

SLOWLY

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...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.



Creamy Paprika Pork



Creamy Paprika Pork

TAKE

Lean pork leg or shoulder steaks
Chorizo sausage
Oil
Garlic
Onion
Can chopped tomatoes
Paprika
Greek yogurt
Fresh parsley

MAKE

Heat **5ml (1tsp)** oil in a large pan and cook **225g (8oz)** lean pork leg or shoulder steaks, cut into small cubes, and **50g (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 - 1½ 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.

Feeds: 2

Time to cook: About 1 - 1½ hours

Oven temp.: Gas mark 3, 160°C, 325°F



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 **30ml (2tbsp) Rogan Josh curry paste**, stir well. Add **1/2 butternut squash**, peeled and cut into chunks. Pour in **300ml (1/2-pt) pork stock**, and place in oven with lid on for **1 1/2 - 2 hours** or until meat is tender.

Meanwhile prepare dumplings: Mix together **200g (7oz) self raising flour**, with **75g (3oz) 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 (1/4-pt)** more stock) remove lid, add dumplings and return to oven.

EAT

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

Spicy Pork Curry



Pork Tagine



Pork Tagine

with Couscous

Feeds: 4
Time to cook: About 1½ - 2 hours
Oven temp.: Gas mark 3, 170°C, 325°F

For the couscous:
 Couscous
 Orange zest and juice
 Fresh coriander

TAKE

Lean pork cubes*
 Onion
 Turmeric
 Cumin
 Cinnamon
 All spice
 Ready-to-eat apricots
 Can chick peas
 Stock
 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 (½tsp) cinnamon**, **2.5ml (½tsp) all spice**, **150g (5oz) ready-to-eat apricots**, chopped, **400g (approx) can chick peas**, drained, **300ml (½pt) stock** and **zest and juice of 1 orange**, into a large casserole dish. Cover and cook for 1½-2 hours until the meat is tender. Stir in **15ml (1tbsp) fresh coriander**, chopped.
- 2 Meanwhile make the couscous. Place **250g (9oz) couscous** into a bowl. Add **zest and juice of 1 orange** and **300ml (½pt) 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

