



Simple steps to
cooking &
enjoying
Pork



Before I won *Celebrity Masterchef* I hardly ever chose pork. For me pork meant chewy chops - and that was about it!

Working with Love Pork has been a real eye-opener. I've discovered that actually it's really easy to cook pork properly - and it's so tasty and succulent when you do. Plus, I've picked up loads of easy and delicious ideas for meals using pork.

In fact it's so simple that most of what you need to know can be found inside this little booklet. But don't forget you can always visit www.lovepork.co.uk if you want a bit more help or inspiration.

In the meantime, why not pick up some Quality Standard pork next time you're shopping and rustle up something tasty for tea tonight?

Liz McClarnon





Suitable cuts?

Roasting Pork Joints

- Loin, leg, shoulder, collar and belly joints

How long?

- What size joint do I need to choose?
Allow 100-175g (4-6 oz) raw meat per person
(For a family of 4-6 allow around 900g (2lb) joint)
- Use a preheated oven at Gas 4-5, 180°C, 350°F
- Weigh the joint and work out the cooking time:
30 minutes for every 450g/½kg (1lb) plus add
30 minutes at the end (for medium)

What do I do next?

1. Dry the rind and score deeply using a sharp knife
2. Brush with oil (use a vegetable oil not olive) and sprinkle with salt
3. Place on a rack in a roasting tin and open roast in a preheated oven for calculated time (no basting or covering or you will have soft 'crackling')
4. Once cooked, allow the joint to stand (to allow the juices to settle) for 10 minutes before carving

Recipe tips

- Make use of the oven while it is on and roast your vegetables at the same time – they will need about 45 mins
- Onions can also be scooped out and filled with the meat from your favourite sausages and roasted around the joint (this makes the joint go further too!)



Slow Cooking Pork

Suitable cuts?

- Leg, shoulder; collar; belly cubes (or any cuts labelled suitable for casseroles)

How long?

- Takes about 2 hours in a casserole pot with lid
- Cook at Gas 4, 180°C, 350°F

What do I do next?

1. Cut the meat into large chunks
2. In a large ovenproof pan or casserole heat oil. Add pork chunks, garlic and onions
3. Brown off the meat then add root vegetables and your chosen spices
4. Pour in pork stock (around 300ml (½pt)) and place in oven with lid on for 1½-2 hours or until meat is tender

Recipe tips

For the great, simple, tasty curry shown overleaf follow the steps above and add:

- 2 parsnips, ½ butternut squash, 30ml (2tbsp) curry paste and 50g (2oz) green lentils
- Mix together and cook for 1½-2 hours in a pot with a lid
- Delicious served with boiled rice and naan breads

Spicy Pork Curry
with Parsnip and Butternut Squash



Chunky Chops
with Cider, Apple and 5 Spice



Chops and Steaks – Slow

Suitable cuts?

- Loin and spare rib chops, loin, leg and shoulder steaks

How long?

- Takes about 1 hour
- Cook at Gas 4-5, 180°C, 350°F

What do I do next?

1. Take the chops and place in a shallow roasting pan or dish
2. Add your chosen spices and pork stock – around 150ml (1/4pt)
3. Cover with foil and roast for about 30 minutes then open foil and cook for a further 20-30 minutes
4. Serve chops with juices (thicken if you wish) and serve

Recipe tips

To make the chop recipe shown overleaf:

- Instead of using stock try using 150ml (1/4pt) cloudy cider or apple juice, 5ml (1tsp) Chinese 5 spice, 2 apples, cored and quartered and 15-30ml (1-2 tbs) apple sauce
- So simple, but deliciously easy!



Pork Steak
with Garlic and Herbs



Chops and Steaks – Quick

Suitable cuts?

- Loin, leg and shoulder steaks (or steaks labelled suitable for grilling)

How long?

- Thick Chops and Steaks: 2-3 cm (about 1") takes 8-10 mins per side
- Thinner Chops and Steaks: 1-2 cm (about ½") takes 6-8 mins per side

What do I do next?

1. Preheat the grill or griddle pan for about 5 minutes until really hot
2. Place the pork steaks under the grill for time as shown above and turn halfway through
3. Allow to stand for 1-2 minutes before serving

Recipe tips

For a tasty topping like the one shown:

- Add a small spoonful of flavoured cream cheese (garlic and herb or black pepper work really well) during the last minute of cooking
- A slice of hard cheese e.g. cheddar or Stilton would also taste yummy
- Give it a try!

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 you can be sure that you are not only buying meat that is fully traceable and produced to high quality and welfare standards, but also that you are supporting the farmers behind the Mark.



For further information or more great recipe ideas call 01908 609821 or go to www.lovepork.co.uk
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A quick recap...

- Don't overcook - keep it juicy! If it's tough and chewy it's overcooked. Stick to the time guidelines and taste the difference
- Get Crackling – remember to dry the rind, score deeply, rub with oil and then sprinkle with salt. Simple!
- Experiment with flavours - whether sweet or savoury, pork loves them all. For lots of recipe ideas visit www.lovepork.co.uk
- One size won't fit all - for tender chops and steaks check out the thickness and adjust cooking time to suit

Need more inspiration? Visit www.lovepork.co.uk