

# PORK

*the* **taste** *of* **tradition**

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QUALITY

FLAVOUR





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

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**PORK IS WORTH IT!**



Choose pork that carries the Quality Standard Mark and you can be sure that you are buying meat that comes from farmers and processors that are committed to very high standards of animal welfare, quality control and traceability.



Traditional roast pork, crackling, sage and onion stuffing, apple sauce... There's almost nothing that can beat the flavour! The very thought of it is enough to make your mouth water.

We've created 12 recipes which ooze tradition but have been reinvented with a modern twist using fantastic ingredients.

This is food as it used to be.

**Prepare it. Cook it. Enjoy it!**



# ROAST LEG *of* PORK

## *with Sage and Stuffed Onions*

15ml	(1tbsp)	Lean Pork boned and rolled leg joint
		Oil
		Salt
4		Medium onions
5ml	(1tsp)	Butter
2		Large spring fresh sage, roughly chopped
450g	(1lb)	Premium pork and apple sausages, slit skins and remove meat
		Olive oil
		Sage leaves

Allow 100-175g (4-6oz) raw meat per person.

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

Weigh the joint and calculate the cooking time - 30 mins per 450g/½kg (1lb) plus 30 mins (medium).

Dry the rind and score deeply using a sharp knife. Brush with oil and sprinkle with salt. Place on a rack in a roasting tin and open roast in a preheated oven for the calculated time (no basting or covering or you will have soft 'crackling').

Cut the onions in half horizontally (stalk at top) and using a spoon scoop out some of the layers leaving 2-3 in the shell. Roughly chop the removed onion.

In a pan heat butter and lightly fry onion. Remove from heat and allow to cool slightly. Add the sage and sausage meat and combine together.

Take a handful of mixture and stuff into onion shells. Prop up around the joint, drizzle with a little olive oil and cook for 40-50 minutes until onion soft and fully golden.

Serve with roast potatoes, parsnips, stuffed onions and crispy fried sage leaves.







# TWICE COOKED PORK BELLY

*with Cider, Apple and 5 Spice*

Serves 4  
Takes about 2 hours

700g	(1½lb)	Lean piece of belly Pork
300ml	(½pt)	Cloudy cider
		Seasoning
5ml	(1tsp)	Chinese 5 spice
2		Star anise
2		Cox's apples, cored and quartered
15ml	(1tbsp)	Honey

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

Take the flat piece of belly, dry the rind and score deeply with a sharp knife.

