



COOKING PORK PROPERLY Q & A's

Q - Isn't pork a very fatty meat?

A - Not at all. Many cuts of pork these days are very lean, with some as low as 4% fat. Look out for trimmed pork steaks and pork fillet if you are after the leaner cuts.

Q My crackling won't crackle!!

A - Here are 5 simple steps to great crackling:

- 1 Dry the rind
- 2 Score deeply with a sharp knife
- 3 Place on a rack in a roasting pan (so all surfaces are exposed to the heat)
- 4 Brush with a vegetable oil & sprinkle with salt
- 5 Cook at Gas 4 – 5, 180C or 350F for 30 mins per 450g / ½kg (1lb) plus 30 mins (for medium)

Q - I ate some wonderful belly pork in a gastro pub recently – how do you cook it so it's soft, tasty & falls apart?

A - A piece of belly around 900g (2 lb) in weight needs about 2 hours cooking time at Gas 4 – 5, 180C or 350F. Either cook in liquid so that just the bottom meaty part is in liquid (e.g. fruit juice, cider or stock) or on a bed of chunky root veg to create moisture & steamy conditions below the meat (try out our recipes: Roast Pork Belly with Chinese 5 spice & spiced apple sauce, Twice cooked Belly with cider)

Q - I'm not sure what cut of meat to choose for roasting?

A - Look out for leg, loin, shoulder, collar or belly joints – all should roast beautifully

Q - Is a loin steak different to a loin chop?

A - Yes – a loin steak has had the bone removed

Q - I know how to cook beef mince – but can I treat pork mince the same?

A - Yes – choose lean mince & 'dry-fry'. Which means place the mince in a cold pan and increase the heat – that way you don't need to add any additional oil or fat. Once the meat has changed colour just add your favourite flavours combination.

Q - I always carve my roasted joint as soon as it comes out of the oven ... Is this a good idea?

A - We would recommend standing the joint for at least 10 minutes before carving. Remove from the roasting pan (to make the gravy). Place on a plate, loosely cover with foil and leave on the kitchen work surface – standing time allows the meat to 'relax' & should make carving easier.

Q - I would like to try Pork Curry - What cut of meat should I use?

A - Great idea – Slow cooked Pork shoulder, leg or collar joints can be cut into large chunks & cooked in liquid (e.g. curry paste, tomatoes &/or stock)

Cook at Gas 4-5, 180C or 350F for 1½-2 hours until meat is soft and falls apart.

Q - I love stir-fry's but haven't tried using pork

A - Choose a lean cut of pork suitable for quick cooking e.g. loin steaks, tenderloin fillet or even mince. Heat a wok or deep frying pan, add a small spoonful of oil and don't add the meat until the oil is sizzling. Cut the meat into even sized slices or strips (& cut across the grain of the meat). Add to the pan, cook & stir until browned. Add the veg (hardest first) followed by the softest, then the 'liquid'/sauce or flavouring & serve straight away.