

FREE

PORK

THE PERFECT INGREDIENT



Find out why today
15 memorable recipes inside



WHAT THE RED TRACTOR* SCHEME STANDS FOR

The Red Tractor Pork logo guarantees high standards at every step, from the farm to the supermarket shelf.

ASSURANCE

Rigorous standards are observed throughout the supply chain

WELFARE

At all stages the quality of pig husbandry and animal welfare is high

TRACEABILITY

All Red Tractor pork and pork products can be traced back to Red Tractor farms

PEACE OF MIND

Red Tractor pig farms are inspected at least four times a year

COUNTRY OF ORIGIN

The flag in the Red Tractor Pork logo guarantees its country of origin

For more information about Red Tractor pork and pork products visit www.lovepork.co.uk/why-red-tractor-pork

*Red Tractor is one of a number of assurance schemes available to inform consumer choice.

GIVE MORE THOUGHT TO PORK

FROM THIS DAY FORTH...

I **PROMISE** to give more thought to the pork on my fork.

I **PROMISE** to think twice about whether it's quality pork produced by farmers who prioritise the well-being of their pigs.

SO I'M GOING to look for the Red Tractor logo, on my rashers, my bangers, my gammon and my chops as a sign of this quality and high welfare and ask my friends and family to do the same.

RED TRACTOR PORK IS HIGH WELFARE PORK
MAKE THE PORK PROMISE AT [FACEBOOK.COM/LOVEPORK.UK](https://www.facebook.com/lovepork.uk) 

WWW.LOVEPORK.CO.UK





“Pork works really well with strong flavours like this anchovy and caper relish. By beating the pork flatter you make it more tender and it cooks quicker too.”

This recipe is from a recipe booklet called ‘Farmers and Chefs Choose it and Use it’ - a collection of recipes from some of the country’s leading chefs. They all joined together to support the Pigs Are Worth It campaign, because one thing they all have in common is a passion for good quality ingredients from traceable sources.

For more information about the campaign or to download the chefs recipe booklet go to: www.pigsarestillworthit.co.uk

BRIAN TURNER



PORK CHOP SCHNITZEL

SERVES 4

COOKING TIME
30-40 MINUTES

INGREDIENTS

4 x 225g (8oz) Pork chops on the bone, rind off

55g (2oz) Plain flour

Salt and freshly ground black pepper

2 Eggs

175g (6oz) Fresh white breadcrumbs

55g (2oz) Parmesan, freshly grated

1 tbsp Fresh parsley, chopped

1 tbsp Olive oil

115g (4oz) Unsalted butter

2 tbsp Capers

Juice of 1 lemon

4 Canned anchovy fillets, finely chopped

METHOD

Trim and clean the bone to about 4cm, using a strong knife. Put the chop between two sheets of plastic or cling film, and tap the meat to make the chop thinner, about 5mm thick. Trim off to make a neat shape.

Season the flour with salt and pepper, and put on to a tray. Beat the eggs and put into another tray or shallow bowl. Mix the breadcrumbs, Parmesan and parsley and put on to yet another small tray.

