



A CHEF'S GUIDE TO

Making the Most of Pork Forequarter Cuts



INCLUDES 50
INSPIRING IDEAS

Quality Standard Mark

The Quality Standard Mark logo shown throughout this publication is your guarantee of independently audited standards of animal welfare and food hygiene in the supply chain up to your kitchen door.

The British Pig Executive's (BPEX) Quality Standard Mark for pork represents the huge investment and dedication taken in welfare programmes by farmers, processors and suppliers to provide a consistent quality product to consumers and a high profit potential for caterers.

The scheme not only provides reassurances of food safety and animal welfare but is also backed with external independent audits covering farm assurance, transportation, slaughtering and processing controls to ensure the pork meets extremely high quality and food safety standards.

The BPEX Quality Standard Mark can only be used on product meeting strict specifications within the approved scheme. Therefore this Quality Standard Mark to caterers and consumers signifies the success of the pork industry.

Its presence adds value to menus and reassures consumers that the pork they are being served meets the quality standards they expect.



Contact Details

For further information please contact BPEX at the address below, or visit our website.

BPEX Ltd PO Box 44 Winterhill House
Snowdon Drive Milton Keynes MK6 1AX

T - 01908 844114 E - foodservice@bpex.org.uk
W - www.porkforcaterers.com

PORK FIRST & FOREMOST

This handy guide from BPEX is designed to promote the pork forequarter joints – shoulder, collar, belly and hock – to chefs and caterers. Whilst many chefs include some of these fabulous cuts on their menus, those that currently don't may be missing out on the wonderful potential, value, variety and eating quality of forequarter pork.

So much more for you and your customers

These are **versatile and economical** cuts, offering plenty of opportunities to be creative and add value to the finished dish. It is widely accepted that, due to the structure of the muscles in the fore-end, this meat delivers **better flavour** than cuts from other parts of the pig, so adding shoulder, collar, belly or hock to your menus will be a popular choice with your customers!

To really make the most of forequarter pork, talk to your Catering Butcher. He will be able to explain the range of cuts available and the different ways he can prepare them for you. By working together, and by using clear specifications that you've both agreed, you will be sure of getting **consistent, high quality products** that will impress your customers and be a profitable addition to your business.

We can inspire you!

Within this guide you'll find no less than **50 inspirational ideas** to help you introduce pork forequarter cuts onto your menus throughout the day. Each dish is accompanied by clear information about the cut and how to specify it to your butcher, so that you can work in partnership to ensure great results.

We hope you enjoy great cooking, and great business, by choosing **PORK, FIRST AND FOREMOST**.

PREPARATION & COOKING TECHNIQUES

ESPECIALLY SUITED TO PORK FOREQUARTER CUTS

In general, pork forequarter cuts respond best to slower cooking processes at lower temperatures which allow the harder-working muscles to become tender as their higher levels of fat render down more fully, and the meat to take on the flavours of other ingredients.

Roasting – roast pork is sweeter than other roasted meats and of course has the unique property of crisp crackling. All pork forequarter joints are suitable for roasting.

Braising – slow-cooked dishes are enjoying a revival, and braising is a particularly effective cooking method for forequarter cuts.

Barbecuing and grilling – sear forequarter pork cuts at the hottest part of your grill, chargrill or barbecue and then move to less harsh temperatures to cook through more slowly.

Stewing – gently simmering pieces of pork in liquid is nutritious and economical, and particularly suited to cuts from the forequarter because the process breaks down connective tissues and tenderises the meat.

Preparing confit – cooking pork, especially belly, slowly sealed in its own fat produces an extremely tender meat and, when reheated in the oven, beautifully crisp crackling.

Curing and smoking – some butchers are now offering their own cured products, or why not have a go at curing your own? For more information, contact BPEX (contact details on the back of this guide).

Making use of trim – the trim from pork forequarter cuts is a very useful product in its own right that can be turned into a wide variety of useful menu items, including sausages, burgers, meatballs and stuffing, as well as pâtés and terrines.

HOW TO USE THIS GUIDE

All these recipe ideas are designed to inspire you. We've given weights for the pork and overall cooking times for each dish, and assume that chefs will naturally design the dish to their own requirements.

Something for everyone – right around the clock – together with your own ideas, the guide should inspire literally hundreds of possible dishes to be added to your menus. These pork forequarter cuts are so versatile that they can be used in different ways for different meal occasions throughout the day.

Careful and creative menu descriptions sell dishes – the way a dish is described on a menu or on a blackboard is important in helping customers make choices and in adding value to the menu item. Declare if the pork is outdoor reared, where it is from (especially if it's local) and how it has been cooked. Your butcher should be able to provide you with all the information you need about the pork, so be sure to ask.

Good specifications to your butcher are all-important – simply choose which of the three specification options on the back of each card you want to work with depending on available skills and time in your kitchen. Naturally, the more prep your butcher does for you, the higher will be the cost of the meat and the more specific its use on your menu. Conversely, breaking down a butcher's primal will incur considerable time and skill in your kitchen, but you will have much greater flexibility of use. The chart on the back of this page details what each specification level means, the comparative advantages and some examples.

The advantages of different specification levels

When specifying pork from your butcher, it's practical to choose the most appropriate specification level depending on available skills and time in your kitchen.

Here's what each specification level means, its comparative advantages and some examples:

Specification Style	Level of prep by butcher	Advantages	Examples
Butcher's Primal	Minimal. Chef to prep fully .	Complete flexibility of how to use the joint. Ability to create several cuts and dishes from the same joint, including using the trim. Economical and less wastage, provided you have the skills and time.	<ul style="list-style-type: none">• Whole shoulder• Whole belly• Whole collar
Chef to Prep	Some prep done by the butcher, leaving the chef to finish to his own requirements.	Some flexibility around how to use the cut and the option to create different dishes from the same cut. Option to use the cut differently across different meal occasions.	<ul style="list-style-type: none">• Boneless shoulder• Boneless belly• Boneless collar• Shoulder muscles 95% visual lean
Kitchen Ready	All prep done by the butcher, delivering a portion-controlled, ready to cook , cut.	No flexibility , other than cooking style, and careful management of ordering required. Otherwise ideal for the kitchen short of time or skill.	<ul style="list-style-type: none">• Rolled and stuffed joints• Carvery roasts• Mini roasts• Steaks• Rashers• Daubes• Belly blocks• Tendrions• Dice• Mince

STUFFED PORK BELLY WITH MUSHROOMS & SHALLOTS



BELLY



90°C



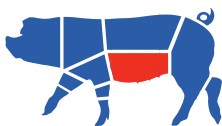
3 HRS

1 x 2.5kg pork belly to serve 10

To make the stuffing, pan-fry diced **shallots** and sliced **mushrooms** in **butter** until soft, then add **thyme** and **breadcrumbs**. Allow to cool before adding finely chopped **pork belly trimmings**. Place the pork belly on a board and run a knife down the centre of the joint. Push in the stuffing then wrap the joint with foil and refrigerate. Cook at 90°C for 3 hours. Allow to cool and refrigerate overnight. Next day, remove the foil and gently brown the joint.

