



LOVE
Summer
LOVE
Pork



PICNICS
BBQs
AL FRESCO

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“ Summer afternoon, summer afternoon; to me those have always been the two most beautiful words in the English language.”

Henry James

How true, how true. Especially when the sun is shining and we are all looking forward to getting together with friends and family to enjoy a picnic, a BBQ or an informal al fresco meal in the open air.

But if the reality is all too often a curled up cheese sandwich or a burnt offering on a BBQ, Love Pork is here to help. With minimal effort and maximum inspiration we believe that summer food can be sensational!

So remember – it's summertime and with our **Love Summer Love Pork** recipes the cooking can be oh so easy.

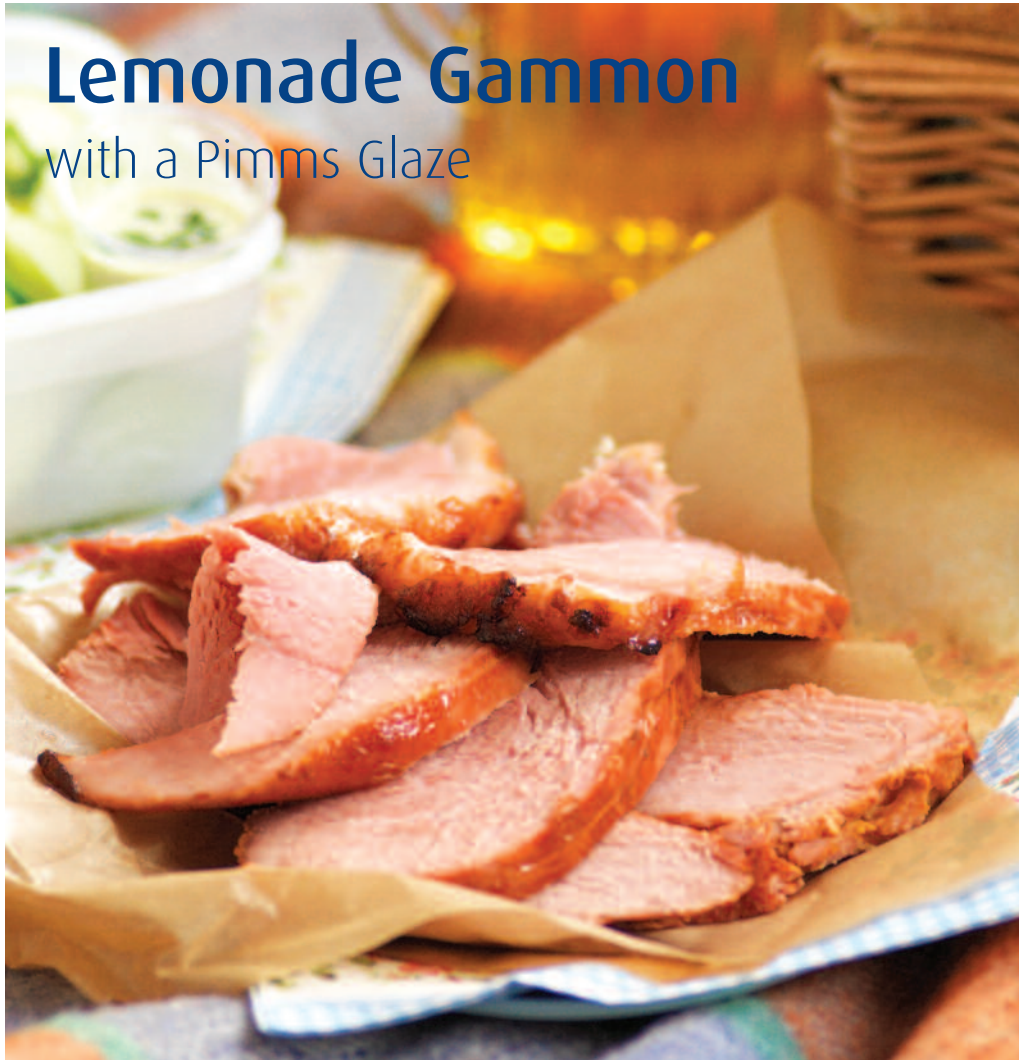
And don't compromise on the integrity of the pork you are buying either. Choose to buy your pork, bacon, sausages or ham from a quality retailer who cares about the provenance and animal welfare of the meat they sell.

