

getting **saucy** with **pork**



& Phil Vickery

A selection of simple, delicious Pork recipes for all the family

Phil Vickery





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.

While the classic roast pork and apple sauce is rightfully a family favourite, I jumped at the chance of developing

recipes that introduce new flavours and sauces to pork. So why not try baking pork steaks with a pepper and olive sauce? Alternatively, if you fancy spicing up your supper, the quick pork madras is delicious and takes moments to prepare.

Great for quick and simple weekday suppers and easy entertaining, these recipes will inspire you to try new ways of cooking pork. Have fun!

Phil Vickery



British Meat Quality Standard Mark

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



roast pork with white wine, oranges & oregano
page 3



spicy pork skewers with mango relish
page 5



pork stir-fry wraps with sweet & sour sauce
page 11



pork & mustard casserole with apple & sage dumplings
page 7



spicy pork & prune patties with oriental dipping sauce
page 9



baked pork steaks with pepper & olive sauce
page 13



oriental pork meatballs with peanut sauce
page 15



jerk pork spare ribs with barbecue sauce
page 17



quick pork madras
page 19



pork with black peppercorn sauce
page 21

Serves: 4-6

Preparation time:
20 minutes

Oven temp:
180°C, gas mark 4-5, 350°F.

roast pork

with white wine,

Cooking times:

30 mins per 450g/½kg (1lb)+
30 mins for medium
35 mins per 450g/½kg (1lb)+
35 mins for well done

You will need:

1kg (2.2lb) lean boned and
rolled shoulder of pork
Salt and freshly milled
black pepper
1 large glass (approx 200ml)
dry white wine
½ pork stock cube
75ml (9fl oz) fresh
orange juice
10ml (2tsp) caster sugar
10ml (2tsp) fresh oregano
or 10ml (2tsp) dried
15ml (1tbsp) cornflour
or arrowroot

Method:

Season the joint well with salt and pepper. Place on a rack and pop in the oven.

I normally cook this size joint for about 1 hour 30 minutes. Remove from the oven, cover with foil and leave for a further 20 minutes before you carve. This helps the meat relax and become a lot juicier.

For really crispy crackling, remove the joint from the oven, cut off the strings and remove all the crackling. Place onto a baking tray, inner side uppermost, and pop back in the oven. Turn the oven up to 220°C, Gas 7, 425°F and cook until the crackling turns crispy and well browned. This should take about 20 minutes.

Meanwhile tip off all the fat from the roasting tray, add the wine and swirl around to remove any crispy bits. Pour into a saucepan and bring to the boil. Add the stock cube, orange juice, sugar and oregano.

Cook for about 5 minutes to reduce slightly and for the stock cube to dissolve. Re-season. Mix the cornflour with a little cold water, then stir into the boiling sauce; it will thicken straight away. Slice the pork, spoon over a little sauce and top with a piece of crackling.

Serve with creamy mashed or roast potatoes and vegetables.

Phil Vickery



"The combination of orange, oregano and pork works very well indeed. I also tell you how to achieve the perfect crackling every time, it's very simple."

oranges & oregano



Feeds: 2

Time to cook:
12-15 Minutes

spicy pork skewers

with mango relish

Take:

Lean pork loin or leg steaks or fillet/tenderloin
Jar/packet Bombay mixed spices (or similar)
Natural yogurt
Mango chutney or relish of your choice

Make:

Cut 225g (8oz) lean pork loin or leg steaks or fillet/tenderloin into 1.25cm (1/2") cubes. Coat in 15ml (1tbsp) Bombay spices and thread onto skewers.

Cook under a preheated grill for 12-15 minutes turning occasionally.

Meanwhile mix together 60ml (4tbsp) natural yogurt with 30ml (2tbsp) mango chutney or lime pickle.

Eat:

Serve the skewers with the mango relish, crispy noodles and cabbage and poppadoms.



Remember to soak wooden skewers in water prior to use to prevent them from burning.

Feeds: 3-4

Time to cook:
1½-2 hours

Oven temperature:
Gas Mark 3, 170°C, 325°F

pork & mustard



casserole with apple & sage dumplings

Take:

Lean pork cubes*
Red onions
Lager
Stock
Wholegrain mustard
English mustard
Apple sauce
Gravy granules
Low-fat spread
Self-raising flour
Fresh sage

Make:

In a large casserole dish place 450g (1lb) lean pork cubes*, 2 red onions, cut into wedges, 300ml (½pt) lager, 300ml (½pt) stock, 15ml (1tbsp) wholegrain mustard, 5ml (1tsp) English mustard and 30ml (2tbsp) apple sauce. Mix well, cover and place in a preheated oven for approximately 1½ hours.

