

For further information on more great recipe ideas call us on 01908 609821

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Love life

city life

park life

family life

busy life

balanced life

social life

easy life

healthy life

Love pork



love life



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

By choosing Quality Standard Pork, Bacon, Ham and Sausage we can be sure that we are not only buying meat that is fully traceable and produced to high quality and welfare standards, but also that we are supporting the farmers behind the Mark.



Food is absolutely one of my favourite things, be it searching out new ingredients, cooking for friends or family, talking about it and, most importantly, eating it! Like many busy, modern mums I find trying to make time to feed my family healthy, balanced meals that everyone will enjoy can be a job in itself!

That's why I am absolutely thrilled to be involved in Love Pork's new campaign which is dedicated to helping you 'Love Life' and to making mealtimes a pleasure rather than a chore!

Pork is an incredibly versatile ingredient, very easy to cook with and the variety of cuts mean that there really is something for everyone – I'm now regularly whipping up pork stir-fries, roasts and curries! An added bonus is that lean pork is naturally low in fat – I was amazed to hear that it can be as low as 4% – and it is a fantastic source of protein which is important when you're raising a growing family.

Giving my family good food is important to me. That's why I always choose Quality Standard pork.

There's so many times when we don't really take the opportunity to 'love life' and eating occasions are a good example of this – hopefully there are some ideas in this booklet that will help you to make sure that when it comes to mealtimes that will never happen again!

For more delicious recipe ideas log on to www.lovepork.co.uk

Beverly Turner
Beverley Turner



city life

“I’m a big fan of the gastro-pub and adore classic dishes with a bit of a twist. Choose good thick juicy chops for a scrumptious supper for two.”



Pork Chop

and chips with yummy pepper sauce

Feeds: 2

Time to cook: About 16 - 20 mins (depending on thickness)

take

Lean chunky pork loin chop or steaks

Oil

Yummy Pepper Sauce:

Butter

Mushrooms

Black peppercorns

White wine

Low-fat soft cream cheese

Milk

make

Preheat grill and cook 2 **lean chunky pork chops or steaks** for 8 – 10 minutes each side, or cook in oven for about 30 minutes at Gas mark 4 – 5, 180°C, 350°F. Once cooked remove chop and keep warm.

Yummy Pepper Sauce: Add **small knob of butter** to pan and melt. Add **50g (2oz) mixed mushrooms**, sliced, and cook for 1 - 2 minutes. Add **5ml (1tsp) black peppercorns**, crushed, **30ml (2tbsp) white wine** and deglaze the pan (just cook off the juices from the bottom of the pan with the wine).

Remove from the heat and add **30ml (2tbsp) low-fat soft cream cheese** and **45ml (3tbsp) milk**. Return to heat and warm through gently, stirring to make a creamy sauce for approximately 1 minute.

eat

Serve the steaks with oven-baked chips, crispy baked onion rings, crushed peas with lemon and sage butter.



Pork Picnic Loaf

park life

Feeds: About 4 - 6

take

Cooked cold roast pork, ham or bacon
Small bloomer loaf
Fruit relish
Rocket or watercress
Sundried tomatoes
Red onion
Dessert apple
Butter
Soft brown sugar

make

Take 1 **small bloomer loaf** and slice top crust off lengthways. Pull out the bread in the middle of the loaf (you can use these as breadcrumbs in other recipes or freeze).

Spread the inside of the bottom with **60ml (4tbsp) fruity chutney**, then layer with a **large handful of rocket or watercress**, **25g (1oz) sun-dried tomatoes**, chopped, **1/2 small red onion**, sliced into rings, and **1 dessert apple**, peeled, cored and sliced then fried in **small knob of butter** and sprinkled with **soft brown sugar**, and cook for 2 – 3 minutes until caramelised. Top with **225g (8oz) cooked cold roast pork, ham or bacon**, thinly sliced. Replace the lid of the loaf, wrap in foil or clingfilm and leave in the fridge for a few hours.

eat

When ready to eat, unwrap and slice into chunks and serve with extra salad.