Once brown and hot, carve and serve, with **creamed potatoes** and **glazed carrots**.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

Note:

Rind may be left on if required.

Boneless Belly can be divided into two equal portions by cutting lengthways and an incision to be made lengthways for the addition of the stuffing.



PORK BELLY

WITH SPICED RHUBARB COMPOTE



BELLY



140°C



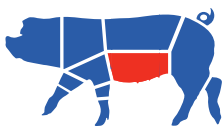
2-3 HRS

1 x 2.5kg pork belly to serve 10

Place **pork belly**, **white wine**, water, **ginger**, **garlic**, **soy sauce**, **sugar**, **star anise**, **orange juice** and **zest** and **cinnamon sticks** into an ovenproof pan and cook for 2 - 3 hours at 140°C. Add **spring onion** and **sesame seed oil** 10 minutes before the end of the cooking time. Bring **rhubarb**, **apples**, **shallots**, **salt**, **brown sugar**, **malt vinegar** and **ginger** to the boil, then simmer until of a thick compote consistency.

Serve with **noodles**, **steamed pak choi**, **chopped chillies** and **spring onion**.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

KITCHEN READY

Rashers



Blocks



Note:

Rind may be left on if required.

RED BRAISED PORK BELLY



BELLY



140°C



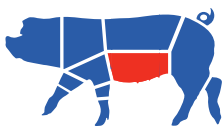
2-3 HRS

1 x 2.5kg pork belly to serve 10

Place **pork belly**, **white wine**, water, and **ginger**, in an ovenproof pan and cook for 2-3 hours at 140°C. Add **spring onion** and **sesame oil** 10 minutes before the pork is cooked.

Serve in slices, with **noodles** and **pak choi**.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



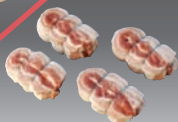
CHEF TO PREP



Boneless

KITCHEN READY

Rashers



Tendrons

Note:

Belly Blocks could be substituted for
Tendrons.

CRISP PORK BELLY

WITH COUSCOUS, BLACK PUDDING & MOREL SAUCE



BELLY



140°C



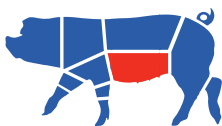
3 - 3½ HRS

1 x 1.5kg pork belly trimmed to serve 10

Braise the **pork belly** with chopped **onions**, **carrots**, **celery**, **garlic**, **bay leaf** and **star anise** at 140°C for 3 - 3½ hours until completely tender. Allow to cool, roll in foil into a cylinder and chill in the fridge. Add **butter**, **shallots** and **Madeira** to the pan, reduce, strain and bring back to the boil in a clean pan. Add **cream** and **morels** and reduce to a light sauce. Slice the belly into portions and fry until crisp.

Serve on a ring of **couscous** and a slice of **black pudding**, and a pool of morel sauce.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

Note:

Belly could be rolled and tied at even intervals. If Rind is to be left on, score at even intervals.

SLOW BRAISED PORK BELLY



BELLY



LOW

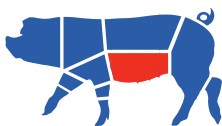


2½ HRS

1 x 2kg pork belly to serve 10

Cover the **pork belly** with water. Add **garlic heads, red chillies, star anise, bay leaf, cinnamon stick, ground and fresh ginger, sherry, balsamic vinegar** and **soy sauce**. Boil, skim and braise in the oven until the pork is cooked (at least 2 hours). Remove the pork and allow to cool. Reduce the liquid. Remove bones from the pork and slice into strips. To serve, reduce the liquor to a thin syrup consistency. The pork can be reheated either in the liquid or in the oven.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

KITCHEN READY

Rashers



Blocks

Note:

Rashers could be substituted for
Belly Blocks.

ROAST PORK BELLY WITH HERBS



BELLY



140°C



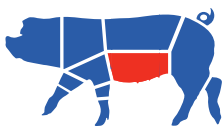
2½ HRS

1 x 1.5kg pork belly to serve 10

Place the **pork belly** rind down on a chopping board and spread evenly with chopped **garlic**, **lemon rind** and a generous quantity of picked **sage**, **thyme** and **rosemary**. Roll and string the rolled belly. Place in a pre-heated oven at 140°C for 2½ hours.

Allow to rest and serve, carved into thin slices. Also very good thinly sliced and served cold.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

Note:

Belly to be rolled and tied at even intervals after stuffing.

Rind to be scored at even intervals.

PORK, LIVER, APPLE & CIDER TERRINE



BELLY



140°C



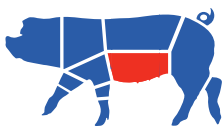
1 HR

1 x 1kg pork belly to serve 10

Place **chopped onion**, **diced apple**, **cider**, **garlic** and **cinnamon** in a pan and reduce to a syrup consistency. Mince the **pork belly** together with **liver**, **egg** and the reduction. Place in a terrine and cook at 140°C for 1 hour. Allow to cool, then refrigerate.

Serve sliced, with **chutney** and crusty **bread**.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

KITCHEN READY



Note:

Mince pork through 3mm plate for fine mix or 8mm plate for coarse mix.

PORK CATAPLANA



BELLY



MED



40 MINS

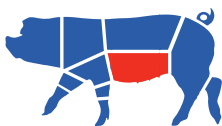
1 x 1.5kg pork belly to serve 10

Process **garlic**, **paprika**, **chilli pepper** and **olive oil** to a paste. Cut the **pork** into small cubes and marinate in the paste overnight. Cook the pork and marinade in a wide lidded saucepan over a medium heat for 20 minutes, remove and set aside.

