

Let's talk pork

Notice how when you mention the word 'barbecue', the heavens mysteriously open? Thankfully, with pork, you'll have a meal that sizzles just as well indoors as it does out

BRITISH WEATHER, especially British summer weather, can be unpredictable and, while you can try to plan alfresco meals around the forecast, it's so easy to get caught off guard. But whether you step outside to glorious sunshine or ominous clouds, Love Pork has devised a delicious recipe that can be enjoyed no matter what the weather. These fresh pork chops are not only easy to prepare in advance, but you can easily cook them in the kitchen if it rains on the day of your barbecue.

So, if you're planning a mid-week family meal, a relaxed supper with friends or a Sunday afternoon get-together, try chunky pork chops marinated in earthy sage, fragrant garlic and piquant lemon (see recipe, right). These deliciously succulent chops are marinated in advance, then cooked quickly either over coals on a barbecue or in a sizzling griddle pan over a kitchen hotplate. Either way, with their warm Mediterranean flavours, they'll bring a glorious taste of summer right to your table.

When choosing pork, bacon, ham or sausages, be sure to look for the Quality Standard Mark, which appears on packaging. That way, you can be confident that the pork you put in your shopping basket has been produced to high standards of animal welfare, quality control and traceability. Choosing Quality Standard pork also means you'll be supporting the very farmers who uphold such high standards, as well as preserving your right to choose quality pork and pork products. For further information and more delicious meal ideas using Quality Standard pork, visit www.lovepork.co.uk



Chunky pork chops with sage, garlic and lemon

Serves 4

Combining fresh lemon and pork makes for a pleasing Mediterranean aroma and taste.

Prep time 5 minutes, plus marinating

Cook time 15 minutes

3 cloves garlic
salt and freshly ground black pepper
6 fresh sage leaves
zest and juice 1 lemon
2 tablespoons olive oil
4 lean, thick pork chops
assorted seasonal baby
vegetables, to serve

For the dipping sauce

50g (2oz) butter
zest and juice ½ lemon
2 tablespoons parmesan, grated
5 fresh sage leaves

Using a pestle and mortar, crush the garlic, salt, black pepper and sage leaves together. Add the lemon zest and juice and olive oil and stir to combine. Place pork chops in a shallow bowl, then add the marinade mixture, smearing all over the chops to coat. Cover and refrigerate for two hours.

Heat a grill, griddle or barbecue to hot, add chops then reduce to a medium heat. Cook for 5-7 minutes on each side, or until cooked through. Meanwhile, for the buttery dip, mix together the butter, lemon zest and juice, parmesan and sage leaves in a microwaveable bowl. Heat in a microwave for about one minute, or until melted. Stir.

Serve with a selection of seasonal baby veg – seasoned, and either raw or blanched – for dipping, along with the pork chops.

