SLOWLY





...with LovePork

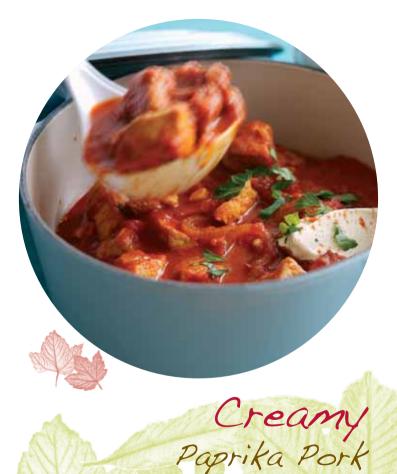
Want a great excuse for slowing down and welcoming those darker, chilly evenings? Then try delicious slow cooked Pork – it's guaranteed to warm up your spirits.

Pork shoulder and leg joints make delicious autumnal food - being perfect for slow cooking in a rich and sumptuous sauce. LovePork has produced three globally inspired dishes to inspire you, using the range of shoulder and leg cuts now available in your local butchers.

Using cubes or chunks of pork from the shoulder or leg these truly tasty (but oh so easy to prepare) family meals are great for those slow Autumn evenings at home. And you can rest assured that you are serving your family a nutritious and healthy meal because, on average, lean trimmed pork contains just 4% fat.

What's more, by buying Pork this Autumn you know that you are supporting your local pig farmer at a time when he needs you the most.

For more information on pork and more pork recipes visit www.lovepork.co.uk or call 01908 844725.



C

Creamy Paprika Pork

TAKE

Lean pork leg or shoulder steaks Chorizo sausage

Oil

Garlic

Onion

Can chopped tomatoes

Paprika Greek yogurt

Fresh parsley

Feeds:

Time to cook: About 1 - 1½ hours

Oven temp.: Gas mark 3, 160°C, 325°F

MAKE

Heat **5ml (1tsp) oil** in a large pan and cook **225g (8oz) lean pork leg or shoulder steaks**, cut into small cubes, and **5og (2oz) chorizo sausage**, sliced, for 3 - 4 minutes until browned.

Add 1 clove garlic, crushed, and 1 onion, sliced, cook for a further 3 - 4 minutes.

Add 400g (approx) can chopped tomatoes and 10ml (2tsp) paprika, place in oven and cook for $1 - 1^1/2$ hours until pork is tender. Carefully stir through 60ml (4tbsp) Greek yogurt and serve sprinkled with parsley and a dusting of paprika.

EAT

Serve with parsnips mashed together with lots of black pepper and a knob of butter and steamed green beans.





Spicy Pork Curry

with Apple and Coriander Dumplings

TAKE

Pork shoulder or leg joint

Oil Garlic

Red onions

Aubergine

Rogan Josh or medium curry paste Butternut squash

Pork stock

Feeds: 4

Time to cook: Approximately 2 hours

Oven temp.: Gas mark 4, 180°C, 375°F

Dumplings:

Self raising flour

Suet

Prepared apple sauce Fresh coriander

MAKE

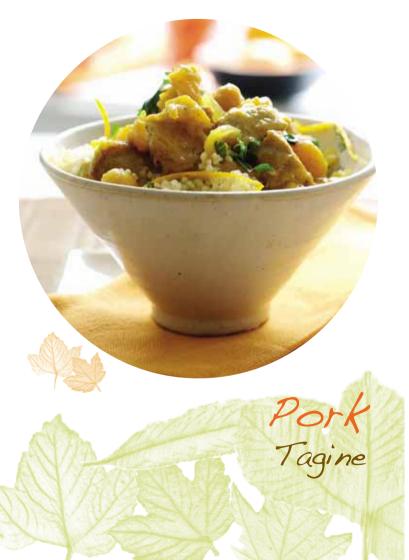
In a large ovenproof pan or casserole heat 15ml (1tbsp) oil. Add 1.35kg (3lb) pork shoulder joint, rind and fat removed and cut into large chunks, 2 cloves garlic, crushed and 2 red onions, peeled and cut into quarters. Brown off the meat then add 1 aubergine, sliced and 3oml (2tbsp) Rogan Josh curry paste, stir well. Add 1/2 butternut squash, peeled and cut into chunks. Pour in 30oml (1/2pt) pork stock, and place in oven with lid on for 11/2 - 2 hours or until meat is tender.

Meanwhile prepare dumplings: Mix together 200g (70z) self raising flour, with 75g (30z) suet, 30ml (2tbsp) prepared apple sauce and 30ml (2tbsp) fresh coriander, chopped, bind together with a little water and then make into about 8-10 balls, chill.

Add dumplings to casserole 20 minutes before end of cooking, (If curry needs a little more liquid add 150ml (1/4pt) more stock) remove lid, add dumplings and return to oven.

EAT

Serve the curry with poppadoms, fried apple slices and extra seasonal vegetables





Pork Tagine

with Couscous

TAKE Lean pork cubes* Onion Turmeric Cumin

Cinnamon All spice

Ready-to-eat apricots Can chick peas

Stock

Orange zest and juice Fresh coriander

Time to cook: About 11/2 - 2 hours

Gas mark 3, 170°C, 325°F Oven temp.:

For the couscous:

Couscous Orange zest and juice

Fresh coriander

MAKE

- 1 Place 450g (1lb) lean pork cubes*, 1 onion, chopped, 15ml (1tbsp) turmeric, 15ml (1tbsp) cumin, 2.5ml (1/2tsp) cinnamon, 2.5ml (1/2tsp) all spice, 150g (50z) ready-to-eat apricots, chopped, 400g (approx) can chick peas, drained, 300ml (1/2pt) stock and zest and juice of 1 orange, into a large casserole dish. Cover and cook for 1¹/₂-2 hours until the meat is tender. Stir in 15ml (1tbsp) fresh coriander, chopped.
- 2 Meanwhile make the couscous. Place 250g (90z) couscous into a bowl. Add zest and juice of 1 orange and 300ml (1/2pt) boiling water. Season with salt and pepper, cover and leave to stand for 10 minutes until water has been absorbed and the couscous has softened. Stir in 15ml (1tbsp) fresh coriander, chopped.

EAT

Serve the pork tagine with the couscous, rice or pasta and extra vegetables.

* Suitable cuts braising cubes; shoulder, leg