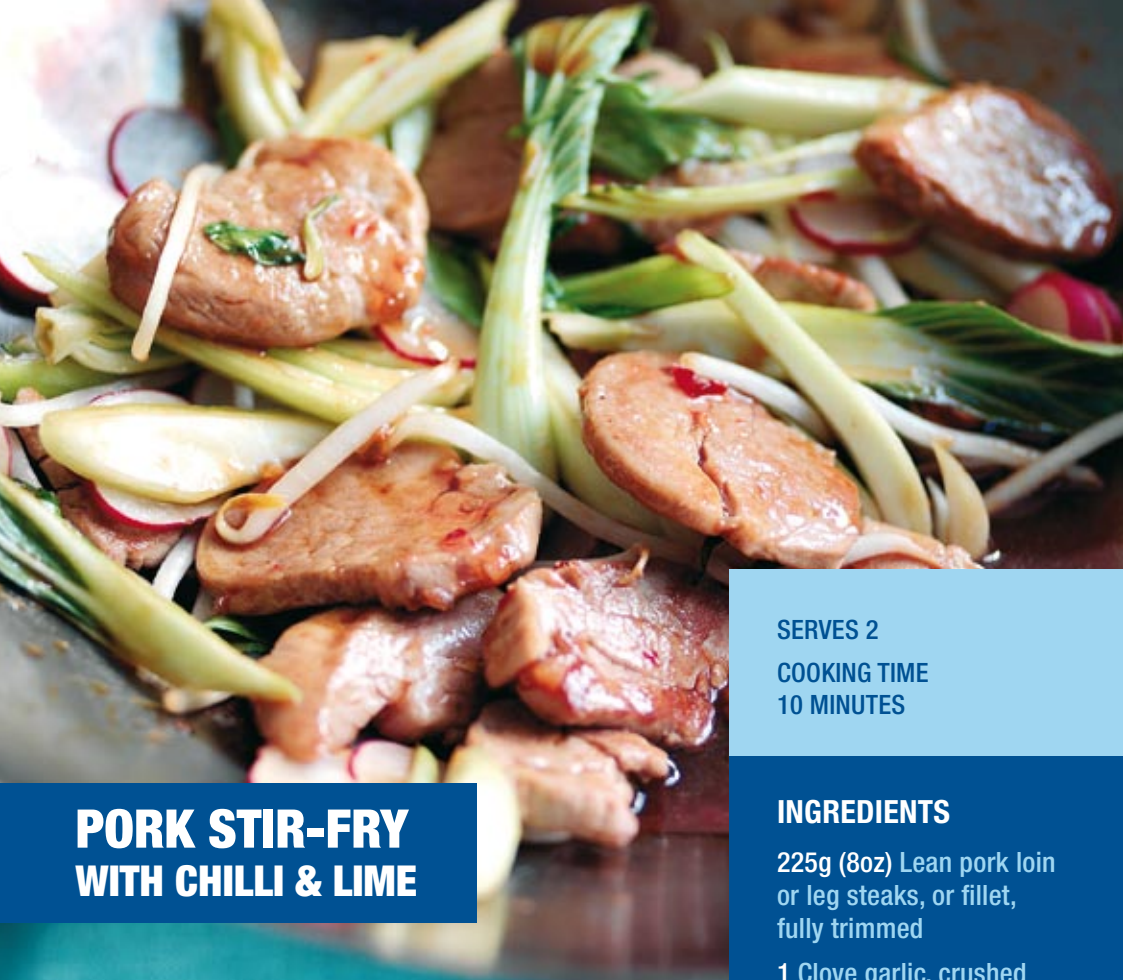
Carefully coat the meat with flour, shaking off any excess. Put into the egg mixture, shake off excess and then put into the

breadcrumb mix. Put on the table and tap with a palette knife to make sure the breadcrumbs are well stuck on.

Heat the oil and 25g (1oz) of the butter together in a frying pan and fry the chops on one side to a golden brown colour, about 3-4 minutes. Turn over and cook for another 3-4 minutes. Keep cooked Schnitzels warm until ready for serving. A new or cleaned pan may be needed for each Schnitzel, but you will need some more oil and butter.

When all the Schnitzels are cooked, in a clean pan melt the remaining butter. As it colours, take off the heat and add the capers, lemon juice and anchovies.

Pour over the Schnitzels and serve.



PORK STIR-FRY WITH CHILLI & LIME

METHOD

Cut the pork into thin strips or thin slices and dry fry in a hot, non-stick pan for 3-4 minutes until browned.

Add the garlic, radishes, pak choi, and beansprouts and cook for a further 2-3 minutes.

Mix together the soy sauce, sweet chilli sauce and lime. Add to the pan and cook for a further minute, then sprinkle over the coriander.

Serve with rice or noodles and extra vegetables.

SERVES 2

COOKING TIME
10 MINUTES

INGREDIENTS

225g (8oz) Lean pork loin or leg steaks, or fillet, fully trimmed

1 Clove garlic, crushed

100g (4oz) Radishes, sliced

1 Head pak choi, sliced

100g (4oz) Bean sprouts

5ml (1tsp) Soy sauce

30ml (2tbsp) Sweet chilli sauce

Juice of 1 lime

15ml (1tbsp) Fresh coriander chopped

BACON, TOMATO & FENNEL TARTE TATIN



SERVES 4

COOKING TIME
30 MINUTES

OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F
& GAS MARK 6, 200°C, 400°F

INGREDIENTS

6 Thick cut unsmoked Sweet cured premium back bacon rashers

1 x 15mlsp (1tbsp) Soft dark brown sugar

12g (½oz) Butter

12 Cherry tomatoes, cut in half

½ Small fennel bulb, very thinly sliced

1 x 15mlsp (1tbsp) Fresh rosemary chopped + extra whole sprigs

1 x 15mlsp (1tbsp) Olive oil

500g Pre-made packet flaky pastry

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.