Reheat the oil, add chopped **onion** and sauté for 5 minutes. Add **white wine** and boil for 10 minutes, Return the pork and juices to the pan, mix well and add **clams** and **mussels**. Cover and cook for 5 minutes, until the shellfish open (discard any that don't).

Sprinkle with **parsley** and serve immediately.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

Note:

Remove the Rind from the Belly and dice into required size cubes.

SLOW COOKED PORK BELLY TANDOORI



BELLY



140°C



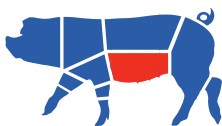
2½ HRS

1 x 2.2kg pork belly to serve 10

Rub the **pork belly** with **tandoori paste** and marinate for 6 hours. Place the marinated belly in a deep roasting tray, add **cider** and oven-cook at 140°C for 1½ hours, then cover with foil and cook for a further 1 hour. Once cooked, remove the belly and leave to rest. Add **brown stock** and **cornflour** to the roasting tray and cook to sauce consistency.

Carve the pork belly and serve on top of **coconut rice**, **roasted squash** and **pea shoots**.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL

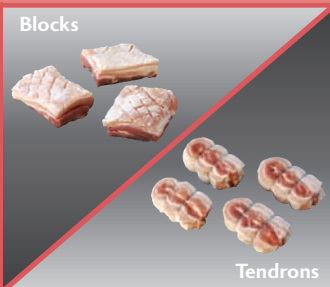


CHEF TO PREP



Boneless

KITCHEN READY



Blocks

Tendrons

Note:

Whole Belly tendrons could be substituted for Tendrons or Belly Block.

BARBECUED PORK RIBS



BELLY



HOT

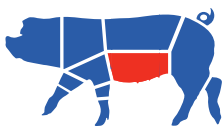


3½ HRS

2.5kg pork spare ribs to serve 10

Place the **pork ribs** into a large pan, add a **light stock**, a **bouquet garni**, **peppercorns and soya sauce** and simmer for 3 hours. Drain and allow to cool before grilling. Once cooled place the ribs onto a hot barbecue and grill all over then glaze regularly with a marinade of grated **ginger**, **honey**, **soy sauce**, **apple sauce** and **sweet chilli sauce**, until the ribs are fully reheated.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Note:

Can be prepared as whole sheets or cut into individual Riblets.

JERK PORK SPARE RIBS



BELLY



200°C

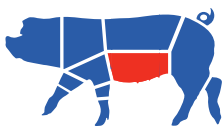


40 MINS

1 x 2.5kg pork spare ribs to serve 10

Mix **Jamaican jerk seasoning** and **olive oil** and toss the **spare ribs** in the mixture until well coated. Place on a baking tray and cook in a preheated oven for 40 minutes at 200°C.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Note:

Can be prepared as whole sheets or cut into individual Riblets.

STICKY CHINESE RIBS



BELLY



190°C

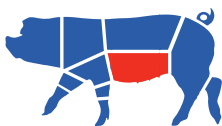


1½ HRS

1 x 2.5kg lean pork spare ribs to serve 10

Place the **pork ribs** in a roasting pan lined with foil and cook, covered with foil, for 30 minutes. Mix together **hoisin sauce** and **orange juice**. Remove the top covering of foil from the pan and spoon the sauce over the ribs. Return to the oven for approximately 40-50 minutes, basting a couple of times, until the ribs are sticky and browned.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Note:

Can be prepared as whole sheets or cut into individual Riblets.

PORK RIBS

WITH FRUITS & MAPLE GLAZE



BELLY



HIGH

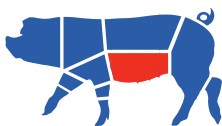


30 MINS

1 x 2.5kg pork spare ribs to serve 10

Combine **white wine vinegar**, **orange juice**, **grated rind**, **lemon juice**, **maple syrup**, **ground cinnamon** and **ground ginger** in a saucepan. Bring to the boil, stirring continuously. Simmer uncovered for 5 minutes or until reduced and starting to thicken. Place the **pork spare ribs** in a shallow dish and pour the glaze over to coat. Grill or barbecue for 20 - 30 minutes, brushing with any remaining glaze.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Note:

Can be prepared as whole sheets or cut into individual Riblets.

CRISPY SMOKED BACON SOLDIERS WITH BOILED EGG



BELLY



160°C



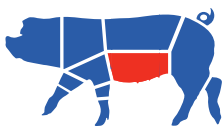
25 MINS

**20 thick rashers of smoked streaky
bacon to serve 10**

Lay the **bacon** on a non-stick tray and place in a preheated oven at 160°C for 20 minutes. Turn the bacon over and cook for a further 5 minutes or until crispy.

Serve with soft-boiled **eggs**.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

Note:

Belly can be cured to produce streaky bacon.

PORK BELLY NAAN-WICH



BELLY



140°C



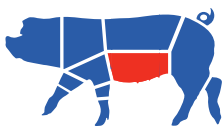
2 HRS

10 x 180g belly blocks to serve 10

Marinate the **pork** in **tandoori paste** for 6 hours then place in a pre-heated oven for 2 hours at 140°C. Once cooked, slice into thin strips and place in a sliced **naan bread**.

Serve with **chunky mango chutney** or **raita** and a **coriander**, **tomato** and **red onion** salad.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Whole Boneless Belly may be used.

PORK BELLY BOURGUIGNONNE



BELLY



LOW

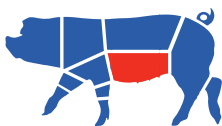


2½ HRS

10 belly tendrons to serve 10

Brown the **pork tendrons** in a little **oil**. In a saucepan, lightly brown **shallots**, **bacon** and **mushrooms**, add whole **garlic cloves** and **tomato paste** and cook for 2 minutes. Add the browned **tendrons**, **red wine**, **brown stock** and **thyme** and braise for 2½ hours or until the meat is tender.

