



FABULOUS FAMILY FAVOURITES

IT'S TIME TO ENJOY PORK



TASTY RECIPES FOR THE 2014 SHOW SEASON

LADIES IN PIGS

Now more than ever, it's important to know where your pork comes from.

If quality, responsible farming and provenance are as important to you as they are to us, then look for the Red Tractor logo on packs of pork, bacon, sausages and ham when you are shopping.

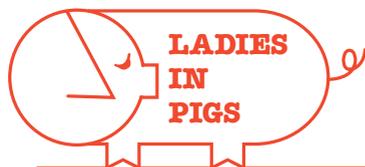
Ladies in Pigs (LIPs) have been passionately spreading the word about how tasty, versatile and wholesome pork is for over 20 years now – and, with your help, we aim to be doing the same for another 20 years!

All of the recipes featured in this booklet have been tried and tested by our members and most of them were devised in our own farmhouse kitchens.

So why not use pork in a way you haven't used it before?

PORK CHILLI NACHOS • PORK LASAGNE • BOOZY PORK WITH CHEESY DUMPLINGS • BACON, MUSTARD AND POTATO SALAD • SAUSAGE AND PESTO PASTA • BACON AND LENTIL SOUP • THAI GREEN PORK CURRY

Whether it's breakfast, lunch or dinner –
it's time to enjoy pork!



ABOUT THE RED TRACTOR* SCHEME

IT'S ABOUT **QUALITY ASSURANCE**

Responsible production standards are observed throughout the supply chain.

IT'S ABOUT **TRACEABILITY**

All Red Tractor pork can be traced back to Red Tractor farms.

IT'S ABOUT **PEACE OF MIND**

Red Tractor pig farms are inspected at least five times a year.

IT'S ABOUT **COUNTRY OF ORIGIN**

The flag in the logo gives a clear indication of country of origin.

*RED TRACTOR IS ONE OF A NUMBER OF ASSURANCE SCHEMES AVAILABLE TO INFORM CONSUMER CHOICE.

PORK CHILLI NACHOS

Serves – 6 Cooking time – About 40 minutes

INGREDIENTS

15mlsp (1tbsp) Oil
1 Large onion, sliced and chopped
500g (1.1lb) Lean minced pork
2 Garlic cloves, peeled and chopped
1 Red pepper, deseeded and sliced
15mlsp (1tbsp) Mild chilli powder
5mlsp (1tsp) Paprika
5mlsp (1tsp) Ground cumin
300ml (½ pint) Vegetable stock
400g Can chopped tomatoes
25ml (½tsp) Dried marjoram
5mlsp (1tsp) Sugar (optional, to taste)
2 x 15mlsp (2tbsp) Tomato purée
300g (approx) Can red kidney beans, drained
Seasoning

To serve:

150g (5oz) Tortilla crisps
2x15mlsp (2tbsp) Low-fat Cheddar cheese, grated



- For a quicker version just add a 500g approx. jar of chilli con carne sauce to the cooked pork mince, plus the 300g can of red kidney beans and sliced red pepper.
- Also if you want a lower calorie option choose light Tortilla crisps or use toasted pittas instead
- The Chilli may also be served on jacket potatoes or with rice or pasta.

METHOD

Pre heat the oven.

1. Add the oil and fry the chopped onions for a few minutes, put the lean pork mince in a large non-stick wok or saucepan fry for 4-6 minutes, until browned.
2. Add the garlic, red pepper, chilli powder, paprika and cumin, stir well and leave to cook for 5 minutes, stir occasionally.
3. Pour the stock into the mince mixture. Add the can of chopped tomatoes plus the dried marjoram and sugar (if required). Add tomato purée and stir well, simmering gently for 10 minutes.
4. Add the kidney beans and stir well bringing to the boil again, then gently simmer without the lid for a further 10-15 minutes, adding a little more water if it looks too dry. Check the chilli flavour and season if required, with salt and black pepper.
5. Place tortilla crisps in a large flat serving bowl, pour the chilli mince over the top and sprinkle with the grated cheese.



SERVING SUGGESTION

Serve with a mixed salad, corn on the cob, homemade coleslaw and extra beans.