Place the sugar and butter on to a shallow baking tray, roughly mix together and spread over the tray.

Add the bacon rashers, tomatoes and fennel. (Remembering that when the tarte is turned upside down the bottom will become the top!) Finish off with chopped rosemary and sprigs and drizzle with oil.

Place in the oven for about 8-10 minutes, then remove and turn the oven temperature up to Gas Mark 6, 200°C, 400°F.

Roll out the pastry to fit the baking tray and loosely place on top of the bacon mixture.

Bake in the oven for about 15-20 minutes until the pastry is well risen and golden.

Remove and allow to stand for 1-2 minutes and then carefully turn out on to a serving plate.

Serve hot or cold in wedges.



CREAMY PAPRIKA PORK

METHOD

Heat the oil in a large ovenproof pan and cook the pork and chorizo sausage for 3-4 minutes until browned. Add the garlic and onion and cook for a further 3-4 minutes.

Add the tomatoes and paprika, place in oven and cook for 1-1½ hours until pork is tender. Carefully stir through the Greek yogurt and serve sprinkled with parsley and a dusting of paprika.

Serve with parsnips mashed together with lots of black pepper and a knob of butter and steamed green beans.

SERVES 2

COOKING TIME
90 MINUTES

OVEN TEMPERATURE
GAS MARK 3,
160°C, 320°F

INGREDIENTS

225g (8oz) Lean pork leg or shoulder steaks, cut into small cubes

50g (2oz) Chorizo sausage, sliced

5ml (1tsp) Oil

1 Clove garlic, crushed

1 Onion, sliced

400g (approx) Can chopped tomatoes

10ml (2tsp) Paprika

60ml (4tbsp) Greek yogurt

Fresh parsley

SPICY PORK PUMPKIN



SERVES 2

COOKING TIME
60 MINUTES

OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

INGREDIENTS

225g (8oz) Lean pork mince

30ml (2tbsp) Medium curry powder

400g (approx) Can chopped tomatoes

15ml (1tbsp) Mango chutney

1 Small pumpkin or butternut squash

METHOD

First preheat your oven to Gas Mark 4, 180°C, 350°F.

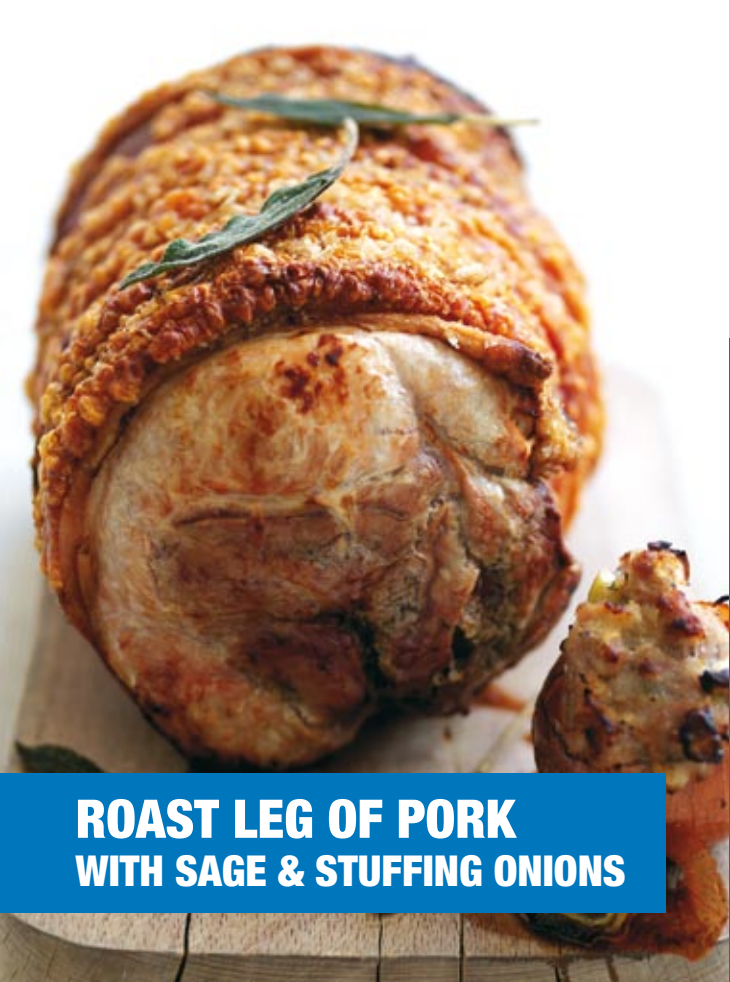
In a large non-stick wok or saucepan dry fry the mince until browned. Add the curry powder and cook for 1-2 minutes. Add the tomatoes and mango chutney and bring the mixture to the boil.

