



Liz McClarnon's

AUTUMN | PORK | COLLECTION

Since working with Love Pork I've learnt a lot – the first thing being just how easy it is to cook. In a nutshell that simply means don't overcook it, but see the 'here's how...' section of this booklet and you can't go wrong.

Anyway, once I'd got the basics sorted it was more a question of 'What can you do with pork, what does it go well with?' The answer seems to be just about everything!

Like many people I want my food to be as fresh as possible. From talking to the Chefs I've worked with during and since Celebrity Masterchef using seasonal ingredients is the best place to start.

Luckily pork works really well with most of the fruit and vegetables in season in Britain right now. It made developing the recipes a breeze.

And best of all, eating seasonally with Quality Standard pork doesn't come at a cost to our pockets. Pork is still the best value of all the red meats. Combine it with fresh seasonal fruit and veg and you'll not only taste the benefits, but notice them at the checkout too.

So go on, have a go at some of the recipes in my Autumn Collection and visit www.lovepork.co.uk for more inspiration and to let us know how you got on.

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SPICY PORK PUMPKIN

Serves: About 4

Takes: About 1 hour

225g	(8oz)	Lean pork mince
30ml	(2tbsp)	Medium curry powder
400g	(approx)	Can chopped tomatoes
15ml	(1tbsp)	Mango chutney
1		Small pumpkin or butternut squash

Preheat oven to Gas Mark 4-5, 180°C, 350°F.

In a large non-stick wok or saucepan dry fry the mince until browned. Add curry powder and cook for 1-2 minutes. Add tomatoes and mango chutney and bring mixture to the boil.

Take pumpkin, cut off top to create lid, or if using a butternut squash cut in half lengthways and scoop out the seeds and stringy bits using a large spoon.

Place the pumpkin on a piece of foil and place in a roasting pan. Spoon into the pumpkin the spiced mince, replace lid, add a small amount of boiling water to the bottom of the pan and loosely wrap in foil.

Cook for about 1 hour until pumpkin flesh is soft.

Serve large scoops from the pumpkin and serve with crusty bread and seasonal greens.

Liz's twist...

This is great for a party...if you aren't a curry person add some chilli instead or it's great for kids with sweetcorn...





ROLLED SHOULDER OF PORK

stuffed with pork sausage, plums and rosemary

Serves: Allow 100-175g (4-6oz) raw meat per person for boneless joints

Takes: 30 mins per 450g/½kg (1lb) plus 30 mins (for medium cook)

Boned and rolled pork shoulder, collar or leg joint

Oil

Salt

Stuffing:

225g (8oz)	Premium 'butchers' style herby pork sausages
2	Fresh ripe plums, stoned and roughly sliced
3	Large sprigs fresh rosemary
	String for tying

Makes sufficient stuffing for a 1.35kg (3lb) joint

Preheat oven to Gas 4-5, 180°C, 350°F.

Take a boned and rolled joint.

Make the Stuffing: Slit the sausage skins and remove the sausage meat – discard the skins. Mix together sausage meat and plum slices. Cut the strings from the joint and open up flat on a board. Place the rosemary sprigs onto the meat and top with the stuffing, roll up the joint and secure with string in 3-4 places.

Weigh the stuffed joint and calculate the cooking time.

Dry the rind and score deeply with a sharp knife. Rub the joint with a little oil and sprinkle with salt.

Place on a rack in a roasting tin and open roast in preheated oven for calculated cooking time.

When cooked, allow to stand for 10 minutes before carving.
Serve with seasonal roasted vegetables.



WANT JUICY, SUCCULENT PORK? HERE'S HOW...

If your pork sometimes seems a bit chewy and dry - it's overcooked! Stick to these guidelines and you'll taste the difference.

In a hurry?

Choose quick cooking cuts like Chops, Steaks, Fillet or Mince

- ▶ Thin cut Chops and Steaks (1-2cm)
 - about 6-8 mins per side under a hot preheated grill or on a griddle plate
- ▶ Thick cut Chops and Steaks (2-3cm)
 - about 8-10 mins per side under a hot preheated grill or on a griddle plate
- ▶ Fillet tenderloin - Sliced thinly and stir-fried
 - about 4 – 6 mins added to a little hot oil, then add your veg and sauce – total time about 10 mins
- ▶ Mince
 - about 6 mins to brown and then add veg and sauce and simmer for about 10 mins

Going Slow?

Choose Leg, Shoulder, Collar or Belly or any cuts labelled suitable for casseroles

- ▶ Leg, Shoulder, Collar or Belly cubes or Joints – takes about 2 hours in a casserole pot with a lid
 - add liquid to cover and root veg - Gas 4, 180°C, 350°F
- ▶ Roasting - choose Loin, Leg, Shoulder, Collar or Belly joints - allow 30 mins per 450g/½kg (1lb) plus 30 mins
 - Gas 4, 180°C, 350°F. For great crackling – dry the rind, score deeply and add a little oil and salt...