	Energy	Fat	Of which saturates	Carbohydrates	Of which sugars	Protein	Salt
Per 100g	404kJ/96cal	3.9g	0.9g	7.9g	2.3g	7.8g	0.6g
Per portion	1393kJ/331cal	13.5g	3.2g	27.4g	7.9g	26.8g	2.2g

PORK LASAGNE

Serves – 6 Cooking time – About 30 minutes
Oven temperature – 180°C, Gas Mark 4

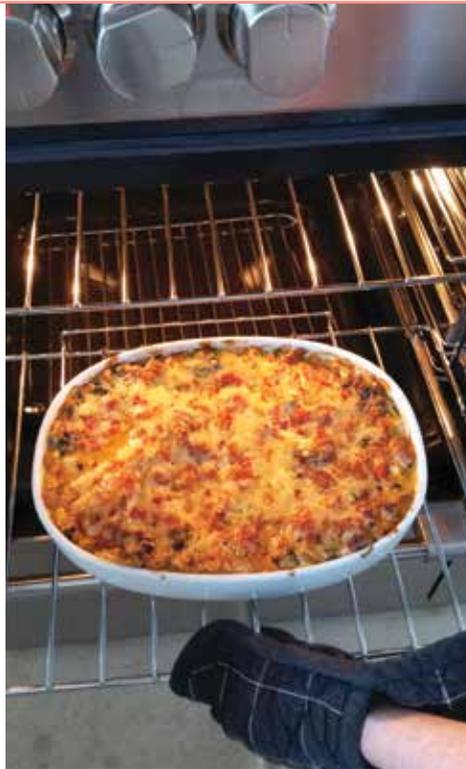
INGREDIENTS

15mlsp (1tbsp) Olive oil
500g (1.1lb) Lean pork mince
1 Onion, finely chopped
150g (6oz) Chestnut mushrooms, finely sliced
2 Garlic cloves (crushed)
15mlsp (1tbsp) Sweet chilli dipping sauce
150gms (5oz) Baby spinach leaves, washed
300ml (11floz) Reduced fat crème fraîche
15mlsp (1tbsp) Worcestershire sauce
400g (approx.) Can chopped tomatoes
2x15mlsp (2tbsp) Sun dried tomato paste
Fresh basil, chopped
Seasoning
6 Sheets quick cook lasagne
120g (6oz) Reduced fat mature cheddar, grated

METHOD

Pre heat the oven.

1. Make the meat sauce: Heat the oil in a large non-stick frying pan and add the mince and onion. Cook for several minutes until the pork begins to brown and the onion becomes translucent. Break up any pieces of mince that clump together.
2. Add to the mince the mushrooms, garlic and chilli sauce, stir well and cook for a few minutes. Add the spinach to the pan and stir into the meat until it starts to wilt, then add the crème fraîche and Worcestershire sauce. Bring to the boil then simmer for 3 minutes and set aside to cool a little.
3. **Make the tomato sauce:** Combine the chopped tomatoes, tomato paste and basil. Season.
4. **Make up the lasagne:** Spoon a third of the meat sauce into the base of a lasagne dish, carefully spread a third of the tomato sauce over the top. Lay 3 pasta sheets on top of the tomato sauce. Repeat this process with another layer of meat sauce followed by tomato sauce and pasta.
5. Finish with a final layer of meat and tomato sauce. Sprinkle the top with the grated cheese. Bake for about 20-30 minutes until the top is golden brown & the pasta is tender.



SERVING SUGGESTION

Serve with a green side salad and or crusty bread.

	Energy	Fat	Of which saturates	Carbohydrates	Of which sugars	Protein	Salt
Per 100g	458kJ/109cal	5.2g	2.6g	6.4g	2.3g	9.3g	0.5g
Per portion	1529kJ/364cal	17.3g	8.7g	21.5g	7.7g	31.0g	1.6g

BOOZY PORK with Cheesy Dumplings

Serves – 8 Cooking time – About 2 hours Oven temperature – 170°C, 325°F, Gas Mark 3

INGREDIENTS

1tbsp (15ml) Oil
900g (2lb) Shoulder of pork, trimmed and diced
3x15mlsp (3tbsp) Plain flour, seasoned with black pepper
2 large onions, peeled and sliced
3 Garlic cloves, peeled and crushed
150ml (5floz) Water
150ml (5floz) Real ale
15mlsp (1tbsp) Wine vinegar
5ml (1tsp) Gravy granules or a stock cube