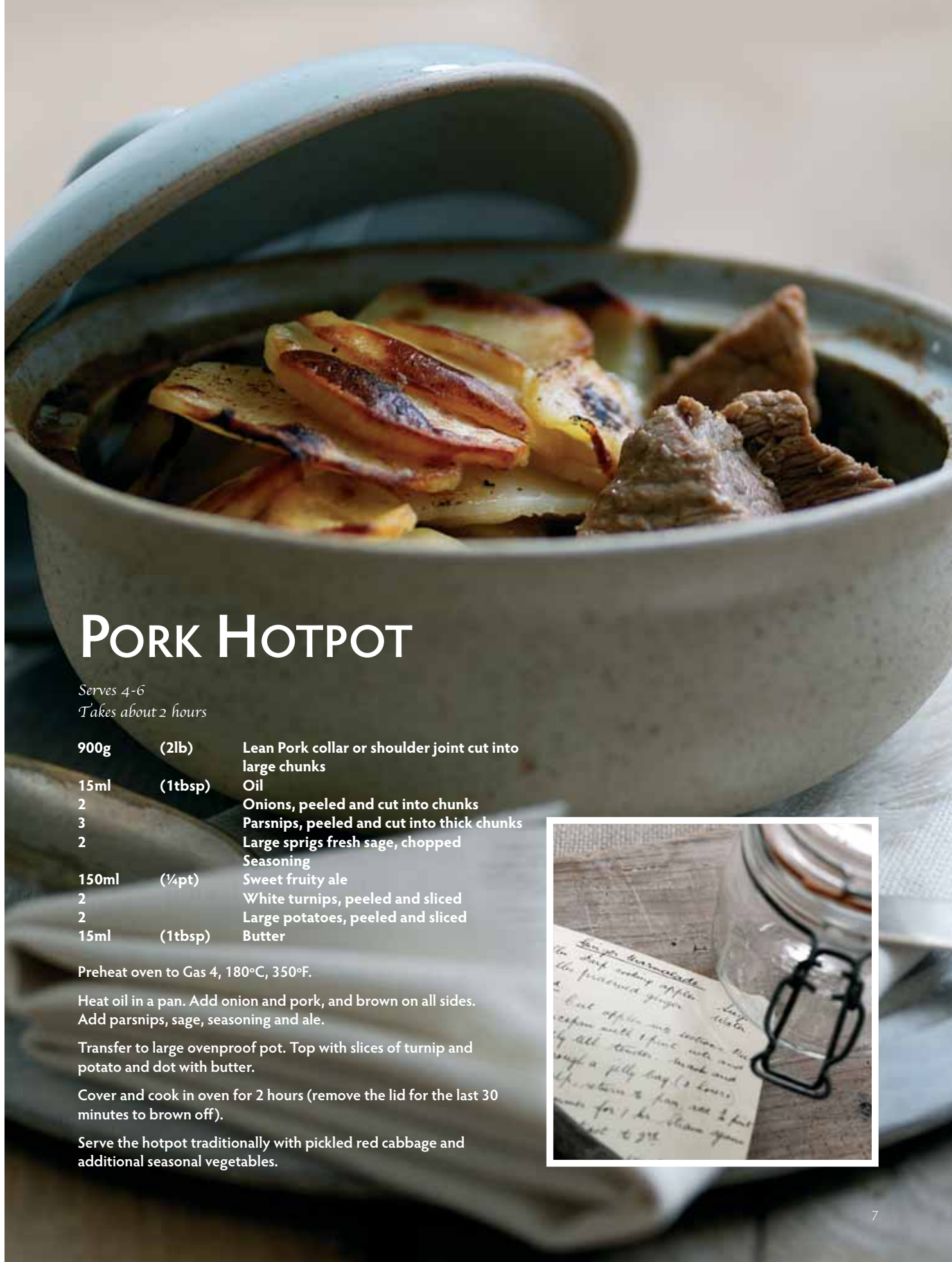
Line a shallow roasting pan with two large pieces of foil. Add to this the cider, seasoning and spices.

Place the belly onto the foil and tuck the foil around the joint so that the liquid is against the belly joint, but leave the top dry and exposed. Brush rind with oil and sprinkle with salt.

Open roast for about 1 hour then open foil parcel. Add the apples (add more cider if too much has evaporated), cover over the whole joint with foil and return for a further hour.

When cooked carefully open foil, drizzle rind with honey and place under a preheated grill. Cook for about 5 minutes to finish off the crackling.

Serve cut into thick slices, drizzle with sauce and serve with apples and Chinese steamed vegetables.



# PORK HOTPOT

Serves 4-6  
Takes about 2 hours

900g	(2lb)	Lean Pork collar or shoulder joint cut into large chunks
15ml	(1tbsp)	Oil
2		Onions, peeled and cut into chunks
3		Parsnips, peeled and cut into thick chunks
2		Large sprigs fresh sage, chopped
		Seasoning
150ml	(¼pt)	Sweet fruity ale
2		White turnips, peeled and sliced
2		Large potatoes, peeled and sliced
15ml	(1tbsp)	Butter

Preheat oven to Gas 4, 180°C, 350°F.

Heat oil in a pan. Add onion and pork, and brown on all sides. Add parsnips, sage, seasoning and ale.

Transfer to large ovenproof pot. Top with slices of turnip and potato and dot with butter.

