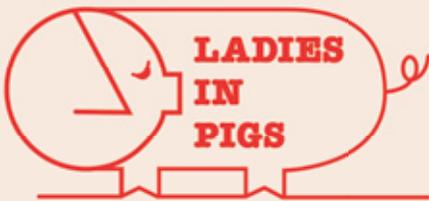
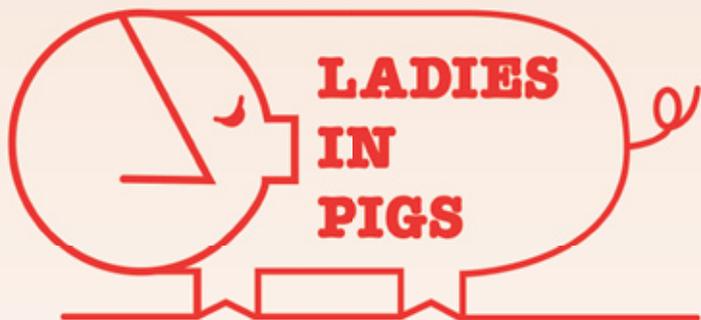


# GIVE A FORK ABOUT YOUR PORK



Recipes for the 2013 Show Season



We 'LIPs' ladies have been passionately spreading the word about how tasty, versatile and wholesome pork is for over 20 years now – and with your help, hopefully we'll be doing the same in another 20 years!

It's simple – 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 doing your regular shopping.

All of the recipes featured in this booklet have been tried and tested by our members. In fact, the majority were devised in our own farmhouse kitchens. We do hope you enjoy them and are perhaps encouraged to try a cut of pork you haven't used before.

So whether it's for breakfast, lunch or dinner – there's pork for every occasion.

**Happy cooking!**



#### THE RED TRACTOR\* SCHEME STANDS FOR

##### **ASSURANCE**

Rigorous standards are observed throughout the supply chain

##### **TRACEABILITY**

All Red Tractor pork 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

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

## Herby Sausage Jambalaya

### Ingredients

450g (1lb) Small Lincolnshire sausages  
5mlsp (1tsp) Oil  
1 Onion, chopped  
2 Garlic cloves, crushed  
5mlsp (1tsp) Mild chilli powder  
2 x 5mlsp (2tsp) Ground turmeric  
225g (8oz) Easy cook brown rice

450g (¾pt) Stock  
1 x 400g Can chopped tomatoes  
Black pepper  
5 Spring onions, chopped  
½ Red pepper, seeded and chopped  
100g (4oz) Button mushrooms, quartered  
1 Courgette, sliced

● Serves 4

Halve each sausage. Heat the oil in a large saucepan and cook the sausages over a medium heat until browned.

Add the onion, garlic, chilli powder, turmeric and rice and cook until the rice is opaque. Add the stock, chopped tomatoes and seasoning.

Bring to the boil, cover and simmer for 20 minutes.

Add the remaining ingredients and continue to cook, uncovered, for a further 10 minutes or until the liquid is absorbed.

Serve with a mixed salad.



## Bacon and Broccoli Salad

### Ingredients

12 Slices smoked streaky bacon  
2 Large broccoli florets  
2 Red onions, finely chopped  
150g (6oz) Grated mature cheddar cheese

### Dressing

6 x 15mlsp (6tbsp) Mayonnaise  
3 x 15mlsp (3tbsp) White wine vinegar  
3 x 15mlsp (3tbsp) Sugar

● Serves 8

Cook the bacon until it is crispy. Cool, drain and crumble.

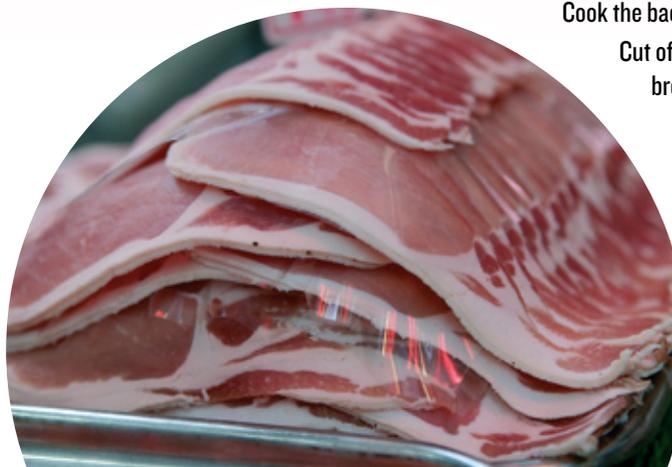
Cut off the broccoli stalks and discard. Toss together the broccoli florets, cooked crispy bacon, onion and cheese.

In a small bowl, combine the dressing ingredients and mix well.

Pour over the salad and toss thoroughly.

Cover and refrigerate until ready to serve.