2x15mlsp (2tbsp) Parsley, chopped
1 Bay leaf
2x 5mlsp (2tsp) Brown sugar
2.5mlsp (1/2tsp) Caraway seeds – optional
Dumplings - optional
100g (4oz) Self raising flour
25g (1oz) Butter, unsalted
1 egg, beaten
25g (1oz) Reduced fat mature Cheddar cheese, grated
15mlsp (1tbsp) Semi skimmed milk



METHOD

1. Heat oil in a large heavy pan. Coat the pork in the seasoned flour, add to the pan and brown on all sides. Lower the heat and then add the onion and garlic.
2. Add remaining ingredients (except Dumplings) and bring to the boil stirring all the time.
3. Place a lid on the pan and put into the oven for about 1 1/2 hours.
4. Meanwhile, make the dumplings – if required.
 - a. Sift the flour and rub in the butter to form a semi-crumble mix. Add the grated cheese and bind together with the egg. Add a little milk if it is not binding.
 - b. Form into 8 small balls and 20 minutes before the end of the cooking time add these to the casserole, replace the lid and place back into the oven to cook for the remaining 20 minutes.

ALTERNATIVE COOKING METHODS

Microwave

1. Place all ingredients (except the dumplings) in microwave-safe casserole dish. Cover and microwave on high (100% power) for 5-10 minutes.
2. Take out, stir, then microwave on medium (70% power) for a further 15-20 minutes, or until the pork is tender.
3. Stand for 5 minutes before serving.
NB: Timings are a guide as outputs vary.

Slow Cooker Method

Place all ingredients (except dumplings) into a slow cooker, stir, cook on low for 6-8 hours. If required, add the dumplings about an hour before the end of the cooking time.

SERVING SUGGESTION

Serve with mashed potato and seasonal green vegetables.

	Energy	Fat	Of which saturates	Carbohydrates	Of which sugars	Protein	Salt
Per 100g	507kJ/121cal	4.3g	1.6g	8.8g	2.4g	11.5g	0.2g
Per portion	1284kJ/305cal	10.8g	4.0g	22.1g	5.9g	29.2g	0.5g

BACON, MUSTARD and POTATO SALAD

Serves – 4 Cooking time – About 20 minutes

INGREDIENTS

500g (1.1lb) Baby new potatoes
5 Slices smoked back bacon
1 Bunch spring onions, chopped
50g (2oz) Cheese, crumbled e.g. Cheshire
2 x15mlsp (2tbsp) Cold-pressed rapeseed oil
2 x15mlsp (2tbsp) White wine vinegar
15mlsp (1tbsp) Wholegrain mustard
Seasoning

METHOD

1. Cook the potatoes in boiling water for 15-20 minutes until tender, then drain and cool slightly.
2. Meanwhile, grill the bacon for 4-5 minutes until crispy then dice, adding this to the potatoes along with the onions and cheese.
3. Mix together the oil, vinegar and mustard then combine in with the potato mix.
4. Season to taste.



Recipe courtesy of HGCA



SERVING SUGGESTION

Serve either warm or cold with a tomato and green salad.

	Energy	Fat	Of which saturates	Carbohydrates	Of which sugars	Protein	Salt
Per 100g	593kJ/142cal	9g	2.6g	9.3g	1.0g	5.9g	1.2g
Per portion	1262kJ/303cal	19.2g	5.6g	19.9g	2.2g	12.6g	2.6g

SAUSAGE and PESTO PASTA

Serves – 4
Cooking time – About 15 minutes

INGREDIENTS

8 Thick pork sausages
15mlsp (1tbsp) Oil
1 Onion, finely chopped
2 Garlic cloves, crushed
15mlsp (1tbsp) Unsalted butter
200ml (7floz) Crème fraîche, reduced fat
4x15mlsp (4tbsp) Mayonnaise, reduced fat
2x 5mlsp (2tsp) Pesto sauce
Ground black pepper
225g (8oz) Pasta shapes, cooked
Pine nuts, lightly toasted (optional)

METHOD

1. Grill the pork sausages and once cooked keep to one side.
2. Heat the oil in a large pan, add the onion and garlic and cook until softened.
3. Slice the sausages, add to the pan and heat through.
4. Add the crème fraîche and mayonnaise, stir well to incorporate. Then add the pesto with some black pepper to taste.
5. Place pasta shapes into boiling water until just soft. Drain the pasta, then combine with the sausage mix.



