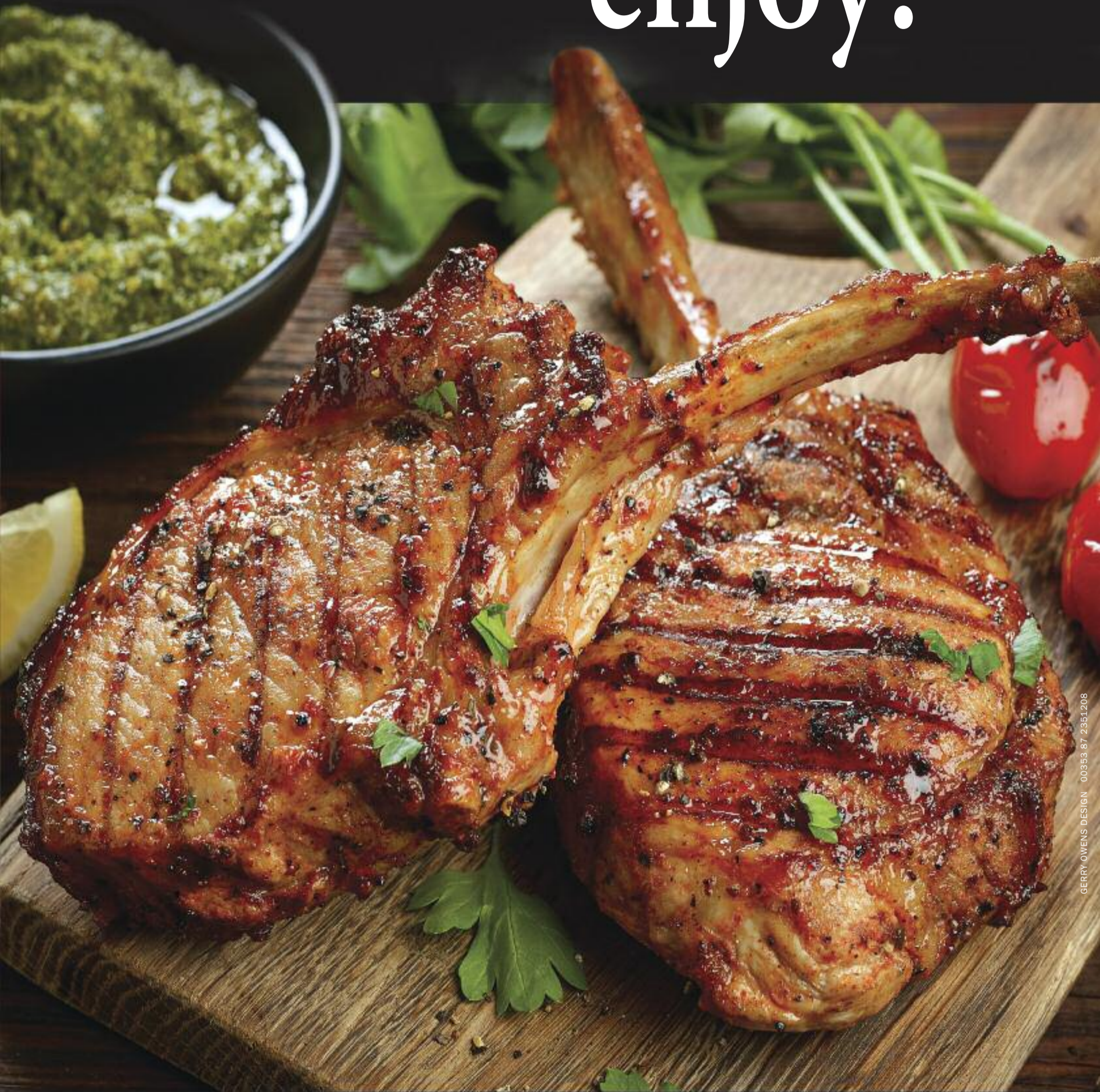


cook, eat...
enjoy!