For more great summer recipes go to

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Lemonade Gammon

with a Pimms Glaze



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Lemonade Gammon with a Pimms Glaze

<i>Serves</i>	6	
<i>Cooking time</i>	20 minutes per 450g/ 1/2kg (1lb)	plus 20 minutes
<i>Oven temperature</i>	Gas Mark 4, 180°C, 350°F	
900g (approx)	(2lb)	Lean dry cured unsmoked gammon joint
1.1 litre	(2pts)	Lemonade
250ml		Can premixed Pimms and lemonade or use neat Pimms – for stronger flavour
2x15mlsp	(2tbsp)	Apple sauce

Pre-heat oven to Gas Mark 4, 180°C, 350°F.

Place gammon in a large saucepan with a lid. Pour over the lemonade (liquid should just cover the joint). Bring to the boil on the hob and then lower the heat to simmer for calculated cooking time.

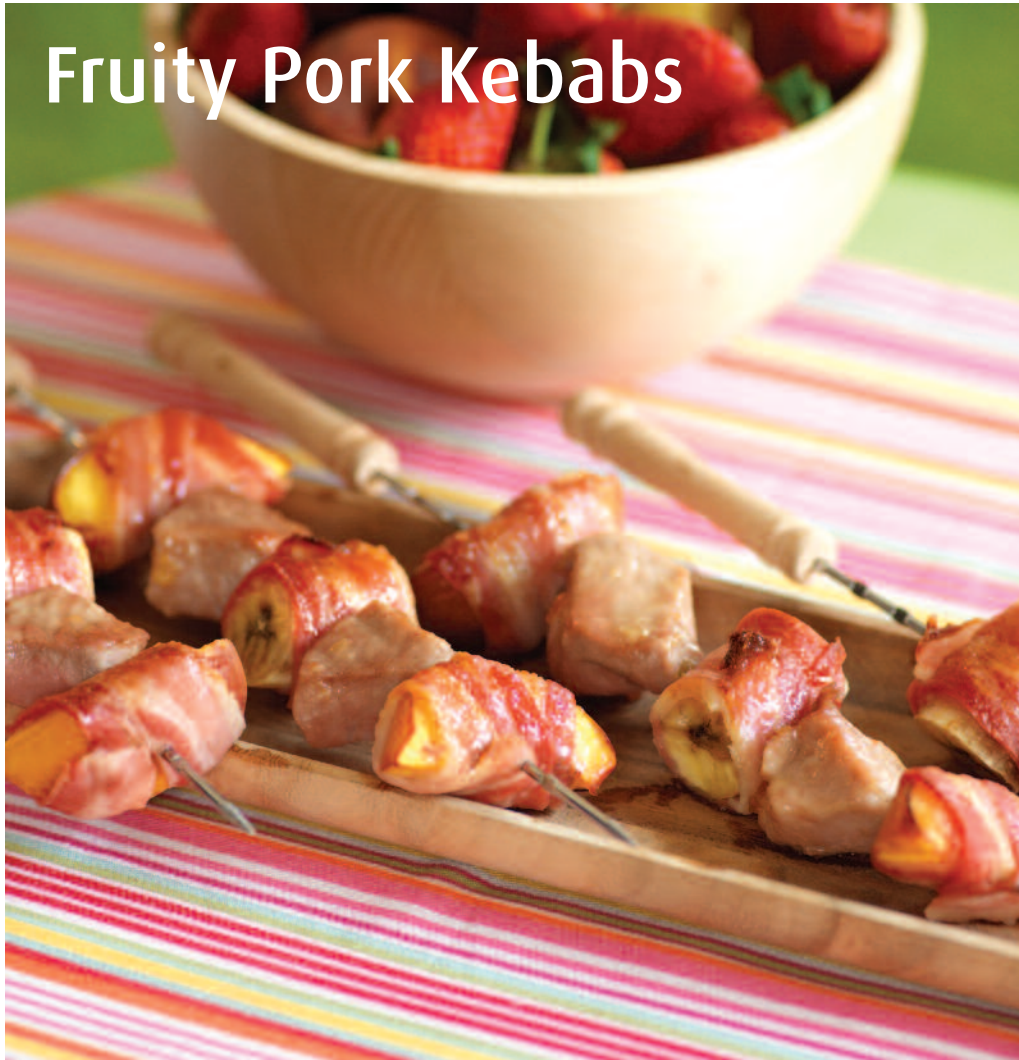
30 minutes before the end of cooking time place the Pimms into a small saucepan, add the apple sauce and bring to the boil. Lower the heat and simmer for about 10-15 minutes until mixture has reduced slightly.