“Say goodbye to curled up sandwiches. This picnic loaf is almost a meal in itself. It looks really impressive but it’s actually really easy to make.”





Roast Loin of Pork

with black pudding, mango & rosemary stuffing

- Feeds: Allow 100 - 175g (4 - 6oz) raw meat per person for boneless joints and 225 - 350g (8 - 12oz) for bone-in joints
- Time to cook: Medium – 30 mins per 450g/1/2kg (1lb) plus 30 mins
Well done – 35 mins per 450g/1/2kg (1lb) plus 35 mins
- Oven temp.: Gas mark 4 - 5, 180°C, 350°F

take

- | | |
|-----------------------------|--------------------------|
| Lean pork loin or leg joint | For the Stuffing: |
| Oil | Sausage meat |
| Salt | Black pudding |
| | Fresh breadcrumbs |
| | Onion |
| | Fresh mango |
| | Mango chutney |
| | Fresh rosemary |

make

For the stuffing mix together 450g (1lb) good quality sausage meat or skinned sausages, chopped, 50g (2oz) black pudding, chopped, 50g (2oz) fresh breadcrumbs, 1 onion, chopped, 1 fresh mango, peeled and roughly chopped, and 15ml (1tbsp) mango chutney. Season and add 15ml (1tbsp) fresh rosemary, roughly chopped, and mix well.

Take a lean pork loin or leg joint, make a deep insert into the fattiest part of the joint (this should be just above the lean round muscle), and stuff with the stuffing. Make the remaining mixture into large stuffing balls and bake around the joint. Weigh the joint and calculate the cooking time. For crackling dry the rind, deeply score the rind and rub with 15ml (1tbsp) oil and 15ml (1tbsp) salt. Place on a rack in a roasting tin and open roast in a preheated oven for calculated cooking time.

eat

Serve the pork with roasted squash or pumpkin, parsnips, mini roasted potatoes and steamed broccoli.

family life

“This is a Sunday lunch stunner – bursting with gutsy autumnal flavour.”



busy life

“This is my version of Spaghetti Bolognese. Using pork mince gives the meal a subtler flavour which appeals more to kids. I just make a big batch, keep it in the freezer and use for week-day meals, as my family are big pasta fans!”



Pork Ragù

Feeds: 4
Time to cook: About 30 mins

take

Lean minced pork
Lean dry cured bacon
Garlic
Onion
Carrot
Courgette
Can chopped tomatoes
Tomato or sun-dried tomato purée
Sun-dried tomatoes
Parmesan cheese
Fresh basil for garnish