MINI PORK AND PEAR PIES

Makes: 6 pies (using muffin tins)

Takes: About 20–25 mins

225g	(8oz)	Lean pork mince
225g	(8oz)	Premium 'Butchers' style spicy pork sausages
30ml	(2tbsp)	Fresh parsley, chopped
		Seasoning
2		Pears, thickly sliced lengthways
500g		Ready made chilled shortcrust pastry
		Egg and milk beaten together for glaze

Preheat oven to Gas 4-5, 180°C, 350°F.

Slit sausage skins and remove meat, place meat into a bowl – discard skins. Mix sausage meat together with pork mince, parsley and seasoning.

Cut six 12cm squares of non-stick baking paper. Roll out pastry and cut into 6 squares slightly smaller than the paper. Take the paper and pastry together and place into the muffin tin (paper against the tin) – press down slightly to roughly line the tin. Leave pastry and paper overlapping at top. Place a slice of pear upright in the pastry case and place a spoonful of the meat mixture either side of the pear to fill the case. Roughly fold pastry over at top and bake in oven for 20–25 minutes until pastry is golden brown.

Serve with an autumn salad of mixed leaves, chicory, extra pear slices and dressing of your choice.



PORK BELLY WITH PLUMS AND CINNAMON

Serves: 4-6

Takes: About 1½ hours

700g	(1½lb)	Pork belly joint, rind removed
30ml	(2tbsp)	Damson jam
5ml	(1tsp)	Cinnamon
1		Cinnamon stick
125ml	(¼pt)	Cloudy apple juice
4		Ripe plums, cut in half

Preheat oven to Gas 4-5, 180°C, 350°F.

Line roasting pan with double layer of foil. Place belly joint in pan and rub cinnamon into skin.

Mix together jam, cinnamon, cinnamon stick and apple juice. Pour this mixture into the pan. Add plums. Scrunch foil loosely around the joint.

Cover with foil and cook for about 1½ hours, until meat is tender and soft. Serve with creamy mashed potato and steamed curly kale.

Liz's twist...

My favourite...so reasonably priced and you can't go wrong. You really can't ruin it. I also like it with the crackling on – score it deeply and keep it dry – so just put the liquid around the edge...



PORK, SAGE AND BLACK PUDDING PARCELS

with blackberry sauce

Serves: 4

Takes: About 30 mins

4		Lean pork loin or leg steaks
500g		Ready made chilled puff pastry
4		Slices black pudding (approx 25g (1oz) per slice)
		Fresh sage leaves
		Seasoning
100g	(4oz)	Blackberries or other seasonal soft berries
30ml	(2tbsp)	Soft brown sugar
		Pinch allspice

Preheat oven to Gas Mark 5, 190°C, 375°F.

Roll out pastry thinly and cut into 4, approx 18cm squares.

Trim the fat off the steak and place in the middle of the square of pastry. Season and top with 2 sage leaves and a slice of black pudding.

Brush outer edges of pastry with milk and fold over the 4 corners to create a 'rough' envelope. Brush all over with milk and bake in hot oven until pastry is well risen and golden, approx 30 minutes.

Make Blackberry Sauce: Heat together in a small pan the blackberries, sugar and spice. Gently simmer for 5 minutes until fruit is slightly broken down and syrupy.

Serve the parcels with the blackberry sauce and a pile of seasonal greens. Also great served cold for an autumn picnic or snack.



PORK CHOPS

topped with Bramley apple and Cheddar cheese

Serves: About 2

Takes: About 20 mins

2		Lean pork loin chops
1		Cooking apple (eg. Bramley) cut into 4 thick slices (across the core)
		or an eating apple, cut thickly
50g	(2oz)	Cheddar cheese, cut into two thick slices

Place pork chops under a hot preheated grill.

Cook chops for about 20 minutes. After 10 minutes turn chops over and add the thick slices of apple to the grill pan.

When chops are cooked stack the apple on top of the chop, top with slice of cheese and cook for 1-2 minutes until cheese has melted and is gooey.

Serve with mashed celeriac and steamed leeks.

Liz's twist...

I just love this recipe...but if I'm feeling more 'cheesy' I use a wedge of Stilton cheese and a spoonful of apple sauce from the jar or cranberry or redcurrant. So many variations on a theme...





Provenance and animal welfare are now more than ever increasingly important considerations for us when buying meat.

By choosing Quality Standard Pork, Bacon, Ham and Sausage you can be sure that you are not only buying meat that is fully traceable and produced to high quality and welfare standards, but also that you are supporting the farmers behind the Mark.

For further information or more great recipe ideas visit www.lovepork.co.uk
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