Meanwhile make the dumplings. In a large bowl rub 75g (3oz) low-fat spread into 175g (6oz) self-raising flour. Mix in 30ml (2tbsp) fresh sage, chopped and 45ml (3tbsp) apple sauce until a smooth dough is formed. Divide into 8 balls.

20 minutes before the end of cooking time add 15-30ml (1-2tbsp) gravy granules to the casserole and stir well. Drop the dumplings into the casserole and cook uncovered for remaining time.

Eat:

Serve the casserole with creamy mashed potato and cabbage.

* Suitable cuts: braising cubes, shoulder or leg

Serves: 4

Preparation time:
10 Minutes

Cooking time:
15 Minutes

spicy pork & prune patties

with oriental dipping sauce

You will need:

450g (1lb) lean minced pork
6 ready to eat prunes
½ small onion, chopped very finely
30ml (2tbsp) fresh sage, chopped
2 pinches ground nutmeg
2 pinches chilli powder
1 medium egg, well beaten
Salt and freshly milled black pepper
30ml (2tbsp) lemon juice
30ml (2tbsp) olive oil

Method:

Remove the stones from the prunes and chop into small pieces. Place the pork mince, onion, sage and spices in a bowl and mix well. Add the egg and prunes and season well with salt and pepper and the lemon juice.

Mould the pork into balls the size of an apricot, then flatten slightly. Heat the olive oil in a pan and add the pork patties. Cook for about 8 minutes on each side until lightly browned and golden. You can also grill or bake in the oven. This mixture will also freeze well.

Serve with oriental dipping sauce, toasted pitta breads and a large salad.

Phil Vickery

9 getting saucy with pork

Preparation time:
25 Minutes

You will need:

30ml (2tbsp) dark soy sauce
30ml (2tbsp) dark brown sugar
15ml (1tbsp) fresh ginger, finely chopped
1 clove of garlic, crushed
30ml (2tbsp) fresh coriander, chopped

oriental dipping sauce

Method:

Just place everything in a bowl and mix well. Leave for 20 minutes. You may need to add a touch of black pepper.



**phil's
saucy
moment...**

"This recipe is very simple to make and delicious to eat. Prunes and pork work very well together and it's a great way to get the kids to eat prunes! Great as a tea time snack or great on the barbecue – and they freeze well."

getting saucy with pork 10

Feeds: 2

Cooking time:
10-12 Minutes

pork stir-fry wraps

with sweet & sour sauce

Take:

Lean pork loin
or leg steaks
or fillet/tenderloin

Oil

Onion

Garlic

Carrots

Baby sweetcorn

Sugar snap peas

Mango chutney

Tomato ketchup

Malt vinegar

Make:

Heat **15ml (1tbsp) oil** in a non-stick wok or frying pan and stir-fry **225g (8oz) lean pork loin or leg steaks or fillet/tenderloin**, cut into thin strips for 3-4 minutes until browned.

Add **1 onion**, diced, **1 clove garlic**, crushed, **2 carrots**, peeled and cut into strips, **75g (3oz) baby sweetcorn**, sliced, **100g (4oz) sugar snap peas**, sliced and **50g (2oz) frozen peas** to the pan. Cook for 2-3 minutes.

Add the sauce ingredients - **60ml (4tbsp) mango chutney**, **45ml (3tbsp) tomato ketchup**, **15ml (1tbsp) malt vinegar** and **45ml (3tbsp) water** - to the pan and cook for 3-4 minutes.

Eat:

Serve the sweet and sour pork in a flour tortilla wrap with cooked rice and additional steamed Chinese vegetables.



Serves: 4

Preparation time:

15 Minutes

Cooking time:

30 Minutes

Preheat the oven

to Gas Mark 6,

200°C, 400°F

baked pork steaks

You will need:

4 lean pork loin or leg steaks

60ml (4tbsp) olive oil

Salt and freshly milled black pepper

1/2 small onion, finely chopped

1 clove garlic, finely chopped

280g (approx) jar char-grilled peppers, drained and chopped

16 black olives, pitted and chopped

210ml (7fl oz) stock

60ml (4tbsp) fresh basil, chopped

Method:

Heat the olive oil in a frying pan. Lightly season the pork steaks with salt and pepper. Cook in the hot oil for 2 minutes on each side. Place on a baking tray (they will still be raw inside) and keep warm.

