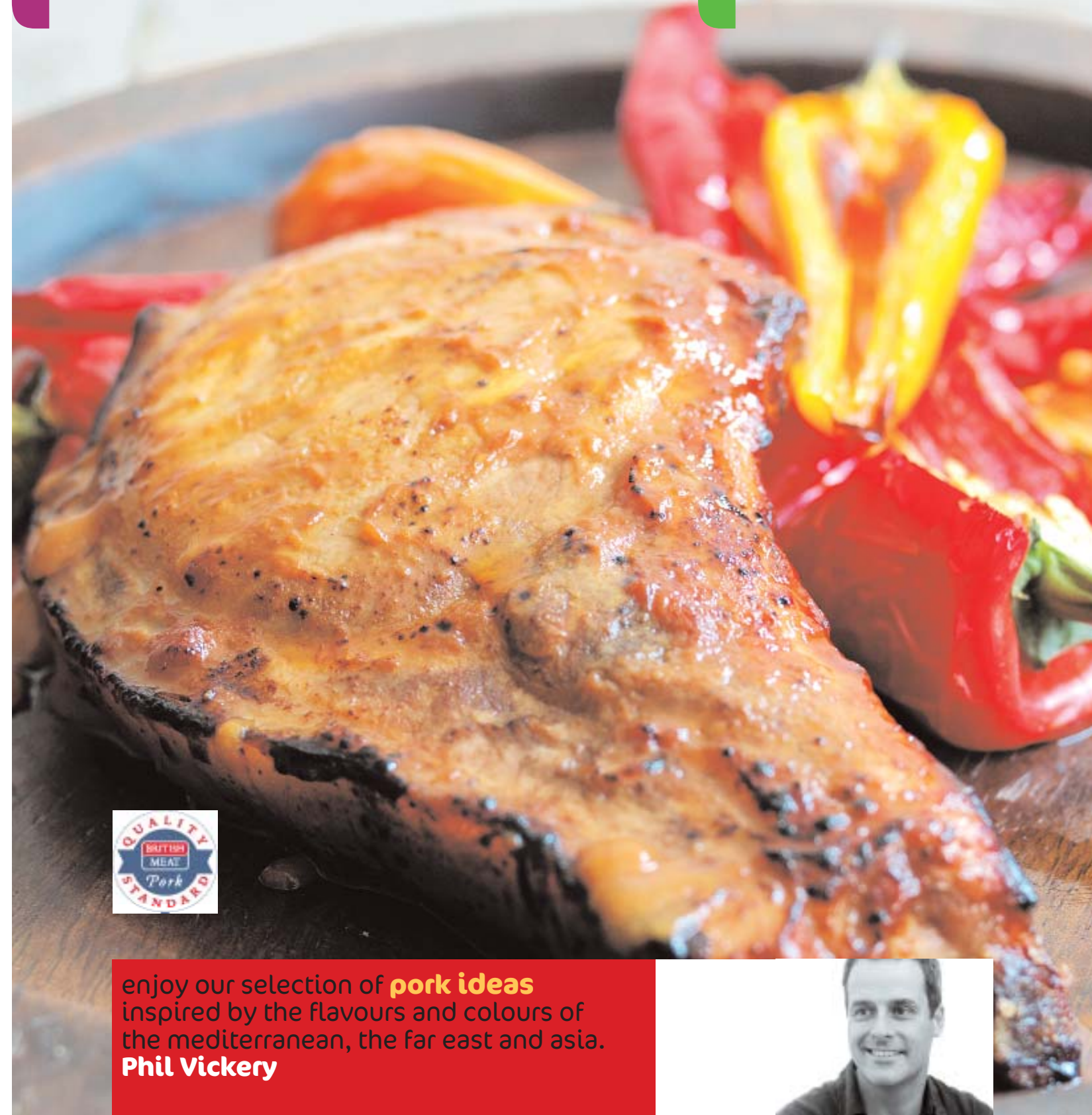


# pork&spice



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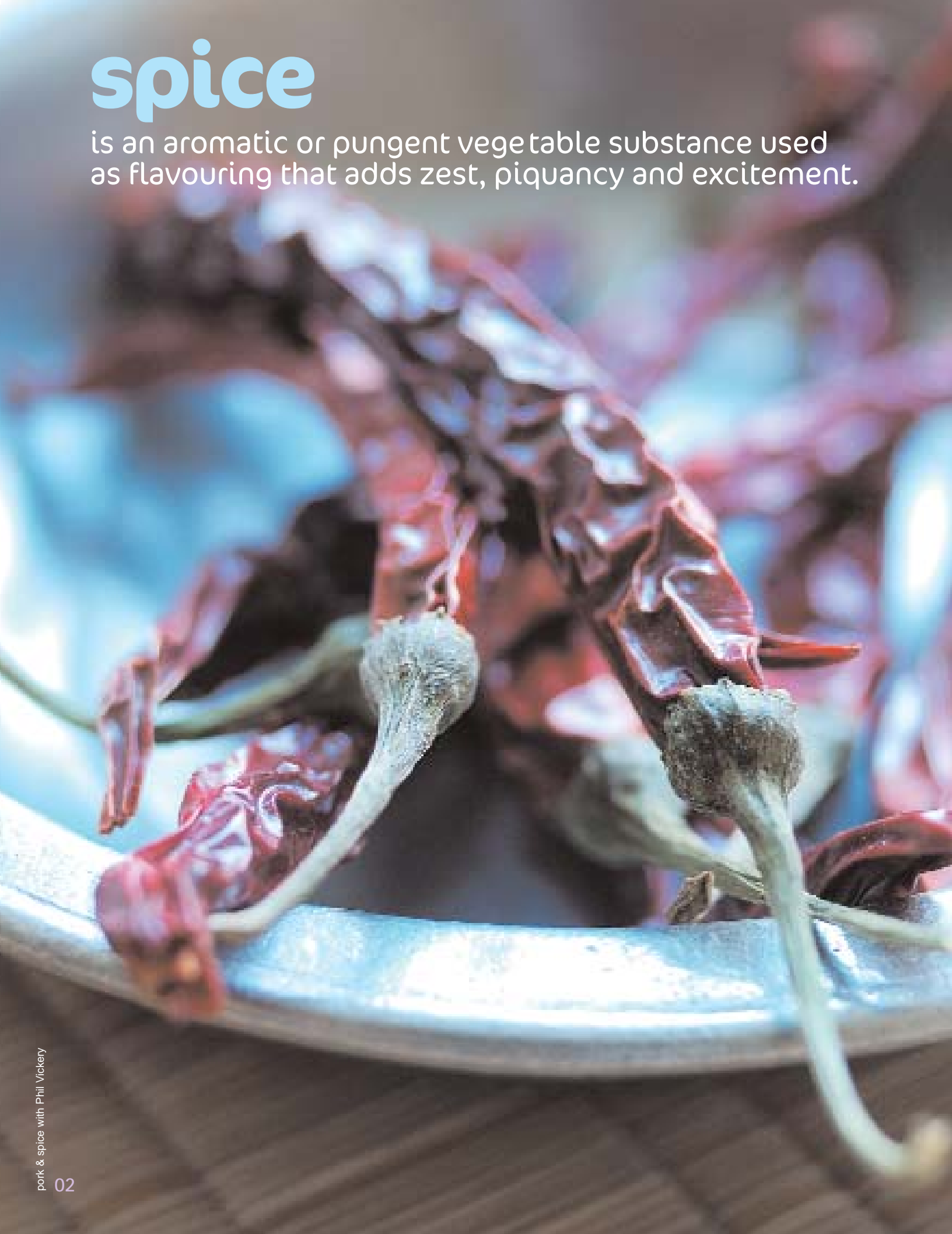


enjoy our selection of **pork ideas** inspired by the flavours and colours of the mediterranean, the far east and asia.  
**Phil Vickery**



# spice

is an aromatic or pungent vegetable substance used as flavouring that adds zest, piquancy and excitement.



**Welcome,** Pork is one of my favourite ingredients to cook with as it's incredibly versatile and lends itself to so many different flavours and styles of cooking.

So I was really excited to work with British Meat to develop this booklet which combines different herbs and spices with pork to produce a stunning range of dishes inspired by flavours and colours from around the world.

From the zesty influence of the Far East, to the warming flavours of Morocco the recipes are quick and easy to prepare and perfect for any meal occasion.

I like to describe these dishes as 'pork and spice and all things nice' as I think it sums them up perfectly. I hope you enjoy them as much as I do!

*Phil Vickery*



When buying pork, bacon or ham always look out for meat carrying the British Meat Quality Standard Mark to ensure you're using ingredients produced to very high standards of welfare, quality control and traceability. Visit our website to find more delicious recipes: [www.meatmatters.com](http://www.meatmatters.com)

## flavour guide

Using spices in cooking isn't necessarily about making food hot and spicy, as some spices including cinnamon and cumin, help bring out the natural sweetness in ingredients such as pork.



A tagine is a north African dish with a pointed lid that has subsequently given its name to Moroccan stews. The sweetness of the spices and orange juice complement the pork perfectly.

time

1½ to 2 hrs  
to get the  
full flavour

key ingredients

cumin  
orange  
cinnamon



aromatic

eat

Serve the pork tagine with the cous cous, rice or pasta and extra vegetables.