Take the pumpkin, cut off the top to create a lid or if using a butternut squash, cut in half lengthways, and scoop out the seeds and stringy bits using a large spoon.

Place the pumpkin on a piece of foil and place in a roasting pan. Spoon into the pumpkin the spiced mince, replace lid, add a small amount of boiling water to the bottom of the pan and loosely wrap in foil.

Cook for about 1 hour until pumpkin flesh is soft.

Serve large scoops from the pumpkin and serve with crusty bread and seasonal greens.



ROAST LEG OF PORK WITH SAGE & STUFFING ONIONS

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.

Take the joint and calculate the cooking time using timing above. Dry the rind and score deeply using a sharp knife. Brush with olive oil and sprinkle with salt. Place on a rack in a roasting tin and open roast in a preheated oven for the calculated time (no basting or covering or you will have soft 'crackling').

Cut the onions in half horizontally and using a spoon scoop out some of the layers leaving 2-3 in the shell. Roughly chop the removed onion. In a pan, heat butter and lightly fry onion. Remove from heat and allow to cool. Add the sage and sausage meat and combine together.

Take a handful of mixture and stuff into onion shells. 40-50 minutes before the joint has finished cooking prop up the onion shells around the joint, drizzle with a little olive oil and cook until onion is soft and fully golden and the joint juices run clear or the internal temperature reaches 70°C. Once cooked allow the joint to stand for 10 minutes before carving, allowing the juices to settle.

Serve the pork sliced with roast potatoes, parsnips, stuffed onions and crispy fried sage leaves.

SERVES 4

COOKING TIME
APPROX. 30 MINS PER
450G/½KG (1LB) + 30 MINS

OVEN TEMPERATURE
GAS MARK 4,
180°C, 350°F

INGREDIENTS

Lean pork leg joint, boned and rolled

15ml (1tbsp) Olive oil

Salt

4 Medium onions

5ml (1tsp) Butter

2 Large sprigs fresh sage, roughly chopped

450g (1lb) Premium pork and apple sausages, slit skins and remove meat

Olive oil

Sage leaves



ROASTED GAMMON WITH MULLED WINE & CRANBERRY GLAZE

SERVES 4-6

COOKING TIME
20 MINS PER 450G/½KG (1LB)
+ 20 MINUTES. (ALLOW ABOUT
1 HOUR FOR A 1KG JOINT)

OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

INGREDIENTS

1kg (2¼lb) Good quality dry cured, unsmoked gammon joint

150ml (¼pt) Red wine

150ml (¼pt) Orange juice

1 Mulled wine spice sachet

1 Cinnamon stick

45ml (3tbsp) Cranberry sauce

2.5ml (½tsp) Cinnamon

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.

Weigh the joint and calculate the cooking time using the timings above.

Place the joint in a large roasting pan which has been double lined with foil.

Pour over the red wine, orange juice and add the mulled wine sachet and cinnamon stick.

Place another piece of foil on top of the tin and roast in the oven for 1 hour. Baste and turn the joint over halfway through the cooking time.

Remove the pan from the oven and carefully remove the joint. Pour the juices into a small saucepan. Add the cranberry sauce to the juices and reduce for 5 minutes.

Remove the rind from the joint and score the fat. Return to the roasting pan, but line with foil.