Place the onions and garlic into the pan and cook for 5 minutes to colour slightly - you may need to add a touch of olive oil.

Add the peppers and black olives to the frying pan, add the stock and season well. Cook for 15 minutes until slightly thickened, then stir in the basil. Return the pork steaks to the pan and spoon over the sauce. Place the frying pan in the preheated oven or transfer to a baking dish and place in the oven.

Cook for 10-15 minutes to cook through and thicken slightly. Do not over cook or the pork will toughen and dry out.

I like to serve these with a little garlic bread and a touch of natural yogurt spiced up with a little chopped basil and black pepper.

Phil Vickery

phil's
saucy
moment...

"Simple but tasty supper idea using a jar of peppers - very colourful and impressive."

with pepper & olive sauce



Feeds: 3-4

Time to cook:
20 Minutes

Oven temperature:
Gas Mark 6, 200°C, 400°F



15 getting saucy with pork

oriental pork meatballs with peanut sauce

Take:

Lean minced pork
Hoi-sin sauce
Spring onions
Crunchy peanut butter
Orange juice
Tomato ketchup

Make:

In a large bowl mix together 450g (1lb) lean minced pork with 30ml (2tbsp) Hoi-sin sauce and 2 spring onions, finely sliced. Shape into 12-15 meatballs, place on a baking tray and bake in a preheated oven for 20 minutes.

Meanwhile make the peanut sauce. Combine together 45ml (3tbsp) crunchy peanut butter, 75ml (5tbsp) orange juice and 15ml (1tbsp) tomato ketchup (the mixture is a little stiff to begin with until the peanut butter softens).

Eat:

Serve the meatballs (threaded onto skewers if you wish) with the peanut sauce, toasted naan breads and a noodle salad.

Remember this recipe contains nuts – an alternative to peanut sauce could be the dipping sauce that accompanies the pork patties recipe.

Feeds: 2

Time to cook:
30 minutes

Oven temperature:
Gas mark 6, 200°C, 400°F

jerk pork spare ribs



with barbecue sauce

Take:

Pork spare ribs or spare rib chops
Jamaican jerk seasoning
Olive oil
Onion
Garlic
Mushrooms
Tomato ketchup
Worcestershire sauce
English mustard

Make:

Mix 30ml (2tbsp) Jamaican jerk seasoning and 30ml (2tbsp) olive oil together and toss 450g (1lb) pork spare ribs or 2-4 spare rib chops, cut into thick chunky strips, in the mixture until well coated and place onto baking tray. Cook in a preheated oven for 30 minutes.

Meanwhile make the barbecue sauce. Heat 5ml (1tsp) oil in a large saucepan and fry 1 onion, diced and 1 clove garlic, crushed for 2-3 minutes. Add 50g (2oz) mushrooms, diced and fry for 2 minutes. Add 75ml (5tbsp) tomato ketchup, 30ml (2tbsp) Worcestershire sauce, 5ml (1tsp) English mustard and 30ml (2tbsp) water, bring to the boil and simmer for 2 minutes.

Eat:

Serve the ribs with the barbecue sauce, mashed potato or potato wedges and corn on the cob.

Feeds: 2

Time to cook:
10-15 Minutes

pork quick Madras

Take:

Lean pork loin or
leg steaks
or fillet/tenderloin
Madras curry paste
Onion
Garlic
Root ginger
Can chopped tomatoes
Fresh spinach

Make:

Heat 15ml (1tbsp) Madras curry paste in a large non-stick wok or frying pan and fry 225g (8oz) lean pork loin or leg steaks or fillet/tenderloin, cut into 1.25cm (1/2") cubes, 1 onion, diced, 1 clove garlic, crushed and 2.5cm (1") root ginger, peeled and grated, for 3-4 minutes until pork is browned.

Add 400g (approx) can chopped tomatoes and simmer for 3-4 minutes. Add 2 large handfuls of fresh spinach and cook for 1-2 minutes until wilted.

Eat:

Serve the pork Madras curry with boiled basmati rice and toasted naan bread.



Serves: 4

Preparation time:
10 Minutes

Cooking time:
15 Minutes

pork with black peppercorn sauce

Method:

Cut the tenderloin into 8 pieces, approx 2cm (3/4") thick. Heat the olive oil in a non-stick frying pan. Season the pork with a little salt, then gently flour, dusting off the excess.

Place the pork pieces into the hot oil and cook over a moderate heat for 3-4 minutes each side – they should be nicely browned and cooked through. Remove from the pan.