FOREQUARTER SPECIFICATIONS



1 Belly

BUTCHER'S PRIMAL



CHEF TO PREP



Boneless

KITCHEN READY



ROAST PORK

WITH FIVE SPICE RUB & APPLE, PRUNE & SPICE SAUCE



SHOULDER



180°C

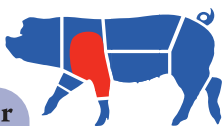


3 HRS

1 x boned and rolled pork shoulder joint to serve 10

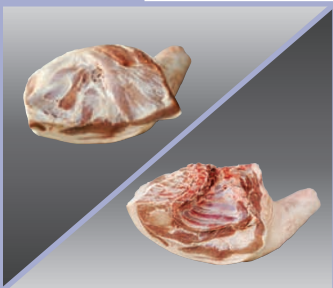
Rub the **pork joint** all over with **Chinese five spice**, **oil** and **salt**. Place on a rack in a roasting tray and open roast in a pre-heated oven for 2 hours. Meanwhile toss **baby potatoes**, **red onion** wedges and **apple** wedges with **oil** and **muscovado sugar**. Place in a tray and roast for the remaining 40-50 minutes of cooking time. Serve with a **Bramley apple**, **prune and spice sauce**.

FOREQUARTER SPECIFICATIONS



2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Hock may be removed if required.

ROASTED BONED & ROLLED PORK SHOULDER



SHOULDER



140°C

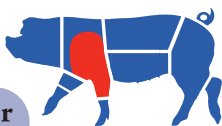


4 HRS

1 x boned and rolled pork shoulder joint to serve 10

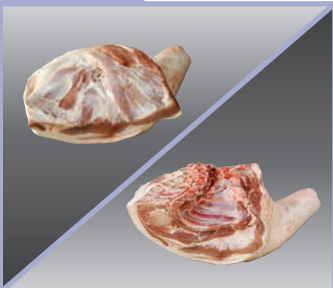
Place the **pork joint** in a roasting pan with a little **oil** in a preheated oven at 140°C and cook for 4 hours. In the last hour of roasting, add a **mirepoix**. Once fully roasted remove the joint and add **flour**, stir in well and add **stock** and **sage**. Cook to sauce consistency and pass through a fine sieve.

FOREQUARTER SPECIFICATIONS



2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Remove internal pockets of fat and heavy gristles and specify tied at even intervals. Score evenly prior to roasting on rind-on joints.

PAPRIKA ROAST PORK



SHOULDER



150°C



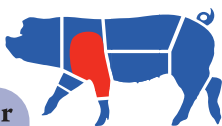
3 HRS

1 x boned and rolled (rind off) pork shoulder to serve 10

Roll the **pork joint** in ground **paprika**. Lightly **oil** and place in a pre-heated oven at 150°C for 3 hours.

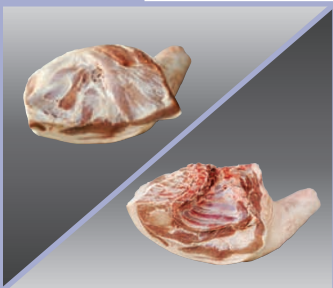
Good as a lunchtime hot sandwich with **apple sauce** and **stuffing**.

FOREQUARTER SPECIFICATIONS



2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Remove internal pockets of fat and heavy gristles and specify tied at even intervals.

Hock may be left on or off.

SHREDDED PORK WITH STEAMED SMOKED HADDOCK



SHOULDER



120°C



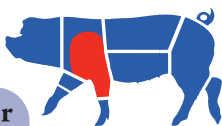
3½ HRS

1 x pork shoulder to serve 10

Place the **pork shoulder** into a roasting tin with **water**, **thyme**, **rosemary**, **garlic** and **pepper**. Cook for 3½ hours at 120°C, ensuring the meat does not dry out. Once fully cooked, shred the meat with a fork and mix with the cooking juices. Pan-fry **haddock** fillets with **butter**. Gently wilt **spinach** with butter. Spoon some shredded pork and cooking juice onto the plate, top with spinach and pan-fried haddock.

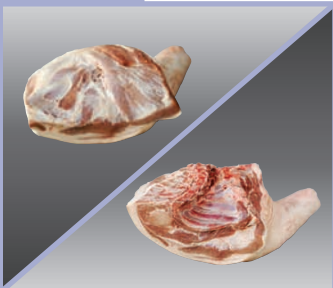
Finish with a **mustard sauce**.

FOREQUARTER SPECIFICATIONS



2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Remove internal pockets of fat and heavy gristles.

PORK CASSEROLE WITH DUMPLINGS



SHOULDER



LOW



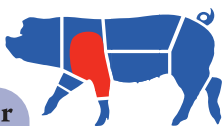
2 HRS

2kg diced pork shoulder to serve 10

Season the **pork**, brown in hot **oil** and remove. Fry sliced **onion**, diced **carrot** and chopped **garlic**, add the **meat**, along with **Worcestershire sauce**, **brown sauce**, **butter** and **flour**. Braise for 2 hours until the pork is tender, then add **Dijon mustard**. For the dumpling mix use **plain flour**, **baking powder**, **butter** or **suet**, **egg** and **milk**.

You could add other ingredients such as dried fruits, fried apples, pear, mushrooms, herbs, black pudding, or foie gras.

FOREQUARTER SPECIFICATIONS

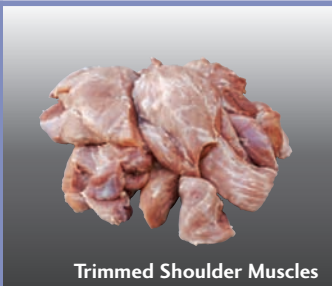


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

SHREDDED PORK-STUFFED PEPPERS



SHOULDER



MED



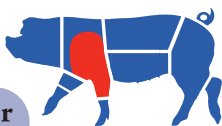
2½ HRS

1.5kg diced pork shoulder to serve 10

Brown the diced **pork** in oil. Add **onions**, **tomato**, **garlic** and **stock** and simmer for 2 hours until very tender. Remove the pork from the pan and, when cooled, shred. Blanch halved **green peppers** until softened, drain well and stuff with the shredded pork.

Top with a slice of **goats cheese** and brown in the oven for 30 minutes.