# pork tagine

## with cous cous

feeds 4

time to cook  
1½-2 hours

Oven temperature  
Gas mark 3,  
170°C, 325°F

take

Lean pork cubes\*  
Onion  
Turmeric  
Cumin  
Cinnamon  
All spice  
Ready-to-eat  
apricots  
Can chick peas  
Stock  
Orange zest and  
juice  
Fresh coriander

for the cous cous  
Cous cous  
Orange zest  
and juice  
Fresh coriander

make

Place 450g (1lb) lean pork cubes\*, 1 onion, chopped, 15ml (1tbsp) turmeric, 15ml (1tbsp) cumin, 2.5ml (½tsp) cinnamon, 2.5ml (½tsp) all spice, 150g (5oz) ready-to-eat apricots, chopped, 400g (approx) can chick peas, drained, 300ml (½pt) stock and zest and juice of 1 orange, into a large casserole dish. Cover and cook for 1½-2 hours until the meat is tender. Stir in 15ml (1tbsp) fresh coriander, chopped.

Meanwhile make the cous cous. Place 250g (9oz) cous cous into a bowl. Add zest and juice of 1 orange and 300ml (½pt) boiling water. Season with salt and pepper, cover and leave to stand for 10 minutes until water has been absorbed and the cous cous has softened. Stir in 15ml (1tbsp) fresh coriander, chopped.

\* Suitable cuts: braising cubes, shoulder, leg



feeds 2

time to cook  
Approximately  
10 minutes

take  
Lean pork fillet  
Oil  
Onion  
Garlic  
Mushrooms  
Crème fraiche  
Wholegrain mustard  
Fresh basil

make  
In a large pan heat  
15ml (1tbsp) oil  
and cook 225g  
(8oz) lean pork  
fillet, sliced into  
thin medallions,  
for 1-2 minutes.  
Add 1 onion,  
sliced, 1 clove  
garlic, crushed,  
75g (3oz)  
mushrooms,  
sliced, and cook for  
a further 4-5  
minutes.

Add to pan 75ml  
(5tbsp) crème  
fraiche, 15ml  
(1tbsp) wholegrain  
mustard and 15ml  
(1tbsp) fresh basil,  
torn. Heat gently  
for 1-2 minutes.

time  
around 10  
minutes

key ingredients  
mustard  
basil  
mushrooms

eat  
Serve on a bed  
of pasta ribbons  
with seasonal  
vegetables.



tangy

# creamy mustard pork



Using wholegrain mustard in this recipe adds a tangy flavour to the dish, balanced by the sweetness of the basil.

time

25 to 30 minutes  
when roasted

eat

Serve with roasted peppers, potato wedges, onion rings or with mashed potato. Alternatively grill or barbecue and serve with salad and bread.

key ingredients

mustard  
 Worcestershire sauce  
 tomato ketchup

tangy



# devilled

## pork chops

feeds 4

time to cook

Approximately  
25-30 minutes

Oven temperature

Gas mark 4-5,  
180°C, 350°F

take

Lean pork chops  
or steaks  
English mustard  
Worcestershire sauce  
Tomato ketchup

make

Mix together 10ml (2tsp) English mustard, 10ml (2tsp) Worcestershire sauce and 45ml (3tbsp) tomato ketchup. Place 4 lean pork chops or steaks into a roasting tray and brush with some of the devilled sauce.

Place into a preheated oven and roast for 25-30 minutes until cooked through, turning halfway through and brushing again with remaining sauce.



In English cooking 'devilling' means flavouring that gives a hot, sharp taste achieved here using English mustard and Worcestershire sauce – two great store cupboard stand-bys.

time  
about 10  
minutes

key ingredients  
spicy pork  
sausage  
paprika

eat  
Serve in wraps with zesty yogurt  
(mix together a couple of tablespoons  
of low-fat natural yogurt with the zest  
of 1 lemon) Alternatively serve with  
rice, pasta or rosti potatoes.



# spanish

## pork



**feeds 2**

**time to cook**  
Approximately  
10 minutes

**oven temperature**  
Gas mark 4-5,  
180°C, 350°F

**take**  
Lean pork loin  
or leg steaks or  
fillet  
Lean spicy pork  
sausage  
Oil  
Onion  
Garlic  
Red pepper  
Yellow pepper  
Can chopped  
tomatoes  
Paprika

**make**

Heat 15ml (1tbsp) oil in a large pan  
and cook 225g (8oz) lean pork loin or  
leg steaks or fillet, cut into strips, and  
2 lean spicy pork sausages, cut into  
pieces, for 3-4 minutes until browned.

