

## Bacon, Bean and Herb Salad

Serves 4 • Cooking time 5 minutes

### Ingredients

6 rashers unsmoked British dry cured back bacon cut into strips  
8oz (225g) green beans (cooked)  
14oz (400g) can mixed beans, drained  
2oz (50g) canned lentils (drained weight)  
4tbsp (15ml) each of fresh herbs, eg parsley, mint and chives, chopped  
5oz (150g) Mozzarella cheese, roughly torn

### Dressing

3tbsp (45ml) olive oil  
1tbsp (15ml) lemon juice  
4 sundried tomatoes, finely chopped

Place bacon rashers under a hot pre-heated grill and cook for 2–3 minutes each side until crispy • When cooled slightly cut rashers into 3 • Lightly cook green beans in boiling water until just tender, leave to cool slightly • Place in a large bowl the bacon pieces, green beans, drained mixed beans, lentils, fresh herbs and cheese, toss well together • Place ingredients for dressing in a jar with a lid and shake well to mix together • Drizzle dressing over salad and serve.

## Pork Mince Ranchero Pie

Serves 3–4 • Cooking time 25 minutes • Temperature 190°C, 370°F, Gas mark 5

### Ingredients

1lb (450g) pork mince  
1 onion, chopped  
15oz approx (440g) can baked beans  
4tbsp (60ml) tomato ketchup  
4tbsp (60ml) mild chilli sauce  
8oz (225g) can sweetcorn

### Topping

1½lb (675g) potatoes, peeled and chopped  
2tbsp (30ml) skimmed milk  
1oz (25g) margarine  
1oz (25g) low fat cheese, grated  
1tbsp (15ml) chopped parsley

Dry fry the mince and onion until brown in colour, for about 4–5 minutes • Add the beans, sweetcorn, ketchup and chilli sauce • Bring to the boil and simmer for 3–5 minutes • Boil the potatoes until softened, drain and mash, adding the remaining ingredients • Put the mince into an ovenproof dish, top with the potato and bake in the oven for 20 minutes.

### Serving suggestion

Serve with crusty bread and seasonal vegetables.



[www.ladiesinpigs.co.uk](http://www.ladiesinpigs.co.uk)

For more mouth-watering recipe ideas contact:

Ladies in Pigs, Pippin House, Blossom Lane,  
North Cave, Brough, East Yorkshire HU15 2LU

Telephone: 01430 423775

Tasty meat, tasty price  
**BRITISH PORK** 

Tasty meat, tasty price  
**BRITISH PORK** 

*Recipes for the 2011 show season*

## Sweet and Sour Pork Mince Balls

Serves 4 • Cooking time 30 minutes

### Ingredients for mince balls

1lb (450g) lean British mince pork  
2tbsp (30ml) tomato ketchup  
Black pepper

### Sweet and sour sauce

1 onion, chopped  
1 red pepper, deseeded and chopped  
5oz (150g) baby sweetcorn, cut in half  
15oz approx (432g) can pineapple pieces in natural juice  
2tbsp (30ml) mango chutney  
2tbsp (30ml) tomato ketchup  
1tbsp (15ml) Worcestershire sauce  
2tbsp (30ml) tomato purée  
4oz (100g) frozen peas

Mix the lean minced pork with tomato ketchup and season with black pepper • Shape into 12 meatballs • Dry fry in a large lidded non-stick pan for 4–5 minutes until browned • For the sauce: Gently mix all the ingredients (except peas), cover and simmer for 15–20 minutes • During the last 5 minutes add the frozen peas and stir through.

### Serving suggestion

Serve with spaghetti, rice or noodles and perhaps extra peas.



[www.ladiesinpigs.co.uk](http://www.ladiesinpigs.co.uk)



Pork that carries the Red Tractor logo has been sourced from assured pig farms and is independently audited for animal welfare, food safety and quality at every stage of the supply chain.