15 minutes before the end of the gammon cooking time remove joint. Carefully remove fat and score the remaining layer into diamonds or small squares. Spoon over the glaze/sauce and place in a roasting tin in the oven for 10-15 minutes until joint is golden brown.

Serve sliced either hot or cold, spoon over any remaining juices and serve with an apple, cucumber and mint salad and thickly sliced crusty bread.



Fruity Pork Kebabs



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Fruity Pork Kebabs

<i>Makes</i>	<i>6 kebabs</i>	
<i>Cooking time</i>	<i>About 15 minutes</i>	
225g	(8oz)	<i>Lean pork leg or loin steaks, cut into small cubes</i>
12		<i>Rashers unsmoked sweet cured streaky bacon</i>
1		<i>Peach or nectarine, stone removed and cut into 6 wedges</i>
1		<i>Banana, peeled and cut into 6 chunks</i>

Chilli BBQ Sauce

15mlsp	(1tbsp)	<i>Oil</i>
1		<i>Onion, peeled and roughly chopped</i>
1		<i>Apple, peeled, cored and chopped</i>
1		<i>Red chilli, deseeded and chopped</i>
3x15mlsp	(3tbsp)	<i>Tomato ketchup</i>
15mlsp	(1tbsp)	<i>Brown sauce</i>
300ml	1/2pt	<i>Pineapple juice</i>

Take each piece of fruit and wrap a bacon rasher around it. Then, using metal skewers, thread each of the pieces of fruit plus 2 cubes of meat onto each skewer. Brush with oil.

Meanwhile, heat the BBQ. Make sure the coals are hot and 'grey' before you start cooking. Alternatively, if it starts to rain, pre-heat the grill!

Cook for about 15 minutes until browned and meat cooked through. If the outside of the meat starts to catch, cover with foil and adjust the grid height to move away from the heat to slow down the cooking.

Make Chilli BBQ Sauce: Heat oil in a small pan. Add the onion, apple and chilli and cook until softened. Add the remaining ingredients, bring to the boil and simmer for about 10 minutes to reduce slightly.

Serve kebabs with the BBQ sauce and lots of fruity slaw.



Sausage Lollipops



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Sausage Lollipops

Makes 4 'lollipops'

Cooking time About 10 minutes

400g (14oz) *Pork chipolata sausages, joined together*

1 *Red pepper, cut into 4 thin strips with potato peeler*

1 *Courgette, cut into 4 thin strips with potato peeler*

'Hidden' Veg Sauce

400g approx

Can chopped tomatoes

Remaining pepper and courgette, chopped

Small broccoli florets

2

Small broccoli florets

5mlsp

(1tsp)

Honey



Take a length of 3 sausages, carefully uncoil and smooth out the joints between each sausage. Gently squeeze the meat so that the sausages become one continuous length.

Using a potato peeler slice 4 strips from the outside of the pepper and courgette. (Use the remaining veg chopped in the sauce.) Take the thin strips of pepper and courgette and coil them within the sausage coil.

Use a wooden skewer or stick to secure the lollipop.

Meanwhile, heat the BBQ. Make sure the coals are hot and 'grey' before you start cooking. Alternatively, if it starts to rain, pre-heat the grill!

Cook for about 10-15 minutes until browned and cooked through. If the outside of the meat starts to catch, cover with foil and adjust the grid height to move away from the heat to slow down the cooking.

Make 'Hidden' Veg Sauce: Place the tomatoes, pepper and courgette (left from cutting vegetable strips) into a small saucepan with broccoli and honey. Bring to the boil and simmer for about 10-15 minutes until vegetables are tender. Whiz with a hand blender until smooth-ish!

