# NATURALLY TENDER.

**Highland Beef is versatile, tender and deliciously memorable.**

The University of Missouri's scientific study* found that Highland Beef is very tender. The University of Glasgow study** results are in agreement.

**University of Missouri, Highland Beef Study*
*Dr. Bryon Wiegand, Professor Meat Science*

***University of Glasgow, Scottish Agricultural College*
*Scottish Environmental Studies & McCance & Widdowson*
*at the Ministry of Agriculture Fisheries and Food*
*Dr. Ivy Barclay, Head of Food Science & Technology Dept.*

## BBQ HIGHLAND BEEF CHUCK ROAST, BRISKET, OR SHORT RIBS

- 2-4 lb. Highland Beef chuck roast, brisket, or short ribs
- 1 c. ketchup
- 1/3 c. balsamic or cider vinegar
- 1-2 cloves garlic, minced
- 1/3 c. maple syrup
- 1 onion, chopped
- Salt & pepper to taste
- 1/4 tsp. red pepper flakes
- 1-2 Tbsp. cornstarch

Brown the beef in a heavy skillet on medium-high heat, about 5 minutes on each side and set aside. To make the sauce, mix ketchup, vinegar, garlic, maple syrup, onion, red pepper flakes, salt, and pepper in a slow cooker. Add the browned beef and stir to coat on all sides. Cook on low for 8-10 hours. Transfer the beef to a cutting board and pull apart meat and remove bones if using short ribs. Skim fat from the sauce and discard. Mix cornstarch with 3 Tbsp. of sauce from the slow cooker and stir until smooth. Whisk the mixture into the sauce. Return the beef to the slow cooker and cook on high for 30 minutes. Serve on rolls or with crusty bread. *

**USDA food safety guidelines recommend cooking to a minimum internal temperature of 145°F or 62.8°C for steaks and roasts and 160°F or 71.1°C for ground beef*

# HERITAGE. HISTORY. **HIGHLAND.**

**Today's Highland Cattle are the result of over 14 centuries of natural selection in the extreme environment of Northern Scotland.**

This heritage breed is a natural forager, that thrives on diverse terrain all across our country. Highland Cattle are easily recognized by their majestic horns and shaggy coats of long hair.

BETTER BEEF™
HIGHLAND HERITAGE
NATURALLY TENDER

**Learn more about our animals at www.highlandcattleusa.org**

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