Cover and cook in oven for 2 hours (remove the lid for the last 30 minutes to brown off).

Serve the hotpot traditionally with pickled red cabbage and additional seasonal vegetables.





# PORK FILLET

with Creamy Wine and Prune Sauce

Serves 2  
Takes about 15 mins

225g	(8oz)	Lean Pork (tenderloin) fillet, cut into medallion slices
15ml	(1tbsp)	Oil
1		Clove garlic, squashed
25g	(1oz)	Dried prunes, roughly chopped
90ml	(6tbsp)	White wine
45ml	(3tbsp)	Crème fraîche
30ml	(2tbsp)	Fresh parsley, chopped

Heat oil in shallow pan and cook medallions of pork with garlic, until coloured on all sides about 8-10 minutes.

Add prunes and white wine and allow to reduce slightly. Lower heat and add crème fraîche, heat through slowly.

Sprinkle with parsley and serve straight away with sautéed potatoes and seasonal green vegetables.



# FIDGET PIES

Serves 4  
Takes about 40-50 mins

450g	(1lb)	Premium 'Butchers' style sausages
30ml	(2tbsp)	Fresh parsley, chopped
2-4		Seasoning
		Pears, peeled, cored and quartered (can be left whole and placed in pie – cook really well and look very impressive)
1		Runny honey
		Packet pre-made puff 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 parsley and seasoning.

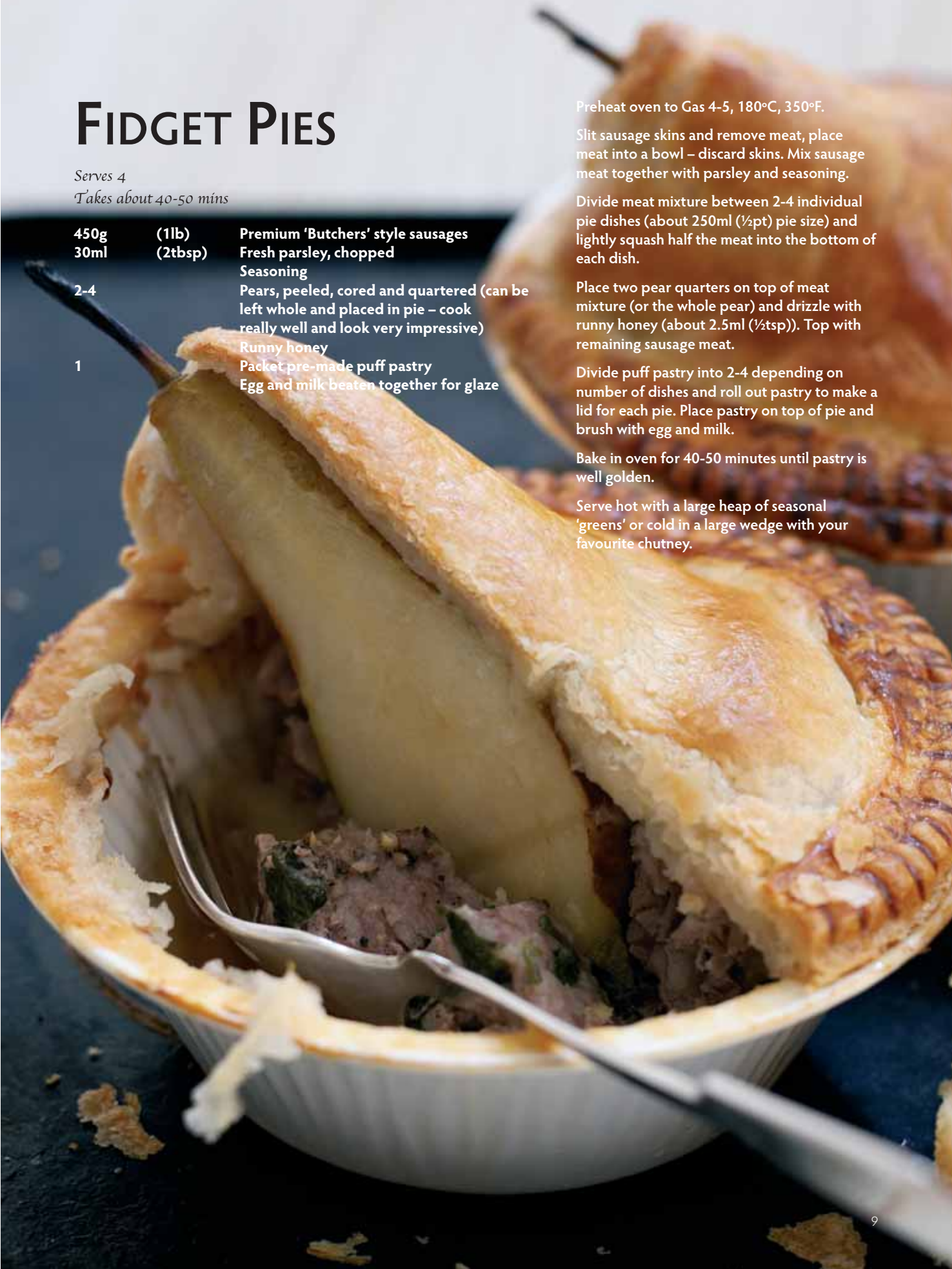
Divide meat mixture between 2-4 individual pie dishes (about 250ml (½pt) pie size) and lightly squash half the meat into the bottom of each dish.

