise slowly before glazing over high heat.



Pork cuts at a glance

Baby Back Ribs

BEST FOR

Oven baking, barbecue

Leaner and smaller than spare ribs. Cook a little faster.

Leg / Ham

BEST FOR

Roasting, steaks, curing

Lean large joint. Can be sold fresh or cured; follow label directions for cured ham.

Hock

BEST FOR

Soups, beans, braises

Collagen-rich lower leg. Adds body and savoury depth.

Cheek

BEST FOR

Braising, slow cooking

Small, rich and silky when cooked gently for several hours.

Pork Mince

BEST FOR

Meatballs, dumplings, burgers

Versatile and moist. Cook thoroughly and season generously.

Butcher Sausages

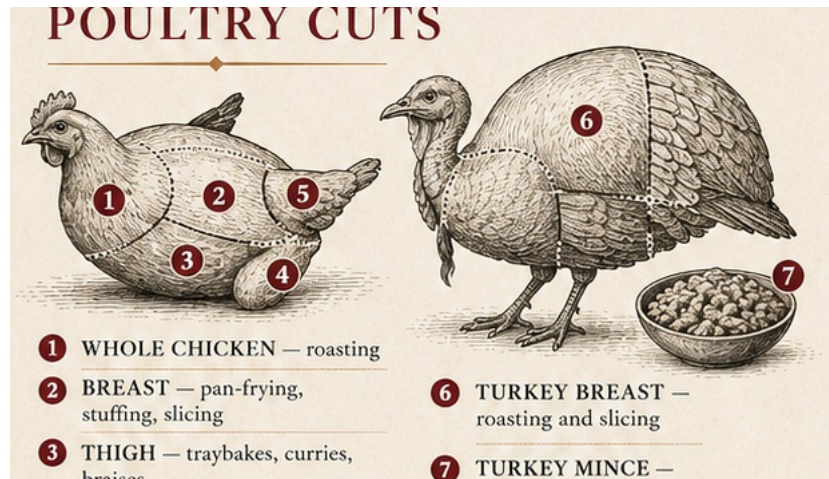
BEST FOR

Grilling, frying, casseroles

Look for good meat content and balanced seasoning. Cook gently to prevent splitting.



Poultry cuts



Whole Chicken

BEST FOR

Roasting, poaching, spatchcocking

Best all-round value. Bones and trimmings can become stock.

Chicken Crown

BEST FOR

Roasting, smaller households

Breasts on the bone without legs. Roasts evenly and carves neatly.

Chicken Breast

BEST FOR

Pan-frying, roasting, stuffing

Lean and quick. Protect from overcooking and check stuffed breasts carefully.

Chicken Thigh

BEST FOR

Traybakes, curries, casseroles

Juicier and more forgiving than breast. Bone-in skin-on gives the most flavour.

Drumstick

BEST FOR

Roasting, barbecue

Affordable and easy to handle. Cook thoroughly around the bone.

Chicken Wing

BEST FOR

Roasting, frying, barbecue

High skin-to-meat ratio makes wings ideal for crisping and glazing.



Poultry cuts at a glance

Chicken Mince

BEST FOR

Meatballs, burgers

Lean and mild. Add moisture and seasoning; cook thoroughly.

Whole Turkey

BEST FOR

Roasting, celebrations

Large bird requiring careful timing, resting and temperature checks.

Turkey Crown

BEST FOR

Roasting, smaller gatherings

Easier and quicker than a whole turkey while still giving carved breast meat.

Turkey Breast

BEST FOR

Roasting, steaks, escalopes

Very lean. Brining, stuffing or barding helps retain moisture.

Turkey Thigh

BEST FOR

Slow roasting, casseroles

Darker and richer than breast. Excellent for slow cooking.

Turkey Mince

BEST FOR

Meatballs, burgers, chilli

Lean protein that benefits from breadcrumbs, egg, vegetables or sauce.



