

SIX OF THE BEST

pork recipes



SIX OF THE BEST pork RECIPES

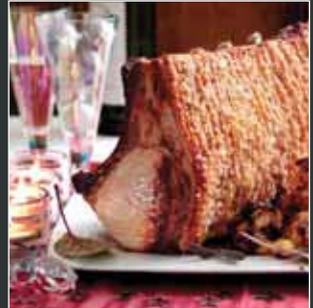
Recent developments in the butchery of the pork carcass has resulted in an extensive range of cuts that offer quick, versatile and tasty meal solutions, to meet the demands of the modern family lifestyle.



Pork, Ginger and Spring Onion Stir-fry



Pork & Bacon Brunch Patties



Roast Loin of Pork with Cranberry & Mango stuffing



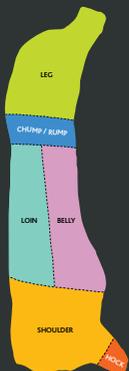
Piquant Pork Casserole



Skinny Pork and Mushroom Risotto



Chunky Pork Chops with Sage, Garlic & Lemon



CHOOSING THE RIGHT CUT...

Cuts of meat with the most connective tissue for example, those from the shoulder or belly generally require longer, moist cooking in liquid at lower temperatures. e.g. stewing or braising.

Cuts of meat with the least connective tissue for example, those from the loin or leg will generally be cooked for shorter times, at higher temperatures and by drier cooking methods e.g. roasting, grilling or frying.

Fat is very evenly distributed throughout the pig carcass. Modern production systems have created an extremely lean meat suitable for health conscious consumers.



Serves: 2
Cooking Time: 10 mins

ALTERNATIVE CUTS:
leg steaks or fillet

Pork, Ginger and Spring Onion Stir-fry

METHOD

In a large pan heat 15ml (1tbsp) oil and cook 225g (8oz) lean pork loin cut into thin strips, for 3-4 minutes until browned. Add 1 clove garlic, crushed, 2cm (¾") root ginger, peeled and finely sliced, 6 spring onions, sliced 50g (2oz) baby sweetcorn, sliced, 50g (2oz) green beans, sliced, and 227g can pineapple chunks, drained. Cook for further 1-2 minutes. Add 60ml (4tbsp) oyster sauce and cook for a minute until heated through.

SERVING SUGGESTION: Serve the stir-fry with noodles or rice, extra stir-fried vegetables and prawn crackers.

INGREDIENTS

- Lean pork loin
- Oil
- Root ginger
- Garlic
- Spring onions
- Baby sweetcorn
- Green beans
- Can pineapple chunks
- Oyster sauce

Serves: 4

Cooking Time: 10 mins

SUITABLE CUTS:
pork mince, bacon



Pork and Bacon Brunch Patties

INGREDIENTS

- Lean pork mince
- Lean rashers dry cured back bacon
- Black pepper
- Potatoes
- Onion
- Oil
- Tomatoes
- Eggs

METHOD

Take 450 (1lb) lean pork mince and 75g (3oz) lean rashers dry cured back bacon, finely chopped, and mix together. Season with black pepper. Shape into 4-8 thinnish patties.

Make or buy Potato Rosti: Take 3 large potatoes, peeled and grated, place on clean tea towel or kitchen towel to absorb the moisture. Place in a bowl and add to this 1 onion, peeled and grated, and season. Combine together. Heat 15ml (1tbsp) oil in a large frying pan, take a handful of the potato/onion mixture and cook until golden brown each side, turning carefully. (To bind, squash together while cooking.) Meanwhile, heat griddle plate or frying pan and cook patties for about 4-5 minutes until thoroughly cooked.

SERVING SUGGESTION: Serve pork and bacon patties with potato rosti, cherry tomatoes and a poached egg if you're feeling particularly hungry. A wholesome and satisfying brunch containing only 326kcal per portion (excl egg).

**Cooking Time:**

Medium: 30 mins per 450g (1lb), plus 30 mins
Well done: 35 mins per 450g (1lb), plus 35 mins
Temperature: Gas Mark 4-5, 180°C, 350°F

ALTERNATIVE CUTS:

Leg of pork

Roast Loin of pork with Cranberry & Mango stuffing

METHOD

Weigh the joint and calculate the cooking time. Place joint on a rack in a roasting tin. Open roast in a preheated oven for the calculated cooking time.

Meanwhile make the stuffing: Heat the oil in a small saucepan. Add the onion and bacon and cook for 1-2 minutes. Remove from the heat. Place breadcrumbs, cranberry juice, mango, bacon and onion into a large bowl and combine the ingredients together. Shape into golf size balls and place on a non-stick baking sheet, bake for the last 20 minutes of roasting time. Serve with the stuffing and a large portion of seasonal vegetables.

Allow 100-175g (4-6ozs) per person for boneless joints or 225-350g (8-12ozs) per person for bone-in joints

TIP: To make carving easier, allow the joint to stand for 10 mins once cooked.

