

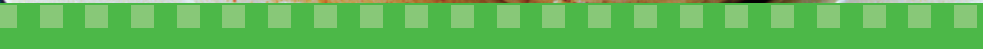
# Chef

e x p r e s s



EXPRESS **SUCCESS**  
EXPRESSNEWS.COM

# pork basics





# pork basics

Published by:  
STANDARD INTERNATIONAL PRINT GROUP  
www.stndpub.com  
eMail.sales@stndpub.com  
Tel: +1 (954) 580-6662  
©Standard International Print Group

**Publishers**  
Simon St.John Bailey

**Digital Content Manager**  
Christian G Bailey

**Editing**  
Isabel Toyos

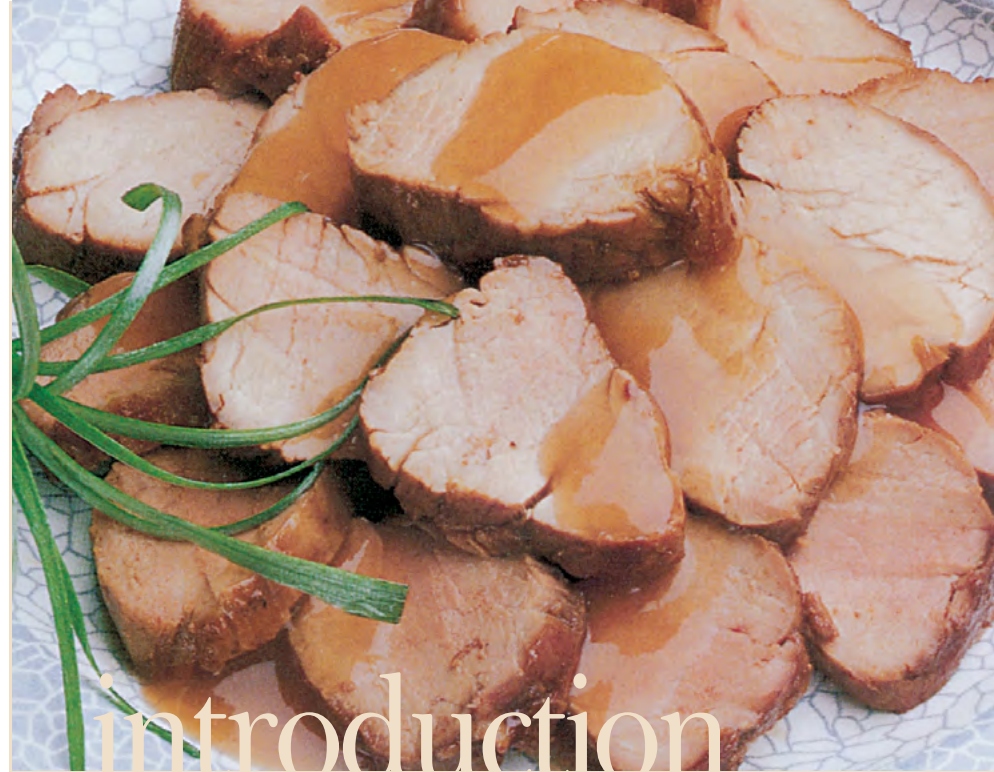
**Compilation**  
Sofia Toyos

**Design and lay out**  
Natalia Canet

**ISBN:** 9781600815089

All rights reserved. No part of this book may be stored, reproduced or transmitted in any form and by any means without written permission of the Publisher, except in the case of brief quotations embodied in critical articles and reviews.

Publication Date 2019



Pork is not only delicious, but also incredibly versatile. From chops, loin and shoulder, to ham and bacon, every cut of pork is glorious in itself. Here you will find both simple and sophisticated recipes with this tasty meat as the star of the show.



# pork basics



Follow these guidelines if you want to master the techniques required to cook perfectly tender, flavorful and juicy pork.

## Tips & Tricks

- Avoid overcooking pork chops, roasts, and tenderloins. Cook to an internal temperature between 145°F and 160°F, and allow the meat to rest at least for 5 minutes after cooking.
- Season pork chops generously with salt to bring out all of its flavors. A quick, 30-minute brine is guaranteed to make the meat juicier and more flavorful.
- Take pork out of the refrigerator about 15 minutes before cooking. Brining the meat to room temperature will prevent it from cooking unevenly.
- Inserting a thermometer into the thickest part of the pork is the most reliable way to test its doneness. Make sure that the thermometer does not pierce all the way through to touch the bottom of the pan.

- If the cut of meat is too thin to insert a thermometer, pierce it with a fork or knife and check if the juices are clear.
- Always slice meat against the grain. This will make it easier to chew through.
- Avoid frequent poking of the meat while cooking. This way you will prevent the juices from draining.

## Pork Cooking Temperatures For Popular Cuts

**Pork Loin:** 145° F – 160° F

**Tenderloin:** 145° F – 160° F

**Pork Chops:** 145° F – 160° F

**Ham:** 140°

**Ground Pork:** 160° F

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# pork medallions

## with winter fruits

■ □ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

### ingredients

- > 1 red apple, diced
- > 1 pear, diced
- > ½ cup dry white wine
- > ½ cup low-salt chicken stock
- > 60 g/2 oz dried fruit of choice (apricots, peaches, pears, prunes –go for a colorful mix)
- > 1 teaspoon ground cinnamon
- > 1 tablespoon extra virgin olive oil
- > 500 g/1 lb lean pork loin, trimmed of visible fat, cut into 5 mm/¼ in thick medallions
- > ¼ cup chopped roasted unsalted walnuts

### method

1. Place apple, pear, wine and stock in a saucepan. Bring to simmering. Cook until fruit is soft. Stir in dried fruit and cinnamon. Cook until fruit is plump. Remove pan from heat. Cool.
2. Heat oil in a nonstick frying pan over a high heat. Add pork. Cook, turning several times, until browned on all sides. Remove pork from pan. Pour into pan a little of the cooking liquid from the fruit. Cook over a medium heat, stirring constantly, to deglaze pan. Stir in fruit mixture. Cook until heated through.
3. Return pork to pan. Cook, stirring occasionally, for 4-5 minutes or until pork is cooked to your liking. Scatter with walnuts. Serve with green vegetables of your choice.