SERVING SUGGESTION

Sprinkle with pine nuts (optional) and serve with a green side salad.

	Energy	Fat	Of which saturates	Carbohydrates	Of which sugars	Protein	Salt
Per 100g	911kJ/219cal	17.4g	6.5g	9.9g	2.7g	5.9g	1.0g
Per portion	2571kJ/619cal	49g	18.4g	28.0g	7.5g	16.7g	2.9g

BACON and LENTIL SOUP

Serves – 4-6
Cooking time – About 30 minutes

INGREDIENTS

15mlsp (1tbsp) Vegetable oil
1 Large onion, chopped
8 Rashers smoked streaky bacon, chopped
450gm (1lb) Potatoes, peeled and cut into chunks
2 Garlic cloves, crushed
5mlsp (1tsp) Ground cumin
1.7 litres (3pts) Vegetable stock
340gms (12ozs) Split red lentils, rinsed
Fresh coriander, chopped



- Pancetta cubes or packs of diced bacon could be used as an alternative to streaky bacon.
- For a quicker soup use tinned lentils and pre-cooked potatoes or any leftover cooked root veg.

METHOD

1. Heat the oil in large saucepan and add the onion and bacon. Cook for 5 minutes, stirring regularly then add the potatoes and cook for a further 4 minutes.
2. Add the garlic and cumin mixing thoroughly then add the stock and lentils. Bring to the boil, reduce the heat, cover and then simmer with the lid on for approximately 20-25 minutes until the vegetables and lentils are tender.
3. Check occasionally and stir when necessary to avoid the soup sticking.
4. When cooked, set aside to cool slightly before blitzing with a hand blender until smooth. Check the seasoning and adjust if needed.



SERVING SUGGESTION

Serve sprinkled with the fresh coriander and chunks of crusty bread

	Energy	Fat	Of which saturates	Carbohydrates	Of which sugars	Protein	Salt
Per 100g	303kJ/72cal	2.1g	0.5g	9.4g	5.9g	4.1g	0.3g
Per portion	2222kJ/527cal	15.1g	3.9g	69.1g	0.8g	30.2g	2.1g



THAI GREEN PORK CURRY

Serves – 2 Cooking time – About 10 minutes

INGREDIENTS

5mlsp (1tsp) Oil
225g (8oz) Lean pork tenderloin (fillet), cut into strips
2x15mlsp (2tbsp) Green Thai curry paste
100g (4oz) Mix of green beans, mange tout, sugar snaps, sliced
3 Spring onions, sliced
50g (2oz) Frozen peas
125ml (4floz) Coconut milk, reduced fat
Fresh coriander, chopped

METHOD

1. Heat the oil in a large non-stick frying pan or wok, add the pork and fry until browned.
2. Stir in the curry paste, green beans, mange tout, sugar snaps, spring onions, peas and coconut milk.
3. Heat for about 2 minutes until the peas have defrosted and the sauce has thickened slightly.
4. Sprinkle with coriander and serve.



The pork fillet strips can be replaced with strips of left over roast pork or cooked gammon.



SERVING SUGGESTION

Accompany with rice or thin noodles and pak choi.

	Energy	Fat	Of which saturates	Carbohydrates	Of which sugars	Protein	Salt
Per 100g	443kJ/106cal	2.8g	0.7g	2.8g	1.1g	9.9g	0.4g
Per portion	1315kJ/314cal	8.4g	1.9g	8.4g	3.1g	29.4g	1.2g

PORK CUTS

COOKING TIPS

Grilling/BBQ'ing

To ensure you end up with a succulent and tasty steak:

- Make sure the grill/griddle is preheated and really hot and slightly oiled
- Do not poke or prod
- Cook for no longer than a few minutes per side, depending on thickness
- Allow to stand for a couple of minutes before serving as it keeps the steak succulent.