Add the peppercorns, black bean sauce and vinegar and swill around the pan. Most of the vinegar will evaporate.

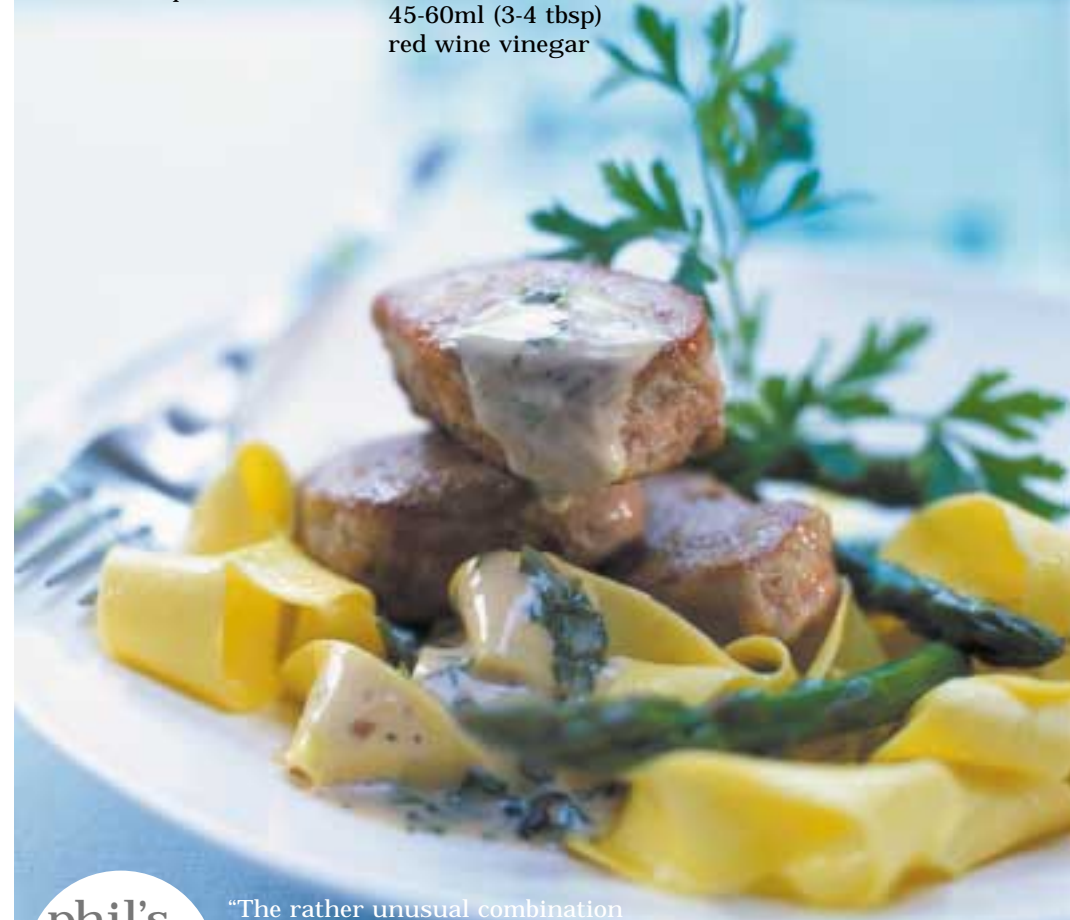
Take the pan off the heat and stir in the crème fraîche and parsley. The sauce must not boil. Place the pork back into the pan and spoon over the sauce. Re-season with a little salt and sugar. Serve with ribbons of pasta and asparagus spears.

Phil Vickary

You will need:
450g (1lb) lean pork
fillet/tenderloin
30ml (2tbsp) olive oil
30ml (2tbsp) flour

10ml (2tsp) lightly
crushed black
peppercorns
15ml (1tbsp) Chinese
black bean sauce
45-60ml (3-4 tbsp)
red wine vinegar

200g tub crème fraîche
Sugar
Salt
45ml (3tbsp) roughly
chopped parsley



phil's
saucy
moment...

“The rather unusual combination of vinegar and black peppercorns is not a new idea, but the addition of a little black bean sauce really helps to bring out all the flavours.”



Meat and Livestock Commission, Milton Keynes MK6 1AX
Visit our website to find more delicious recipes: www.meatmatters.com
If you wish to contact British Meat call **01908 232 522**
Designed and produced by KYSEN, London
Recipe photography Gus Filgate. Styling Penny Markham
Home Economists Clare Greenstreet and Viv Gill