.....  
Serves 6



### tip from the chef

*Pork's fat contains only 36% of saturated fatty acids; the rest are mainly monounsaturated fatty acids, and some polyunsaturated. This plate is rich in potassium, a mineral that improves blood pressure.*



# pork

## with mango couscous



■ ■ □ | Cooking time: 2 hours - Preparation time: 40 minutes

### method

1. To make stuffing, place couscous in a bowl, pour over boiling water and toss with a fork until couscous absorbs all the liquid. Add mango, spring onions, coriander, lime rind, garam masala (a), egg white and lime juice and mix to combine.
2. Lay pork out flat and spread stuffing evenly over surface (b). Roll up firmly and secure with string (c). Place pork on a wire rack set in a roasting tin, pour in 2½ cm/1 in water and bake at 190°C/375°F/Gas 5 for 1½ hours or until pork is cooked to your liking. Place pork on a serving platter, set aside and keep warm.
3. To make sauce, skim excess fat from pan juices, stir in stock and wine and bring to the boil over a medium heat. Reduce heat and simmer for 10 minutes or until sauce reduces by half. Remove tin from heat and whisk in yogurt. Slice pork and serve with sauce.

### ingredients

- > 1½ kg/3 lb boneless pork loin, rind removed and trimmed of all visible fat

#### *mango couscous stuffing*

- > ½ cup/90 g/3 oz couscous
- > ½ cup/125 ml/4 fl oz boiling water
- > ½ mango, chopped
- > 2 spring onions, chopped
- > 3 tablespoons chopped fresh coriander
- > 2 teaspoons finely grated lime rind
- > ½ teaspoon garam masala
- > 1 egg white, lightly beaten
- > 1 tablespoon lime juice

#### *creamy wine sauce*

- > ½ cup/125 ml/4 fl oz chicken stock
- > ½ cup/125 ml/4 fl oz white wine
- > 2 tablespoons natural yogurt

.....  
Serves 8

### tip from the chef

*On completion of cooking, remove meat from oven, cover and stand in a warm place for 10-15 minutes before carving. Standing allows the juices to settle and makes carving easier.*



# pork

## with prunes and apricot

■ □ □ | Cooking time: 20 minutes – Preparation time: 15 minutes

### ingredients

- > 2 tablespoons olive oil
- > 500 g/1 lb lean pork, cubed
- > 1 onion, cut into eighths
- > ½ teaspoon dried sage
- > ½ teaspoon dried thyme
- > 1 cup apple juice
- > 10 large pitted prunes
- > 1 teaspoon cider vinegar
- > 8 dried apricots
- > 2 tablespoons slivered almonds, toasted

### method

1. Heat oil in a frying pan. Cook pork, onion, sage and thyme until meat changes color and is just tender.
2. Purée apple juice, six prunes and vinegar in a food processor or blender and pour into pan. Stir in apricots and remaining prunes.
3. Cook, covered, for 15 minutes, stirring occasionally. Serve sprinkled with almonds.

.....  
Serves 4

### tip from the chef

*With today's leaner cuts of meat, you can still enjoy a juicy roast, but remember to keep meat portions moderate. As a rule, 500 g/1 lb meat will serve 4 people for dinner, as would four small chops or four chicken breasts. This is equivalent to about 125 g/¼ pound meat or chicken per person – sufficient to supply all necessary iron, protein and B vitamins.*



# fettuccine

## with leeks



■ □ □ | Cooking time: 25 minutes - Preparation time: 15 minutes

### method

1. Cook fettuccine in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. Heat butter in a large frying pan and cook leeks for 8-10 minutes or until tender. Add ham and red pepper and cook for 2-3 minutes longer. Stir in cream, bring to the boil, then reduce heat and simmer for 4-5 minutes.
3. Add fettuccine to pan and toss to combine. Season with black pepper (to taste) and serve immediately.

### ingredients

- > 500 g/1 lb fettuccine
- > 60 g/2 oz butter
- > 2 large leeks, halved and thinly sliced
- > 185 g/6 oz ham, cut into strips
- > 1 red pepper, cut into strips
- > 1 cup/250 ml/8 fl oz thickened (double) cream
- > freshly ground black pepper

.....  
Serves 4

### tip from the chef

*Leeks, spring onions, garlic, chives, shallots, all liliaceous plants are an excellent seasoning for pasta.*



# sausages

## with onions and wine

■ □ □ | Cooking time: 35 minutes - Preparation time: 10 minutes

### ingredients

- > 8 thin sausages of your choice
- > 2 large onions, thinly sliced
- > 1 clove garlic, crushed
- > 1 cup/250 ml/8 fl oz dry white wine
- > freshly ground black pepper

### method

1. Heat a nonstick frying pan over a medium heat, add sausages and cook, turning until brown on all sides and almost cooked. Remove from pan and drain on absorbent kitchen paper.
2. Add onions, garlic and 2 tablespoons wine to pan and cook, stirring and adding wine as necessary for 15-20 minutes or until onions are very soft and golden.
3. Return sausages to pan, stir in remaining wine and cook for 5-10 minutes longer or until sausages are cooked. Season with black pepper.

.....  
Serves 4

### tip from the chef

*You can make this dish using any type of sausage. If chicken or turkey sausages are available, use these as they are lower in fat than traditional meat-based sausages. For a complete meal serve with fennel and pea purée and mashed potatoes or crusty bread.*





# roast pork with fennel

■■■ | Cooking time: 1 hour 10 minutes - Preparation time: 20 minutes

## method

1. Unroll loin and make a cut in the middle of the fleshy part of the meat and lay out. Score rind at 2 cm<sup>3</sup>/<sub>4</sub> in intervals. Place pork, rind side down, and top with a layer of fennel slices, leaving a 2 cm<sup>3</sup>/<sub>4</sub> in border. Sprinkle with half the fennel seeds and sage. Season with black pepper. Roll loin and tie with string. Place in a glass or ceramic dish, pour over wine, cover and marinate in the refrigerator overnight.
2. Remove pork from wine mixture and place on a wire rack set in a flameproof baking dish. Reserve wine mixture. Sprinkle pork with remaining fennel seeds and sage and bake at 180°C/350°F/Gas 4 for 1 hour or until tender. Remove and set aside.
3. Pour reserved wine mixture into baking dish and bring to the boil over a high heat, stirring and scraping base of dish, for 2-3 minutes or until mixture reduces slightly. Slice pork, spoon over sauce and sprinkle with fennel leaves.