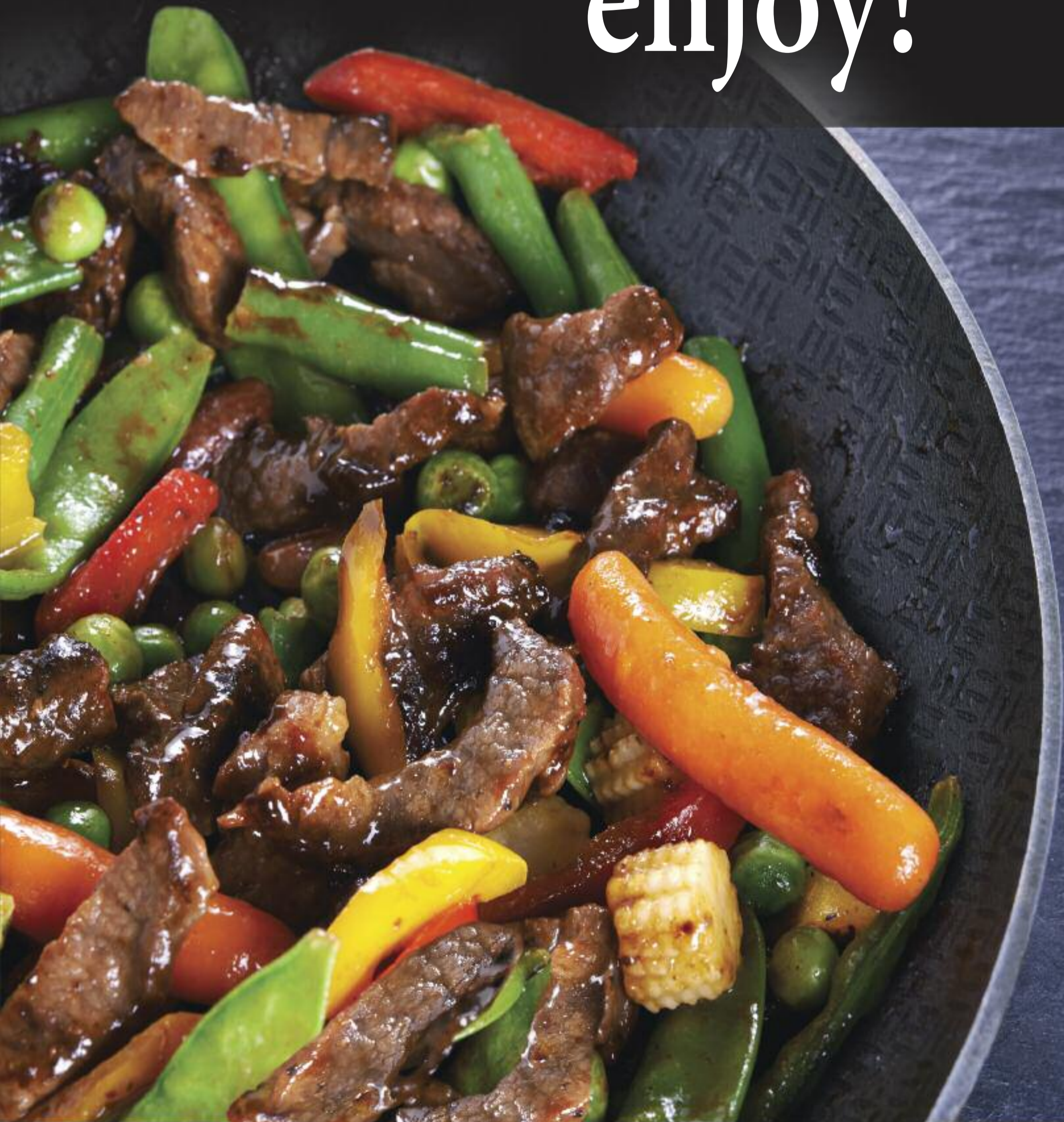


Pork Chops
grill or fry 8-10 mins
each side - *easy!*

SCOTTISH
CRAFT BUTCHERS

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cook, eat...
enjoy!



Beef Stir Fry
stir fry 3-6 mins plus 2 mins
with vegetables - *easy!*

SCOTTISH
CRAFT BUTCHERS

cook, eat...
enjoy!



Lamb Leg Steaks
grill or fry 6-8 mins
each side - *easy!*

SCOTTISH
CRAFT BUTCHERS

cook, eat...
enjoy!



Sausages
grill or fry 10-12 mins
turning occasionally - *easy!*

SCOTTISH
CRAFT BUTCHERS

meat storage & hygiene tips

- ✓ **Get food home** and into the fridge or freezer as quickly as possible.
- ✓ **Cover and store** raw and cooked foods separately and store uncooked foods lower in the refrigerator than cooked.
- ✓ **Check regularly** that your refrigerator is running at the right temperature, between 0° and 5°C.
- ✓ **Wash your hands** before and after handling food and in between handling raw and cooked foods.
- ✓ **Clean and disinfect** equipment and working surfaces between the preparation of cooked and uncooked foods.
- ✓ **Chill left-over meat** or meat dishes as quickly as possible, cover and store in the refrigerator.
- ✓ **Only reheat once** previously cooked meat dishes. Make sure they are thoroughly re-heated until piping hot.
- ✓ **Defrost thoroughly** frozen meat before cooking and do not re-freeze meat once it has thawed.

