



# Save with Pork

Don't compromise on your meals because of the credit crunch. Choose pork for healthy, hearty meals the whole family can enjoy . . .

RECIPES [WWW.LOVEPORK.CO.UK](http://WWW.LOVEPORK.CO.UK) | IMAGES STEVE LEE

**P**ORK CAN be a great choice if you need to watch your budget. With weekly shopping bills dramatically increasing thanks to the credit crunch, Love Pork has launched a two-page online guide; Top Tips for Surviving the Credit Crunch, which shows you how to make your money go further – without compromising on quality!

The Top Tips to Surviving the Credit Crunch offers some practical advice for making your meals go further. The guide compliments Love Pork's Taste of Tradition recipe booklet, which celebrates Pork's heritage as part of our national diet with a fresh take on some classic pork recipes. The guide also includes some simple suggestions to show you how to cook delicious pork meals within a tight budget. Why not try buying a larger joint at the weekend and make it last for several more meals, by trying one of the following:

■ **Potted Meats:** Shred cooked pork finely and mix with lemon juice, fresh coriander, green chilli, black pepper & spring onions – press into small pots and top with melted garlic butter and serve with hot toasted bread, gherkins and a squeeze of lemon juice

■ **Stir-Fry:** Shred cooked pork and stir-fry in a hot pan with finely cut spring onions, carrots, bean sprouts and shredded pak choi and spinach – served in Chinese pancakes or flour tortilla wraps with plum sauce

■ **Three Rice & Pork Salad:** Wild, brown and basmati rice boiled and served with cooked shredded pork mixed with green chillies, cucumber and fresh mango, drizzled with fruit dressing (left over smoothie mixed with a little olive oil & balsamic vinegar)

## Good advice

Love Pork's Top Tips to Surviving the Credit Crunch gives some great ideas for any household looking to ease the strain of the credit crunch without having to be too ruthless. There are many ways to save money – buying over the internet means you only buy what you need and are not tempted by those special offers, not buying pre prepared meat, i.e. diced or strips, buy it as a whole piece and chop it yourself, or just simply by writing a shopping list whenever you go shopping, will all help.



Use Belly pork for a particularly economical cut and cook it slowly for best results. The leftovers can be served the next day cold and rolled in Chinese pancakes or tortilla wraps with plum sauce, cucumber and spring onion strips, or as part of a posh lunch box to impress.

For more top tips and to download the guide, go to [www.lovepork.co.uk/inside.asp](http://www.lovepork.co.uk/inside.asp)

## Pork Hot Pot

Serves 4-6

900g lean pork collar or shoulder joint cut into large chunks  
1tbsp oil  
2 onions, peeled and cut into chunks  
3 parsnips, peeled and cut into thick chunks  
2 large sprigs sage, chopped  
Salt and pepper, to season  
150ml sweet fruity ale  
2 white turnips, peeled and sliced  
2 large potatoes, peeled and sliced  
1tbsp butter

**1** Preheat the oven to 180°C / gas 4. Heat oil in a pan. Add onion and pork, brown on all sides. Add parsnips, sage, seasoning and ale.



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

**3** Cover and cook in the oven for 2 hrs (remove the lid for the last 30 mins to brown off).

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



The UK has an independently audited quality assurance scheme for pig meat, which covers all aspects of production, including animal welfare. All pork, bacon, ham and sausages produced under this scheme carry the distinctive Pork Quality Standard Mark (QSM) on pack. EU countries supplying the UK are not legally obliged to meet these UK minimum legal standards, as a result an estimated 70% of all imports fail to do so.