FOREQUARTER SPECIFICATIONS

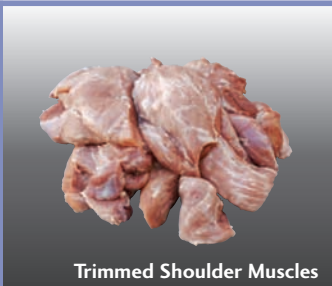


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

PORK & BEER STEW



SHOULDER



160°C

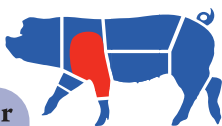


2½ HRS

2kg diced pork shoulder to serve 10

Seal the **pork** in **oil**, add diced **carrot**, **onion** and **garlic** and cook for 10 minutes. Add **flour** and stir in well. Add **beer**, a **bouquet garni** and **brown stock**, and braise for approximately 2½ hours or 160°C until meat is tender.

FOREQUARTER SPECIFICATIONS

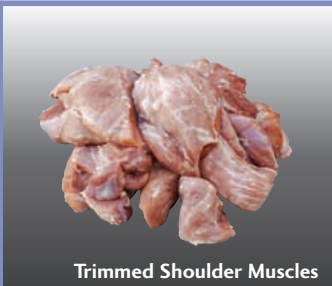


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

SPICED PORK CASSEROLE



SHOULDER



170°C

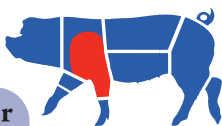


1½-2 HRS

2kg diced pork shoulder to serve 10

Place the **pork** in an ovenproof dish. Add sliced **leek** and **celery**, crushed **garlic**, **tomato purée**, **Worcestershire sauce**, **orange juice**, **paprika** and **English mustard**. Mix well, cover and cook in a preheated oven for 1½ - 2 hours until tender.

FOREQUARTER SPECIFICATIONS

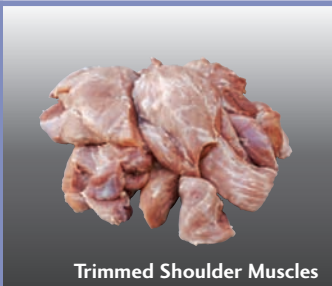


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

PORK & BEAN CASSOULET



SHOULDER



170°C



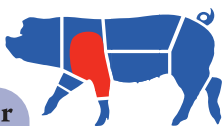
2 HRS

2kg diced pork shoulder to serve 10

Brown 4 - 6 **pork and herb sausages** in hot **oil** in an oven-proof dish. Add the **pork** cubes, crushed **garlic**, **stock**, **butter beans**, **flageolet beans** and **tomato purée**. Mix well, cover and cook in a preheated oven for 1½ - 2 hours or until the meat is tender and the sauce thickened.

Sprinkle with chopped flat leaf **parsley** to serve.

FOREQUARTER SPECIFICATIONS

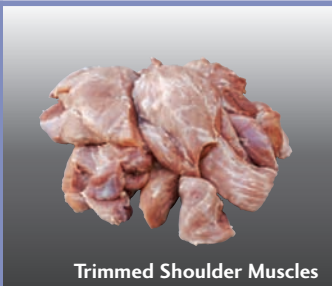


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

PORK TAGINE

WITH APRICOTS & OLIVES



SHOULDER



LOW

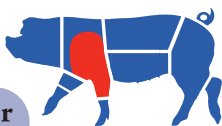


2 HRS

2kg diced pork shoulder to serve 10

Marinate the **pork** in a spice mix of **saffron**, **cumin**, **ground ginger**, **paprika** and a **cinnamon stick** for 6 hours. Seal the meat in hot oil and remove. Fry sliced **onion** and chopped **garlic**, add the pork, chopped **tomatoes**, **dried apricots**, pitted **olives** and **brown stock**. Braise for 2 hours until the meat is tender.

FOREQUARTER SPECIFICATIONS

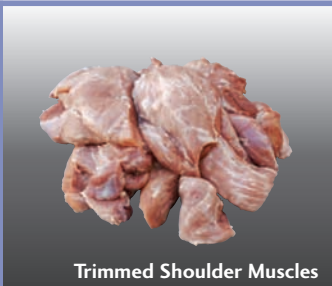


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

GOAN PORK VINDALOO



SHOULDER



LOW



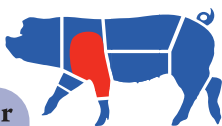
2 HRS

2kg diced pork shoulder to serve 10

Mix the diced **pork** with chopped **garlic**, chopped **ginger** and sliced **red chillies**, then mix in spices (**onion seed**, **cumin seeds**, whole **cloves**, **black peppercorns**, **green cardamom pods**, **turmeric**, **chilli powder** and **cinnamon**). Seal the meat in hot **oil** to brown. Gently fry chopped **onion**, add chopped **tomatoes** and the pork and just cover with water. Simmer for 1 hour then add diced peeled **potatoes** and cook for a further hour, stirring often, until the meat is tender.

Finish with fresh **coriander**.

FOREQUARTER SPECIFICATIONS

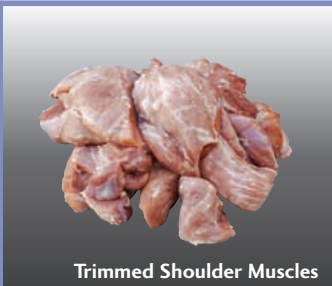


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

PORK MADRAS WITH CORIANDER DUMPLINGS



SHOULDER



170°C



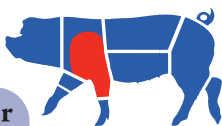
2 HRS

1.5kg diced pork shoulder to serve 10

Place the **pork** cubes in a large pan with chopped **onions**, crushed **garlic**, grated **ginger** and **Madras curry paste**. Add chopped **tomatoes**, **stock** and **spinach**. Mix well, cover and place in a preheated oven for approximately 2 hours.

To make the dumplings, rub **low-fat spread** into **self raising flour**. Mix in fresh chopped **coriander**, and water until a smooth dough is formed. Divide into balls. 20 minutes before the end of cooking time drop the dumplings into the curry and cook, uncovered, for the remaining time.