The salad will keep for several days refrigerated in a tightly sealed container.



# Pot Roast Pork with Honey and Ginger

## Ingredients

150g (6oz) Smoked bacon or pancetta  
6 x 15mlsp (6tbsp) Olive oil  
1.8kg (4lb) Belly pork (rind removed) or rolled shoulder  
3 Garlic cloves, roughly chopped  
8 x 15mlsp (8tbsp) Runny honey  
2cm Root ginger, peeled and chopped

3 Carrots, peeled and chopped  
3 Parsnips, peeled and chopped  
3 Beetroots, peeled and chopped  
6 Shallots, peeled and quartered  
3 Sprigs fresh rosemary  
450ml (10fl oz) Vegetable or pork stock  
Freshly ground black pepper

● Serves 6-8

Heat the olive oil in a large lidded saucepan and fry the bacon until golden brown. Remove and set aside. Brown the pork in the same pan and add the garlic, honey and ginger and continue cooking until caramelised.

Add all the other ingredients. Cover and cook on a medium to low heat (either on top of the cooker or in an oven) for about 90 minutes or until the meat is cooked.

When cooked, leave to stand for 20 minutes before carving.

Serve with a mixture of sweet and ordinary mashed potatoes and green vegetables.

This may also be done in a slow cooker on low to medium for 6-8 hours.

**Chef's tip:** As an alternative to belly pork, you could use pork shoulder steaks.

# Aromatic Pork Casserole

## Ingredients

900g (2lb) Lean pork collar, shoulder or leg joint, cubed  
2.5cm (1") Root ginger, peeled and thinly sliced  
4 Garlic cloves, crushed

2 x 15mlsp (2tbsp) Soy sauce  
200ml Carton orange juice  
1 x 5mlsp (1tsp) Sesame oil  
2 x 15mlsp (2tbsp) Brown sugar  
2 x 15mlsp (2tbsp) Hoisin sauce

● Serves 4-6

Preheat the oven to Gas Mark 5, 190°C, 375°F.

Combine all the ingredients (except the pork) in a large casserole dish, then add the pork cubes and mix thoroughly so the pork is well coated.

Cover with a lid and cook for about 2 hours until the meat is almost falling apart.

Check during cooking and add more orange juice if needed.

Serve with rice and a vegetable stir-fry of mushrooms, mange tout, onion and torn basil leaves.



# Peppered Pork

## Ingredients

2 Pork fillets  
Freshly ground pepper  
5mlsp (1tsp) Olive oil  
5mlsp (1tsp) Butter, softened  
300ml (1/2pt) Sherry  
5mlsp (1tsp) Redcurrant jelly  
150ml (1/4pt) Double cream

● Serves 4-6

Trim the meat and cut into 1 1/2" (3.75cm) slices. Place the slices between two pieces of cling film or in a plastic bag and flatten.

Season the slices with lots of freshly ground pepper.

Heat a frying pan until very hot. Add the butter and oil, which should start to bubble straight away. Add the pork slices to the pan and cook for about five minutes, turning regularly until cooked – be careful not to overcook the slices as this will toughen them. Transfer to a warm place and keep hot while frying the remaining slices. While frying, be careful not to burn the fat as this will taint the final sauce.

When all the slices are cooked, add the wine to the pan and bring to the boil, reducing the liquid to at least a third of the original amount. Add more freshly ground pepper and the redcurrant jelly. Remove from the heat and add the cream. Return to the heat and warm through.

Serving suggestion: serve the pork slices on warm plates and spoon over the sauce.

This dish is best served with a selection of fresh vegetables and sautéed or new potatoes.



# Mexican Pork Fajitas

## Ingredients

450g (1lb) Lean pork mince  
1 Onion, chopped  
1 Red pepper, seeded and chopped  
1 Green pepper, seeded and chopped  
4 x 15mlsp (4tbsp) Tomato purée

1 x 460g Jar of salsa sauce  
1 Packet of flour tortillas (approx 8 in the packet)  
50g (2oz) Cheddar style cheese, grated (optional)

● Serves 4-6

In a large frying pan, dry fry the mince with the chopped onion until it is lightly browned. Add the chopped peppers and cook for 3-4 minutes.

Add the tomato purée and salsa sauce.

Cover the pan and simmer for 15 minutes.

Heat the tortillas as per the packet instructions. Place a spoonful of the mixture down the centre of the tortilla. Sprinkle with cheese, roll up and serve.

Serve with rice and a large mixed salad.