Add 1 clove garlic, crushed, 1 onion,  
sliced, 1 red pepper, seeded and sliced,  
and 1 yellow pepper, seeded and sliced.  
Cook for a further 3-4 minutes.

Add 400g (approx) can chopped  
tomatoes and 10ml (2tsp) paprika.  
Cook for 2 minutes until heated through.



Paprika's bright red colour adds a fantastic touch to any dish and its use brings a warm, almost sweet flavour to savoury recipes. In Spain paprika is known as Pimentón.

time  
half an hour  
give or take

eat  
Serve with rice,  
naan or  
poppadoms and a  
selection of pickles  
and relishes.

key ingredients  
curry paste  
spinach  
aubergine



pork & aubergine

# bhaji

feeds 2

time to cook  
Approximately  
30 minutes

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

take  
Lean pork steaks  
or chops  
Onion  
Aubergine  
Curry paste  
Oil  
Fresh spinach

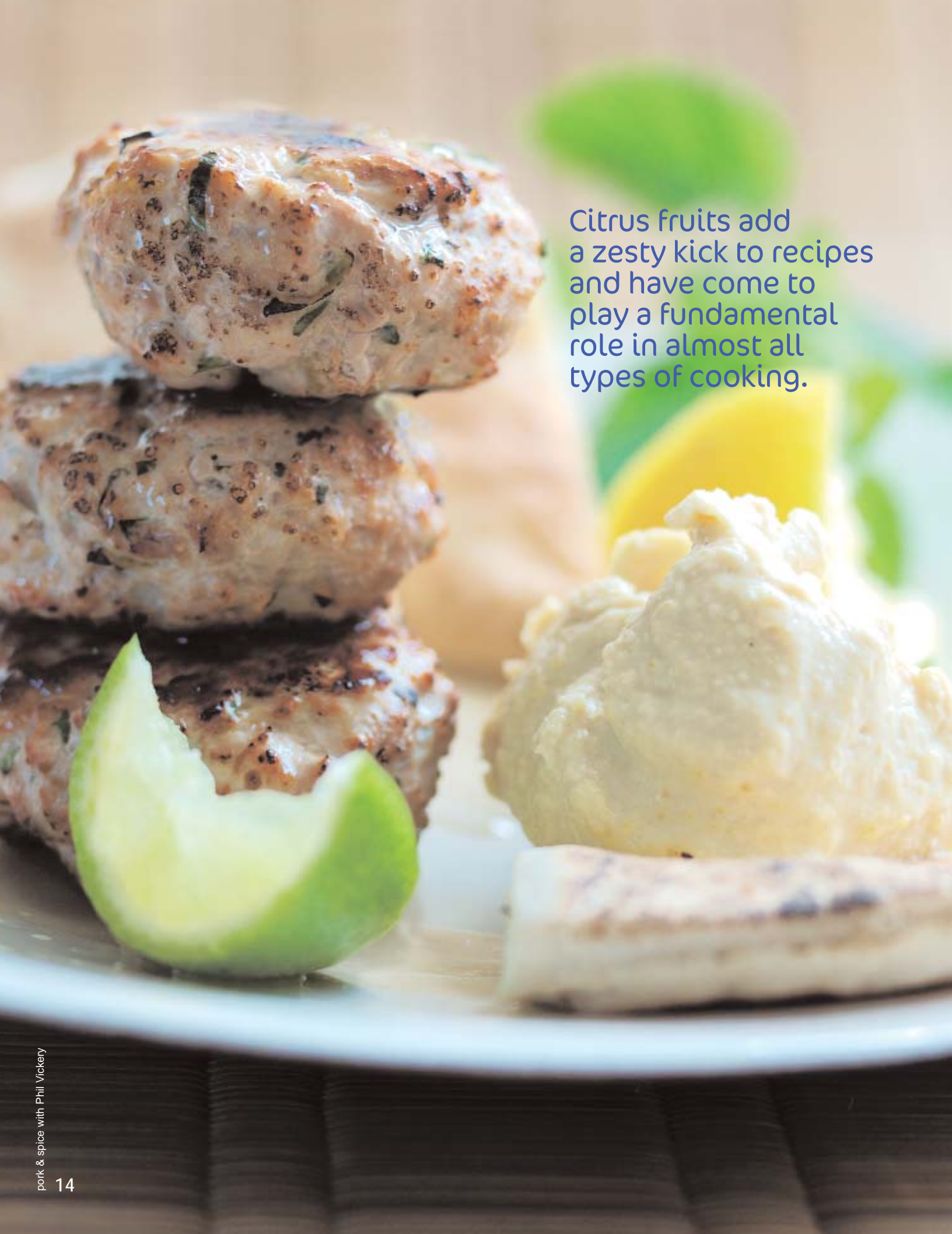
make

Place 2 lean pork steaks or chops into a large roasting tray. Add 1 onion, sliced and 1 aubergine, chopped into a chunky dice. Mix together in the roasting tin with 30ml (2tbsp) curry paste and 15ml (1tbsp) oil until coated, smearing over the chops or steaks.