.....  
Serves 8

## ingredients

- > 1.5 kg/3 lb boneless pork loin
- > 1 fennel bulb, thinly sliced
- > 1 teaspoon fennel seeds
- > 2 teaspoons fresh sage or 1 teaspoon dried sage
- > freshly ground black pepper
- > 1 cup/250 ml/8 fl oz dry white wine
- > 2 tablespoons chopped fresh fennel leaves

## tip from the chef

*The simplest pizza of all, this one is best made with fresh young garlic. Any fresh herbs can be used in place of the oregano – marjoram, thyme and basil are all delicious alternatives.*



# honey-glazed spareribs

■ □ □ | Cooking time: 30 minutes - Preparation time: 40 minutes

## ingredients

- > 2 kg/4 lb pork spareribs, trimmed of excess fat
- > 2 onions, chopped
- > 2 tablespoons fresh parsley, chopped
- > 1 cup/250 ml/8 fl oz chicken stock
- > 2 tablespoons lemon juice
- > 125 g/4 oz butter, melted

### *honey-soy marinade*

- > 4 small fresh red chillies, chopped
- > 4 cloves garlic, chopped
- > 2 spring onions, chopped
- > 1 tablespoon fresh ginger, finely grated
- > 1½ cups/375 ml/12 fl oz rice-wine vinegar
- > ½ cup/125 ml/4 fl oz reduced-salt soy sauce
- > ½ cup/170 g/5 ½ oz honey

## method

1. To make marinade, combine chillies, garlic, spring onions, ginger, vinegar, soy sauce and honey in a non-reactive dish. Add ribs, toss to coat, cover and marinate in the refrigerator for at least 4 hours.
2. Drain ribs and reserve marinade. Cook ribs, basting occasionally with reserved marinade, on a preheated hot barbecue grill for 8-10 minutes or until ribs are tender and golden. Place on a serving platter, cover and keep warm.
3. Place remaining marinade in a saucepan, add onions, parsley, stock and lemon juice and bring to the boil. Reduce heat and simmer for 15 minutes or until sauce reduces by half. Pour mixture into a food processor or blender and process to make a purée. With motor running, pour in hot melted butter and process to combine. Serve sauce with spareribs.

.....  
Serves 8

## tip from the chef

*Pork chops in their marinade should be served steaming hot.*





# barbecued pork spareribs

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

## method

1. Place garlic, ginger, sugar, cumin and soy sauce in a glass or ceramic bowl and mix to combine. Add spare ribs, turn to coat and marinate for 1 hour.
2. Drain ribs and reserve marinade. Cook ribs over a preheated hot barbecue or under a hot grill, basting frequently with marinade, for 15 minutes or until pork is cooked through and skin crackles.

## ingredients

- > 4 cloves garlic, chopped
- > 2 tablespoons finely grated fresh ginger
- > 2 tablespoons sugar
- > 2 teaspoons ground cumin
- > ½ cup dark soy sauce
- > 1 kg/2 lb pork spare ribs

.....  
Serves 6

## tip from the chef

*For an informal meal, serve these tasty spare ribs with a salad of Asian greens and herbs and bowls of steamed jasmine rice.*



# pasta with tomatoes and olives

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

## ingredients

- > 100 g/3½ oz pasta of your choice
- > 1 tablespoon vegetable oil
- > 1 clove garlic, crushed
- > 2 slices spicy salami, chopped
- > 1 tomato, chopped
- > 30 g/1 oz pitted black olives
- > 1 tablespoon chopped fresh basil

## method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. Heat oil in a frying pan, add garlic and salami and cook, stirring, for 3 minutes. Stir in tomato, olives and basil and cook for 3 minutes longer.
3. Place pasta in a serving bowl, spoon over sauce and toss to combine.

.....  
Serves 8



## tip from the chef

*A good pair of kitchen scissors is a must for the busy cook. They can be used to snip fresh herbs straight into dishes and are also good for cutting other foods such as bacon, ham and salami.*



# pork

## with mustard cream



■ ■ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

### method

1. Melt butter in a frying pan and cook onion for 3-4 minutes or until soft, remove from pan and set aside. Add pork (a) and cook for 5 minutes or until tender.
2. Return onion to pan, then stir in flour and cook for 1 minute longer. Gradually stir in wine (b), mixing until well blended.
3. Add mustard and cook over a medium heat, stirring constantly, until sauce boils and thickens.
4. Stir in cream (c) and black pepper to taste and cook gently for 4-5 minutes or until heated through.

### ingredients

- > 15 g/½ oz butter
- > ½ onion, sliced
- > 150 g/5 oz pork fillet, cut into thin strips
- > 1 teaspoon flour
- > 90 ml/3 fl oz dry white wine
- > 1 teaspoon Dijon mustard
- > 30 ml/1 fl oz double cream
- > freshly ground black pepper

.....  
Serves 1

### tip from the chef

Buttered noodles and steamed fresh (or drained canned) asparagus are perfect to complete this meal.



# chinese pork with spring onions

■ ■ □ | Cooking time: 10 minutes - Preparation time: 25 minutes

## ingredients

- > 500 g/1 lb pork fillet
- > 3 tablespoons vegetable oil
- > 4 spring onions, thinly sliced
- > 1 red chili, seeded and diced
- > 1 tablespoon soy sauce
- > 1 teaspoon sherry

## marinade

- > 1 tablespoon cornflour
- > 2 cloves garlic, crushed
- > 1 tablespoon soy sauce
- > 2 teaspoons sugar

## method

1. Using a sharp knife, cut pork across the grain into 5 mm/¼ in thick slices. Place pork between sheets of greaseproof paper and pound lightly to tenderize and flatten.
2. To make marinade, place cornflour, garlic, soy sauce and sugar in a bowl and mix to combine. Add pork, toss to coat and marinate at room temperature for 20 minutes.
3. Heat oil in a wok or frying pan over a high heat, add pork and stir-fry for 5 minutes or until pork is tender.
4. Add spring onions, chili, soy sauce and sherry and stir-fry for 1-2 minutes. Serve immediately.

