



LOVE BBQ



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Handy hints for Safe & Healthy BBQ-ing

- 1 A successful BBQ meal requires the meat to be cooked correctly without burning and not to leave the BBQ unattended.
- 2 Light the BBQ well in advance of when you want to start cooking – make sure you use enough charcoal, and wait until it is glowing red (with a powdery grey surface) before starting to cook. (For gas BBQ's follow manufacturer's instructions on pre-heating times)
- 3 Ensure that the 'chef' wears a clean apron and washes hands and utensils before cooking, after touching raw meat and before eating.
- 4 Keep raw meat wrapped and refrigerated for as long as possible before cooking – and keep it warm after cooking by placing it in a pre-heated oven.
- 5 Keep all raw and cooked meat separate.
- 6 Make sure frozen meat is thoroughly thawed (unless otherwise stated) before cooking and do not refreeze once thawed.
- 7 Use separate BBQ utensils when handling raw and cooked food.
- 8 Don't put cooked food onto a plate or surface that was used for raw meat.
- 9 Check sausages and burgers are cooked through, (juices should run clear).



Teriyaki Pork Steak

Feeds: 2

Time to cook: Approximately 15 minutes plus
1-2 hours marinating time

Take

Lean loin or leg pork steaks

Garlic

Fresh root ginger

Soy sauce

Honey

For the noodle salad:

Egg noodles

Beansprouts

Spring onion

Pak choi

Red pepper

Make

Place **2 lean, pork loin or leg steaks**, fully trimmed, in a dish and add **2 cloves garlic**, crushed, **2cm (3/4") root ginger**, peeled and grated, **15ml (1tbsp) soy sauce**, and **15ml (1tbsp) honey**. Mix well, cover and refrigerate for 1-2 hours.

Cook **100g (4oz) egg noodles** until soft, run under cold water to cool. Add **75g (3oz) beansprouts**, **2 spring onions**, sliced, **1 head pak choi**, sliced, and **1/2 red pepper**, seeded and sliced.

Dry fry the pork steaks on a preheated BBQ or griddle for 6-8 minutes on each side.

Eat

Serve the pork steaks with the noodle salad.



Teriyaki Pork Steak



Moroccan Style Pork

Feeds:

4

Time to cook:

Approximately 20 minutes

Take

Lean loin pork chops or steaks
Cumin, cinnamon and ginger,
yogurt

For fruity salsa:

Mango
Fresh coriander
Fresh parsley
Red onion
Cumiun, ginger and cinnamon

Make

In a dish mix together **5ml (1tsp) cumin, 5ml (1tsp) cinnamon, 2.5ml (1/2tsp) ginger** and **150g pot natural yogurt**. Add **4 lean pork chops or steaks** and mix well to coat. Cover, refrigerate and leave for 2-3 hours for the flavours to infuse. Barbecue or grill.

Loin or leg steaks - 1-2cm (1/2-3/4") 12-16 minutes,
turn once

Chops - 2cm (3/4") 16-20 minutes,
turn once

Mix together **425g canned mango**, drained and chopped, **15ml (1tbsp) fresh coriander**, chopped, **15ml (1tbsp) fresh parsley**, chopped, **1 small red onion**, sliced, and a **pinch of cumin, ginger and cinnamon**. Serve as a fruity Moroccan salsa alongside the cooked chops or steaks.

Eat

Serve with new potatoes and a large mixed salad.

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Moroccan Style Pork



Zesty Pork Kebab

Feeds: Makes 4 kebabs
Time to cook: Approximately 15 minutes plus
1-2 hours marinating time

Take

Lean pork loin or leg steaks or fillet
Orange zest and juice
Cumin seeds
English mustard

For cous cous:

Cous cous
Orange zest and juice
English mustard
Fresh coriander
Spring onions

Make

Cut **225g (8oz) lean, fully trimmed pork loin or leg steaks or fillet** into cubes and mix together with **zest and juice of 1 orange, 5ml (1tsp) cumin seeds and 5ml (1tsp) English mustard**. Mix well, cover and refrigerate for 1-2 hours to let the flavours infuse.

Thread the pork cubes onto skewers and cook under a preheated BBQ or grill for 12-15 minutes.

Meanwhile place **150g (5oz) cous cous** in a bowl. Mix together **240ml (8flop) boiling water with zest and juice of 1 orange and 5ml (1tsp) English mustard**. Pour over the cous cous, cover with clingfilm and leave to soften for 10-15 minutes. Stir through **15ml (1tbsp) fresh coriander**, chopped, and **2 spring onions**, chopped.

Eat

Serve the kebabs with the cous cous, extra vegetables and a low-fat yogurt dip.



Zesty Pork Kebab