Place two pear quarters on top of meat mixture (or the whole pear) and drizzle with runny honey (about 2.5ml (½tsp)). Top with remaining sausage meat.

Divide puff pastry into 2-4 depending on number of dishes and roll out pastry to make a lid for each pie. Place pastry on top of pie and brush with egg and milk.

Bake in oven for 40-50 minutes until pastry is well golden.

Serve hot with a large heap of seasonal 'greens' or cold in a large wedge with your favourite chutney.







# PORK STEAK

*with Herbs and Lemon Butter*

*Serves 2*

*Takes about 15 mins*

2		Lean Pork loin steaks
30ml	(2tbsp)	Fresh herbs – basil, mint and parsley
		Juice of ½ lemon
15ml	(1tbsp)	Olive oil
25g	(1oz)	Butter, softened
		Zest of 1 lemon

Mix together herbs, lemon juice and oil. Add steaks and smear all over. Leave covered in fridge for around 15 minutes to infuse flavours.

Remove steaks and cook on preheated grill or barbecue for:  
6-8 mins each side for 1-2cm (½ -¾") thickness  
8-10 mins each side for 2-3cm (¾ -1¼") thickness.

Meanwhile make the butter: Mix together butter with zest of 1 lemon.

Place a spoonful of butter over the steak and allow to melt slightly before serving.

Serve with boiled new potatoes mixed with herby mayo and heaps of green salad.





## PORK CHOPS *with* *Rhubarb, Apple and Ginger Chutney*

Serves 4  
Takes about 15 mins

4		Lean chunky thick Pork chops or steaks
		Seasoning
<b>Chutney:</b>		
1		Onion, peeled and sliced
4		Sticks rhubarb, cut into large chunks*
1		Cooking apple, peeled, cored and sliced
1		Clove garlic, squashed
1.25cm	(½")	Root ginger, peeled and grated
150ml	(¼pt)	Apple juice
30ml	(2tbsp)	Soft dark brown sugar

Cook chops on a preheated grill, griddle or barbecue for about 8-10 minutes each side for 2 – 3cm (¾ – 1¼") thickness.

Place all ingredients for the chutney in a small pan and simmer together with a lid on for about 5 minutes until fruit is soft but not mushy.

Serve chunky chops with a large dollop of chutney, mashed potato and seasonal green vegetables.

\*(If rhubarb is not in season use an extra cooking apple.)