.....  
Serves 4



## tip from the chef

*For a complete meal accompany with steamed vegetables of your choice and boiled rice or Oriental noodles.*



# saucy vegetables



■ ■ □ | Cooking time: 2 hours - Preparation time: 40 minutes

## method

1. To make white sauce, melt butter in a saucepan, stir in flour (a). Cook over medium heat for 1 minute. Remove pan from heat and whisk in milk a little at a time (b) until well blended. Return to heat and cook, stirring constantly, until sauce boils and thickens. Remove from heat and season to taste with salt, pepper and nutmeg (c).
2. To make vinaigrette, place mustard in a bowl and whisk in the vinegar. Season to taste with pepper. Add oil a little at a time, whisking well until mixture thickens.

.....  
**Makes 1 cup/250 ml/8 fl oz each sauce**

## white sauce variations

- Cheese sauce: Stir  $\frac{1}{2}$  cup/60 g grated tasty cheese into ready sauce. Avoid reheating.
- Curry sauce: Blend 2 teaspoons curry powder into flour mixture.

## tip from the chef

*White sauce and its variations can be served with many different steamed, boiled or microwaved vegetables. Vinaigrette is the classic dressing for either raw or cooked vegetable salads.*

## ingredients

### white sauce

- > 30 g/1 oz butter
- > 2 tablespoons plain flour
- > 1 cup/250 ml/8 fl oz milk
- > salt, pepper and nutmeg

### vinaigrette

- > 1 tablespoon French mustard
- > 3 tablespoons white wine vinegar
- > freshly ground black pepper
- >  $\frac{3}{4}$  cup/190 ml olive oil



# pork rolls

## in tomato orange sauce

■ ■ □ | Cooking time: 35 minutes - Preparation time: 10 minutes

### ingredients

- > 8 cabbage leaves
- > 250 g/8 oz lean pork mince
- > 45 g/1½ oz chopped peanuts
- > 4 spring onions, chopped
- > 2 cloves garlic, crushed
- > 1 egg, lightly beaten
- > 45 g/1½ oz light cheese, grated
- > 2 red chillies, chopped
- > 1 teaspoon dried marjoram
- > 1 cup tomato purée
- > ½ cup orange juice

### method

1. Trim thick stalks from cabbage leaves, cook, covered, in a little water until wilted, drain.
2. Combine mince, peanuts, spring onions, garlic, egg, cheese, chillies and marjoram. Divide between cabbage leaves, roll up, tucking in edges. Place in single layer in shallow ovenproof dish.
3. Pour over combined tomato purée and orange juice, cover, bake in moderate oven 30 minutes or until pork is cooked.

.....  
Serevs 4



### tip from the chef

*For chillies not to be excessively hot, it is convenient to take the seeds out.*



# cauliflower

## parmesan



☐☐ | Cooking time: 15 minutes - Preparation time: 10 minutes

### method

1. Boil or steam cauliflower until just tender. Drain well (a) and place in a lightly oiled shallow baking dish.
2. Heat oil in a saucepan over a medium heat, add breadcrumbs and garlic (if used) and cook, stirring, for 4-5 minutes or until golden. Remove pan from heat, add Parmesan cheese (b) and black pepper to taste and mix to combine. Remove garlic.
3. Sprinkle breadcrumb mixture over cauliflower (c) and cook under a preheated hot grill for 3-5 minutes or until top is golden. Sprinkle with parsley and serve.

### ingredients

- > 1 small cauliflower, broken into florets
- > 2 tablespoons extra virgin olive oil
- >  $\frac{3}{4}$  cup dried breadcrumbs (whole wheat bread or oat bread)
- > 60 g/2 oz Parmesan cheese, grated
- > freshly ground black pepper
- > 2 tablespoons chopped parsley
- > 1 whole clove garlic (optional)

.....  
Serves 6

### tip from the chef

*Cauliflower, broccoli and all kinds of cabbages are highly beneficial for the intestinal health. It is recommendable to consume one of these vegetables at least once a week. For something different, make this easy dish using broccoli in place of the cauliflower, or use a combination of both of them.*



# spiced

## pork fillet

■ □ □ | Cooking time: 40 minutes - Preparation time: 5 minutes

### ingredients

- > 500 g/1 lb pork fillets
- > ½ cup/125 ml/4 fl oz chicken stock
- > 2 teaspoons cornflour

### ginger marinade

- > 2 tablespoons hoisin sauce
- > 1 tablespoon soy sauce
- > 2 teaspoons vinegar
- > 2 tablespoons dry sherry
- > 1 teaspoon grated fresh ginger
- > 2 tablespoons honey

### method

1. Place pork fillets in a shallow glass or ceramic dish. To make marinade, place hoisin sauce, soy sauce, vinegar, sherry, ginger and honey in a small bowl, mix to combine. Pour marinade over pork, cover and set aside to marinate for 1 hour.
2. Drain pork and reserve marinade. Place pork in a baking dish and bake at 180°C/350°F/ Gas 4 for 30 minutes, turning several times.
3. Place reserved marinade, stock and cornflour in a saucepan and cook, stirring, until sauce boils and thickens. To serve, slice pork and spoon sauce over slices.

.....  
Serves 4

### tip from the chef

*Hoisin sauce, sometimes called Chinese barbecue sauce, is a thick, brownish red sauce made from soy beans, vinegar, sugar, spices and other flavorings. It is used both in cooking and as a condiment.*



# prosciutto melon



■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

## method

1. Cut melon in half lengthwise and scoop out seeds. Cut each half into 8 wedges, remove skin and cut in half, crosswise.
2. Cut each slice of prosciutto or ham lengthwise into 3 strips and wrap one strip around each piece of melon. Arrange on a serving plate, cover and chill.

## ingredients

- > 1 cantaloupe melon
- > 250 g/8 oz very thinly sliced prosciutto or lean ham

.....  
**Makes 32**

## tip from the chef

*This is an overly classic match. For an original variation, replace melon for mango, papaya or avocado.*



# tomato

## steak casserole

■ ■ □ | Cooking time: 95 minutes – Preparation time: 15 minutes

### ingredients

- > 200 g/6½ oz pork rind
- > 2 tablespoons olive oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 500 g/1 lb baby potatoes, halved
- > 1 kg/2 lb chuck steak, fat removed, cut into large chunks
- > 2 cups red wine
- > 1½ cups canned tomatoes
- > 2 tablespoons tomato paste
- > 3 cups chicken stock
- > 1 cup sliced celery
- > 1 tablespoon chopped parsley

### method

1. Bring water to the boil in a large saucepan, add pork rind and cook for 2 minutes; drain and cut into thin strips; set aside.
2. Heat oil in a large flameproof casserole dish over moderate heat. Add onion, garlic and potatoes, cook for 7 minutes, stirring constantly.
3. Add steak pieces and pork rind, brown on all sides. Add wine, tomatoes, tomato paste and stock. Bring to the boil, reduce heat, cover and simmer for 1¼ hours, stirring occasionally.
4. Draw off as much fat as possible, stir in celery and parsley and serve.

