

## Thai Green Pork Stir-Fry

Serves 2

### Ingredients

8oz (225g) lean pork tenderloin or fillet, cut into strips	3 spring onions, sliced
1tsp (5ml) oil	2oz (50g) frozen peas
2tbsp (30ml) green Thai curry paste	¼pt (125ml) coconut milk
4oz (100g) green beans, sliced	Fresh chopped coriander
eg mange tout/sugar snaps/ or green beans	

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

### Serving suggestion

Serve with rice or noodles and pak choi or Chinese leaf/cabbage.

## Sausage and Pesto Pasta

Serves 4

### Ingredients

8 pork sausages, grilled for 10 minutes and thickly sliced	1 small tub crème fraîche (200ml)
1tbsp (15ml) oil	4tbsp (60ml) low-fat mayonnaise
1 onion, finely chopped	2tsp (10ml) pesto sauce
2 cloves garlic, crushed	Ground black pepper
1tbsp (15ml) unsalted butter	8oz (225g) pasta
	Lightly toasted pine nuts (optional)

Heat the oil in a large pan and add the onion and garlic and cook until softened • Add the cooked sausage and heat through • Add the crème fraîche and mayonnaise, stir well to incorporate • Then add the pesto with some black pepper to taste.

### Serving suggestion

Serve with green salad and sprinkle with pine nuts.



For more mouth-watering recipe ideas contact:

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## Bacon, Mushroom and Rocket Risotto

Serves 2

### Ingredients

6–8 rashers sweet cure back bacon, cut into large pieces	2oz (50g) mixed mushrooms, sliced
1tsp (5ml) olive oil	1pt (600ml) pork stock
1 onion, chopped	4oz (100g) asparagus, sliced thickly
5oz (150g) risotto rice (Arborio)	Handful of rocket leaves
	Grated parmesan cheese (optional)

Heat the olive oil in a saucepan, add the onion and bacon and cook for 1–2 minutes • Add the rice and cook for 2–3 minutes • Add the mushrooms and pork stock gradually and bring to the boil • Season and simmer gently for approx 30 minutes or until the rice is cooked and has absorbed all the liquid • Add more stock, if you wish, to achieve your desired consistency • Add the asparagus and top with rocket leaves and grated parmesan.

## Oriental Hoisin Sausages

Serves 4–6 • Oven temperature Gas 4 • 180°C • 350°F

### Ingredients

1lb (450g) chipolata sausages  
2tbsp (30ml) Hoisin sauce  
1tbsp (15ml) honey

Place sausages in a foil lined roasting pan • Cook in the preheated oven for about 15 minutes, until sausages have started to brown • Mix together the Hoisin sauce and the honey, add to the sausages and mix well to coat • Return to the oven for 5–10 minutes until browned and sticky.

### Serving suggestion

Serve with garlic bread, avocado and tomato salsa and hot potato salad.



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.



## Spicy Pork Curry with Apple and Coriander Dumplings

Serves 4–6 • Oven temperature Gas 4 • 180°C • 375°F

### Ingredients

3lb (1.35kg) pork shoulder, cut into cubes	½ pt (300mls) pork stock
1tbsp (15ml) oil	<i>Dumplings</i>
2 cloves garlic, crushed	7oz (200g) self-raising flour
2 red onions, peeled and quartered	3oz (75g) suet
1 aubergine, cubed	2tbsp (30ml) prepared apple sauce
2tbsp (30ml) medium curry paste	2tbsp (30ml) fresh coriander, chopped
½ butternut squash, peeled and cubed	



In a large ovenproof pan or casserole heat the oil • Add the cubed pork and brown • Add the garlic, red onions, aubergine and the curry paste • Stir well • Add the butternut squash to the casserole along with the pork stock and stir • Place in the oven with lid on for 1–2 hours or until the meat is tender • *Meanwhile, prepare the dumplings:* • Mix together the self-raising flour with the suet, apple sauce and fresh chopped coriander • Bind together with a little water and make into 8–10 balls • Chill • Add the dumplings to the casserole 20 minutes before the end of cooking and cook without a lid • If the curry needs a little more liquid, add ½pt (150ml) more stock.

### Serving suggestion

Serve the curry with poppadoms, fried apple and extra seasonal vegetables.

## Pork Mince with Ham, Leek and Cheese

Serves 3–4

### Ingredients

1lb (450g) lean mince pork	Seasoning
1 leek, finely sliced	2oz (50g) cooked ham, chopped
4tbsp (60ml) low-fat mayonnaise	2oz (50g) low-fat cheese, grated
4tbsp (60ml) low-fat fromage frais	2oz (50g) frozen peas

In a large non stick pan, dry fry the pork mince and leeks, for about 4–6 minutes, until browned and cooked through • Season and stir through the mayonnaise and fromage frais • Add the remaining ingredients bring to the boil and simmer for 2–3 minutes.

### Serving suggestion

Serve with jacket potatoes or pasta.



## Pork and Beetroot Tart with Blue Cheese

Serves 8

### Ingredients

1lb 2oz (500g) lean pork leg, diced	¼pt (150ml) soured cream
1oz (25g) butter	Seasoning
4–6 shallots, finely chopped	8 baby beetroots freshly cooked and cut into 4–6 pieces
2tbsp (30ml) cider vinegar	8 cooked short crust pastry tartlets <i>or</i> one large cooked pastry case
4floz (100ml) cider or apple juice	4 oz (100g) blue cheese
¼pt (150ml) stock	

Melt the butter and sauté the shallots until softened • Add the pork to the pan and brown • Stir in the cider vinegar, cider and stock • Bring to the boil, cover and then simmer for 30–40 minutes until the pork is tender • Remove the cooked pork from the pan and keep warm • Boil the cooking liquor until it is reduced to about 100ml and then stir in the soured cream and season to taste • Mix the pork and cooked beetroot in to the sauce • Divide the pork mixture evenly in to the pastry cases • Crumble with blue cheese and either grill or heat through.

### Serving suggestion

Serve with a large green salad or seasonal vegetables.

## Bacon and Celeriac Soup

Serves 4

### Ingredients

12oz (350g) lean smoked back bacon rashers	12oz (350g) celeriac, peeled and diced
1tbsp (15ml) oil	1½pts (900mls) vegetable or pork stock
1 large onion, finely chopped	Seasoning
1 clove garlic, crushed	Thyme to garnish

Trim the fat off the bacon, reserve 4 rashers and finely chop the remainder • Heat the oil in a large saucepan and fry the onion and garlic for 5–7 minutes • Add the chopped bacon • Cook and then stir in the celeriac and continue to cook for 5 minutes • Add the stock and seasoning and bring to the boil • Reduce the heat and simmer gently for approximately 15 minutes or until the celeriac is tender • Cool slightly • Place the soup in a liquidiser or food processor and purée until smooth.

### Serving suggestion

Grill the reserved bacon until crisp, serve the soup garnished with bacon and thyme.

