

# ESKORT

# Recipes

30 Minute Meals



Cooking Pork

Pork Cooking  
Guidelines



# Delicious

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# ESKORT



## 30 MINUTE MEALS

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**CUSTOMER CARE: 0800 203 193**

(Weekdays 09.00 - 15.30)

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### NOTES FROM THE EDITOR

Established in 1917, Eskort has an enviable reputation built on quality products and has an ever increasing number of loyal customers.

This free booklet focuses on a selection of recipes that are inexpensive, quick and easy to prepare and most of all, delicious. Each recipe shows the featured Eskort product plus product suggestions should you need to use substitutes.

Our thanks go to the South African Pork Producers Organisation (SAPPO) for their contribution to Cooking Pork (pages 24-29).

Have you visited the Eskort website? [www.eskort.com](http://www.eskort.com) is well worth a visit. More than 150 delicious recipes with a recipe search facility, lunch box and entertaining sections, product information, cooking tips and more. Plus regular competitions with great prizes. Register today to receive mailings & priority competition notifications.

**WEBSITE: [www.eskort.com](http://www.eskort.com)**

## MINI BACON SAUSAGE, FIG & ROCKET SALAD

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

### Ingredients

#### Salad

- 16 Eskort Mini Bacon Sausages
- 12 Fresh Ripe or Preserved Figs, Halved
- 1 Packet Rocket, Rinsed & Drained
- 120 g Mozzarella Cheese, Ripped or Diced
- Olive Oil

#### Salad Dressing

- 80 ml Balsamic Vinegar
- 60 ml Olive Oil
- 45 ml Honey
- 30 ml Orange Juice
- 30 ml Lemon Juice
- Rind of Half an Orange, Grated
- Salt & Freshly Ground Black Pepper



### Method

- ✓ Blend all salad dressing ingredients together using a wire whisk & refrigerate.
- ✓ Grill the sausages until cooked, turning occasionally.
- ✓ Remove from the oven & allow to cool until luke warm.
- ✓ Arrange the fig halves on a baking sheet & brush lightly with olive oil.
- ✓ Grill rapidly under a very hot grill until the figs just become tender.
- ✓ Divide the figs, sausages & rocket leaves between 4 large plates.
- ✓ Moisten with the salad dressing.
- ✓ Arrange cheese over the salad.

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## SAUSAGE BAKE

Serves: 6

Preparation Time: 10 minutes

Cooking Time: 30 minutes

### Ingredients

12	Eskort Gold Medal Pork Sausages, Skinned & Halved	1	Large Bunch Spring Onions, Trimmed & Finely Sliced
300 g	Macaroni, Cooked & Drained	3	Eggs, Beaten
45 ml	Oil	45 ml	Parmesan Cheese, Grated
225 ml	Smooth Cream Cheese or Grated Cheddar Cheese		Salt & Freshly Ground Black Pepper
260 ml	Plain Yoghurt		Seasoned Flour for Coating
300 ml	Fresh Cream or Milk		
15 ml	English Mustard		



### Method

- ✓ Preheat the oven to 180° C.
- ✓ Spoon cooked macaroni into a lightly greased casserole dish & set aside.
- ✓ Coat the sausage halves in seasoned flour & fry in hot oil until browned on all sides.
- ✓ Add spring onions & fry for a few minutes, stirring occasionally.
- ✓ Remove the sausage & spring onions & arrange on top of the cooked macaroni.
- ✓ Combine cream cheese / grated cheese with yoghurt, cream / milk, mustard, beaten eggs & seasoning. Beat well.
- ✓ Pour liquid over the sausage & macaroni.
- ✓ Sprinkle with parmesan cheese, bake at 180° C for 30 minutes or until cooked & golden brown.

