



# Phil Vickery getting fruity

Fruity Pork recipes for Winter



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Fruity Pork recipes for Summer





I've always thought that fruit flavours are the perfect accompaniment to pork.

I jumped at the chance of creating these great fruity pork recipes for British Meat.

In the summer months, pork is the ideal meat to cook with as it lends itself to so many dishes, from stirfrys to kebabs and steaks. These light summer recipes, perfect for suppers, simple entertaining or even barbecuing, combine pork with all kinds of fruits, guaranteeing wonderfully tasty results. So whether you fancy pork, lime and coriander

burgers or pork steaks with apricot chutney, pick up some pork and get cooking!

#### British Meat Quality Standard Mark

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Meat and Livestock Commission, Milton Keynes, MK6 1AX.

**Serves:** 4 persons  
**Preparation time:** 30 Minutes plus 1 hour marinating.  
**Cooking time:** 20-30 Minutes.

**You'll need:** 4 lean pork loin or leg steaks, juice of 1 large orange, 2 cloves of garlic, peeled and chopped, 60ml (4tbsp) olive oil, salt and freshly milled black pepper.

30ml (2 tbsp) vegetable oil, 10ml (1 dsp) turmeric, 10ml (1 dsp) black onion or mustard seeds, 4 green cardamom pods crushed, 2.5ml (½ tsp) ground allspice, 1 medium onion peeled and chopped finely, 2 cloves of garlic, peeled and crushed, 45 ml (3 tbsp) sherry vinegar, 30ml (2 tbsp) cold water, 225g (8oz) 'No need to soak' apricots roughly chopped or 3 fresh peaches (not too ripe) cut into quarters, 30ml (2 tbsp) olive oil.

**Method:** Place the orange juice, chopped garlic, and 30ml (2tbsp) olive oil together and mix well. Season well with salt and pepper. Add the pork steaks and marinade for 1 hour. Meanwhile, heat the vegetable oil in a large pan and add the turmeric, black onion seeds, cardamom and allspice and cook over a low heat for 2-3 minutes to release their unique flavours. Next add the onions and garlic and stir well, cook for a further 3 minutes with no colour. Add the vinegar, water, apricots or peaches and salt and pepper, cook with a lid on for 15 minutes slowly, then remove the lid and drive off the vinegar and water, so you end up with a tangy thick stew (about 5 minutes).



If using fresh fruit reduce cooking time by about 5 minutes. You may want to balance the flavour with a little castor sugar. Remove from the heat and stir in the olive oil. Preheat the grill to the hottest setting. Place pork steaks on a baking sheet, re season and drizzle with the other 30ml (2tbsp) of olive oil. Place under the hot grill and cook for 6-8 minutes on one side, turn over and cook for a further 6-8 minutes on the other side. Serve on hot plates with a spoonful of chutney and some mixed salad leaves.

*Phil Vickery*

Pork steaks with apricot chutney

## Mango glazed pork kebabs with summer fruit salsa



**Serves:** 2

**Cooking Time:**

Approximately 12-15 minutes

**You'll need:** Lean pork loin or leg steaks, mango chutney, mango (fresh or canned), peaches (fresh or canned), strawberries, lime juice and flat leaf parsley.

**Method:** Cut 2 lean pork loin or leg steaks

into 2cm ( $\frac{3}{4}$ " cubed and thread onto metal or (pre-soaked) wooden skewers. Preheat the grill and cook for 12-15 minutes, turning occasionally. During last 2 minutes of cooking time, brush with **30ml (2tbsp) mango chutney**.

**To make Salsa:**

Mix together  $\frac{1}{2}$  mango, peeled and chopped (or **100g (4oz) can mango**, drained and sliced), **1 fresh peach**, sliced (or **100g (4oz) can peaches**, drained and sliced), **2 strawberries**, sliced, **juice of  $\frac{1}{2}$  lime** and **15ml (1tbsp) flat leaf parsley**, chopped.

Serve the kebabs with the **salsa**, **fresh salad leaves** and **garlic bread**.



**Serves:** Makes 4 burgers

**Cooking time:** Approximately 8-12 minutes

**You'll need:** Lean pork mince, lime marmalade, fresh coriander, natural yogurt and lime zest.

**Method:** Place **450g (1lb) lean pork mince** into a large bowl. Add **30ml (2tbsp) lime marmalade** and **30ml (2tbsp) fresh coriander**, chopped, and mix thoroughly. Divide the mixture into four and shape into burgers. Place under a preheated grill for 4-6 minutes each side, until thoroughly cooked.

Serve with **150ml (5fl oz) natural yogurt** mixed together with the **zest from 1 fresh lime**, slices of **fresh ciabatta bread** and a **mixed salad**.

