



SHAW'S

FINE MEATS

Cooking Guidelines

Your easy to use guide to
cooking perfection!

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Beef Cooking Guidelines

Joins

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| Sirloin, Forerib, Topside, Silverside | Roast: | 180°C, gas mark 4-5 |
| | Rare: | 20 mins per lb plus 20 mins |
| | Medium: | 25 mins per lb plus 25 mins |
| | W/D: | 30 mins per lb plus 30 mins |
| Brisket | Pot Rst: | 180°C, gas mark 4-5 |

Steaks

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| Popseye Sirloin | Grill/Fry: | Rare: | 2.5 mins each side |
| | | Med: | 4 mins each side |
| | | W/D: | 6 mins each side |
| Fillet | Grill/Fry: | As above + 1 min per side | |
| Braising Thick Runner | Braise/Casserole | 170°C, gas mark 3 | 1 - 2.5 hours |
| Stewing Steak/Hough | Stew/Casserole | 170°C, gas mark 3 | 2 - 3 hours |
| Prime Casserole Round | Casserole | 170°C, gas mark 3 | 1 - 1.5 hours |

Note: Cooking times may vary depending on thickness of cut.

Pork Cooking Guidelines

Joins

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| All Pork Joins | Roast: | 180°C, gas mark 4-5 |
| | Medium: | 30 mins per lb plus 30 mins |
| | W/D: | 35 mins per lb plus 35 mins |

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| Loin Chops | Grill/Fry: | 8-10 mins each side |
| Chump Chops Gigot Chops | Grill/Fry: | 8-10 mins each side |
| Spare Rib Chops | Grill/Fry: | 8-10 mins each side |
| Fillet Slices 1 to 1.5 cm thick | Grill/Fry: | 3-5 mins each side 2-4 mins each side |
| Streaky Rashers | Grill: | 8-10 mins each side |
| Belly Slices or Ribs | Roast: | 200°C, gas mark 6 for 25 mins |
| | BBQ: | 20 mins turning occasionally |
| | Grill: | 10-15 mins turning occasionally |

Note: Cooking times may vary depending on thickness of cut.
Please ensure pork is thoroughly cooked before eating.

Poultry & Game Roasting Guidelines

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| Chicken | 180°C, 15-20 mins per lb plus 20 mins |
| Duck | 190°C, 20 mins per lb plus 20 mins |
| Goose | 190°C, 20 mins per lb plus 20 mins |
| Guinea Fowl | 180°, 20 mins per lb plus 20 mins |
| Grouse | 190°C, 30-40 mins |
| Partridge | 190°C, 30-45 mins |
| Pheasant (hen) | 190°C, 45 mins - 1 hour |
| Pheasant | 190°C, 1-1.5 hours |
| Quail | 200°C, 20 mins |
| Woodcock | 200°C, 20 mins |

Young birds are best roasted. If you have an older, tougher bird, braise or casserole it.

In general, small birds such as quail and woodcock provide a meal for 1 person. After roasting, they are often served on a slice of crust less fried bread.

When roasting you can put one or two small pieces of butter in the body, a few pieces of juicy steak, a peeled, cored apple or a whole, skinned onion to give moisture.

About 10 minutes before a roast bird is served, remove the strips of bacon covering the breast. Baste well with butter and pan juices, dredge with seasoned flour, baste again and return to oven. This gives a good golden-brown, crispy finish.

Venison Cooking Guidelines

Venison is the meat of the deer. Venison is usually bought in joints - the haunch (leg) and the saddle (back) and rolled shoulder.

Chops from the saddle, loin and neck should be used for braising. Venison can tend to be a rather dry meat so it is advised that you put it in a Strong marinade for around 24 hours before cooking, strong red wine and juniper berries are a good combination.

If roasting venison, cover with rashers of streaky bacon and baste with pan juices frequently.

If casseroles or braising, cook with red wine, onions and root vegetables.

Venison can also be cooked in a pie with a little fat pork to give moisture.

Serve venison with a redcurrant or rowan jelly, gravy enriched with soured cream, potatoes, and a puree of Brussels sprouts and chestnuts.

Roasting

The Haunch (leg) is the classic roasting cut.

Loin and saddle are the other two prime roasting joints. Boned and rolled shoulder also makes a good cheaper roasting joint.

Frying

Saddle steaks (medallions) and leg steaks are

perfect for quick pan-frying, as are venison chops, and should always be cooked pink to ensure they remain tender and moist.

Stewing and Casseroling

Haunch makes marvellous stews and needs relatively little cooking time. Shoulder and neck are cheaper, with just as much flavour, although they require a little more cooking time in the pot.

Venison Cooking Guidelines

Grilling

Since venison is such a lean meat, great care must be taken when grilling. Baste frequently and don't overcook. Steaks and chops, as long as they are not cut too thin, can be grilled.

When roasting venison, venison keeps on cooking itself long after it comes out the oven. A haunch, when roasted, should not be overcooked. Since venison is a lean meat it benefits greatly from larding. For instance a good way of larding is to cover the roasting joint in a layer of streaky bacon, this helps it remain moist.

The joint will also need a generous smearing of butter or olive oil.

Roast the prepared joint in a moderately hot oven (190°, gas mark 5). Baste frequently - preferably every 10 minutes. It will take around 15 minutes per lb if it is a large joint and 20 minutes per lb if it is a smaller joint. This should make it slightly pink.

Lamb Cooking Guidelines

Joints

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| Boneless Leg | Roast: | 180°C, gas mark 4-5 |
| Shoulder | Medium: | 25 mins per lb plus 25 mins |
| Loin | | 25 mins |
| Best Neck | W/D: | 30 mins per lb plus 30 mins |

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| Loin Chops | Grill/Fry: | 6-8 mins each side |
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| Chump Chops | Grill/Fry: | 6-8 mins each side |
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| Leg Steaks Gigot Chops | Grill/Fry: | 6-8 mins each side |
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| Cutlets | Grill/Fry: | 4-6 mins each side |
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| Chump Ends | Braise: | 170°C, gas mark 3 1.5 - 2 hours |
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| Shoulder Diced | Grill/Fry: | 3-5 mins each side Large cube: Grill 10 - 15 mins each side |
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Note: Cooking times may vary depending on thickness of cut.

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for your enjoyment.

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