Stir-frying

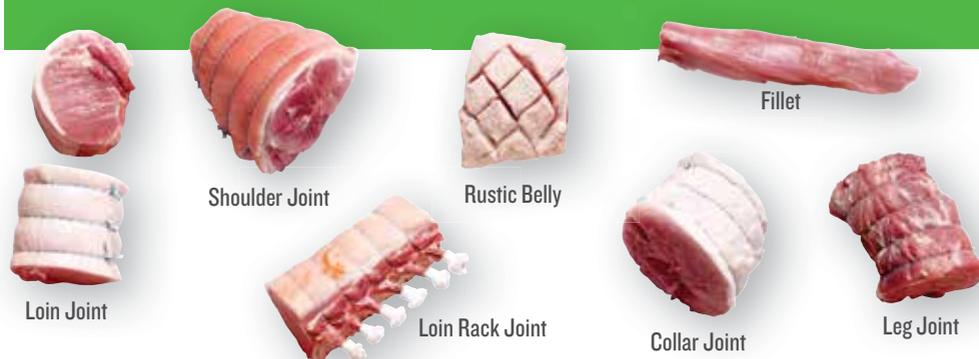
Use either pre-cut strips, or if using steaks, cut them thinly across the grain into 1cm strips, this prevents shrinkage and helps to tenderise the meat. Prior to cooking the meat, cut up a selection of vegetables into thin strips, allowing about twice the quantity of vegetables to meat. When all ingredients are ready, heat 5mlsp (1tsp) of oil in a wok or large frying pan, and when hot carefully add the meat and stir-fry for about 2-4 minutes until just cooked through. Then add vegetables and sauce and stir-fry together for a further 2 minutes.



Roasting

To calculate the cooking time allow about 30 minutes per 500g and then add an extra 30 minutes at the end.

For the perfect crackling, dry the rind and using a sharp knife score deeply, rub well with oil (use vegetable not olive oil) and salt. Place on a rack in a roasting tin and open roast in the centre of a preheated oven for calculated cooking time (do not baste or cover the joint, or the crackling will go soft). Once cooked, allow the joint to stand for 10 minutes prior to carving – this allows the juices to settle giving you a more succulent joint.



Slow cooking

This can be done on the hob or in the oven, and allows the meat and vegetables to simmer slowly. This is ideal for tenderising some of the tougher cuts of pork like collar or shoulder. Cook in either a large heavy-based saucepan or an ovenproof casserole dish with a tight-fitting lid using approximately 350g (12oz) chunky root vegetables and 150ml (1/4pt) liquid (e.g. stock, wine, cider, beer, fruit juice or water) per 500g (1.1lb) of meat.



WHAT PORK GIVES TO A HEALTHY BALANCED DIET

In recent years, there has been controversy about just how healthy red meat (including pork) is, opening a debate about whether eating too much red meat can raise the risk of health problems. It is often forgotten that meat has been an important part of our diet since the dawn of mankind. It is a **'nutrient dense food'** and provides a high amount of readily absorbable nutrients per gram and per calorie. This is now widely recognised; eating red meat as part of a balanced diet, rather than cutting it out, is the best option.

In the UK, the average consumption of red meat is in line with current recommendations¹. However, dietary surveys indicate that our diets may be lacking in a number of the nutrients typically found in red meat².

The nutritional contribution of pork to the diet

Pork is 'high' in protein, and a 'rich source' of thiamine, niacin, vitamins B6 and B12. It is also a 'source' of zinc, selenium and potassium. Whilst according to the regulations pork is not considered to be a 'source' of iron, the iron it does contain is readily absorbed. In addition, meat is recognised as a contributor to the improvement of iron absorption when eaten with other foods containing iron.

All of these nutrients are needed for a good healthy life starting from our early years all the way through to old age.

Nutrients found in lean red meat as a 'source' or 'rich source', according to EU nutrition and health claim regulations.

Nutrient	Pork	Beef	Lamb
Protein	High	High	High
Vitamin B1	Rich source	-	-
Vitamin B3 (Niacin)	Rich source	Rich source	Rich source
Vitamin B6	Rich source	Rich source	-
Vitamin B12	Rich source	Rich source	Rich source
Vitamin D	-	Source	-
Iron	-	Source	-
Zinc	Source	Rich source	Source
Selenium	-	Rich source	Source
Potassium	Source	Source	Source

For further information on meat and your health, visit www.meatandhealth.com

An inadequate intake of essential vitamins and minerals within the diet could mean potential health consequences. This can be more pronounced at particular times in our life when the body may have a greater need for certain nutrients. Red meat, including pork, when eaten as part of a healthy balanced diet can help improve the nutritional quality of our diet from the early years all the way through to old age.