Serve lollipops dipped into 'tomato' sauce with pitta bread wedges.

Butterflied Lemon, Garlic and Dill Pork Shoulder Chunks



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Butterflied Lemon, Garlic and Dill Pork Shoulder Chunks

<i>Serves</i>	<i>4-8</i>
<i>Cooking time</i>	<i>About 75 minutes</i>
<i>Temperature</i>	<i>Using kettle or covered BBQ, or Gas Mark 4, 180°C, 350°F</i>
<i>900g</i>	<i>(2lb) Pork shoulder joint</i>
<i>2</i>	<i>Lemons, rind and juice</i>
<i>2x15mlsp</i>	<i>(2tbsp) Fresh dill, chopped</i>
<i>3</i>	<i>Cloves garlic, peeled and squashed</i>
<i>2x15mlsp</i>	<i>(2tbsp) Olive oil</i>
	<i>Seasoning</i>



Place joint, fat side uppermost, on a board (remove strings if its strung) and open out. Carefully score the rind deeply, turn over the joint and cut into 4 equal-ish size chunks. Use 2 metal skewers per chunk and skewer through at angles (can do this just before you cook if it's easier). Place in a dish fat side uppermost.

Add all remaining ingredients and move chunks around in the mixture to coat. Cover and place in fridge for 3-4 hours (if you have time) to allow flavours to absorb.

Meanwhile, heat the BBQ. Make sure the coals are hot and 'grey' before you start cooking. Alternatively, if it starts to rain, pre-heat the oven and cook directly on the preheated oven shelf - but put a 'drip tray' on the next shelf under the joint.

Cook for about 75 minutes until rind is crispy and golden and meat juicy but cooked through. If the outside of the meat starts to catch, cover with foil.

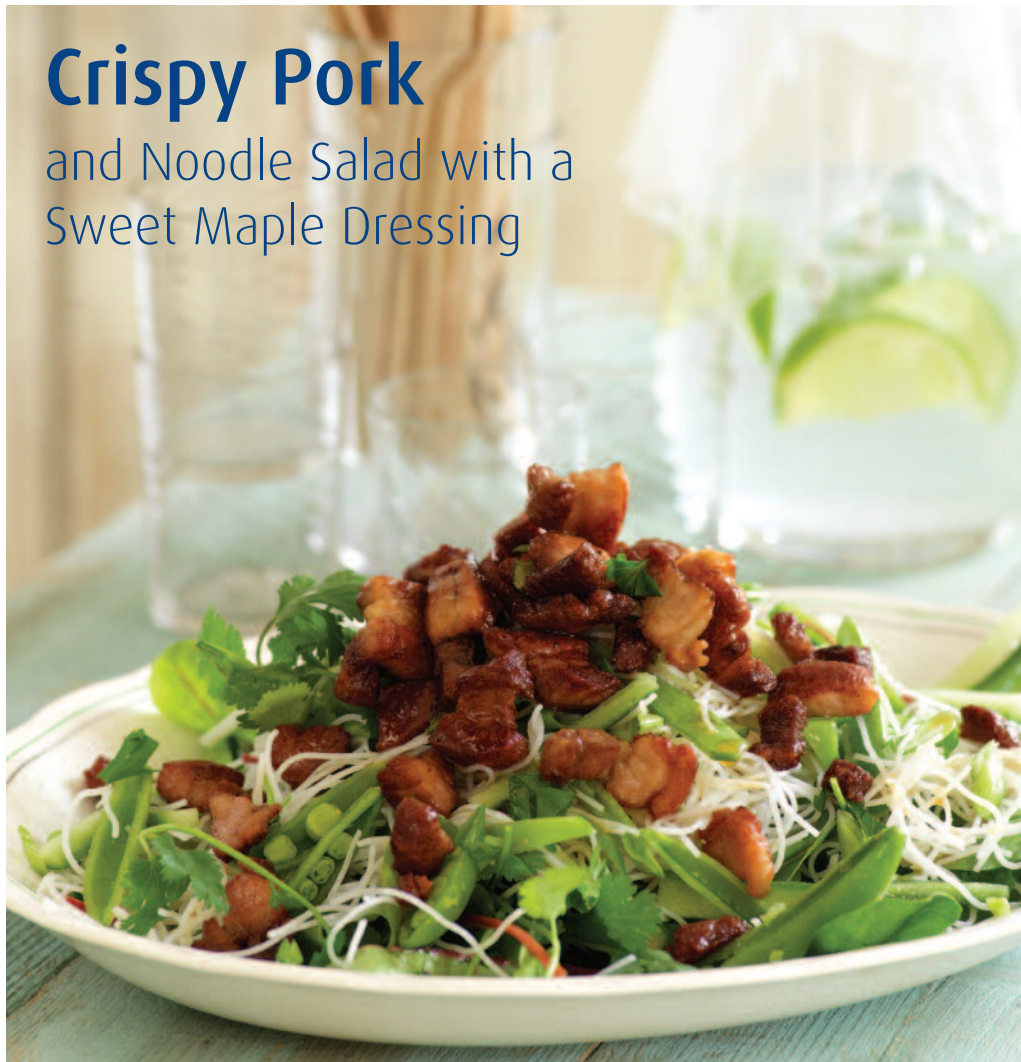
If you don't have a kettle or lidded BBQ, cover the joint with a foil container to create a lid. Cover but keep turning and adjust the grid height to move away from the heat if it is cooking too quickly.