Spoon some of the cranberry juices over the joint and then return to the oven for a further 10-15 minutes until the glaze is syrupy and the fat browned.

Serve the hot gammon slices with roasted potatoes and parsnips and braised red cabbage with apple.

TWICE COOKED PORK BELLY WITH CIDER, APPLE AND 5 SPICE

SERVES 4

COOKING TIME
120 MINUTES

OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

INGREDIENTS

700g (1½lb) Lean piece
of belly pork

300ml (½pt) Cloudy cider

SEASONING:

5ml (1tsp) Chinese
5 spice

2 Star anise

2 Cox's apples, cored and
quartered

15ml (1tbsp) Honey

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.

Take the flat piece of belly, dry the rind and score deeply with a sharp knife.

Line a shallow roasting pan with two large pieces of foil. Add to this the cider, seasoning and spices.

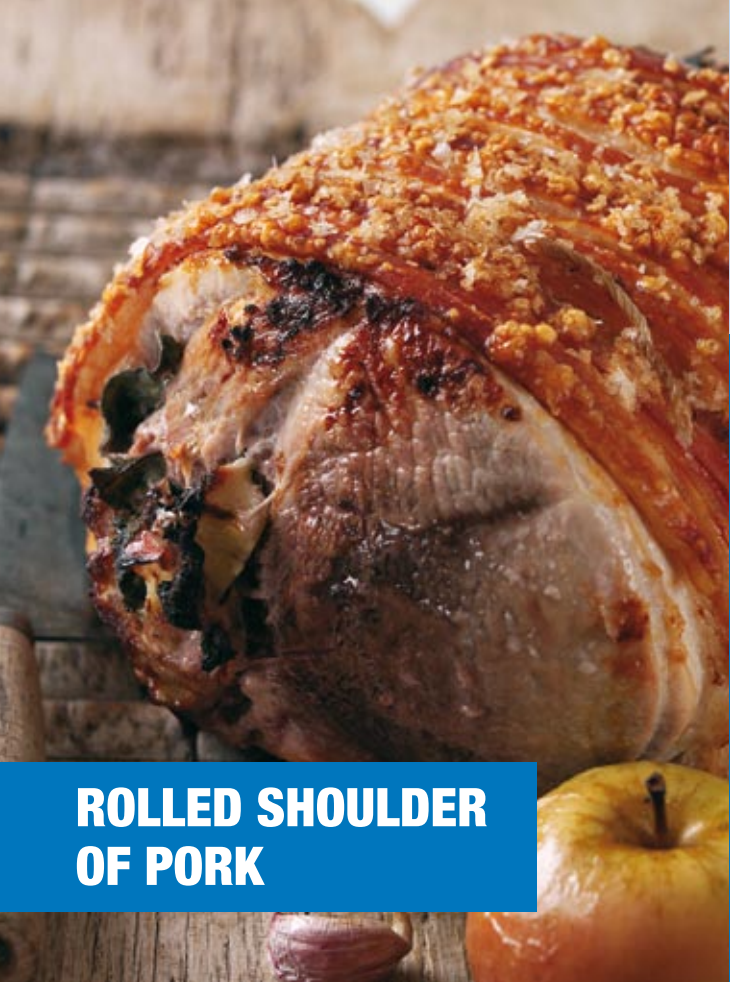
Place the belly on to the foil and tuck the foil around the joint so that the liquid is against the belly joint, but leave the top dry and exposed. Brush rind with oil and sprinkle with salt.

Open roast for about 1 hour then open foil. Add the apples (add more cider if too much has evaporated), cover over the whole joint with foil and return for a further hour.

When cooked carefully open the foil, drizzle the rind with honey and place under a preheated grill. Cook for about 5 minutes to finish off the crackling.

Serve cut into thick slices, drizzle with sauce and serve with apples and Chinese steamed vegetables.





ROLLED SHOULDER OF PORK

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.
Take a boned and rolled shoulder joint.

Make the Stuffing: Slit the sausage skins and remove the sausage meat. Mix together the sausage meat and apple pieces. Cut the strings from the joint and open out on to a board. Place the sage leaves on to the meat and top with the stuffing, roll up the joint and secure with string in 3-4 places.

Dry the rind and score deeply with a sharp knife. Rub the joint with a little oil and sprinkle with salt.