Pork, lime and coriander burgers with zesty yogurt dip

# Pork, pineapple, ginger and sweet chilli stirfry

**Serves:** 2

**Cooking time:** Approximately 10 minutes

**You'll need:** Lean pork loin or leg steaks, oil, root ginger, garlic, dark muscavado sugar, sweet chilli sauce, soy sauce, can pineapple chunks with juice and spring onions

**Method:** In a large non-stick wok or saucepan, heat **5ml (1tsp) oil** and fry **1.25cm (1/2") root ginger**, peeled and grated, **2 garlic cloves**, crushed and **225g (8oz) lean pork loin or leg steaks**, cut into thin strips. Cook for 2-3 minutes or until browned. Add **45ml (3tbsp) dark muscavado sugar**, **15ml (1tbsp) sweet chilli sauce**, **15ml (1tbsp) soy sauce**, **227g can pineapple chunks**, drained, **45ml (3tbsp) reserved pineapple juice** and **5 spring onions**, chopped. Cook for further 3-4 minutes.

Serve on a bed of **egg noodles** with additional **boiled** or **stir fried vegetables**.



## Roast pork with apple, sage and hot mustard relish

**Serves:** 4-6

**Temperature:**

Gas Mark 4-5, 180°C, 350°F

**You'll need:** Lean pork loin, shoulder or leg joint, oil, salt, eating apples, fresh sage, white wine, soft brown sugar and English mustard.

**Method:** Take a **1.25kg (2 1/2 lb) lean pork loin, shoulder or leg joint**. Score rind. Place joint on a rack in a roasting tin. For crackling, rub the rind with **30ml (2tbsp) oil** and **15ml (1tbsp) salt**. Open roast in a preheated oven for the calculated cooking time (see below). Meanwhile, in a small saucepan place **3 eating apples**, cut into small chunks, **15ml (1tbsp) fresh sage**, chopped, **150ml (1/4pt) white wine**, **30 ml (2tbsp) soft brown sugar**, **10ml (1dsp)**

**English mustard**. Bring to the boil and simmer for 15-20 minutes until the apple is soft.

Serve the joint with the **relish, roast potatoes**

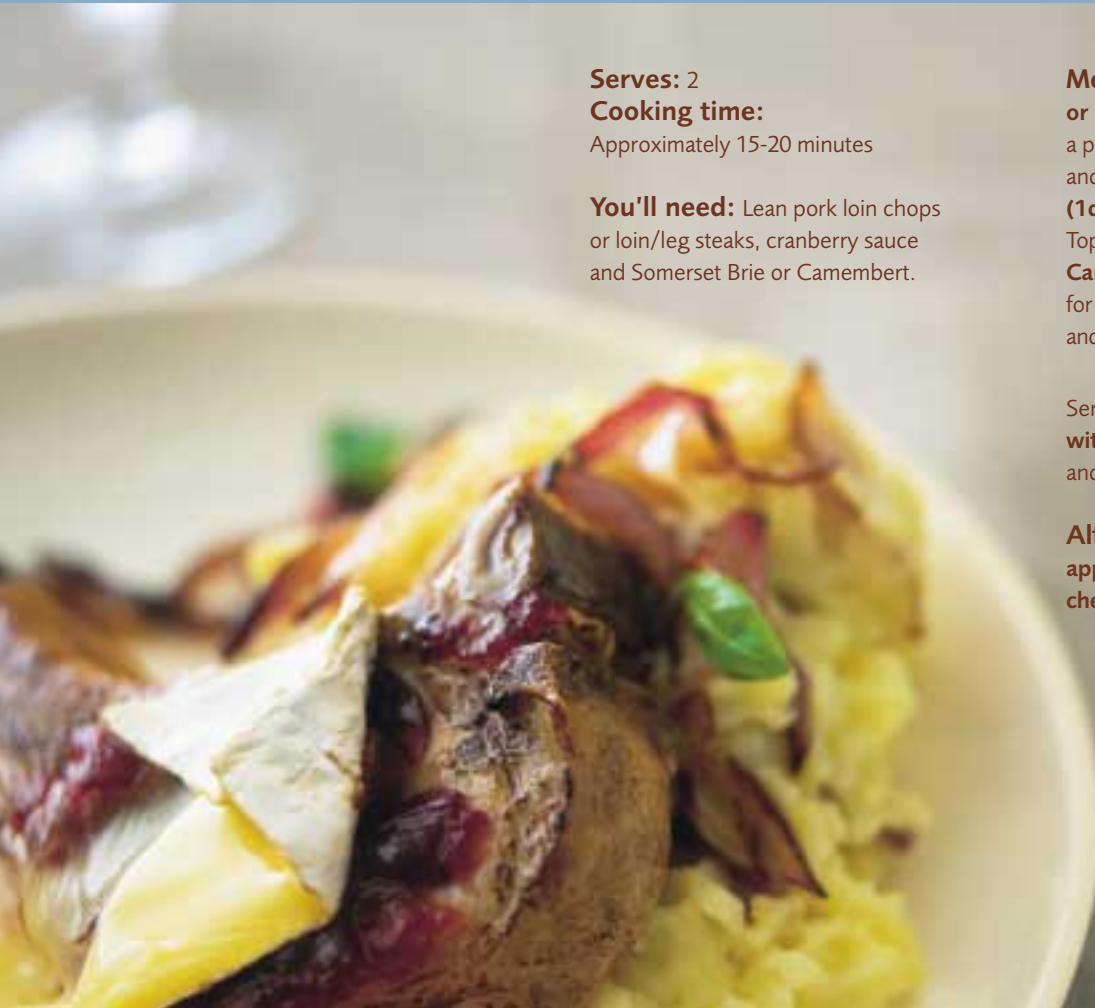
and a selection of **boiled** and **roasted vegetables**.