INGREDIENTS

- Bone-in loin of pork
- 15ml (1tbsp) oil
- 1 onion, peeled and chopped
- 50g lean back bacon, chopped
- 150g fresh white breadcrumbs
- 90ml (6tbsp) cranberry juice
- ½ small mango, peeled and chopped

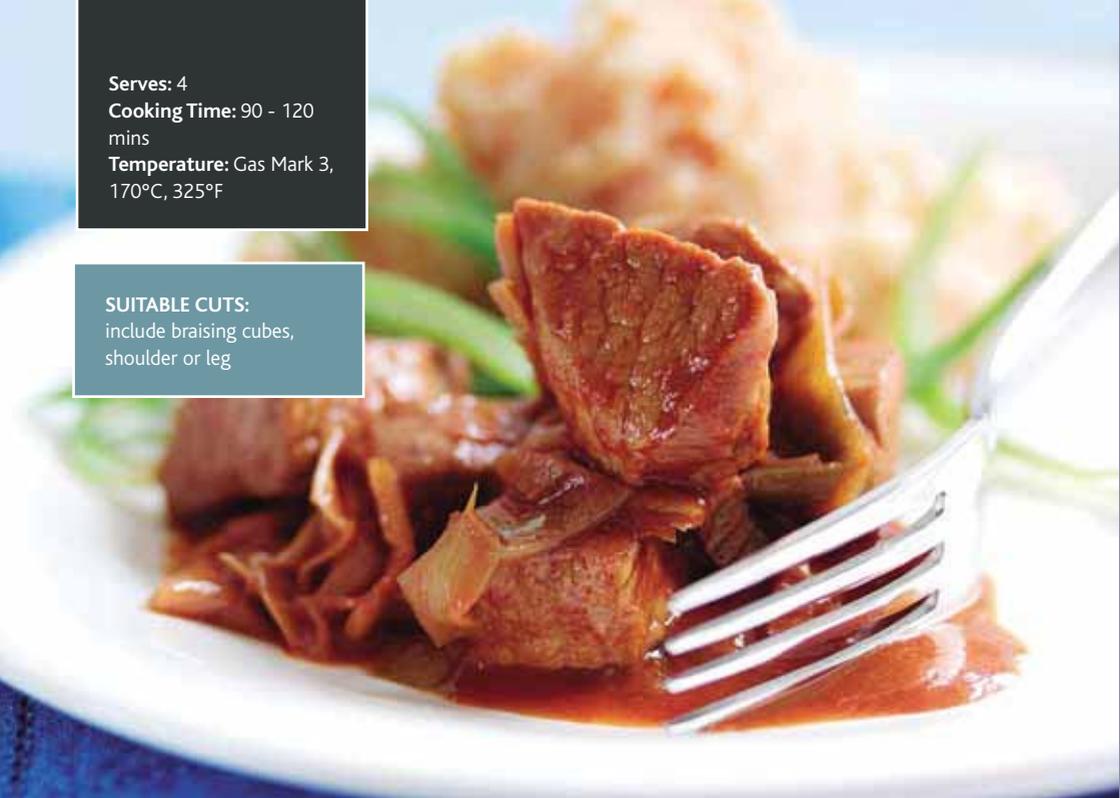
Serves: 4

Cooking Time: 90 - 120 mins

Temperature: Gas Mark 3, 170°C, 325°F

SUITABLE CUTS:

include braising cubes, shoulder or leg



Piquant Pork Casserole

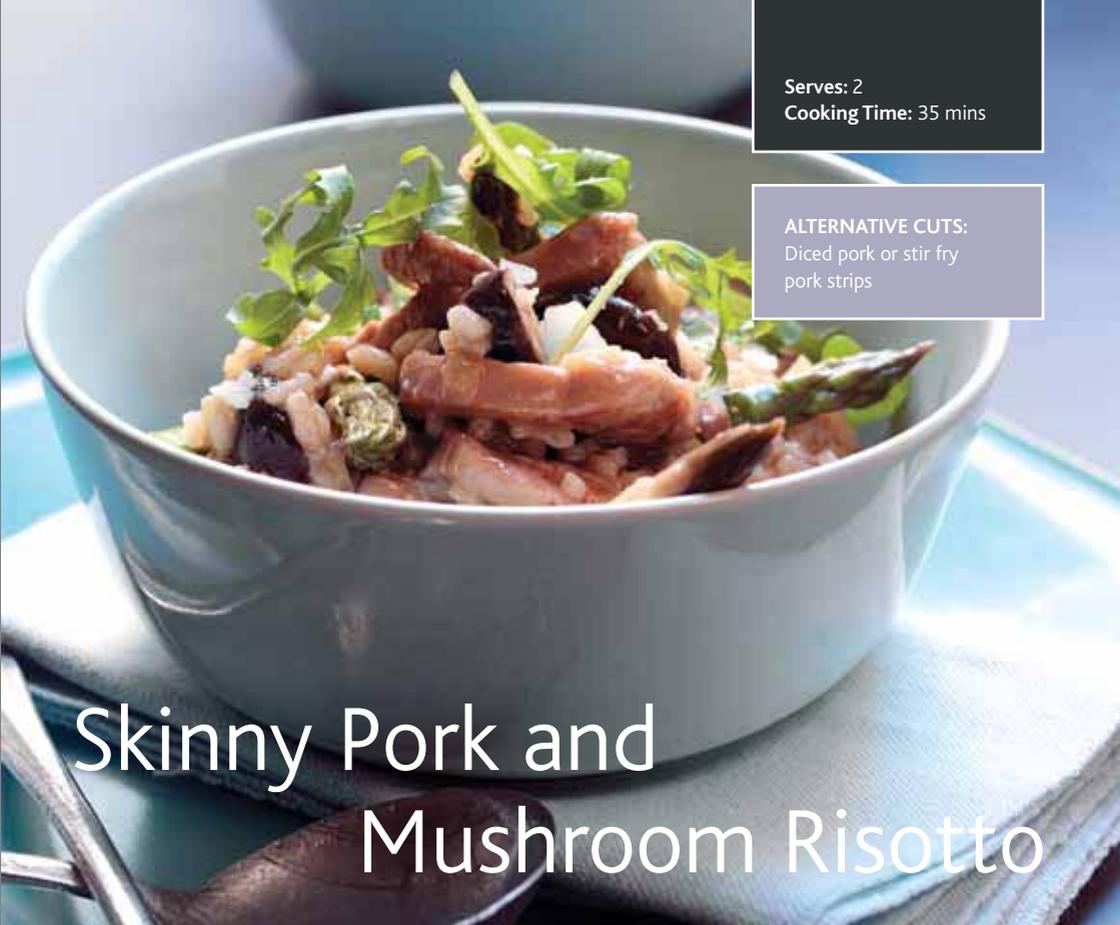
INGREDIENTS

- Lean pork cubes
- Leek
- Celery
- Garlic
- Tomato purée
- Worcestershire sauce
- Orange juice
- Paprika
- English mustard

METHOD

Place 450g(1lb) lean pork cubes* into an ovenproof casserole dish. Add 1 leek, sliced, 2 sticks celery, sliced, 1 clove garlic, crushed, 15ml (1tbsp) tomato purée, 15ml (1tbsp) Worcestershire sauce, 300ml (½pt) orange juice, 15ml (1tbsp) paprika and 15ml (1tbsp) English mustard. Mix well, cover and cook in a preheated oven for 1½-2 hours until tender.

SERVING SUGGESTION: Serve with mashed swede, potato and carrot and a mixture of seasonal vegetables.



Serves: 2
Cooking Time: 35 mins

ALTERNATIVE CUTS:
Diced pork or stir fry
pork strips

Skinny Pork and Mushroom Risotto

METHOD

Heat 5ml (1tsp) oil in a saucepan and fry 225g (8oz) lean pork fillet, cut into thin medallion slices with 1 onion, chopped and 150g (5oz) risotto (Arborio) rice for 2-3 minutes. Add 50g (2oz) mixed mushrooms, 600ml (1pt) pork stock, and bring to the boil, season and simmer gently for approximately 30 minutes or until the rice is cooked and all the liquid absorbed. (Add a little more stock if you wish to achieve your desired texture/consistency.) Add 100g (4oz) asparagus, roughly broken into large pieces, top with rocket leaves and serve.

SERVING SUGGESTION: With a chunk of crusty bread if you need to. (If you aren't worried about squeezing into a bikini stir through some grated Parmesan cheese.)

INGREDIENTS

- Lean pork fillet
- Oil
- Onion
- Risotto rice
- Mixed mushrooms
- Stock
- Black pepper
- Asparagus
- Rocket leaves



Serves: 4
Marinating time: 2 hrs
Cooking Time: 16 mins

ALTERNATIVE CUTS:
leg or shoulder Pork steaks

Chunky Pork Chops with Sage, Garlic & Lemon

INGREDIENTS

- Lean thick pork chops
- Garlic
- Black pepper
- Sage
- Lemon
- olive oil
- Butter
- Lemon
- Parmesan cheese
- Sage
- Baby veg for dipping

METHOD

Crush together (either using a pestle and mortar, or bowl and wooden spoon) 3 cloves garlic, black pepper and 6 fresh sage leaves, roughly chopped. Add to this 1 lemon, juice and rind and 30ml (2tbsp) olive oil.

Place in a large bowl 4 lean thick pork chops and add the marinade mixture, smear all over the chops, cover and refrigerate for about 2 hours.

Buttery Dip: Add to a small bowl 50g (2oz) butter, juice and rind of ½ lemon, 30ml (2tbsp) Parmesan cheese, grated and 5 fresh sage leaves. Place in the microwave for about 1 minute or until melted. Stir together. Cook chops on a preheated grill, griddle or barbecue for 6-8 minutes per side.

SERVING SUGGESTION: Serve with a selection of baby seasonal veg, eg, sugar snap peas, asparagus, baby sweetcorn, baby fennel for dipping - raw or plunged into boiling water, plus a wedge of crusty bread.