Place into a preheated oven and cook for 25-30 minutes, stirring halfway through and turning over the chops or steaks. Once cooked stir through a large handful spinach and mix until wilted.



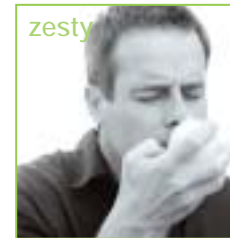
Indian cooking is perhaps most commonly associated with the use of spices, combining to create dishes that can be wonderfully fragrant or hot and spicy. You can add your own spice combination or use a jar of curry paste.



Citrus fruits add a zesty kick to recipes and have come to play a fundamental role in almost all types of cooking.

time  
give it  
around 15  
minutes

eat  
Serve in toasted pitta breads with salad and hummus.  
Alternatively serve with oven chips or potato wedges and sweetcorn.



key ingredients  
lemon  
lime  
parsley

# citrus

## pork patties

feeds 2-4

time to cook  
Approximately  
15 minutes

take  
Lean pork mince  
Lemon zest  
Lime zest and juice  
Fresh parsley or  
coriander

make

In a bowl place 450g (1lb) lean pork mince, zest of 1 lemon, zest and juice of 1 lime and 15ml (1tbsp) fresh parsley or coriander, chopped. Season well and mix together thoroughly.

Divide into 8 and shape into patties. Cook under a preheated grill for 4-6 minutes per side until cooked through.



time

roughly 2 hours, but worth it!!

key ingredients

chinese 5 spice

eat

Serve the pork with the stuffing balls, pak choi or green vegetables, roasted apples, potatoes and gravy. Alternatively serve sliced cold with a Chinese noodle salad, or a potato salad.