FOREQUARTER SPECIFICATIONS

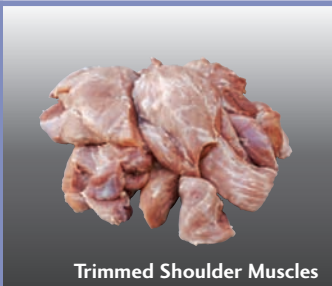


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

PORK TIKKA MASALA



SHOULDER



LOW



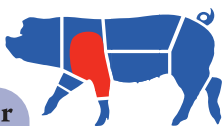
1½ HRS

2kg diced pork shoulder to serve 10

Marinate the **pork** with a spice mix of **turmeric**, **curry powder** and **garam masala**, plus **lemon juice**, **cornflour** and **yogurt**. Fry sliced **onion** and chopped **garlic**, add the pork and the marinade and simmer for 1½ hours, stirring frequently.

Finish with fresh **coriander** and serve with **rice**.

FOREQUARTER SPECIFICATIONS

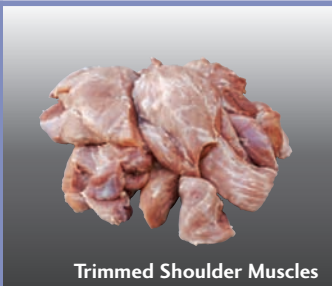


2 Shoulder

BUTCHER'S PRIMAL



CHEF TO PREP



Trimmed Shoulder Muscles

KITCHEN READY



Dice

Note:

Don't dice too small to avoid breaking up, flaking and over cooking.

No less than 3cm³.

STUFFED COLLAR OF PORK

WITH SWEET HONEY BARBECUE SAUCE



COLLAR



180°C

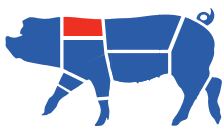


2½ HRS

2.5kg pork collar to serve 10

Marinate the **pork** for at least 4 hours in a mix of **orange** and **lime juice**, **honey**, **garlic**, **paprika** and **cajun seasoning**. Remove from the marinade and lay flat on a surface. Fill with a **stuffing** of your choice and tie firmly with butchers string and wooden skewers. Pour the reserved marinade into a small saucepan, bring to the boil and simmer for 15 minutes. Brown the pork in a pre-heated oven at 180°C for 20 minutes. Remove from the oven, brush with the marinade and return to oven at 130°C for 2 hours. Rest for 20 minutes before serving.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



CHEF TO PREP



Note:

To be tied at even intervals after stuffing.

ROLLED BRAISED COLLAR OF PORK



COLLAR



140°C



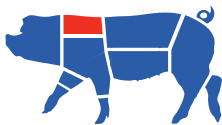
3½ HRS

2kg pork collar to serve 10

Roast a **mirepoix** in a deep roasting pan for 30 minutes at 180°C, then stir in **flour** and add **cider**, **stock** and the rolled **pork collar**. Place in an oven at 140°C for 2½ hours. Remove the collar from the stock and roll tightly in tin foil. Allow to cool and refrigerate over night. Strain the cooking liquor and reduce by half. Once the collar is set, remove from the foil, cut into 2½ centimetre slices, and reheat with the reduced stock.

Serve the slices with buttered **spring vegetables**.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



Boneless Collar

CHEF TO PREP



Boneless Collar

KITCHEN READY



CHINESE SLOW COOKED COLLAR OF PORK



COLLAR



LOW



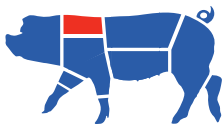
1¾ HRS

2kg pork collar daubes to serve 10

Marinate the **pork** in **soy sauce**, **sesame oil**, chopped **ginger**, chopped **garlic**, sliced **red chilli**, **shitake mushrooms**, **shredded spring onions** and a **cinnamon stick**. Place in a shallow saucepan, cover with water and simmer for 1¾ hours. Allow the cooking liquor to reduce to taste (over reducing will make the sauce salty).

Serve with stir-fried **spring cabbage**.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



Boneless Collar

CHEF TO PREP



Boneless Collar

KITCHEN READY



Daubes

SPANISH-STYLE PORK WITH PEPPERS



COLLAR



MED

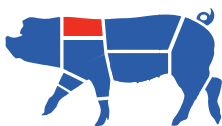


40 MINS

1.25kg pork collar daubes to serve 10

Fry the **pork** and add 2 lean spicy **pork sausages**, cut into pieces, in hot **oil** for 3-4 minutes until browned. Add crushed **garlic**, sliced **onion**, sliced **red** and **yellow pepper**, and cook for a further 30 minutes. Add chopped **tomatoes** and **paprika**. Cook for 5 minutes or until meat is tender.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



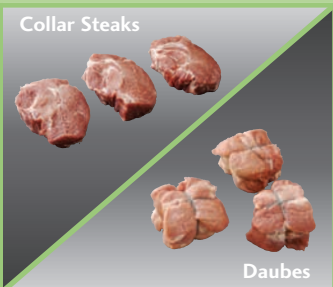
Boneless Collar

CHEF TO PREP



Boneless Collar

KITCHEN READY



Collar Steaks

Daubes

Note:

Daubes may be substituted for steaks if desired.

GRILLED CAJUN PORK COLLAR STEAK



COLLAR



HOT



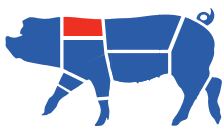
20 MINS

10 x 180g pork collar steaks to serve 10

Sprinkle **Cajun spices** evenly over the **pork**, then cook over a hot chargrill.

Serve with a spicy **coriander and pineapple chutney** and roasted **sweet potato** wedges.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



Boneless Collar

CHEF TO PREP



Boneless Collar

KITCHEN READY



Steaks

Notes:

Steaks to be cut to even thickness.

BARBECUED PORK SANDWICH



COLLAR



MED

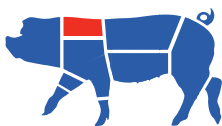


20 MINS

20 x 75g pork escalopes to serve 10

Preheat the grill. Brush the **pork escalopes** with **oil** and season with **pepper**. Grill for 4-5 minutes per side, brushing with **barbecue sauce** every few minutes. Brush **red peppers** and **onions** with **olive oil** and grill alongside the pork. Place 2 slices of pork in an opened ciabatta, top with some of the peppers and sliced onions and a spoonful of **tomato and mango salsa**.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



Boneless Collar

CHEF TO PREP



Boneless Collar

KITCHEN READY



Collar Steaks

Note:

Steaks to be cut to required thickness.