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## SAUSAGE SUBS

Serves: 6

Preparation Time: 15 minutes

Cooking Time: 15 minutes

### Ingredients

- 6 Eskort Gold Medal Pork Sausages
- 150 g Eskort Rindless Streaky Bacon
- 1 Large Apple, Peeled, Cored & Diced
- 75 g Cheddar Cheese, Grated



### Method

- ✓ Grill the sausages for about 5 minutes, turning occasionally.
- ✓ Once cooked, remove & allow to cool.
- ✓ In a bowl, combine the cheese & apple.
- ✓ When the sausages are cool enough to handle, slit each sausage & stuff with the apple & cheese mixture.
- ✓ Wrap a piece of bacon around the centre of each stuffed sausage, leaving gaps for the cheese to ooze out.
- ✓ Place back under the grill until the bacon is crispy & the cheese has melted.

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## NUTTY SAUSAGE, BACON & MUSHROOM LOAF

Serves: 4 - 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

### Ingredients

250 g	Eskort Lean Diced Bacon	1 Cup	Fresh White Bread Crumbs
250 g	Eskort Breakfast Sausages (4), Skinned	100 g	Walnuts, Coarsely Chopped
45 ml	Butter	15 ml	Fresh Thyme, Roughly Chopped
15 ml	Olive Oil	2½ ml	Ground Nutmeg
1	Large Onion, Finely Chopped	2	Eggs, Beaten
500 g	Large Brown Mushrooms, Chopped		Salt & Freshly Ground Black Pepper



### Method

- ✓ Remove the skin from the sausages.
- ✓ Melt the butter, add the onions & cook until golden brown & caramelised, stirring occasionally.
- ✓ Reduce heat to medium & add the mushrooms, bacon & sausages.
- ✓ While stirring, break the sausages into smaller pieces.
- ✓ Cook until mushrooms begin to soften & release their juices & the bacon is cooked, allow to cool.
- ✓ Add mushroom mixture & beaten egg to the remaining ingredients, season & mix well.
- ✓ Pack into a small greased loaf tin & cook at 180° C for 20 - 30 minutes.

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## SAUSAGE PAELLA

Serves: 4

Preparation Time: 5 minutes

Cooking Time: 25 minutes

### Ingredients

6	Eskort Breakfast Sausages	15 ml	Paprika
15 ml	Olive Oil	300 g	Rice
1	Red Onion, Finely Sliced	800 ml	Chicken Stock
1	Red Pepper, Finely Sliced	90 ml	Flat Leaf Parsley, Finely Chopped
1	Yellow Pepper, Finely Sliced		Salt & Freshly Ground Black Pepper
3	Garlic Cloves, Crushed		



### Method

- ✓ In a large non-stick frying pan, heat the oil, add the sausages & cook until golden.
- ✓ Remove from the pan, cut into thick slices & set aside.
- ✓ Add the onion & peppers to the same pan & cook over a medium-high heat for 5 minutes until softened & lightly charred.
- ✓ Reduce the heat, add the garlic & paprika & cook for an additional minute.
- ✓ Add the rice, stir until coated, then add the stock & half the parsley & return the sausages to the pan.
- ✓ Bring the mixture to the boil, reduce heat & simmer until the rice is cooked.
- ✓ Season & serve with the remaining parsley as a garnish.

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## HUMMUS & RUSSIAN WRAPS

Serves: 2

Preparation Time: 5 minutes

Cooking Time: 5 minutes

### Ingredients

- 4 Eskort Russians, Thickly Sliced
- 2 Flour Tortillas
- 180 g Hummus
- 140 g Antipasto Style Peppers
- 30 g Herb Salad



### Method

- ✓ Thickly slice the Russians & fry for 1 minute each side until golden & crispy.
- ✓ Generously spread the hummus over the flour tortillas; randomly place the Russians over the top.
- ✓ Scatter antipasto style peppers & the herb salad over the sliced Russians.
- ✓ Roll up & serve.

