



Celebrate May Day with Love Pork

Across British towns and villages, May Day rituals and celebrations range from Morris dancing and crowning a May Queen to skipping around the Maypole. May Day has been a traditional day of festivities throughout the centuries, when people celebrate springtime fertility and revelry with fetes and community gatherings.

But, aside from tradition, May Day is one of the eight public holidays the UK enjoys – the perfect time to indulge in entertaining family and friends. Should you need recipe inspiration - check out www.lovepork.co.uk – it is packed full of delicious Spring dishes to try over this bank holiday.

Roast Loin of Pork with Plum, Port and Blueberry Compote not only looks spectacular but it tastes delicious! And while the roast itself is a bit of a showstopper, the all important accompaniments - stuffing and compote - add perfect finishing touches, and can also be served as luxury canapés so you'll have all bases covered.

Roast Pork with Rosemary Caramelised Apples will delight the senses with its flurry of flavours. The lean pork leg joint is seasoned with fresh rosemary and drizzled with maple syrup for a taste and smell that is indescribable. Serve with chutney made from onions, apples, rosemary and maple syrup; roasted vegetables and butternut squash mash.



With pork's wide variety of cuts there really is something for everyone. And whilst this sumptuous meat provides an excellent source of protein, on average lean pork contains just 4% fat – perfect for anyone preparing for a Summer holiday!

For more recipe inspiration, simply visit www.lovepork.co.uk.

Ends

Pork Quality Standard Mark: 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 British Meat 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.

For more information, recipes and hi-resolution images please contact:

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Notes to Editors

The British pig industry is on the verge of vanishing - feed prices have almost doubled and farmers are losing more than £20 on every pig raised.

Consumers have said they are happy to pay more for high welfare pork, but if the farmers don't get a fair price for their pigs, consumers won't have the choice of buying Quality Standard Mark pork, bacon and ham.

The 'Pigs are worth it!' campaign is aimed at getting a fair return for farmers and making sure that return flows down the supply chain to producers. At present little, if any, of the retail price rises has reached them.

For every second you have spent reading this press release the pig industry will have lost another £6 - that's £3.5m a week! Show your support for fairer prices and sign the petition today at www.pigsareworthit.com

ROAST LOIN OF PORK WITH PLUM AND BLUEBERRY COMPOT

Feeds: Allow 100-175g(4-6oz) of raw meat per person for boneless joints and 225-350g(8-12oz) for bone-in joints

Time to cook: Medium - 30 minutes per 450g/½kg(1lb) plus 30 minutes

Oven temperature: Gas Mark 4-5, 180°C, 350°F

Take....

Lean pork loin or leg joint	For the Plum, Port & Blueberry Compote:
Oil	Oil
Salt	Red onion
	Fresh plums
For the stuffing:	Soft brown sugar
	Blueberry juice (or similar dark juice, e.g., cranberry)
Sausage meat	Port
Black pudding	Blueberries (fresh or dried)
Fresh breadcrumbs	Ground allspice
Fresh plums	
Blueberries (fresh or dried)	

Make....

Take a **lean pork loin or leg joint** and calculate the cooking time. For crackling dry the rind, score and rub with **15ml (1tbsp) oil** and **5ml (1tsp) sea salt**. Place on a rack in a roasting tin and open roast in a preheated oven for calculated cooking time.

For the stuffing: Mix together **450g (1lb) pork sausage meat**, **50g (2oz) black pudding**, chopped, **100g (4oz) fresh breadcrumbs**, **3 plums**, stoned and chopped, and **25g (1oz) blueberries**. Shape into 15-20 balls and cook alongside the pork for 20-25 minutes until cooked through. (These make great snacks or canapés, just make into smaller balls.)

For the Plum, Port & Blueberry Compote: Heat **15ml (1tbsp) oil** in a heavy based pan, add **1 red onion**, peeled and finely sliced, and cook slowly for 8-10 minutes until softened and browned. Add **3 plums**, quartered, **30ml (2tbsp) soft brown sugar**, **75ml (5tbsp) blueberry juice**, **60ml (4tbsp) port**, **25g (1oz) fresh or dried blueberries** and **pinch ground allspice**. Stir well.

Cover the pan and cook on a reduced heat until liquid has reduced slightly and fruit soft, approx 10 minutes. Remove lid for further 5 minutes if too saucy.

Serve the compote hot or cold.

Eat....

Serve the pork with the stuffing balls, bacon rolls, chipolata sausages and all your favourite roasty accompaniments, plus plenty of seasonal veg.

ROAST PORK WITH ROSEMARY CARAMELISED APPLES

Time to cook: Medium - 30 minutes per 450g/½kg (1lb) plus 30 minutes

Oven temperature: Gas Mark 4-5, 180°C, 350°F

Take....

Lean pork boned and rolled leg joint
Oil
Salt
Parsnip
Apples
Fresh rosemary
Maple syrup or honey

Chutney:

Eating apple
Onion
Fresh rosemary
Maple syrup or honey
Apple juice

Make....

Take a **lean pork leg joint** and calculate the cooking time using the timings above. For crackling dry the rind, score and rub with **15ml (1tbsp) oil** and **5ml (1tsp) sea salt**. Place on a rack in a roasting tin and open roast in a preheated oven for calculated cooking time.

50-60 minutes before the end of cooking time add **3 parsnips**, peeled and cut into quarters, and **4 small apples**, whole (spike with rosemary sprigs) to the roasting tin, or in a separate tray and drizzle with **30ml (2tbsp) oil**, **sprig fresh rosemary**, and **30ml (2tbsp) maple syrup**

To make the chutney: Place **1 eating apple**, cored and cut into thick slices, **1 onion**, thinly sliced, **2 large sprigs fresh rosemary**, **30ml (2tbsp) maple syrup or honey**, **75ml (5tbsp) apple juice**, into a saucepan, cover and simmer for 15-20 minutes. Remove the lid for the last 5 minutes of cooking time until the fruit is softened and juice evaporated.

Eat.....

Serve the roast pork and crackling with roasted vegetables, chutney and mashed pumpkin or butternut squash.

Allow....100-175g (4-6oz) of raw meat per person for boneless joints and 225-350g (8-12oz) for bone-in joints.