.....  
**Serves 8**

### tip from the chef

*Decorate with a bunch of fresh parsley and serve in the same casserole dish.*





# roasted pork loin

■■■ | Cooking time: 90 minutes - Preparation time: 25 minutes

## method

1. To make seasoning, melt butter in a frying pan. Cook spinach and pine nuts for 2-3 minutes or until spinach wilts. Remove from heat and stir in breadcrumbs, nutmeg and pepper to taste.
2. Unroll loin and make a cut in the middle of the fleshy part. Score the rind with a sharp knife, cutting down into the fat under the rind. Spread seasoning over cut flap. Roll up loin firmly and secure with string.
3. Place loin in a baking dish. Rub all over rind with salt and bake at 250°C/475°F/ Gas 9 for 20 minutes. Reduce temperature to 180°C/350°F/Gas 4 and bake for 1 hour longer or until juices run clear when tested with a skewer in the meatiest part.
4. To make sauce, place apple, pear, dates, apple juice, honey, lemon rind and cloves in a small saucepan. Cover and bring to the boil. Reduce heat and simmer for 5 minutes, or until apple is tender.

.....  
Serves 8

## ingredients

- > 1.5 kg/3 lb boneless pork loin
- > 1 tablespoon coarse cooking salt

## seasoning

- > 30 g/1 oz butter
- > 4 spinach leaves, shredded
- > 3 tablespoons pine nuts
- > ½ cup/30 g/1 oz soft breadcrumbs
- > ¼ teaspoon ground nutmeg
- > freshly ground black pepper

## chunky apple and pear sauce

- > 1 small green apple, peeled, cored and sliced
- > 1 small pear, peeled, cored and sliced
- > 1 tablespoon chopped dried dates
- > 4 tablespoons apple juice
- > 2 teaspoons honey
- > 1 teaspoon grated lemon rind
- > pinch ground cloves

## tip from the chef

*When you buy pork it should be pale-fleshed with a sweet smell, not slimy or bloody. With improved technology and butchering you can now buy smaller, leaner cuts of pork, that are ideal for today's lifestyle.*



# honey pumpkin

■ □ □ | Cooking time: 45 minutes - Preparation time: 10 minutes

## ingredients

- > 3 x 400 g/13 oz golden nugget pumpkins
- > 30 g/1 oz butter
- > 60 ml/ 2 fl oz oil
- > 2 cloves garlic, crushed
- > 2 teaspoons grated fresh ginger
- > 1 tablespoon honey

## method

1. Cut pumpkins in half, scoop out seeds.
2. Melt butter in a saucepan, add oil, garlic, ginger and honey. Spoon mixture into pumpkin shells.
3. Place into a greased baking dish, cover. Bake in moderate oven for 45 minutes or until pumpkin is tender.