COOKING METHOD MATRIX

START WITH THE CUT. THEN CHOOSE THE METHOD.

METHOD	GOOD CUTS	KEY TO SUCCESS
PAN-SEAR / GRILL	Ribeye, sirloin, rump, bavette, lamb cutlets, pork chops, chicken breast	Hot, fast, dry heat. Pat dry, season, brown well and rest.
ROAST	Beef joints, leg or rack of lamb, pork loin or shoulder, whole poultry	Use a thermometer. Rest large joints before carving.
BRAISE	Chuck, shin, cheeks, short ribs, lamb shanks or neck, pork shoulder or hock	Brown first, add liquid, cover and cook gently until tender.
BARBECUE	Steaks, butterflied lamb leg, ribs, sausages, thighs, wings	Create two heat zones: one hot for colour, one cooler for cooking through.
STEW / CASSEROLE	Diced beef, lamb neck or shoulder, sausages, chicken thighs	Keep at a gentle simmer. Hard boiling can tighten meat.
STIR-FRY	Fillet, sirloin, flank, pork fillet, chicken breast or thigh	Slice thinly across the grain. Cook small batches over fierce heat.



DONENESS, TEMPERATURE & RESTING

TEMPERATURE IS A TOOL.

WHOLE BEEF & LAMB STEAKS

May be cooked to personal preference after the exterior is well seared. Thick steaks continue rising slightly while resting.

FISH

POULTRY, MINCE & STUFFED MEAT

Cook thoroughly. Aim for at least 75°C at the centre or thickest point, including the centre of stuffing.

PORK

For a straightforward home guide, cook to 75°C. Thick cuts benefit from gentle cooking and a short rest.

BRAISED CUTS

Tenderness matters more than a final number. They are ready when a fork meets very little resistance.

RESTING GUIDE

Steaks 5-10 min • Small roasts 15-20 min • Large joints 25-35 min • Whole chicken 15-20 min



FLAVOUR PAIRING CHART

SEASON SIMPLY. BUILD FLAVOUR DELIBERATELY.

BEEF

Black pepper, mustard, horseradish, thyme, rosemary, red wine, stout, mushrooms, onions, blue cheese

LAMB

Rosemary, garlic, mint, cumin, coriander, lemon, yoghurt, redcurrant, aubergine, tomato

PORK

Apple, mustard, fennel, sage, cider, honey, paprika, cabbage, beans, garlic

CHICKEN

Lemon, garlic, thyme, tarragon, paprika, cream, mushrooms, tomato, chilli, ginger

TURKEY

Sage, cranberry, lemon, garlic, parsley, mustard, bacon, mushrooms, chilli, tomato

SLOW COOKING

Bay, thyme, stock, wine or stout, tomato purée, root vegetables and enough salt to season the sauce

Good meat + salt + one herb + one sharp element + proper browning is often all you need.



BUYING, STORING & FREEZING

BUY WITH A PLAN. STORE IT PROPERLY.

BUY WITH A PLAN

Tell your butcher how many people you are feeding, your cooking method, budget and available time.

GET IT COLD QUICKLY

Take chilled meat home promptly. Store it in the coldest part of the fridge, contained so juices cannot drip.

FOLLOW USE-BY DATES

A use-by date concerns safety and should not be ignored.

FREEZE IN PORTIONS

Wrap tightly, label with the cut, weight and date, and freeze while the meat is still fresh.

DEFROST IN THE FRIDGE

Allow enough time for the centre to thaw. Keep the meat covered and on a tray.

MARINATE SAFELY

Marinate in the fridge. Do not reuse raw-meat marinade unless it has been boiled thoroughly.

Keep fridges between 0°C and 5°C. Use chilled leftovers within 2-3 days.



KEEP THIS GUIDE CLOSE TO THE KITCHEN

BUY THE RIGHT CUT. COOK IT WITH CONFIDENCE.

The best butcher-customer relationship starts with a conversation. Ask what is freshest, what offers the best value and which cut suits the time you have.