Allow to rest for 10-15 minutes and then serve one chunk between two - cut in chunky slices to serve.

Serve with crushed new potatoes topped with lemon rind, crushed garlic, chopped fresh dill and a couple of spoonfuls of mayo.

Crispy Pork

and Noodle Salad with a
Sweet Maple Dressing



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Crispy Pork and Noodle Salad with a Sweet Maple Dressing

<i>Serves</i>	<i>4</i>	
<i>Cooking time</i>	<i>About 10 minutes</i>	
<i>450g</i>	<i>(1lb)</i>	<i>Pork belly rasher slices</i>
<i>5mlsp</i>	<i>(1tsp)</i>	<i>Oil</i>
<i>5mlsp</i>	<i>(1tsp)</i>	<i>Sesame oil</i>
		<i>Handful mixed salad leaves</i>
<i>2x15mlsp</i>	<i>(2tbsp)</i>	<i>Fresh coriander leaves</i>
<i>225g</i>	<i>(8oz)</i>	<i>Cooked rice noodles</i>
<i>50g</i>	<i>(2oz)</i>	<i>Mange tout, sliced</i>
<i>50g</i>	<i>(2oz)</i>	<i>Sugar snap peas, cut in half</i>
<i>3</i>		<i>Spring onions, thinly sliced</i>
<i>1/4</i>		<i>Cucumber, cut into sticks</i>

Dressing

<i>15mlsp</i>	<i>(1tbsp)</i>	<i>Maple syrup</i>
<i>15mlsp</i>	<i>(1tbsp)</i>	<i>Pineapple juice (or any fruit juice)</i>
		<i>Small splash sesame oil</i>

Take pork belly rasher slices, cut off the rind and any excess fat. Cut into small 1cm cubes.

Heat oils in a pan and cook the pork until very crispy and golden. Remove from pan, place on a plate with kitchen paper and drain off any excess oil.

Toss together in a large bowl the leaves, noodles and vegetables.

Whisk together in a jug the dressing ingredients.

Top the salad with the crispy pork and then drizzle with dressing and serve.

Pork Loin Steaks

with Melting Mozzarella
and Sage



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Pork Loin Steaks with Melting Mozzarella and Sage

<i>Serves</i>	4	
<i>Cooking time</i>	About 20 minutes	
<i>Oven temperature</i>	Gas Mark 4, 180°C, 350°F	
4		<i>Lean thick pork loin steaks (about 2cm thickness)</i>
50g	(2oz)	<i>Mozzarella cheese (or similar), thickly sliced into 4</i>
8		<i>Fresh sage leaves</i>
4		<i>Slices Parma ham or streaky bacon</i>
		<i>Seasoning</i>
15mlsp	(1tbsp)	<i>Olive oil</i>

Pre-heat oven to Gas Mark 4, 180°C, 350°F. Place empty tray in oven to heat through also.

Place the pork steaks on a board. With a sharp knife carefully make a slit horizontally into the non-fat edge of the pork. Continue until you have created a shallow pocket to stuff.