## SLOW COOKED CHUNKY CHOPS

*with Beans and Chorizo*

Serves 4  
Takes about 2 hours

4		Lean thick Pork chops
10ml	(2tsp)	Olive oil
2		Cloves garlic, crushed
50g	(2oz)	Chorizo sausage, thinly sliced
300ml	(½pt)	Pork stock
400g (approx) can		Butter beans, drained and rinsed
400g (approx) can		Baked beans
45ml	(3tbsp)	Tomato purée
		Fresh parsley, roughly chopped

Preheat oven to Gas 4, 180°C, 350°F.

In a large heatproof casserole pot heat oil and brown chops on all sides for 3-4 minutes.

Add garlic and Chorizo sausage and allow the oil to coat chops and garlic. Add stock, butter beans, baked beans and tomato purée.

Mix well, cover and cook in a preheated oven for 1½-1¾ hours or until meat is tender.

Serve with fresh green seasonal vegetables and crusty brown bread for dipping!



# BACON and SQUEAK

Serves 4

Takes about 40-45 mins

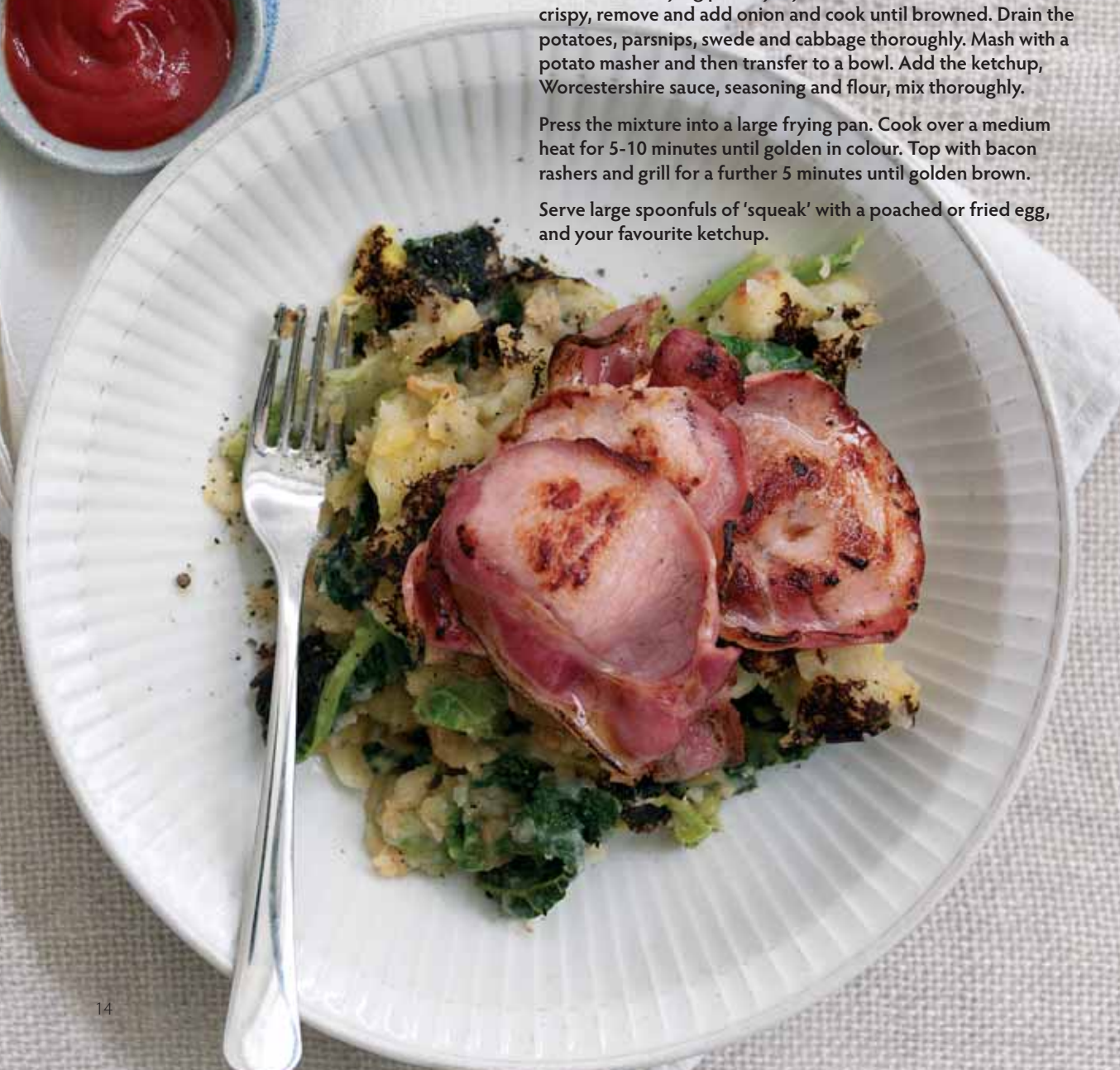
225g	(8oz)	Rashers lean smoked back dry cured Bacon
1kg	(2.2lb)	Potatoes, peeled and cut into chunks
2		Parsnips, peeled and chopped
½		Swede, peeled and chopped
450g	(1lb)	Green cabbage, roughly shredded
1		Onion, peeled and finely chopped
30ml	(2tbsp)	Tomato ketchup
5ml	(1tsp)	Worcestershire sauce
25g	(1oz)	Plain flour
15ml	(1tbsp)	Oil

