

Buying British Beef

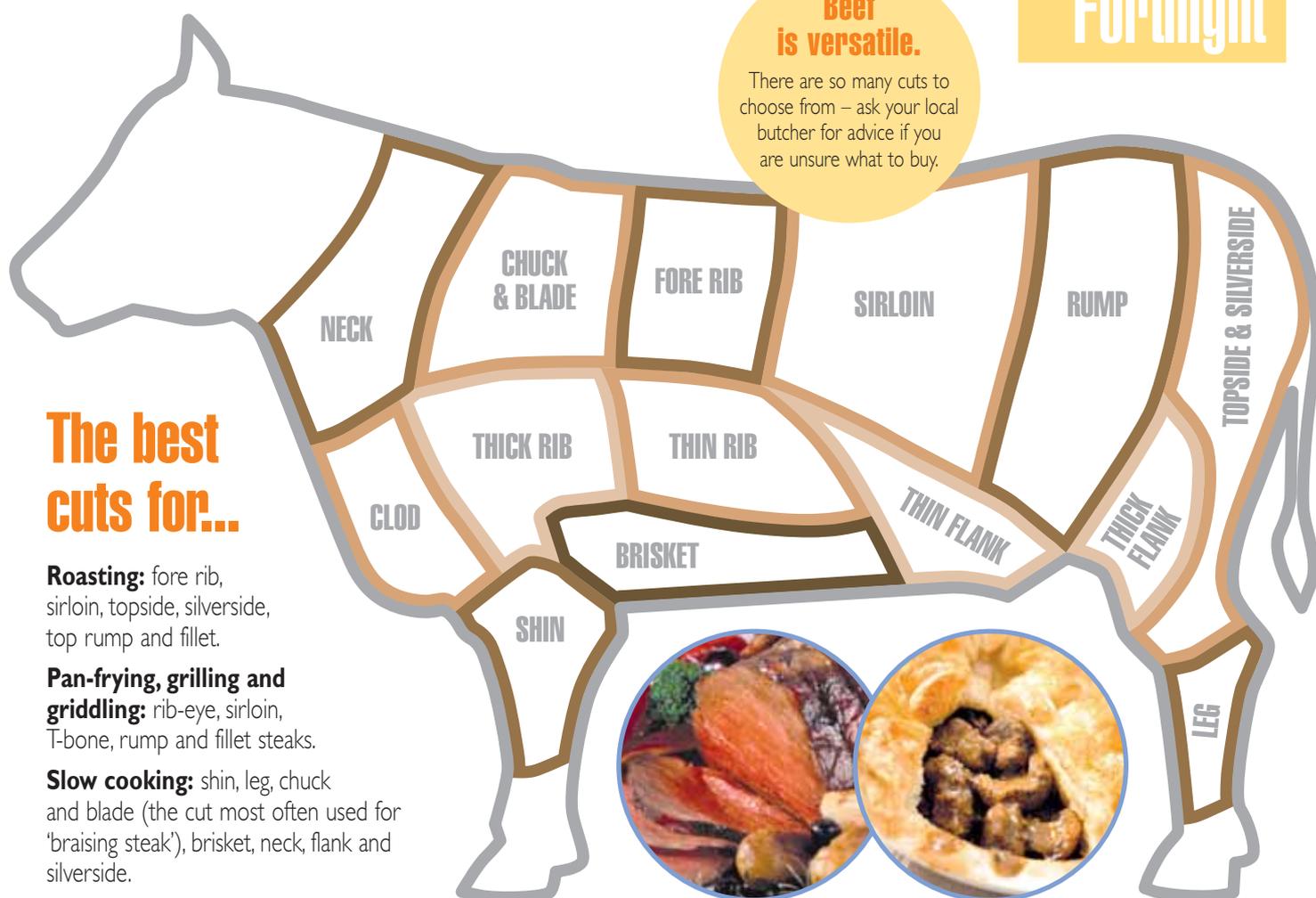
There are economic and environmental reasons for using different cuts of meat.

As cooking techniques have changed through time some cuts of meat have become 'fashionable'. Using some of the less 'fashionable' and therefore cheaper cuts saves money and helps reduce food wastage. So why not experiment with different cuts of meat and try some of the traditional British dishes below to celebrate our culinary heritage!



Beef is versatile.

There are so many cuts to choose from – ask your local butcher for advice if you are unsure what to buy.



The best cuts for...

Roasting: fore rib, sirloin, topside, silverside, top rump and fillet.

Pan-frying, grilling and griddling: rib-eye, sirloin, T-bone, rump and fillet steaks.

Slow cooking: shin, leg, chuck and blade (the cut most often used for 'braising steak'), brisket, neck, flank and silverside.

Traditional Dishes

Roast Beef and Yorkshire Pudding

(pictured above) The quintessentially British dish for Sunday lunch! Traditionally the Yorkshire Pudding was cooked in a large tin underneath a roasting joint of meat in order to catch the dripping fat. It was eaten as a separate course before serving the expensive meat.

Bubble and Squeak A classic dish for leftovers that traditionally includes slices from the roast beef.

Beef Wellington This dish takes its name from the brown shiny military boots named after Arthur Wellesley, 1st Duke of Wellington.

Steak with Tewkesbury Mustard

Tewkesbury Mustard was famous in the 1500s and was mentioned in Shakespeare's *Henry IV*. It is a mixture of crushed mustard seeds and grated horseradish.

Spiced Beef A regular dish at Christmas-time, particularly in the East Midlands. There is an association between this dish and hunting and Melton Hunt Beef is one of the best-known recipes.

Steak and Kidney Pie (pictured above) Variations of this pie were found in London and other big cities. Oysters were often included but then became too expensive!

Dorset Jugged Steak Jugging is a method of slow cooking that retains all the flavours of the meat, while it mingles with those of the other ingredients.

Cornish Pasty The pasty, predominantly filled with chopped, not minced, beef and potato, was the portable midday meal of miners and farm labourers. Fishermen consider it bad luck to take a pasty on board.

Denby Dale Pie A beef and potato pie from West Riding. Every 25 years it is baked as a special-occasion pie and each time the pie is baked, it should be larger than the last. The pie baked in 2000 weighed 12 tonnes and was 40 foot long!