Weigh the stuffed joint and calculate the cooking time using timings above, then place on to a rack in a roasting tin and open roast (which helps to get crunchier crackling).

When cooked allow to stand for 10 minutes before carving.

Serve with seasonal roasted vegetables. Plus if you have any stuffing left over cut some onions in half horizontally, scoop out some of the layers and put a big spoonful into the onion shells. Cook with joint for the last 40-50 minutes.

SERVES 4

COOKING TIME
APPROX. 30 MINS PER
450G/1½KG (1LB)
+ 30 MINUTES

OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

INGREDIENTS

Boned and rolled shoulder of pork

Allow 100-175g (4-6oz) raw meat per person for boneless joints

Oil

Salt

STUFFING:

450g (1lb) Pork sausages

1 Eating apple, cored and cut into chunks

Handful fresh sage leaves

String for tying



PIRI PIRI PORK FILLET

SERVES 2

COOKING TIME
30 MINUTES

OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

INGREDIENTS

450g (1lb) Lean pork fillet

45ml (3tbsp) Sweet chilli sauce

Juice and rind of 1 lime

15ml (1tbsp) Fresh parsley, chopped

2 Cloves garlic, squashed

5ml (1tsp) Ground coriander

5ml (1tsp) Ground cumin

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.

In a bowl mix together the sweet chilli sauce, lime, parsley, garlic, ground coriander and ground cumin.

Score the pork diagonally across the fillet and rub over the marinade. Cover, refrigerate and leave to marinate for 30 minutes to 1 hour.

Preheat the oven and cook for 25-30 minutes until juicy, but browned.

Serve with red pepper houmous, (finely chopped roasted peppers from a jar added to pre-made houmous) and mini-roasted potatoes coated in the piri piri juices and roasted peppers.

PORK LOIN STEAKS WITH MELTING MOZZARELLA & SAGE

SERVES 4
COOKING TIME
20 MINUTES
OVEN TEMPERATURE
GAS MARK 4,
180°C, 350°F

INGREDIENTS

4 Lean thick pork loin steaks (about 2cm thickness)
50g (2oz) Mozzarella cheese or similar, thickly sliced into 4
8 Fresh sage leaves
4 Slices Parma style ham or streaky bacon
Seasoning
15mlsp (1tbsp) Olive oil

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.
Place the empty tray in the oven to heat through.

Place the pork steaks on to a board, with a sharp knife carefully make a slit horizontally into the non-fat edge of the pork. Continue until you have created a shallow pocket to stuff.

Take a slice of cheese and two sage leaves and push into the pocket. Season and wrap each steak in a slice of ham or bacon.

Heat the oil in a frying pan and seal steaks on both sides. Place on the hot tray (that has been preheated in the oven) and cook for about 15-20 minutes until browned and cooked through.

Serve with seasonal green salad, crushed new potatoes and mixed olives.

PORK CHOP AND CHIPS WITH YUMMY PEPPER SAUCE

SERVES 2
COOKING TIME
20 MINUTES

INGREDIENTS

Lean chunky pork loin chop or steaks

YUMMY PEPPER SAUCE:

Butter
50g (2oz) Mixed mushrooms, sliced,
5ml (1tsp) Black peppercorns, crushed
30ml (2tbsp) White wine
30ml (2tbsp) Low-fat soft cream cheese
45ml (3tbsp) Milk

METHOD

Preheat the grill and cook 2 lean chunky pork chops or steaks for 8-10 minutes each side, once cooked remove steaks and keep warm.

Yummy Pepper Sauce: Add a small knob of butter to the pan and melt, add the mushrooms and cook for 1-2 minutes. Add the peppercorns, white wine and deglaze the pan (just cook off the juices from the bottom of the pan with the wine).

Remove from the heat and add the cream cheese and milk. Return to the heat and warm through gently stirring to make a creamy sauce for approximately 1 minute.

Serve the steaks with oven-baked chips, crispy baked onion rings, crushed peas with lemon and sage butter.