Place potatoes, parsnips and swede in a large pan, cover with water and cook covered for 10 minutes. Add cabbage and cook for a further 10 minutes until the vegetables are tender.

In a non-stick frying pan dry fry bacon rashers and cook until crispy, remove and add onion and cook until browned. Drain the potatoes, parsnips, swede and cabbage thoroughly. Mash with a potato masher and then transfer to a bowl. Add the ketchup, Worcestershire sauce, seasoning and flour, mix thoroughly.

Press the mixture into a large frying pan. Cook over a medium heat for 5-10 minutes until golden in colour. Top with bacon rashers and grill for a further 5 minutes until golden brown.

Serve large spoonfuls of 'squeak' with a poached or fried egg, and your favourite ketchup.



# BAKED HAM SALAD

with Fresh Herb Pesto Dressing



Serves 4-6

Takes about 20 mins per 450g/½kg (1lb) plus 20 mins

1.35kg (3lb)

Glaze:

60ml	(4tbsp)
15ml	(1tbsp)
15ml	(1tbsp)

Lean Gammon joint

Dark chunky marmalade
Sweet chilli sauce
Demerara sugar
Salad leaves
New potatoes, boiled

Pesto Dressing:

15ml	(1tbsp)
15ml	(1tbsp)
15ml	(1tbsp)
1	
25g	(1oz)
30ml	(2tbsp)
45ml	(3tbsp)
15ml	(1tbsp)

Fresh basil
Fresh parsley
Fresh mint
Clove garlic
Pinenuts
Grated Parmesan cheese
Extra virgin olive oil
White wine vinegar

Place gammon joint in a large saucepan and cover with water.

Bring to the boil and simmer for the calculated cooking time.

Remove joint from the pan, drain, strip off the rind and score the fat into diamonds. Line baking tray with foil.

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

Mix together glaze ingredients.

Place in foil lined roasting tin and spoon glaze over joint. Bake for about 10 minutes until glaze is sticky and golden.

To make Dressing: Whizz together Pesto ingredients in a food processor or hand blender for 1-2 minutes until creamy in texture.

Serve gammon cut into chunky wedge slices with a large pile of salad leaves, boiled new potatoes and a fresh pesto dressing.

NB. This recipe contains nuts.





