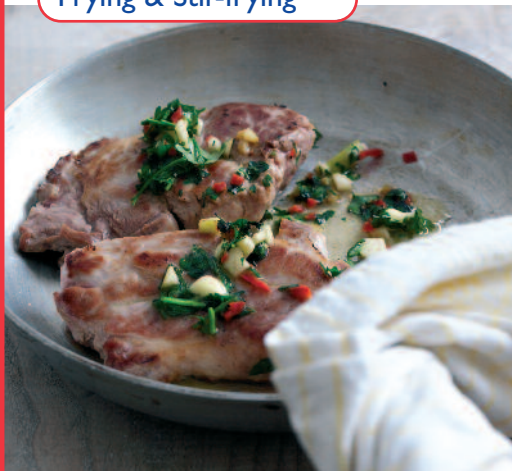


Your guide to the **Pork Cuts range**

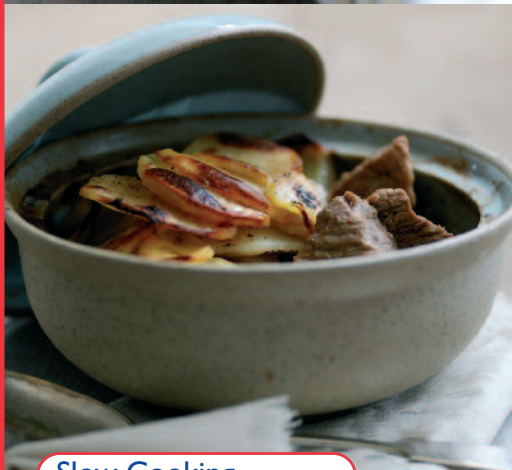
Frying & Stir-frying



Grilling & BBQ'ing



Slow Cooking



Roasting



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Tips for Frying & Stir-frying

Stir-frying is for cooking either pre-cut strips, or if using steaks, cut them thinly across the grain into 1cm strips, this prevents shrinkage & helps to tenderise the meat.

- Prior to cooking the meat cut up a selection of vegetables into thin strips, allowing about twice the quantity to meat.
- When all ingredients are ready, heat 5ml (1 tsp) of oil in a wok or large frying pan, and when hot carefully add the meat and stir-fry for about 2-4 mins per 225g (8oz) meat.
- Then add vegetables and sauce and stir-fry together for a further 2 mins.

Dry-frying is used for cooking mince – place the meat in a cold non stick pan and cook over a low heat until some fat runs out, then increase the heat and fry for 4-6 mins until totally cooked. Add your favourite sauce and veg and then simmer until all veg are cooked.

Tips for Grilling & BBQ'ing

Place the steaks under a hot grill or on the griddle for the recommended time on one side then turn over and grill for the same time on the other side.

- Thick Chops and Steaks: 2-3cm (1") takes 8-10mins per side
- Thinner Chops and Steaks: 1-2cm (½") takes 6-8mins per side
- Slices (escalopes & fillet): 0.5cm – 1.5cm (¼"-5/8") takes 2-5mins per side

To ensure you end up with a succulent and tasty steak

- Make sure the grill/griddle is preheated and really hot
- Do not poke or prod
- Cook for no longer than the recommended times per side
- Allow to stand for a couple of minutes before serving

Tips for Slow Cooking

Slow cooking can be done on the hob or in the oven, and allows the meat and vegetables (approx 350g (12oz) chunky root vegetables and 150ml (¼pt) liquid (e.g. stock, wine, cider, beer or water) per 450g (1lb) of meat) to simmer slowly, ideal for tenderising some of the tougher cuts. Cook in either a large heavy based saucepan or an ovenproof casserole dish with a tight fitting lid.

Stewing is the hob method, for cubes or chunks of meat, in which all the ingredients are cooked in liquid, which when added just covers all the ingredients.

Casseroling is the oven method of stewing and to prevent it drying out should be cooked on a low heat Gas 3, 170°C, 325°F for about 1-1½ hours

Pot roasting can be done on the hob or in the oven and is for cooking whole joints – i.e. boned and rolled are ideal.