PORK SHOULDER STEAKS WITH PARSLEY, RED CHILLI & APPLE BUTTER

SERVES 4
COOKING TIME
12 MINUTES

INGREDIENTS

4 Pork shoulder steaks
(or collar or any steak
labelled suitable for
grilling)

30ml (2tbsp) Fresh
parsley, roughly chopped

25g (1oz) Butter, softened

1 Red chilli, deseeded
and finely chopped

½ Eating apple, cored
and finely chopped

15ml (1tbsp) Olive oil

METHOD

Combine together parsley, butter, chilli and apple.

Cook the steaks on either a preheated hot griddle
or frying pan or under a grill for about:

4-8 minutes each side for 1-2cm (½-¾") thickness

8-10 minutes each side for 2-3cm (¾-1¼") thickness

Remove the steaks and place a spoonful of butter on each steak and allow
to melt slightly before serving.

Serve with boiled new potatoes mixed with herby mayo and heaps of
green salad or creamy mash and steamed seasonal veg – drizzled with
the melted butter.

For an alternative topping add a small spoonful of flavoured cream
cheese or a slice of hard cheese during the last minute of cooking.



PORK FILLET WITH CREAMY WINE & PRUNE SAUCE

SERVES 2
COOKING TIME
15 MINUTES

INGREDIENTS

225g (8oz) Lean pork
fillet, cut into medallion
slices

15ml (1tbsp) Oil

1 Clove garlic, squashed

25g (1oz) Dried prunes,
roughly chopped

90ml (6tbsp) White wine

45ml (4tbsp) Crème
fraîche

30ml (2tbsp) Fresh
parsley, chopped

METHOD

Heat the oil in shallow
pan and cook the pork
fillet medallions with garlic, until coloured
on all sides for about 8-10 minutes.

Add the prunes and white wine and allow to reduce
slightly. Lower the heat, add the crème fraîche and
heat through slowly.

Sprinkle with parsley and serve straightaway with
sautéed potatoes and seasonal green vegetables.



SLOW COOKED CHUNKY CHOPS WITH BEANS & CHORIZO

METHOD

Preheat the oven to Gas Mark 4, 180°C, 350°F.

In a large heatproof casserole pot heat the oil and brown the chops on all sides for 3-4 minutes.

Add the garlic and chorizo sausage and allow the oil to coat the chop and garlic. Add the stock, butter beans, baked beans and tomato purée.

Mix well, cover and cook in a preheated oven for 1½-1¾ hours or until the meat is tender.

Serve with fresh green seasonal vegetables and crusty brown bread for dipping!

SERVES 4

COOKING TIME
100 MINUTES

OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

INGREDIENTS

4 Lean thick pork chops

10ml (2tsp) Olive oil

2 Cloves garlic, crushed

50g (2oz) Chorizo
sausage, thinly sliced

300ml (½pt) Pork stock

400g (approx) Can butter
beans, drained and rinsed

400g (approx) Can baked
beans

45ml (3tbsp) Tomato
purée

Fresh parsley, roughly
chopped

IS PORK A HEALTHY OPTION?

As well as containing iron and being a rich source of protein, pork provides many other nutrients that are essential for good health. But it's important to remember that no single food contains all the nutrients required – a varied and balanced diet is the key.

HOW MUCH FAT DOES PORK CONTAIN?

Due to changes in pig breeding and butchery techniques over the past 30 years the fat content of pork has on average reduced from 30% to just 4%. What's more, over 50% of the fat it does contain is unsaturated fat.

CAN PORK BE LEAN?

It certainly can – there are a variety of lean well-trimmed cuts which on average contain only 4% fat. When cooking these cuts try and stick to non-fatty cooking methods like grilling, dry frying or slow cooking.

HEALTH BENEFITS OF PORK



WHAT DO NUTRITIONISTS SAY ABOUT PORK?

It's an excellent source of protein (21.8g per 100g on average) and essential amino acids. Protein is vital for healthy growth and healing, as well as keeping your bones strong, and a pork steak provides about half of your Guideline Daily Amount (about 45g).

WILL PORK BOOST MY IRON LEVELS?

Pork is great for topping up your iron levels because it contains Haem iron, which is easily absorbed by the body. Pork even helps to increase your iron uptake when eaten with lots of salad or vegetables because it makes your iron intake greater than if they had been eaten separately.

WHAT VITAMINS ARE IN PORK?

It's rich in Vitamin B1 (Thiamine), important for vitality and energy levels. A 100g steak contains 90% of our daily requirement. Pork is also a great source of Vitamin B12, essential for a healthy nervous system. It is also rich in Zinc, which can boost your immune system.

