

# Four meaty favourites



Irish Stew  
Steak Pie  
Sausage Casserole  
Venison Wellington

All meat for these recipes is  
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Traditional Scottish Butcher & Game Dealer





# Irish Stew



Serves 4 | Preparation time: 20 mins | Cooking time: 2 hours

## INGREDIENTS

800g Macbeth's lamb chops, bone removed  
2tbsp vegetable oil  
500g potatoes, peeled and cut into chunks  
2 onions  
150g carrots, chopped

2 leeks, sliced  
100g pearl barley  
750ml lamb stock 1/4 of cabbage, sliced  
Sea salt  
Freshly ground pepper

## METHOD

Pre-heat the oven to 160 C. In a large frying pan heat a tablespoon of the oil over a moderate heat. Add the lamb chops, or for a boneless version, cut the eye of the meat from the bones, and fry until brown.

Remove the lamb and place in a lidded casserole pan, cover with the potatoes, onions, leeks, carrots, pearl barley and season. Add the stock and cook in the oven with the lid on for one hour. Add the cabbage and cook for a further hour adding more stock, if required. Serve piping hot from the oven.

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# Steak Pie



Serves 6 | Preparation time: 25 mins | Cooking time: 2 hours 15 mins

## INGREDIENTS

1kg Macbeth's rump steak (beef) diced  
1tbsp olive oil  
1 onion chopped medium  
3/4 cup beef stock (liquid)  
250g vegetables (we used carrots, peas and sweetcorn)  
1tbsp soy sauce  
2tbsp Worcestershire sauce  
2tbsp tomato sauce

1tsp sugar  
1tbsp tomato puree  
400g tinned chopped tomatoes  
2tbsp cornflour  
2tbsp water  
1tbsp parsley, chopped  
2 sheets puff pastry  
1 egg beaten

## METHOD

Heat oil in pan and cook steak in batches until browned. Remove and add onion to same pan and cook until transparent. Return steak and add the stock, sauces, tomato puree, sugar and tomatoes. Simmer uncovered for 1 hour, add veg and simmer for a further 30 mins.

Add blended cornflour and water and stir until mixture thickens. Stir in the parsley. Transfer mixture to 3 or 4 individual pie dishes or 1 large one. Cover with pastry, and decorate with left-over pieces of pastry. Brush with egg and bake at 200C for 30 minutes or until golden brown.

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# Sausage Casserole



Serves 4 | Preparation time: 10 mins | Cooking time: 25-30 mins

## INGREDIENTS

1tbsp oil  
500g new potatoes, halved  
454g pack Macbeth's sausages  
1 onion, sliced (200g)  
1 green pepper, diced (170g)  
340g jar tomato pasta sauce

## METHOD

Heat the oil in a large frying pan and fry the potatoes and sausages for 10 mins. Add the onion and pepper and cook for a further 5 mins, turning the sausages occasionally until browned. Add the pasta sauce, rinse the jar out with a splash of water and add to the pan. Cook, covered for 15 mins.

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# Venison Wellington

Serves 6 | Preparation time: 50 mins | Cooking time: 1 hour 20 mins

## INGREDIENTS

700g trimmed loin of Macbeth's venison  
1tbsp olive oil, plus a little extra  
1½ tbsp English mustard  
50g butter  
1 large shallot, finely chopped  
1 garlic clove, crushed  
400g chestnut mushrooms, v finely chopped  
1tbsp finely chopped thyme leaves

1tbsp finely chopped parsley  
2tbsp brandy  
12 slices prosciutto  
Plain flour, for dusting  
375g pack all-butter puff pastry  
2 egg yolks, beaten  
Mashed potatoes, to serve  
Gravy, to serve

## METHOD

Dry the venison with kitchen paper, then season well. Heat the oil in a frying pan and sear the meat all over for about 8 mins. Brush with mustard, leave to cool, then chill for 20 mins. Reserve any juices for the gravy. Melt the butter and soften the shallot and garlic. Add the mushrooms, herbs and seasoning, and cook for 10 mins until you have a paste-like mixture. Add the brandy and cook until it's evaporated. Leave to cool.

Overlap 2-3 sheets of cling film on a clean surface and lay the prosciutto in 2 rows, slightly overlapping each slice. Spread the cooled mushroom paste all over the prosciutto, creating a thin, even layer. Place the fillet in the centre of the mushroom mixture. Using the edge of the cling film, carefully draw the layer of prosciutto and mushroom around the meat. Roll into a sausage shape, twisting the ends of the cling film as you do, to form a tight log. Chill for 30

mins to firm up. On a lightly floured surface, roll the pastry to a rectangle a little larger than a magazine, and trim the edges to neaten. Carefully unwrap the prosciutto parcel and lay in the middle of the pastry. Fold over the bottom half of the pastry. Lightly brush the rest of the sheet with beaten egg. Roll the whole thing around the meat to encase. Neatly fold under the shorter edges to create a parcel.

Transfer to a baking sheet and, using your hands, smooth the pastry around the meat, pressing it firmly to avoid any air being trapped. Brush the pastry all over with beaten egg yolk. Chill for at least 30 mins or up to 24 hrs. Using the back of a knife, mark the pastry, being careful not to cut all the way through. Heat oven to 220C/200C fan/gas 7. Lightly oil a non-stick baking tray and heat until hot. Put on the tray and bake for 30 mins (35 mins for well done). Remove from oven, brush with extra egg and rest for 20 mins.

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