fragrant

# chinese roast pork with black pudding stuffing

feeds 4-6

time to cook

Medium

30 minutes per 450g/1/2kg (1lb) plus 30 minutes

Well done

35 minutes per 450g/1/2kg (1lb) plus 35 minutes

oven temperature

Gas mark 4-5, 180°C, 350°F

take

Lean pork loin, leg or shoulder joint  
Chinese 5 spice  
Oil  
Salt

for the stuffing

Onion  
Oil  
Fresh breadcrumbs  
Black pudding  
Apple sauce

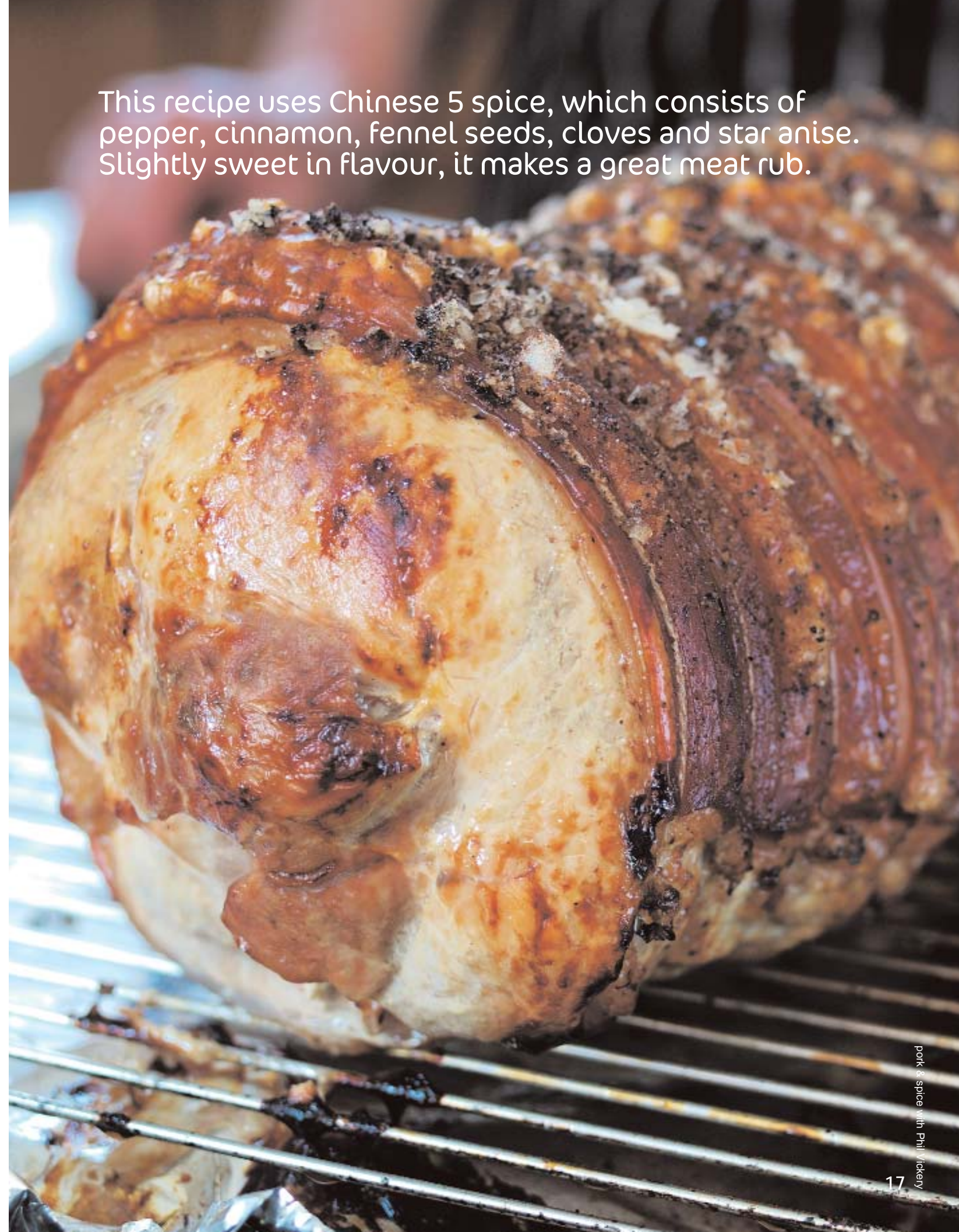
make

Take a lean 1.25kg (2 1/2lb) lean pork loin, leg or shoulder joint. Score the rind and rub all over with 15ml (1tbsp) Chinese 5 spice, oil and salt. Place onto a rack and open roast in a preheated oven for the calculated cooking time.

Meanwhile make the stuffing: in a pan gently soften 1 onion, chopped, in 15ml (1tbsp) oil. Remove from the heat and add 150g (5oz) fresh breadcrumbs, 50g (2oz) black pudding, chopped into small pieces, 2.5ml (1/2tsp) Chinese 5 spice and 45-60ml (3-4tbsp) apple sauce. Mix together well and shape into 10-12 stuffing balls. Place onto a baking tray and add to the oven during the last 30 minutes of cooking time.



This recipe uses Chinese 5 spice, which consists of pepper, cinnamon, fennel seeds, cloves and star anise. Slightly sweet in flavour, it makes a great meat rub.



# mexican

## pork tostados

feeds 2

time to cook  
Approximately  
15-20 minutes

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

take  
Lean pork mince  
Jar chilli con carne  
sauce  
Flour tortillas  
Cheddar cheese

make

In a pan dry fry 225g (8oz) lean pork mince for 4-5 minutes until browned. Add 500g (approx) jar chilli con carne sauce to the pan, reserving 45ml (3tbsp). Cook for a further 2-3 minutes.

On a non-stick baking tray place a flour tortilla, spoon a layer of mince on top, then repeat with another two layers of tortillas and mince, finishing with a layer of mince. Top with final flour tortilla, spread over reserved chilli sauce and sprinkle with 25g (1oz) Cheddar cheese, grated.

Bake in preheated oven for 10 minutes until golden brown.