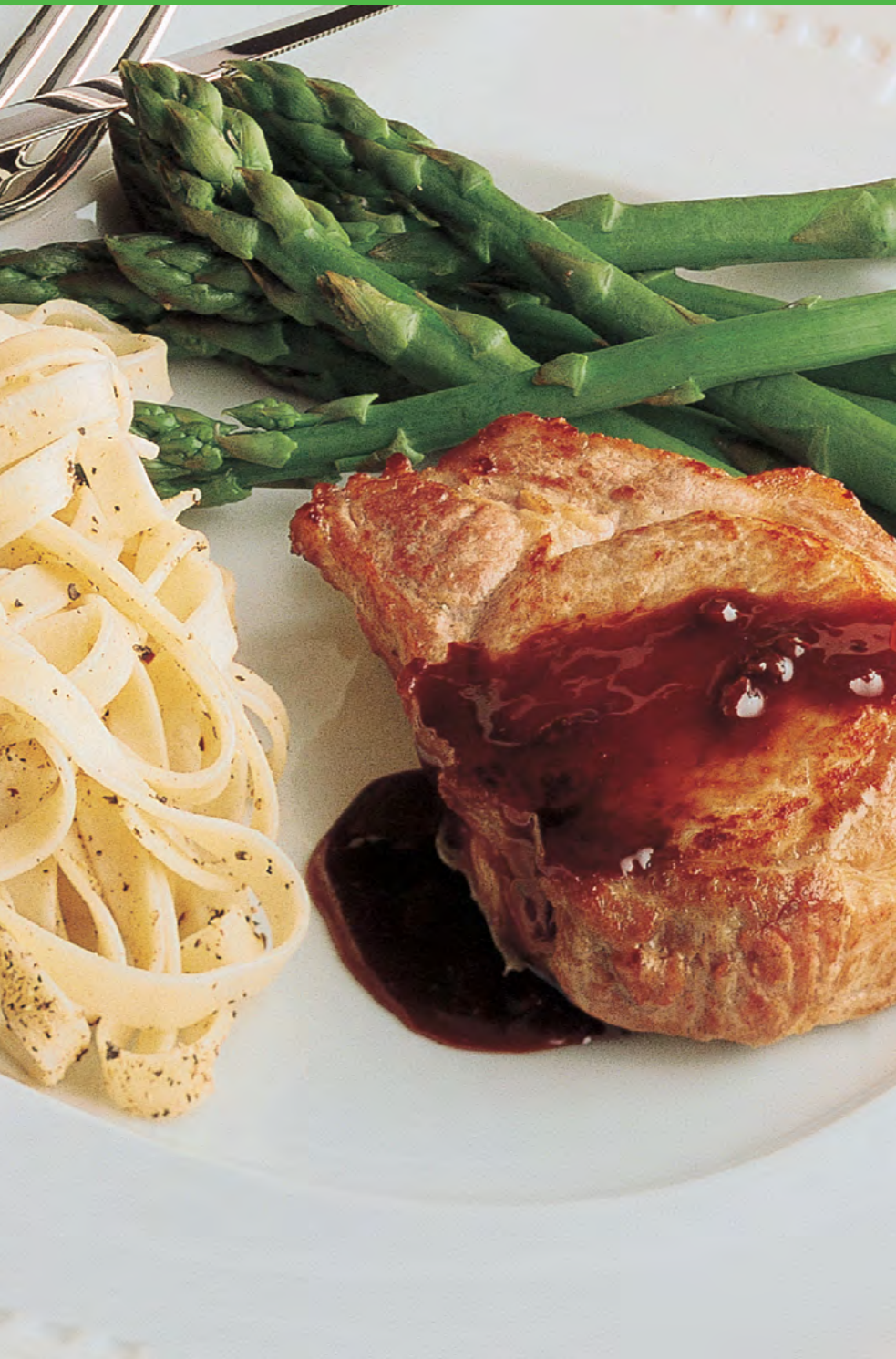
.....  
 Serves 6



## tip from the chef

*If complemented with a green salad, this is an excellent choice for a light lunch.*





# steaks

## in wine marinade

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

### method

1. To make marinade, place garlic, red wine, sugar and black pepper to taste in a shallow glass or ceramic dish. Add steaks, turn to coat and marinate for 5 minutes. Turn over and marinate for 5 minutes longer. Drain steaks and reserve marinade.
2. Heat oil in a frying pan over a high heat, add steaks and cook for 1-2 minutes each side or until cooked to your liking. Remove steaks from pan, set aside and keep warm. Add reserved marinade to pan and boil until reduced by half. Spoon sauce over steaks and serve immediately.

### ingredients

- > 4 lean veal or pork steaks
- > 1 tablespoon vegetable oil

#### *red wine marinade*

- > 2 cloves garlic, crushed
- > ¼ cup/185 ml/6 fl oz red wine
- > 3 tablespoons brown sugar
- > freshly ground black pepper

.....  
Serves 4

### tip from the chef

*Serve with peppered fettuccine and vegetables. For fettuccine, toss hot fettuccine with 1 tablespoon olive oil and 1 tablespoon coarsely crushed black peppercorns.*



# corn and zucchini casserole

■ ■ □ | Cooking time: 30 minutes – Preparation time: 20 minutes

## ingredients

- > 2½ cups cooked corn kernels, drained
- > 4 zucchini, cut into slices
- > 3 ripe tomatoes, chopped
- > ½ cup tomato purée
- > 1 large onion, peeled and chopped
- > 1 red pepper, seeded and chopped
- > 4 cups vegetable stock

## method

1. In a large deep frying pan add corn, zucchini, tomatoes, tomato purée, onion and pepper, cook for 5 minutes over medium heat.
2. Add the stock and bring to the boil, reduce heat, simmer for 25 minutes. Serve hot.

.....  
Serves 6



## tip from the chef

*The combination of zucchini and corn is excellent. For variation, briefly boil zucchini and hollow out. Blend pulp with aromatic herbs, add corn kernels, combine with a beaten egg and fill hollowed zucchini. Sprinkle with grated cheese and bake.*





# spicy apricot pork fillets

■ □ □ | Cooking time: 30 minutes - Preparation time: 5 minutes

## method

1. Place pork fillets in a shallow ovenproof dish.
2. Blend cornflour with soy sauce, garlic, ginger, apricot nectar and chili sauce. Pour over fillets.
3. Bake uncovered in moderate oven 30 minutes.
4. Serve with steamed vegetables and brown rice.

## ingredients

- > 500 g/1 lb pork fillets
- > 2 teaspoons cornflour
- > 2 teaspoons soy sauce
- > 1 clove garlic, crushed
- > 2 teaspoons grated fresh ginger
- > 425 g/13½ oz apricot nectar
- > ½ teaspoon chili sauce (optional)

.....  
Serves 4

## tip from the chef

*It is an very quick and easy recipe, ideal to serve as a main meal.*



# guanajuato-style bean salad

■ □ □ | Cooking time: 15 minutes – Preparation time: 15 minutes

## ingredients

- > 155 g/5 oz cooked or canned chickpeas, drained and rinsed
- > 155 g/5 oz cooked or canned black beans, drained and rinsed
- > 155 g/5 oz cooked or canned pinto beans, drained and rinsed
- > 250 g/8 oz green beans
- > 3 tomatoes, diced
- > 3 mild fresh red chilies, cut into strips
- > ½ onion, very thinly sliced

## coriander and lime dressing

- > 2 tablespoons chopped fresh coriander
- > ¼ cup/60 ml/2 fl oz lime juice
- > 2 tablespoons olive oil
- > freshly ground black pepper

## method

1. Place chickpeas and black and pinto beans in a bowl and toss to combine.
2. Boil, steam or microwave green beans until just tender, drain and refresh under cold running water. Add cooked fresh beans, tomatoes, chilies and onion to bowl and toss to combine.
3. To make dressing, place coriander, lime juice, oil and black pepper to taste in a bowl and whisk to combine. Drizzle dressing over salad and stand for 30 minutes before serving.

.....  
Serves 6

## tip from the chef

*The people of Guanajuato say the more varieties of beans you use in this dish the better your luck will be. Serve with warm flour tortillas for a satisfying light meal.*



# spicy fruit pork steaks



■ □ □ | Cooking time: 20 minutes – Preparation time: 10 minutes

## method

1. To make marinade, whisk garlic, chili powder, apple juice, oil and vinegar in a bowl. Place steaks in a shallow ceramic or glass dish. Pour marinade over steaks, cover and marinate in the refrigerator for 2-3 hours or overnight. Drain steaks and reserve marinade.
2. Heat oil in a frying pan over a high heat. Cook steaks for 5 minutes each side. Add reserved marinade, apples, apricots, sugar and thyme and bring to the boil. Reduce heat and simmer for 5 minutes or until sauce thickens slightly and pork is tender.

## ingredients

- > 1 tablespoon vegetable oil
- > 4 pork butterfly steaks
- > 2 apples, cored, peeled and cut into thick slices
- > 60 g/2 oz dried apricots
- > 1 tablespoon brown sugar
- > 1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme

### spicy marinade

- > 1 clove garlic, crushed
- > ½ teaspoon chili powder
- > ¼ cup/60 ml/2 fl oz

### apple juice

- > 1 tablespoon vegetable oil
- > 1 tablespoon malt vinegar

.....  
Serves 4

## tip from the chef

Pork should be cooked just long enough to retain its moisture and texture. If you overcook it the texture and flavor will deteriorate.