# PORK TERRINE

*with Sage and Apricots  
and quick Piccalilli*

*Serves 6-8  
Takes about 50 mins*

<b>450g</b>	<b>(1lb)</b>	<b>Lean Pork mince</b>
<b>225g</b>	<b>(8oz)</b>	<b>Lean smoked dry cured streaky bacon, 50g (2oz) chopped finely, remainder left as whole rashers</b>
<b>1</b>		<b>Small onion, peeled and chopped</b>
<b>2</b>		<b>Knob butter</b>
		<b>Large sprigs fresh sage, chopped</b>
		<b>Seasoning</b>
<b>50g</b>	<b>(2oz)</b>	<b>Dried apricots, roughly chopped</b>
<b>For the Piccalilli:</b>		
<b>2</b>		<b>Gherkins, sliced</b>
<b>2.5cm (1")</b>		<b>Cucumber, sliced</b>
<b>¼</b>		<b>Red pepper, thinly sliced</b>
<b>15ml</b>	<b>(1tbsp)</b>	<b>Vinegar from gherkin jar</b>
<b>30ml</b>	<b>(2tbsp)</b>	<b>Honey</b>
<b>5ml</b>	<b>(1tsp)</b>	<b>English mustard</b>

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

Grease a 450g (1lb) loaf tin with a little oil and line the tin with bacon rashers (stretch using the back of a knife) – allow to hang over the end of the tin. Lightly fry the onion in butter and cool slightly.

Mix together in a bowl the mince, chopped bacon, onion, sage and season well.

Place half the mixture into the tin and press down. Sprinkle over the apricots and sage and top with the remaining mince mixture. Fold over the overhanging bacon and place remaining rashers over the top.

Cover well with foil, place on baking tray and put into preheated oven for about 40 minutes, until set. Open foil for a further 10 minutes to brown off.

To make the piccalilli: Mix together gherkins, cucumber and red pepper. Add vinegar, honey and English mustard. Mix well and cover to leave flavours to infuse. This keeps well overnight in the fridge.

Serve either hot or cold with quick piccalilli.

# HAM *and* PEASE PUDDING BROTH

*Serves 4-6  
Takes about 2 hours*

<b>900g</b>	<b>(2lb)</b>	<b>Lean unsmoked Gammon joint</b>
<b>250g</b>	<b>(8oz)</b>	<b>Quick soak dried peas (soak for 2 hours)</b>
<b>2</b>		<b>Carrots, peeled and left whole</b>
<b>2</b>		<b>Onions, peeled and cut in half</b>
<b>900ml</b>	<b>(1½pt)</b>	<b>Water</b>
<b>1</b>		<b>Turnip, peeled and cut in half</b>
		<b>Black pepper (no salt)</b>
<b>300ml</b>	<b>(½pt)</b>	<b>Cider</b>
<b>2</b>		<b>Bay leaves</b>

Rehydrate peas by following pack instructions (usual soaking time is around 2 hours for quick soak variety or overnight for longer version).

Place gammon in large pan with rehydrated peas and all remaining ingredients.

Bring to the boil, skim off the scum and reduce to a gentle simmer with lid on for about 1½-2 hours, until gammon is tender and almost flaking and the peas have broken down and are 'mushy'.

Remove rind and fat from gammon and serve in bowls with broken chunks of crusty bread for dunking!