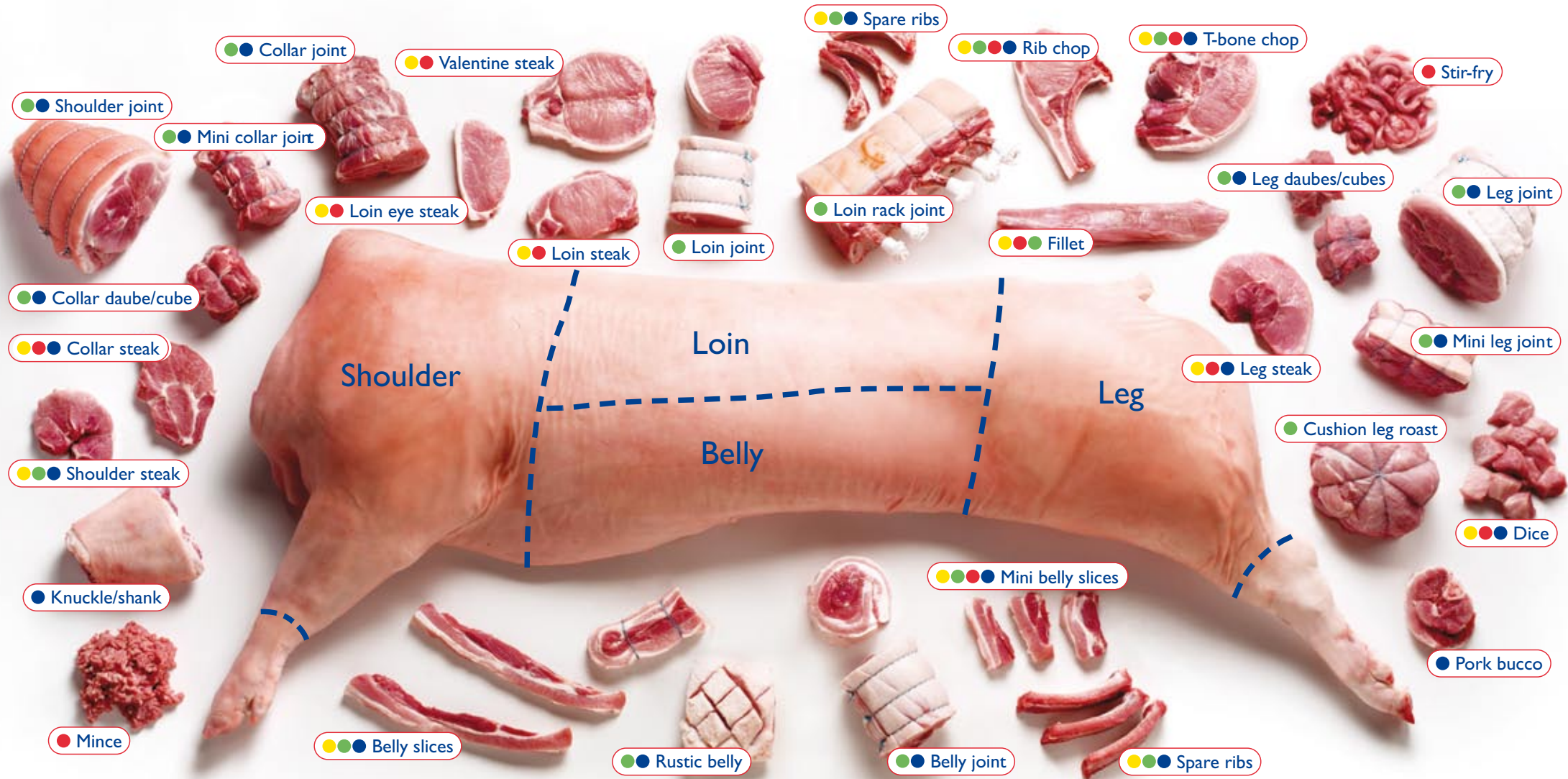
THE PORK CUTS RANGE

● Grilling & BBQ'ing

● Roasting

● Frying & Stir-frying

● Slow Cooking





For further information or more great recipe ideas go to

LOVEPORK.CO.UK



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