# vermicelli with broccoli and almonds

■ ■ □ | Cooking time: 15 minutes - Preparation time: 5 minutes

## ingredients

- > 2 cups broccoli flowerets
- > 4 tablespoons butter
- > 2 tablespoons chopped spring onions
- > 2 cloves garlic, crushed
- > 1 teaspoon sambal oelek (chili paste)
- > ½ teaspoon cracked black pepper
- > ½ cup chopped blanched almonds
- > 3 tablespoons white wine
- > 3 tablespoons olive oil
- > 500 g/1 lb vermicelli

## method

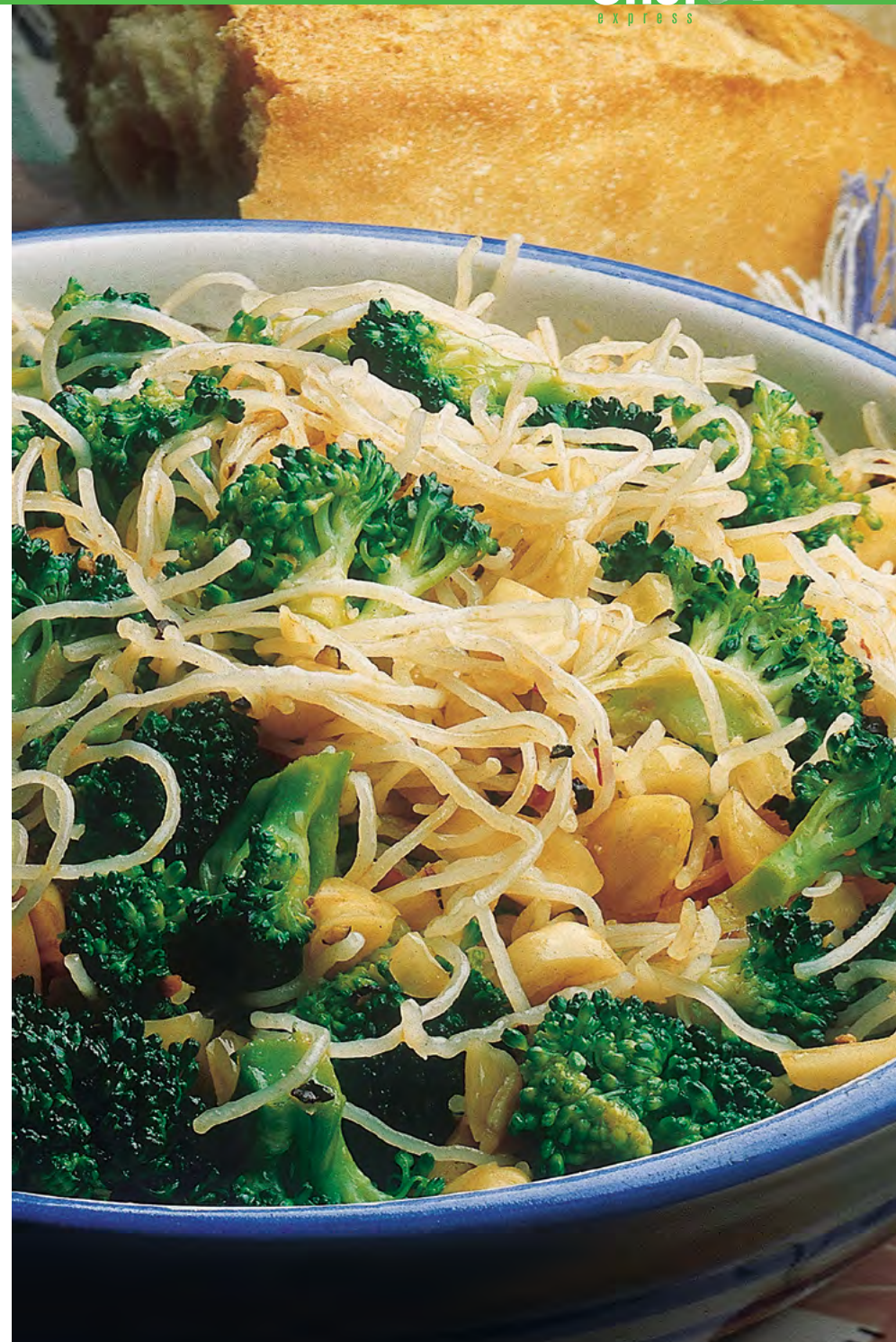
1. Blanch broccoli in a saucepan of boiling water for 2 minutes. Drain, refresh under cold water, drain again and set aside.
2. Melt butter in a large frying pan over moderate heat, add spring onions, garlic, sambal oelek, pepper and almonds, cook for 2 minutes. Add wine and oil, cook for a further 3 minutes, then add blanched broccoli and heat through.
3. Cook vermicelli in a large saucepan of boiling water until al dente, drain and toss with broccoli mixture.

.....  
Serves 6



## tip from the chef

*Sambal oelek is made of chilies, with no other additives such as garlic or spices for a much simpler taste.*





# mustard

## brussels sprouts

■ □ □ | Cooking time: 10 minutes – Preparation time: 5 minutes

### method

1. Bring a large saucepan of water to the boil, add Brussels sprouts and cook until just tender, about 10 minutes, drain.
2. Melt butter in a medium saucepan over moderate heat, add flour and mix well. Remove from heat, stir in milk and stock, return to heat and stir until sauce thickens. Stir in mustard and mayonnaise.
3. Pour sauce over Brussels sprouts, serve hot.