# PORK

*- know your cuts*

## Pork Loin

Sold bone in or out as joints or chops

Bone removed becomes loin steaks and cured loin as back bacon rashers

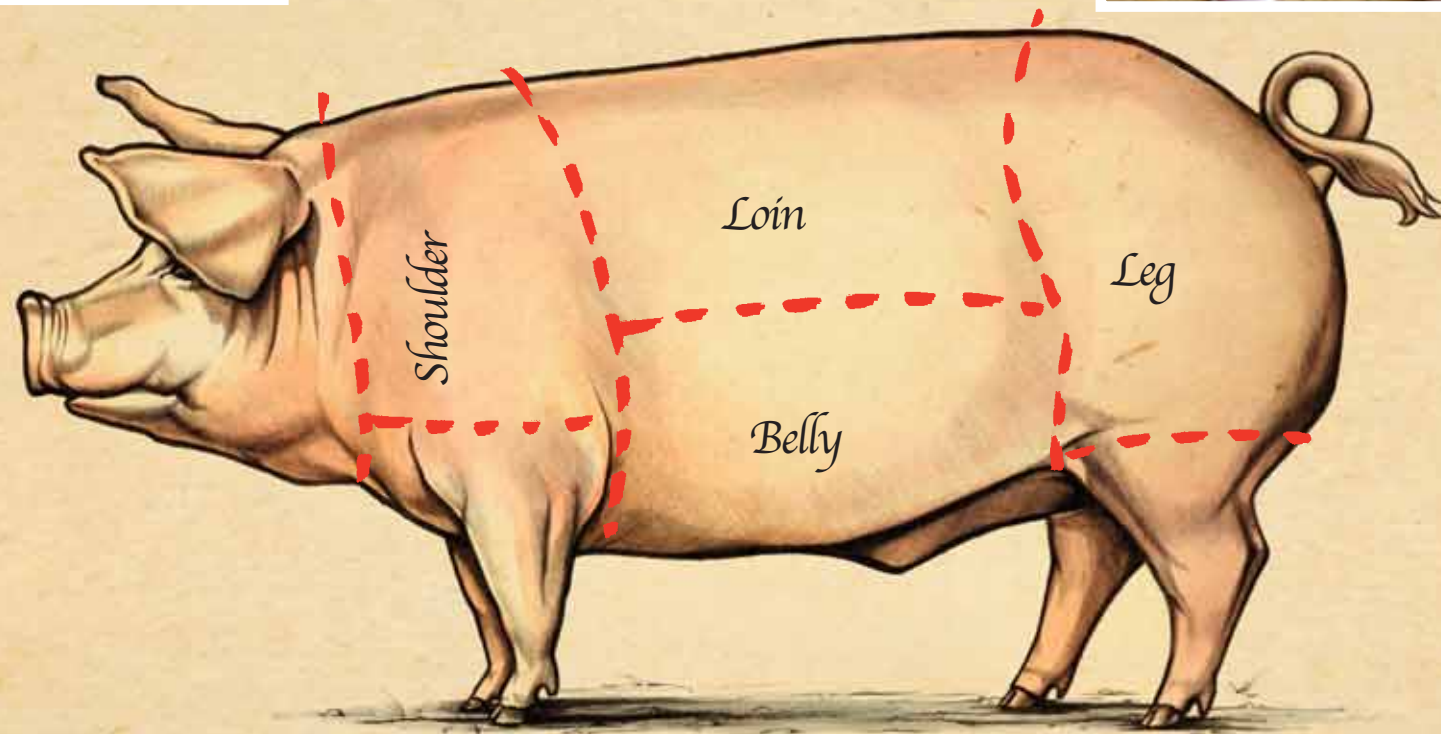
Pork Loin recipes are on pages 10, 12, 13 and 14.



## Pork (Tenderloin) Fillet

Sits within the loin, removed and used whole or cut into medallions

Pork (Tenderloin) Fillet recipe is on page 8.



## Pork Shoulder

Sold as collar or shoulder joints, large cubes, steaks, mince or sausages

Pork Shoulder recipes are on pages 7 and 9.



## Pork Belly

Sold as spare ribs and the meat left is rolled into a joint or left flat or cured belly as streaky bacon rashers

Pork Belly recipes are on pages 6 and 16.



## Pork Leg

Sold bone in or out as joints, steaks, cubes, mince or sausages and cured leg as gammon/ham joints or steaks

Pork Leg recipes are on pages 4, 15 and 17.







For further information or more great recipe ideas call 01908 609821 or go to [www.lovepork.co.uk](http://www.lovepork.co.uk)

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