



THRIFTY TASTY TIPS

Just by trying out some different cuts of pork, or using it imaginatively, will give your recipes a new twist and could help you save even more. Here are a few ideas to get you started:

1. Select a pork joint (leg, loin or shoulder) and use a good quality sausage meat for the stuffing to economise and make a meal go further
2. Use belly pork for an economical cut and cook it slowly for best results. The leftovers from the Taste of Tradition's Twice cooked belly recipe can be served the next day cold for e.g. rolled in Chinese pancakes or tortilla wraps with a little plum sauce, a handful of cucumber and spring onion strips, or as part of a posh picnic or lunch box to impress.
3. Buy boneless shoulder or collar joints and cut into large chunky cubes, and try cooking slowly in a liquid e.g. cider, hoi sin, plum sauce, fruit juices etc (See Taste of Tradition's Pork Hotpot recipe). If you cook too much, freeze down half and have as a super fast supper another time.
4. Turn to sizzling sausages for a good cost effective Bangers and Mash meal or try using the sausage meat imaginatively for meatballs, stuffing, or in fidget pies with fruits, as it's an easy meat to cook with.
5. For a change, buy a piece of gammon for non-Christmassy parts of the year and make it stretch by serving it in bubble and squeak, salads, terrines, broths and soups.

www.lovepork.co.uk