## Pork, Plum and Sage Pasties



Serves 5 • Cooking time 30 minutes • Pre-heated oven temperature 180°C, 350°F, Gas mark 4

### Ingredients

1lb (450g) lean British mince pork  
2tbsp (30ml) plum jam  
Seasoning  
3tbsp (45ml) fresh sage, chopped  
18oz (500g) pre-made shortcrust pastry  
Egg and milk to glaze

Place pork, plum jam, seasoning and sage in a large bowl, mix together well • Roll out the pastry and, using approx 6½" (17cm) bowl/saucer, cut out 4 circles, re-roll remaining pieces and you should be able to cut one more • Place a large spoonful of the mixture into the centre of the circle, lightly brush the edges of the pastry with a little water and fold the pastry around the filling • Press edges together and seal with a crimp pattern • Brush with egg and milk glaze and place on a non-stick baking tray (or use baking parchment) • Bake in a pre-heated oven for about 25–30 minutes until pastry is golden brown • Damson or apricot jam can be used as an alternative.

## Bacon Muffins



You can eat these as they come or just buttered, but they're also a treat with scrambled or poached eggs, sausages, mushrooms, tomatoes and extra bacon. You can also vary the flavour by adding, for example, grated cheddar, black pudding or sun-dried tomatoes instead of bacon.

Makes 8 • Pre-heated oven temperature 180°C, 350°F, Gas mark 4

### Ingredients

5oz (160g) British streaky bacon	Sea salt
1 medium onion, chopped	2tsp (10ml) basil
Sunflower oil or butter, for frying	4fl oz (120ml) low-fat yogurt
2 medium eggs	2½fl oz (80ml) sunflower oil
9oz (240g) plain flour	Freshly ground black pepper or cayenne
1tsp (5ml) baking powder	

Snip the bacon into thin strips (5mm wide) and cook in the oil with the chopped up onion • Drain on kitchen paper • Lightly beat the eggs • Sift the flour and baking powder into a bowl and add the rest of the ingredients, including the eggs and bacon • Gently fold the mixture into the beaten eggs with a spoon • Grease the inside of each muffin hole, pour in the mixture and bake for 25 minutes • Allow to cool for a few minutes before removing.

## Fruity Pork Curry



Serves 4 • Cooking time 60 minutes

### Ingredients

2lb (900g) British lean pork, cubed	1tbsp (15ml) plain flour
2 medium onions, finely chopped	1 pint (600ml) chicken stock
2–3 tsp (10–15ml) mild curry paste	sour cream, double cream or coconut milk (optional)
2 diced dessert apples	1tbsp (15ml) oil
2tbsp (30ml) sultanas	handful of washed green seedless grapes (optional)
4tbsp (60ml) mango chutney	

Fry the onions in the oil until softened • Add the cubed pork and seal • Add the curry paste and continue frying until the meat is coated • Stir in the apples, mango chutney and sultanas • Sprinkle flour over the mixture and continue cooking for a minute or two • Cover with chicken stock and stir ingredients well until amalgamated • Bring to the boil then simmer over a gentle heat for ¾-1 hour until tender • At this point the curry is ready, however, the grapes and sour cream, double cream or coconut milk can be added to make a creamy curry • After the additions, just gently reheat without boiling.

### Serving suggestion

Serve with rice.

## Gammon and Sausage Paella



Serves 4 • Cooking time 30 minutes

### Ingredients

8oz (225g) smoked British gammon steak, cut into cubes, fat removed	10oz (300g) short grain paella rice
2 British pork sausages, spicy if possible, thickly sliced	2pts (1.1 litre) pork stock
1tbsp (15ml) olive oil	Seasoning
1 onion, peeled and roughly chopped	1 orange pepper, deseeded and chopped
2 cloves garlic, squashed	8oz (225g) green beans, tails removed
1tsp (5ml) smoked paprika	Rind and juice of a lemon to taste

In a large shallow pan heat oil and add onion and garlic • Cook until starting to soften • Add the gammon and sausage, continue to cook until browned • Add the paprika and the rice, cook for 1–2 minutes • Add half of the stock • Stir well, add pepper and beans • Bring to the boil and allow to simmer for about 20 minutes • Add more stock during the cooking as it becomes absorbed, stir and then leave to absorb all the flavours • Serve straight away as soon as rice is tender and liquid absorbed.