make

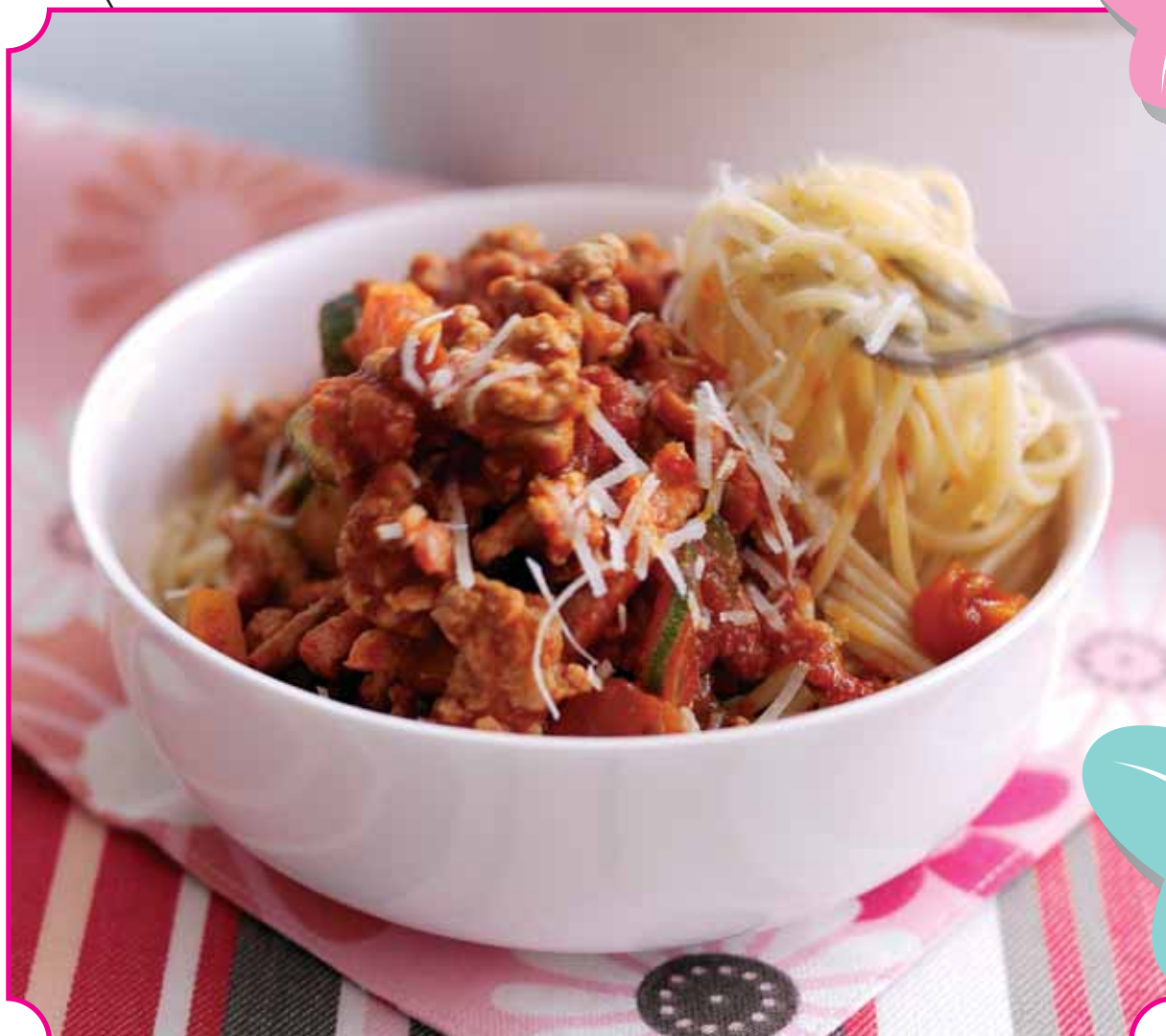
Place 450g (1lb) lean minced pork, 3 rashers lean dry cured bacon, chopped, 2 cloves garlic, crushed, and 1 onion, finely chopped, in a non-stick saucepan over a low heat and cook until some juices run out. Increase the heat and cook the meat for 4 - 6 minutes or until browned. If you do not have a non-stick saucepan use 5ml (1tsp) oil.

Add 1 carrot, finely chopped, and 1 courgette, sliced, cook for 1 - 2 minutes. Add 400g (approx) can chopped tomatoes, 30ml (2tbsp) tomato or sun-dried tomato purée, 8 sun-dried tomatoes, chopped, and bring to the boil and simmer for approximately 25 minutes.

eat

Serve with fresh spaghetti, Parmesan shavings and fresh basil, roughly torn and a mixed green salad, drizzled with your favourite dressing.

To make more child friendly you could take out the basil and sun-dried tomatoes and add canned sweetcorn.



Pork Schnitzel Bites

Feeds: 4
Time to cook: About 20 - 25 mins
Oven temp.: Gas mark 6, 200°C, 400°F

take

Lean pork leg steaks
Slices Mozzarella cheese
Breadcrumbs (homemade or shop bought)
Tomato ketchup
Parmesan cheese (optional)

make

Take 4 lean pork leg steaks and place on chopping board. Cover with a clear plastic bag and hit with a rolling pin until about 0.5cm (1/4") thick.

Cut each steak into 4 small 'bite sizes' and place on top a slice of **Mozzarella cheese**, taken from a 150g pack of **Mozzarella cheese slices** (each thin slice weighs about 10g (1/2oz)).