- Ensure the pan is large enough so that the joint does not touch the sides.
- Heat 15ml (1tbsp) oil in the pan and brown the joint on all sides.
- Add veg and liquid to pan, cover and cook for the calculated cooking time.
 - Allow 30-35 mins per 450g/½kg (1lb) +30-35mins at the end, at Gas 4-5, 180°C, 350°F if cooking in the oven

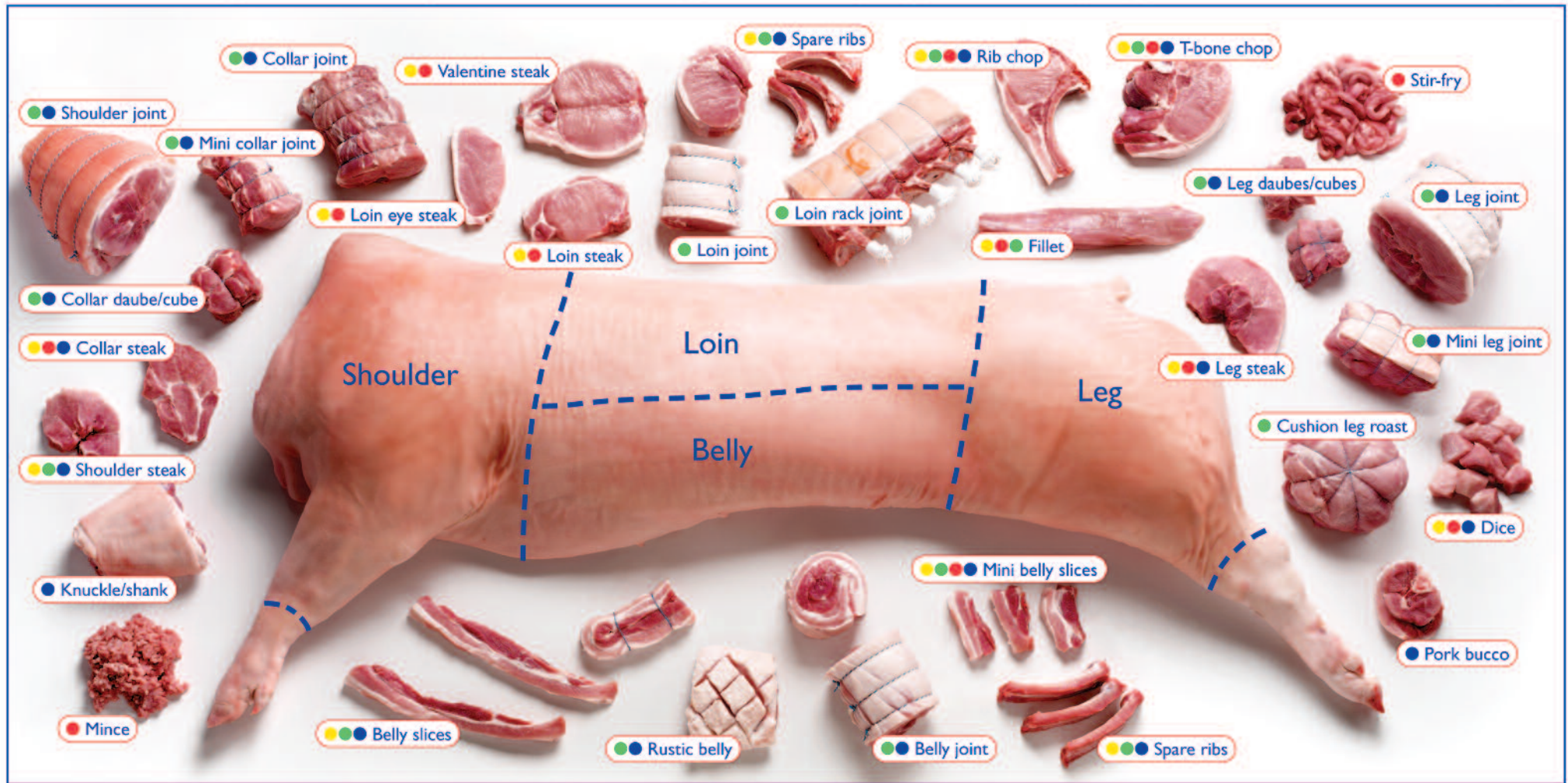
Tips for Roasting

- What size joint do I need to choose?
 - Allow 100-175g uncooked meat per person (around 900g (2lb) joint serves a family of 4-6)
- Preheat oven to Gas 4-5, 180°C, 350°F
- Weigh joint and calculate cooking time:
 - 30 mins per 450g/½kg (1lb) +30mins at the end (medium)*
 - 35 mins per 450g/½kg (1lb) +35mins at the end (well done)*
- For perfect crackling, dry the rind and using a sharp knife score deeply, rub well with oil (use vegetable not olive oil) and salt. Place on a rack in a roasting tin and open roast in the centre of a preheated oven for calculated cooking time (do not baste or cover the joint, or the crackling will go soft).
- Once cooked, allow the joint to stand for 10mins prior to carving – this allows the juices to settle giving you a more succulent joint.
- To make use of the oven while it's on why not roast your root vegetables at the same time, add them about 45 minutes before the end of the cooking time.

*To check if the joint is cooked to your liking, use a meat thermometer inserted into the centre of the joint, it should read 75-80°C for medium and 80-85°C for well done

the **Pork Cuts** range

● Grilling & BBQ'ing ● Roasting ● Frying & Stir-frying ● Slow Cooking



ASK YOUR BUTCHER – THEY'RE THE EXPERTS!



Cuts for Frying & Stir-frying

- Mince
- Shoulder Steak
- Collar Steak
- Loin Eye Steak
- Valentine Steak
- Loin Steak
- Rib Chop
- Fillet
- T-Bone Chop