spicy

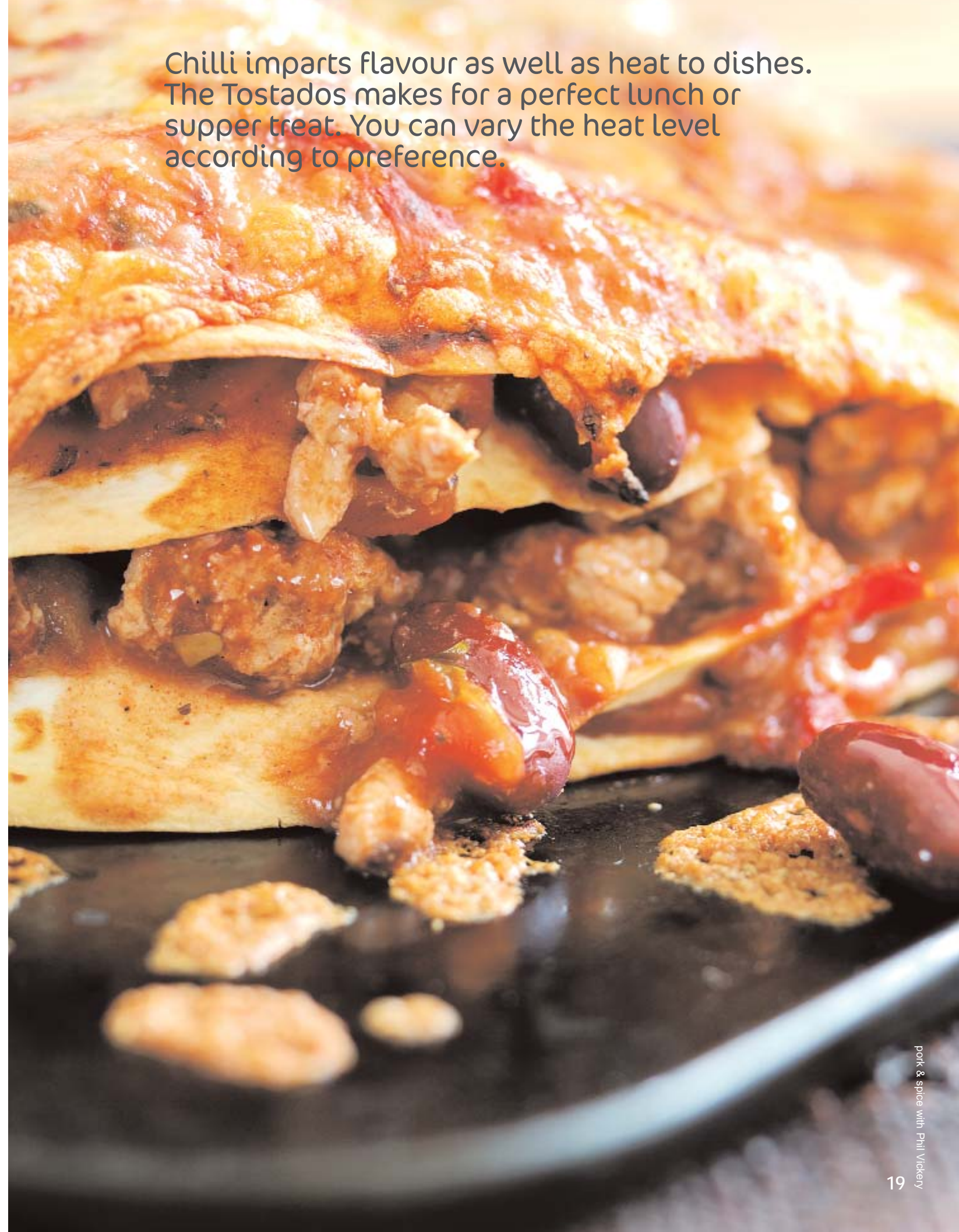
eat  
Serve cut into  
wedges with oven  
chips or potato  
wedges, or a  
large green salad.

key ingredients  
flour tortillas  
cheese  
jar chilli  
sauce

time  
only 20  
minutes



Chilli imparts flavour as well as heat to dishes. The Tostados makes for a perfect lunch or supper treat. You can vary the heat level according to preference.