CHINESE PORK WITH GARLIC & CHILLI



COLLAR



HOT



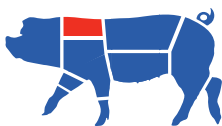
5 MINS

1 kg pork collar strips to serve 10

Fry off chopped **garlic** and the **pork** in hot **oil**. Add sliced **peppers** and **onion** and quickly stir to keep it all moving in the wok. Add a spoonful of puréed **garlic** and **chilli sauce**, a dash of **shaoshing rice wine** and some **cornstarch** to thicken the sauce.

Serve immediately.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Whole Collar or Steaks can be used.
Remove all excess fat and slice into thin
even strips.

THAI PORK STIR-FRY WITH CASHEW, CORIANDER & MINT SALAD



COLLAR



HOT

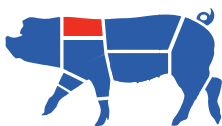


5 MINS

1 kg pork collar strips to serve 10

Marinate the **pork** with **honey**, **soy sauce**, **garlic** and **ginger** for 30 minutes. Just before frying, stir in **cornflour**. Remove the meat from the marinade, heat up the wok until very hot, add the **oil** and quickly fry the pork for a minute before adding **pak choi**, **broccoli florets**, **mange tout** and **carrots**. Cook for a further 3 minutes before adding the marinade, **lime juice** and **cashews**. Once the vegetables are just wilted, fold in **fresh mint** and **coriander** and serve.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



Boneless Collar

CHEF TO PREP



Boneless Collar

KITCHEN READY



Steaks

Note:

Remove all excess fat and slice into thin even strips.

MEDITERRANEAN-STYLE PORK GOULASH



COLLAR



140°C



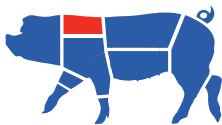
2½ HRS

2kg diced pork collar to serve 10

Heat **olive oil** in an ovenproof pan. Add the diced **pork collar** and seal. Add **garlic**, **rosemary**, **jalapeño** and **black pepper**. Pour in **white wine** and cook for 1 minute. Add chopped **tomatoes** and **sugar**. Bring to the boil, reduce to a simmer, cover and cook at 140°C in an oven for 2½ hours or until tender.

Serve with freshly cooked **tagliatelle** and Mediterranean **vegetables**.

FOREQUARTER SPECIFICATIONS



3 Collar

BUTCHER'S PRIMAL



Boneless Collar

CHEF TO PREP



Boneless Collar

Note:

Collar to be trimmed of excess fat.

Cut to 3cm³.

DRUNKEN HOCK



HOCK



MED



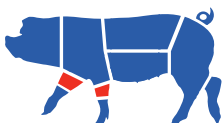
2½ HRS

10 x hocks to serve 10

Bring the **pork hocks** to a simmer, then refresh. Return to the pot, add **cider**, **stock**, **five spice** and chopped **vegetables**, cover and cook for 2½ hours. Pass the cooking liquor and reduce by half. Add **cornflour** mixed with a little water and bring to the boil.

Serve with **mustard mash** and steamed **curly kale**.

FOREQUARTER SPECIFICATIONS



4 Hock

CHEF TO PREP



Hocks

KITCHEN READY



Note:

Hocks can be Rind on or Rind off.

OSSO BUCCO



HOCK



LOW



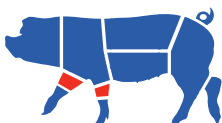
2 HRS

20 pieces pork osso bucco to serve 10

Seal the **pork** in hot **oil** and remove. Gently fry chopped **carrot**, **onion** and **celery**, then add the browned pork, **white wine**, chopped **tomato**, **stock** and **bouquet garni**, cover and allow to simmer for 1½ -2 hours until the meat is tender. Strain the cooking liquor and reduce by half.

Serve with **confit peppers**, **shallots** and **olives** with **linguini**.

FOREQUARTER SPECIFICATIONS



4 Hock

CHEF TO PREP



Hocks

KITCHEN READY



Osso Bucco

Note:

Ensure all bone dust has been removed.

BRAISED BONELESS HOCK



HOCK



LOW

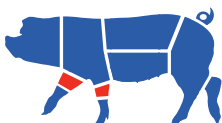


3 HRS

10 boneless hocks to serve 10

Place the **pork hocks** in a braise of **stock**, **bouquet garni**, **onion**, **carrots**, **leeks**, **cloves** and **peppercorns**, and simmer for 3 hours. Reduce some of the cooking liquor, then thicken the stock with **cornflour** and add **cream**, chopped **parsley** and **mustard**.

FOREQUARTER SPECIFICATIONS



4 Hock

CHEF TO PREP



Hocks

KITCHEN READY



Note:

Rind can be left on if required.

SAUSAGE & CIDER CROCK POT



TRIM



MED

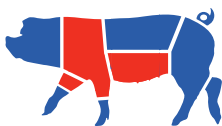


50 MINS

20 sausages to serve 10

Brown the **sausages** in a little **oil**. Roast a selection of diced **root vegetables** (**carrots, swede, shallots, potatoes, leeks**) for 15 minutes, then add the browned **sausages, cider, stock** and **thyme**. Simmer for 20 minutes. Add **cornflour** mixed with water and chopped **parsley**, simmer briefly and serve.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

CRUNCHY PORK SKEWERS



TRIM



MED

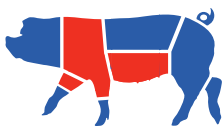


15 MINS

2kg diced pork trim to serve 10

Crush **coriander seeds**, **black peppercorns** and fresh **thyme** in a bowl. Add **olive oil**, **lime juice** and **rind** and a pinch of **chilli powder**. Mix together to make a marinade. Place the **pork cubes** into the marinade ingredients, cover and refrigerate for 4 hours. Thread the meat onto skewers and cook under a pre-heated grill or barbecue for approximately 12-15 minutes, turning occasionally.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

Cut to 3cm³.

ALL-DAY BREAKFAST BAP



TRIM



MED



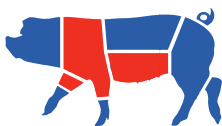
30 MINS

1 kg minced pork to serve 10

Mix minced **pork** with chopped **black pudding** and chopped **sage**. Shape into burgers then wrap each one with a rasher of **smoked streaky bacon**. Chill for 30 minutes before grilling.