### ingredients

- > 4 small pitta bread rounds
- > ½ cup/125 g/4 oz ready-made pesto
- > 12 slices spicy salami
- > 12 cherry tomatoes, halved
- > 60 g/2 oz Parmesan cheese, grated

.....  
Serves 4

### tip from the chef

*This recipe results exquisite as a side dish for oven cooked meat.*



# pork

## braised in milk

■ □ □ | Cooking time: 2¼ hours - Preparation time: 10 minutes

### ingredients

- > 30 g/1 oz butter
- > 1 tablespoon vegetable oil
- > 1 kg/2 lb boneless loin pork, rolled and tied
- > 500 ml/16 fl oz milk
- > freshly ground black pepper
- > 3 tablespoons warm water

### method

1. Heat butter and oil in a large saucepan. When butter is foaming, add pork and brown on all sides.
2. Add milk, pepper to taste and bring to the boil. Reduce heat to low, cover and cook for 1½ 2 hours or until pork is cooked. Brush pork occasionally with milk during cooking.
3. At end of cooking time, milk should have coagulated and browned in bottom of pan. If this has not occurred remove lid and bring liquid to the boil, and boil until brown.
4. Remove meat from pan and set aside to cool slightly. Remove string from pork, cut into slices and arrange on a serving platter. Set aside to keep warm.
5. Remove any fat from pan, stir in water and bring to the boil, scraping residue from base of the pan. Strain and spoon pan juices over pork to serve.

.....  
Serves 4



### tip from the chef

*This dish originates from Bologna and is often preceded by dishes with a Bolognese sauce. Pork cooked this way also goes well with artichokes.*



# chinese spareribs

■ □ □ | Cooking time: 60 minutes - Preparation time: 5 minutes

## method

1. Cut each sparerib into 3 pieces and place in a bowl. Combine sherry, honey, plum sauce, tomato sauce, chillies, garlic, ginger and five spice powder and pour over ribs. Mix well to coat ribs.
2. Place ribs and sauce mixture in a large frying pan, cover and cook over a low heat, stirring occasionally, for 1 hour or until pork is tender and glazed.

.....  
Serves 4

## ingredients

- > 8 pork spareribs, trimmed of rind and excess fat
- > ¼ cup/60 ml/2 fl oz dry sherry
- > 2 tablespoons honey
- > 2 tablespoons plum sauce
- > ¼ cup/60 ml/2 fl oz tomato sauce
- > 2 fresh red chillies, seeded and chopped
- > 2 cloves garlic, crushed
- > 1 tablespoon grated fresh ginger
- > ½ teaspoon five spice powder

## junior chef says

Plum sauce is available from Asian food shops and most supermarkets. Made from dried plums, apricots, vinegar, sugar and spices, it is a thick, sweet chutney-like sauce that is used as a condiment.



# fruit-filled pork

■■■ | Cooking time: 1 hour 50 minutes - Preparation time: 20 minutes

## ingredients

- > 1 rack of pork, containing 8 cutlets
- > 500 g/1 lb blueberries or blackcurrants
- > freshly ground black pepper
- > 1 tablespoon olive oil
- > 1 cup/250 ml/8 fl oz dry white wine

## method

1. Using a sharp knife, separate bones from meat, leaving both ends intact, to make a pocket. Trim excess fat from outside of rack.
2. Place blueberries or blackcurrants in a bowl and season to taste with black pepper. Place half the fruit mixture in pocket of meat and place in a flameproof baking dish. Brush pork with oil and bake at 220°C/425°F/Gas 7 for 20 minutes. Reduce oven temperature to 200°C/400°F/Gas 6 and bake for 1 hour longer or until cooked. Remove meat from pan, place on a warm serving platter, cover with foil and set aside to stand for 15-20 minutes.
3. Add wine and remaining fruit to baking dish and bring to the boil over a medium heat. Reduce heat and simmer, stirring constantly and scraping base of dish, for 10 minutes or until sauce is reduced by half. Serve sauce with pork.

.....  
**Serves 8**

## tip from the chef

*A tasty and easy dish that can use a variety of fruit. Try cherries, redcurrants or plums instead of the blueberries or blackcurrants.*





# tarragon

## pork with vegetables

■ ■ □ | Cooking time: 60 minutes - Preparation time: 20 minutes

### method

1. Heat butter in large saucepan. Add pork and cook over high heat until browned on all sides. Add onions and leek to pan with meat and cook over low heat for 5 minutes or until onion softens.
2. Add stock, lemon juice, pepper and bay leaves, bring to the boil. Reduce heat and simmer, covered, for 30 minutes, turning meat occasionally. Add turnip, potatoes, carrots and celery and simmer, covered, for 15 minutes longer or until vegetables are firm but tender and meat is cooked through.
3. Remove meat and vegetables from pan. Set aside and keep warm. Bring pan juices to the boil and boil, uncovered, for 2 minutes. Stir in redcurrant jelly and tarragon and simmer for 5 minutes. To serve, slice pork, accompany with vegetables and spoon over sauce.

### ingredients

- > 2 tablespoons butter
- > 1 kg/2 lb boned and rolled shoulder of pork
- > 2 onions, chopped
- > 1 leek, chopped
- > 750 ml/1¼ pt chicken stock
- > 3 tablespoons lemon juice
- > 1 teaspoon cracked black pepper
- > 2 dried bay leaves
- > 1 turnip, chopped
- > 12 baby potatoes, washed and drained
- > 2 carrots, chopped
- > 2 sticks celery, chopped
- > 3 tablespoons redcurrant jelly
- > 2 tablespoons chopped fresh tarragon

.....  
Serves 6

### junior chef says

*A succulent pot roast of pork with vegetables delicately flavored with fresh tarragon.*



# index

Pork Medallions with Winter Fruits .....	6
Pork with Mango Couscous .....	8
Pork with Prunes and Apricot .....	10
Fettuccine with Leeks .....	12
Sausages with Onions and Wine .....	14
Roast Pork with Fennel .....	16
Honey-Glazed Spareribs .....	18
Barbecued Pork Spareribs .....	20
Pasta with Tomatoes & Olives .....	22
Pork with Mustard Cream .....	24
Chinese Pork with Spring Onions .....	26
Saucy Vegetables .....	28
Pork Rolls in Tomato Orange Sauce .....	30
Cauliflower Parmesan a.....	32
Spiced Pork Fillet .....	34
Prosciutto Melon .....	36
Tomato Steak Casserole .....	38
Roasted Pork Loin .....	40
Honey Pumpkin .....	42
Steaks in Wine Marinade .....	44
Corn and Zucchini Casserole .....	46
Spicy Apricot Pork Fillets .....	48
Quanajuato-Style Bean Salad .....	50
Spicy Fruit Pork Steaks .....	52
Vermicelli with Broccoli and Almonds .....	54
Mustard Brussels Sprouts .....	56
Pork Braised in Milk .....	58
Chinese Spareribs .....	60
Fruit-Filled Pork .....	62
Tarragon Pork with Vegetables .....	64



# pork basics