1 Infants and pre-school

Protein is needed for normal growth and development of bones in infants. Zinc is also needed for growth and development and contributes to normal energy-yielding metabolism, cognitive function and development.



2 Children 5-12 years

Protein contributes to the growth of muscles and bones in children. Vitamin B6 contributes to protein metabolism and the normal function of the immune system. Along with vitamin B12 it contributes to normal red cell formation to aid the delivery of oxygen around a growing, active body.



3 Teenagers

Many of the nutrients in pork such as thiamine, niacin, vitamins B6 and B12 all contribute to energy-yielding metabolism and can help reduce tiredness and fatigue during the teenage growth spurt. Zinc helps to maintain healthy hair, nails and skin which is important for teenagers concerned about their appearance.



4 Adults of reproductive age

Niacin (vitamin B3) has a positive influence on mood and mental performance, while vitamin B6 helps to regulate hormonal activity. Zinc contributes to the maintenance of normal testosterone levels in the blood as well as fertility and reproduction, while selenium contributes to the normal spermatogenesis and thyroid function.



5 Pregnancy

Many of the nutrients found in pork are important to the growing foetus. B6 and B12 contribute to normal red blood cell formation supporting the increase in blood volume that is a feature of pregnancy. B12 has a role in the process of cell division, as does iron. Zinc contributes to protein and DNA synthesis.



6 Middle age

Vitamin B12 contributes to the normal metabolism of homocysteine which is thought to be important in helping to reduce the risk of heart disease, while zinc contributes to the maintenance of normal vision. Also research shows that high protein diets, such as those that contain lean pork (which is relatively low in calories and saturated fat) can help to support weight control.



7 Older age

Vitamin B12 contributes to the reduction of tiredness and fatigue and helps prevent the development of pernicious anaemia. As the muscle mass declines in old age (a condition called sarcopenia) a good quality source of protein, such as pork, can help to maintain muscle strength. Thiamine contributes to the heart's normal function and potassium helps to maintain normal blood pressure.



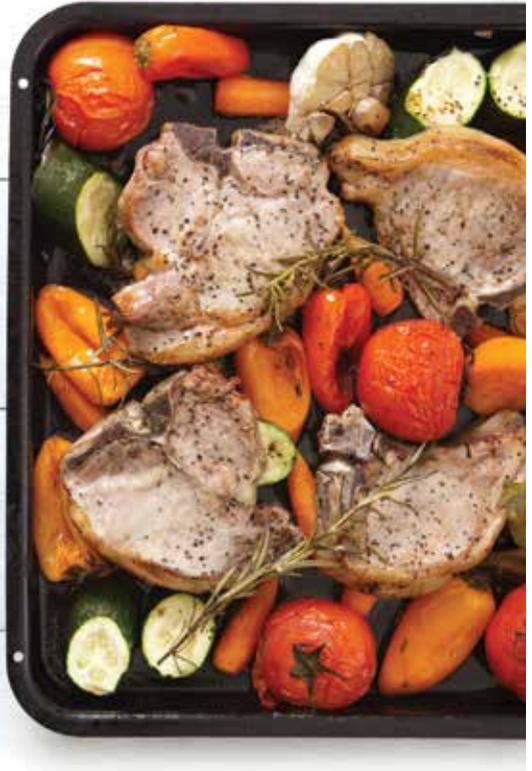
¹Ruxton C S H, Derbyshire E & Pickard R S (2012), Micronutrient challenges across the age spectrum: Is there a role for red meat? Nutrition Bulletin.

²Wyness L, Weichselbaum E, O'Connor A et al. (2011) Red meat in the diet: an update. Nutrition Bulletin.

³European Union, Regulation (EC) No 1924/2006 on nutrition and health claims made on foods (OJEU, L 12, 18.1.2007, p.3).

A FINAL THOUGHT

Lean red meat, including pork, is high in protein and relatively low in calories and saturated fat. It contains many essential nutrients, some of which may be lacking in our diets. Lean pork as part of a healthy balanced diet can help 'plug' potential nutritional gaps and make an important contribution to protecting health throughout the many stages of life.



FOR MORE DELICIOUS RECIPES



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