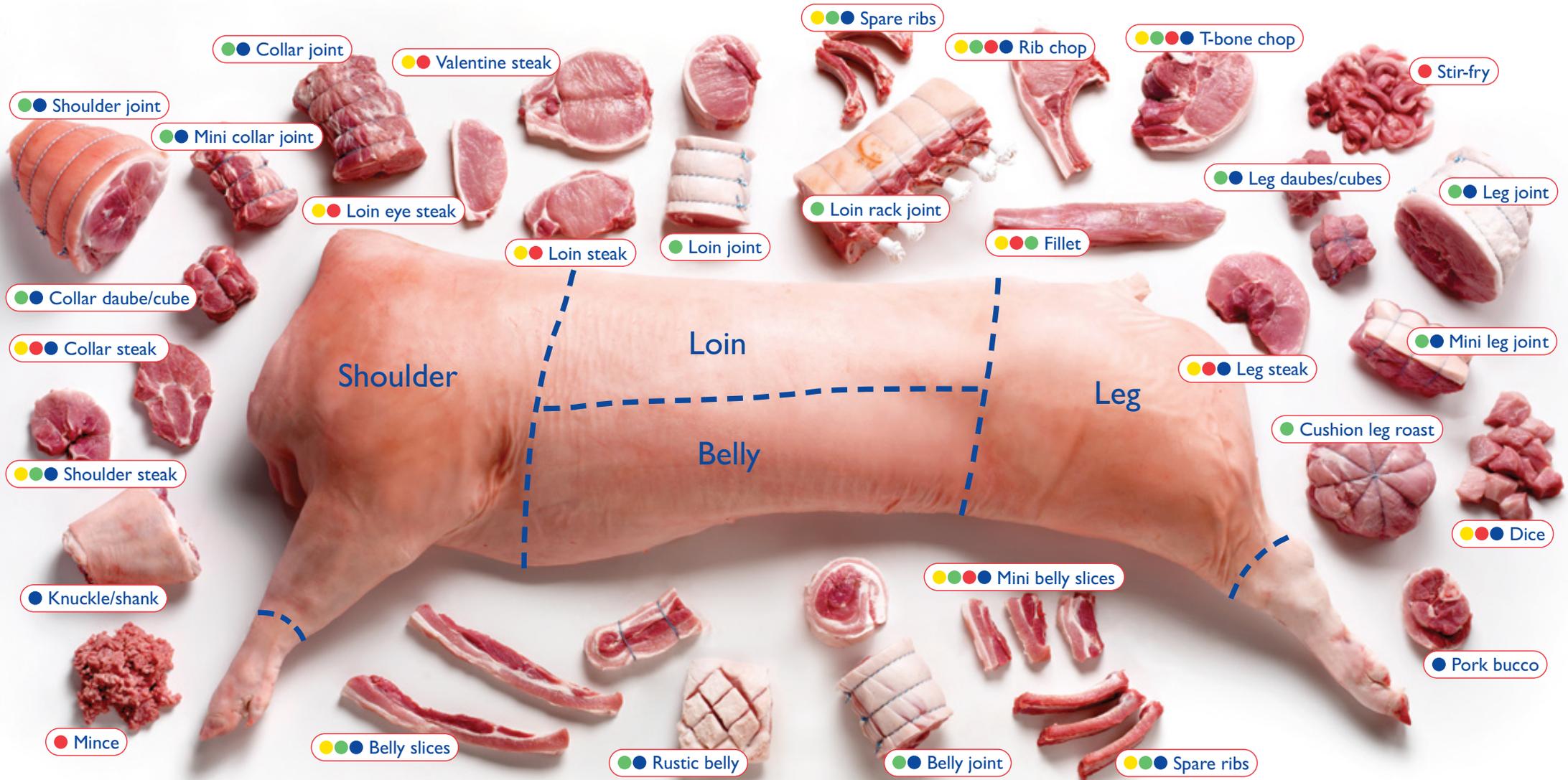
# THE PORK CUTS RANGE

● Grilling & BBQ'ing

● Roasting

● Frying & Stir-frying

● Slow Cooking



# Smokey Bacon and Watercress Soup

## Ingredients

100g (4oz) Smoked back bacon rashers, roughly chopped  
1 Onion, roughly chopped  
1 Garlic clove, squashed  
1 Large potato (about 225g, 8oz), cubed with skin on  
900ml (1½pts) Vegetable stock

2 (85g) Bags watercress, washed and roughly chopped  
Black pepper  
300ml (½pt) Semi-skimmed milk  
8 Dry cured pancetta rashers or streaky bacon rashers, for serving

● Serves 4-6

Place the bacon, onion and garlic in a large pan. Using the melted bacon fat, lightly cook. Add the potato, stock, watercress and black pepper. Simmer for 10-15 minutes until the potato is tender.

Place the soup in a food processor or use a hand blender and whizz until smooth. Replace in the pan, add the milk and heat through.

Preheat the grill. Place the pancetta rashers on the grill grid and cook until crispy and golden. Crumble over the top and serve with crusty bread.



For more delicious recipes, visit:  
[www.ladiesinpigs.co.uk](http://www.ladiesinpigs.co.uk)

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