Squeeze 30ml (2tbsp) **tomato ketchup** onto a plate and dip each 'bite' into the sauce. Place 50g (2oz) **fresh breadcrumbs** OR **shop bought crumbs**, OR 1 **small packet low-fat/low-salt ready salted crisps**, finely crunched, onto another plate and season*. Lightly dip both sides of the 'bite' into the sauce and then dip into the crumbs or crisps until well covered.

Place on a non-stick baking tray and bake for about 20 minutes until crisp and golden.

eat

Serve with baked 'chip' slices, relish and large mixed salad (*to make the crumb cheesy add 30ml (2tbsp) Parmesan cheese, grated to the breadcrumbs)



“This is a great recipe for balancing the demands of preparing home-cooked food that kids like the look of with the demands of work. A whole lot tastier than frozen nuggets too!”



social life

“I love having friends round but loathe slaving over a hot stove. This is the perfect solution – it only takes about 10 minutes to cook and tastes beautifully fresh and oriental – the ultimate takeaway substitute....only better!”




Thai Style Pork

Feeds: 2
Time to cook: About 10 mins

take

- Lean pork loin steaks or fillet
- Oil
- Courgette
- Broad beans
- Spring onions
- Sugar snap peas
- Reduced-fat coconut milk
- Green Thai curry paste
- Fresh coriander
- Fresh basil
- Cucumber
- Pak choi
- Beansprouts




make

In a large non-stick wok or saucepan, fry 225g (8oz) **lean pork loin steaks or fillet**, cut into thin strips or slices, in 5ml (1tsp) oil until browned. Add 1 **courgette**, sliced, 50g (2oz) **broad beans**, peeled, 4 **spring onions**, sliced thinly, 50g (2oz) **sugar snap peas**, sliced and cook for 2 - 3 minutes.

Meanwhile add 150ml (1/4pt) **reduced-fat coconut milk**, 15ml (1tbsp) **green Thai curry paste**, and heat until thickened. Add 30ml (2tbsp) **fresh coriander**, chopped and 30ml (2tbsp) **fresh basil**, roughly chopped, 5cm (2") **cucumber**, cut into thin sticks, 1 **head pak choi**, roughly sliced and 50g (2oz) **beansprouts**. Thoroughly toss together and serve.

eat

Serve rolled into Chinese pancakes with rice or egg noodles, additional stir-fried vegetables and pre-bought prawn toasts.



easy life

“If you are after an easy life then this really is the recipe for you. It’s basically an assembly job - put everything together and leave to cook, delicious no faff food!”



Creamy Paprika Pork

Feeds: 2
Time to cook: About 1 - 1½ hours
Oven temp.: Gas mark 3, 160°C, 325°F

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.



Piri Piri Pork Fillet

Feeds: 2
Time to cook: About 30 mins
Oven temp.: Gas mark 4, 180°C, 350°F

take

Lean pork fillet
Sweet chilli sauce
Lime
Fresh parsley
Garlic
Ground coriander
Ground cumin

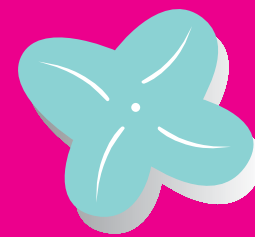
make

In a bowl mix together 45ml (3tbsp) sweet chilli sauce, juice and rind of 1 lime, 15ml (1tbsp) fresh parsley, chopped, 2 cloves garlic, squashed, 5ml (1tsp) ground coriander, 5ml (1tsp) ground cumin. Add 450g (1lb) lean pork fillet, score diagonally across the fillet and rub over the marinade. Cover, refrigerate and leave to marinate for 30 minutes to 1 hour.

Preheat oven and cook for 25 - 30 minutes until juicy, but browned.

eat

Serve with red pepper houmous, (finely chopped roasted peppers from a jar added to pre-made houmous) and mini-roasted potatoes coated in the piri piri juices and roasted peppers.



healthy life

“This is living proof that healthy food doesn’t have to be boring food – the chilli herb rub gives it a real flavour kick. Roasting it whole is a doddle and keeps the pork beautifully succulent too.”