- Leg Steak
- Stir-fry strips
- Dice
- Mini Belly Slices

Cuts for Grilling & BBQ'ing

- Shoulder Steak
- Collar Steak
- Loin Eye Steak
- Valentine Steak
- Loin Steak
- Spare Ribs
- Rib Chop
- Fillet
- T-Bone Chop
- Leg Steak
- Dice
- Mini Belly Slices
- Belly Slices

Cuts for Slow Cooking

- Knuckle/Shank
- Shoulder Steak
- Collar Steak
- Collar Daube/Cube
- Shoulder Joint
- Mini Collar Joint
- Collar Joint
- Spare Ribs
- Rib Chop
- T-Bone Chop
- Leg Daubes/Cubes
- Leg Joint
- Leg Steak
- Mini Leg Joint
- Dice
- Pork Bucco
- Mini Belly Slices
- Belly Joint
- Rustic Belly
- Belly Slices

Cuts for Roasting

- Collar Daube/Cube
- Shoulder Joint
- Mini Collar Joint
- Collar Joint
- Spare Ribs
- Loin Rack Joint
- Rib Chop
- Fillet
- T-Bone Chop
- Leg Daubes/Cubes
- Leg Joint
- Mini Leg Joint
- Cushion Leg Roast
- Mini Belly Slices
- Belly Joint
- Rustic Belly
- Belly Slices

Why not try these great recipes?

Frying & Stir-frying

Pork fillet stir-fry with chilli and lime

Thai style pork filled wraps

Panfried steaks with parsley, red chilli and apple butter

Pork fillet in creamy wine and prune sauce



Grilling & BBQ'ing

Moroccan pork chops with a mango salsa

Pork steaks with herb & lemon butter

Chunky pork chops with sage, garlic & lemon

Zesty pork kebabs

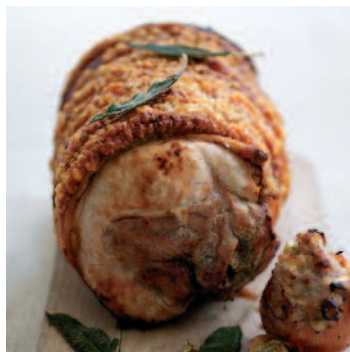


Slow Cooking

Chunky chops with cider, apple and five spice

Chunky pork hotpot with ale and root veges

Spicy pork curry and butternut squash



Roasting

Roast leg of pork with sage and stuffing onions

Rolled shoulder of pork stuffed with sausage, apple and sage

Roasted pork belly with Chinese five spice and spiced apple sauce

For full versions of these and many other delicious recipes visit www.lovepork.co.uk

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