Take a slice of cheese and two sage leaves and push into the pocket. Season and wrap each steak in a slice of ham or bacon.

Heat oil in a frying pan and seal steaks on both sides. Place on the hot tray and cook for about 15-20 minutes until browned and cooked through.

Serve with seasonal green salad, crushed new potatoes and mixed olives.



PICNICS

Piquenique originally meant a fashionable party to which everyone brought along some food, with the idea of the picnic as an outdoor meal emerging in the 19th Century.

This year Lovepork is campaigning to rename Picnic's 'PIGnics' to encompass all the tasty porky products that go to make up a picnic like the ubiquitous pork pies, sausage rolls and ham sandwiches, without which a picnic, well, just wouldn't be a PIGNic.

Look out for regional radio and newspaper competitions to win picnic goodies. Or log onto the Lovepork website and let us know what favourite porky product never gets missed out from your PIGNic.

BBQs

A barbecue party can be one of your summer highlights - but it can also be stressful juggling the cooking and preparation with socialising with friends and family. Many of the **Love Summer Love Pork** BBQ recipes can be prepared ahead of time but look fantastic and take only minutes to cook.

Here are a few other tips to make sure your BBQ is a success:

- Oil the grill lightly to stop the meat sticking
- Once the meat's on the grill, delegate another family member to dish up the salads or serve the drinks
- Slow it down. If the meat's browning too quickly move it to the edge or, better still, up to the next shelf
- Check sausages and burgers are cooked by 'prodding' with separate utensils - you're looking for the juices to run clear.

AL FRESCO

There's something undeniably romantic about enjoying an evening meal outdoors - whether it's an intimate supper for two or a gathering of close friends. Maybe it's the twinkling tealights or the revival of holiday memories...those gorgeous, balmy Mediterranean evenings.

So, whether it was just last summer or pre-kids, let's make the most of the comfort of our own gardens. Today it's all about taking the time to enjoy good food, good friends and good times in our very own green space.

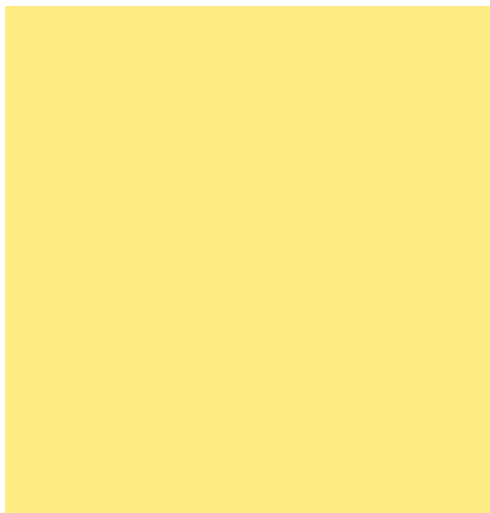
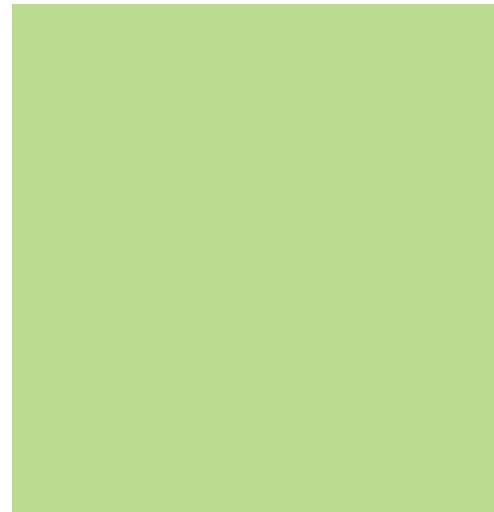
Friends talking, glasses clinking...and whilst al fresco means there is no standing on ceremony, it doesn't mean we can't eat outdoors in some style. Our **Love Summer Love Pork** al fresco recipes have all been developed with those Mediterranean memories in mind.

If you have some top tips for a stylish, outside dining extravaganza why not upload your ideas or even a photo on to the Lovepork Facebook page? Just type 'Lovepork' into the search bar to find us or the full address is
<http://www.facebook.com/pages/LovePork/300334926231>

For further information and more summer recipes

go to

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