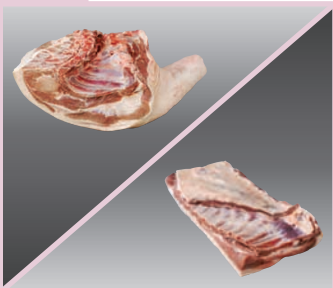
Serve on a flat **mushroom**, with **beef tomato** or fried **egg**.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

SWEET & SOUR PORK MINCE BALLS



TRIM



LOW

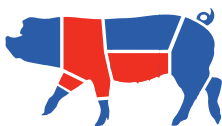


30 MINS

1 kg minced pork to serve 10

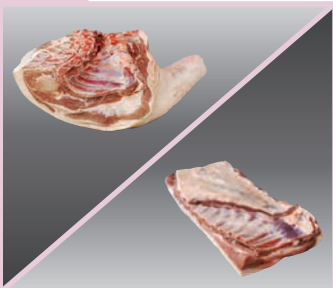
Mix lean minced **pork** with **tomato ketchup** and season with **black pepper**. Shape into meatballs. Dry fry in a large pan for 4-5 minutes until browned. Add chopped **onion**, chopped **red pepper**, baby **sweetcorn**, **pineapple** chunks in **natural juice**, **mango chutney**, **tomato ketchup**, **Worcestershire sauce** and **tomato purée**. Mix well, cover and simmer for 15-20 minutes. During the last 5 minutes add frozen **peas** and stir through. Serve with **spaghetti**, **rice** or **noodles**.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

THAI PORK BITES



TRIM



200°C

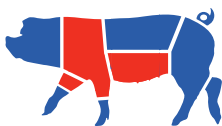


20 MINS

1 kg minced pork to serve 10

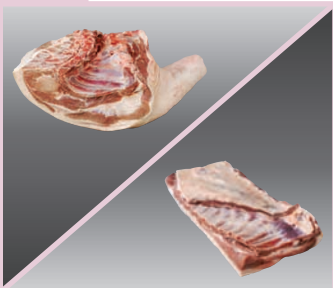
Mix minced **pork** with crushed **garlic**, peeled and grated **ginger**, fresh **coriander**, sliced **spring onions**, and **lime zest** and **juice**. Shape into patties. Place onto a baking tray and cook in a pre-heated oven for 20 minutes. Make a dipping sauce by mixing **soy sauce**, **sherry**, **honey** and **sweet chilli sauce**.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

PORK RAGU WITH SUNDRIED TOMATO



TRIM



LOW

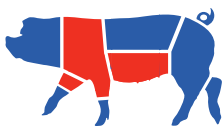


30 MINS

1 kg minced pork to serve 10

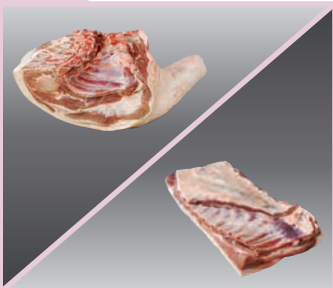
Place the minced **pork** in a saucepan, with chopped **dry cured bacon**, crushed **garlic** and chopped **onion**. Cook in a little **oil** over a low heat until some juices run out. Increase the heat and cook the meat for 4-6 minutes or until browned. Add chopped **carrot** and sliced **courgette** and cook for 1-2 minutes. Add chopped **tomatoes**, **tomato purée** and chopped **sun-dried tomatoes**. Bring to the boil and simmer for approximately 25 minutes.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

BOMBAY MINCE POTATOES



TRIM



LOW



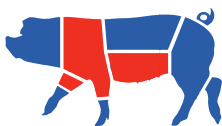
30 MINS

1 kg minced pork to serve 10

In a large wok or saucepan, dry fry the **pork** mince until browned. Add chopped **onion** and **garlic** and cook for 1-2 minutes. Add chopped **tomatoes**, sliced **potatoes**, **stock** and **curry paste**, bring to the boil, cover and simmer on a low heat for 20-25 minutes until the potatoes are cooked.

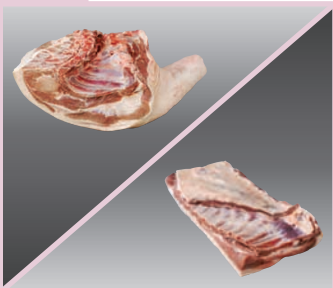
Sprinkle with fresh **coriander**.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

BARBECUED PORK & APPLE BURGER



TRIM



MED

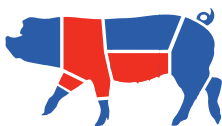


20 MINS

1.5kg minced pork to serve 10

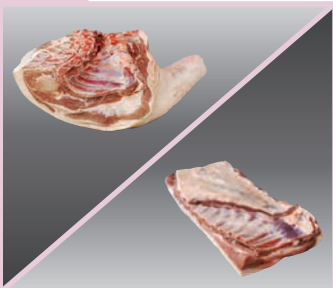
Combine the minced **pork**, chopped **onion**, diced **apples**, chopped **sage** and ground **black pepper** together, then shape into burgers. Refrigerate for one hour prior to grilling.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.

STUFFING



TRIM



MED



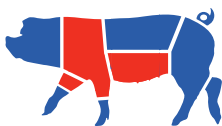
10 MINS

**500g minced pork to serve 10
(depending on recipe)**

Fry **mushrooms** and **shallots** together with the **butter**; allow to cool then add **thyme**, **breadcrumbs** and **pork** mince. Mix well. Use as a base for all stuffed pork dishes.

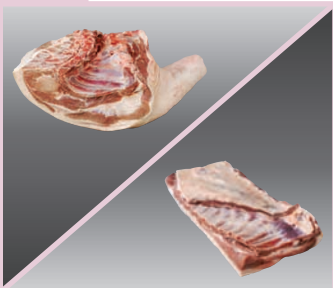
For alternative flavours trying using onion and sage, apple, black pudding or tapenade.

FOREQUARTER SPECIFICATIONS



5 Trim

BUTCHER'S PRIMAL



CHEF TO PREP



KITCHEN READY



Note:

Specify VL (Visual Lean) percentage content for mince at time of ordering.