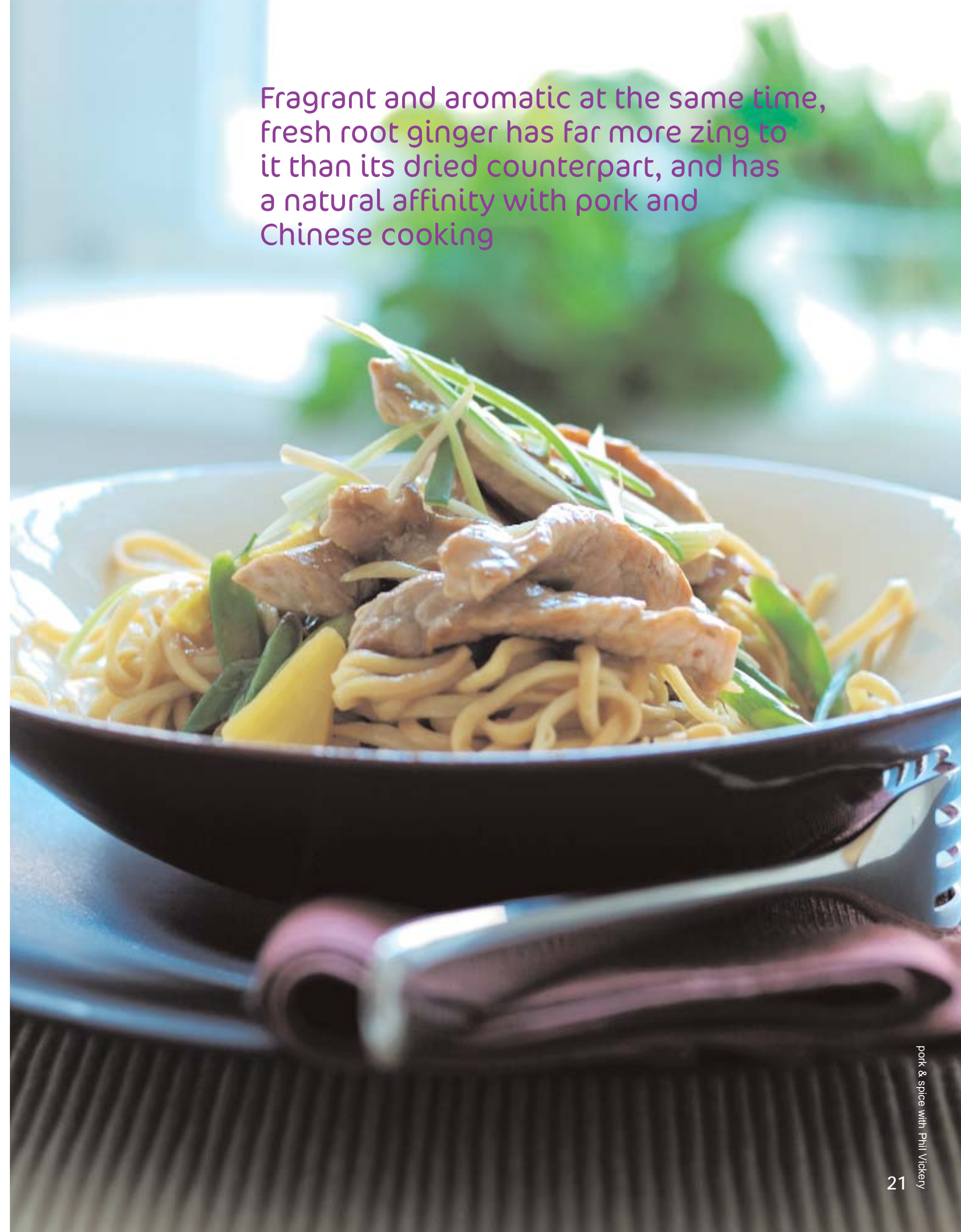


aromatic

time  
10  
minutes  
max

**eat**  
Serve the stir-fry with noodles or rice, extra stir-fried vegetables and prawn crackers.

**key ingredients**  
root ginger  
spring onions  
oyster sauce



Fragrant and aromatic at the same time, fresh root ginger has far more zing to it than its dried counterpart, and has a natural affinity with pork and Chinese cooking

pork, ginger & spring onion

# stir-fry



**feeds** 2

**time to cook**  
Approximately  
10 minutes

**take**  
Lean pork loin  
or leg steaks  
or fillet  
Oil  
Root ginger  
Garlic  
Spring onions  
Baby sweetcorn  
Green beans  
Can pineapple  
chunks  
Oyster sauce

**make**

In a large pan heat 15ml (1tbsp) oil and cook 225g (8oz) lean pork loin or leg steaks or fillet, cut into thin strips, for 3-4 minutes until browned. Add 1 clove garlic, crushed, 2cm (3/4") root ginger, peeled and finely sliced, 6 spring onions, sliced, 50g(2oz) baby sweetcorn, sliced, 50g(2oz) green beans, sliced, and 227g can pineapple chunks, drained. Cook for further 2-3 minutes. Add 60ml (4tbsp) oyster sauce and cook for 1-2 minutes until heated through.





Piri Piri is an African word for chilli and also a hot chilli sauce used in Portuguese, African and Brazilian cookery.



**zesty**

**eat**  
Serve the kebabs with toasted pitta breads and salad. Alternatively serve with mashed potato or rice and steamed or stir-fried green vegetables.

**time**  
only 15 minutes to cook

**key ingredients**  
sweet chilli sauce  
fresh thyme  
lemon

# piri piri

## pork kebabs

**feeds 2-4**  
(makes 4 kebabs)

**time to cook**  
Approximately 15 minutes plus marinating time

**take**  
Lean pork loin or leg steaks or fillet  
Sweet chilli sauce  
Lemon  
Fresh thyme

**make**  
In a bowl mix together 45ml (3tbsp) sweet chilli sauce, juice of 1 lemon and 15ml (1tbsp) fresh thyme, chopped. Add 450g (1lb) lean pork loin or leg steaks or fillet, cut into cubes and mix well. Cover, refrigerate and leave to marinate for 30 minutes to 1 hour.

Thread the cubes onto skewers and cook under a preheated grill for 12-15 minutes, turning occasionally.