**Cooking time:**

**Medium** - 30 minutes per 450g/1kg (1lb) plus 30 minutes

**Well Done** - 35 minutes per 450g/1kg (1lb) plus 35 minutes

## Pork steak with cranberry and cheese



**Serves:** 2

**Cooking time:**

Approximately 15-20 minutes

**You'll need:** Lean pork loin chops or loin/leg steaks, cranberry sauce and Somerset Brie or Camembert.

**Method:** Place **2 lean pork chops or steaks (2-3cm (¾-1¼") thick)** under a preheated grill for 8-10 minutes, turn and grill for 4-5 minutes. Spread **10ml (1dsp) cranberry sauce** over the steaks. Top with **50g (2oz) wedge of Brie or Camembert cheese**. Return to the grill for 4-5 minutes until cheese has melted and pork thoroughly cooked.

Serve the pork on a bed of **mashed potato with red onions and basil** stirred through and **steamed green vegetables**.

**Alternatively substitute:** 10ml (1dsp) apple sauce and 50g (2oz) Wensleydale cheese for the cranberry sauce and Camembert.



**Serves:** 4

**Cooking time:** Approximately 1-1½ hours

**Temperature:** Gas Mark 4-5, 180°C, 350°F or use hob

**You'll need:** Lean pork cubes (shoulder, leg), oil, onion, stock, ground cinnamon, dried thyme, cornflour, orange juice, Seville orange marmalade, orange and small onions.

**Method:** Heat **15ml (1tbsp) oil** in a large casserole, fry **1 onion**, chopped, until softened. Add **450g (1lb) lean pork cubes**, and brown. Stir in **300ml (½ pt) stock**, **5ml (1tsp) ground cinnamon** and **5ml (1tsp) dried thyme**. Blend **15ml (1tbsp) cornflour** with **150ml (¼ pt) orange juice**. Add to the pan with **45ml (3tbsp) Seville orange marmalade**. Season, then add **1 medium orange**, sliced and **8 small onions**, peeled. Simmer for approximately 1-1½ hours on the hob or transfer to a casserole dish and place in a preheated oven.

Serve with **ribbons of pasta** and **fresh seasonal vegetables**.

## Pork Seville pot



As the nights draw in and the temperature drops, it is time to look towards fragrant, tasty and warming food.

These recipes all combine fruit with pork - a perfect partnership which produces some fantastic results.

For chilly week nights comfort yourself with pork Seville pot. If you're feeling more adventurous at the weekend, try the pork with mango and sweet potatoes or add some spice to the traditional roast with apple, sage and hot mustard relish. Most fruits are great with pork and you're not even limited to fresh fruits in season. Pork is just as good with juices, tinned fruit or fruit chutneys.

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Designed and Produced by KYSEN, London. Photography Bruce Anderson. Styling Liz Belton. Home Economists Clare Greenstreet, Rachel Waring and Vivienne Gill.

So pick up some pork and fruit, try these recipes and give yourself a treat this winter.

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**Method:** Preheat the oven to Gas mark 4, 180°C, 350°F.

Brown the chopped carrots, onions and garlic together in the vegetable oil, until they have a nice colour and have wilted slightly (approx. 10 minutes).

In a separate pan brown the pork and place in an ovenable braising or casserole dish. Sprinkle over the sweet potato, cooked carrots and onions and season well, then top with the black pudding, lemon zest and mango pieces.

Mix the warm stock and flour together and pour over the pork, vegetables and fruit, until the stock comes about halfway up the meat, (this allows for the moisture from the veg and pork). Top carefully with the sliced potatoes, brush with melted butter and season well with salt and pepper. Cover with tightly fitting foil, place in oven and cook for about an hour. After 1 hour, remove the foil and place back into the oven for a further 45 minutes to an hour to brown up the potatoes. You may need to turn up the temperature to slightly crispen them up.

I'm a great fan of pickled cabbage and it works perfectly with hot pots or any braised meats.....just tuck in.

*Phil Vickery*

**Serves:** 4-6 persons

**Preparation time:** 30-40 minutes.

**Cooking time:**

Approximately 1 hour 45 minutes.

**You'll need:** 675g (1½lb) lean pork cubes, (shoulder or leg), 1 large carrot, peeled and chopped, 2 small onions, peeled and chopped, 2 large cloves of garlic, crushed, 30ml (2 tbsp) vegetable oil, 300g (10oz) sweet potato, peeled and diced, 100g (4oz) black pudding, cut into chunky

pieces, zest of 1 lemon, 1 large mango (not too ripe) peeled and cut into chunks, 300ml (½pt) pork stock, 30ml (2 tbsp) flour, 1-2 large baking potatoes peeled and sliced thinly, 25g (1oz) melted butter, salt and freshly milled black pepper.

Pork with mango and sweet potatoes