\*\* To make your own antipasto style peppers, visit [www.eskort.com](http://www.eskort.com) \*\*

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## WARM MINI PORK SAUSAGE SALAD WITH STOUT DRESSING

Serves: 4 - 6

Preparation Time: 5 minutes

Cooking Time: 25 minutes

### Ingredients

1 pkt Eskort Gold Medal Mini Pork Sausages,  
Diagonally Sliced in Half  
30 ml Olive Oil  
125 ml Milk Stout Beer  
250 ml Balsamic Vinegar  
1 Onion, Finely Chopped

### Salad

½ Red Pepper, Seeded & Thinly Sliced  
½ Green Pepper, Seeded & Thinly Sliced  
1 Red Onion, Thinly Sliced  
250 g Herb Salad Mix



### Method

- ✓ Grill the sausages until cooked through & golden.
- ✓ Once cooked, slice in half on the diagonal.
- ✓ Heat the oil in a frying pan & sauté the chopped onion until golden.
- ✓ Add the milk stout & balsamic vinegar & reduce the liquid over a low heat.
- ✓ Add the sausages & simmer for 5 minutes.
- ✓ Remove the sausage pieces & take the liquid off the stove, allow to cool slightly, reserve liquid as a salad dressing.
- ✓ Toss the salad ingredients into a bowl, sprinkle the warm sausage pieces on top & drizzle the warm dressing, serve immediately.
- ✓ Delicious served with warm Italian bread to mop up the salad dressing.

\*\*125 ml Ginger beer, chicken stock or red grape juice could be used instead of milk stout beer.\*\*

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## BACON & BANANA OPEN SANDWICH

Serves: 1

Preparation Time: 10 minutes

Cooking Time: 5 minutes

### Ingredients

- 6 rashers Eskort Rindless Streaky Bacon
- 1 Banana, Sliced
- 15 ml Butter
- 30 - 45 ml Peanut Butter
- 2 slices Whole Wheat Seeded Bread
- Drizzle of Golden Syrup



### Method

- ✓ Grill the bacon rashers until crisp.
- ✓ In a non-stick frying pan, melt the butter & fry the banana slices until browned.
- ✓ Spread a generous tablespoon of peanut butter onto each slice of bread.
- ✓ Add the fried bananas & drizzle with golden syrup.
- ✓ Top off with the crispy bacon rashers.

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## ROLLED STUFFED CHICKEN WITH PESTO & BACON

Serves: 4 - 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

### Ingredients

- 8 rashers Eskort Rindless Back Bacon
- 8 Chicken Breasts
- 60 ml Pesto
- Salt & Freshly Ground Black Pepper



### Method

- ✓ Flatten the chicken breasts until they have nearly doubled in size with a rolling pin or meat mallet.
- ✓ Smear with a generous amount of pesto, season & then roll up.
- ✓ Wrap a piece of bacon around each & secure with a toothpick.
- ✓ Grill for 10 minutes a side, until well browned & cooked through.

\*\*Soak the toothpicks in water before placing into the chicken to secure; this prevents the toothpick from burning in the oven.\*\*

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## BACON & EGG ROLLS

Serves: 4

Preparation Time: 2 minutes

Cooking Time: 15 minutes

### Ingredients

- 250 g Eskort Rindless Back Bacon
- 4 Eggs
- 4 Bread Rolls
- 20 ml Margarine
- Salt & Freshly Ground Black Pepper



### Method

- ✓ Slice the rolls in half & spread the margarine onto each half.
- ✓ Place the bacon into a large frying pan & heat.
- ✓ Cook for 5 minutes until slightly crispy.
- ✓ Remove & place on paper towelling to remove any excess fat.
- ✓ Using the same pan, fry the eggs to your liking.
- ✓ Place bacon & eggs in the rolls & serve hot.

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## BACON & VEGETABLE SOUP

Serves: 4

Preparation Time: 2 minutes

Cooking Time: 5 minutes

### Ingredients

- 250 g Eskort Diced Bacon
- 15 ml Fresh Ginger, Grated
- 2 Tins Creamed Sweetcorn
- 250 ml Milk
- 200g Frozen Peas
- Salt & Freshly Ground Black Pepper



### Method

- ✓ Fry the bacon until cooked, stir in the ginger & allow to cook for an extra minute or so.
- ✓ Add the remaining ingredients & bring to the boil, simmer for 5 minutes.
- ✓ Season to taste.
- ✓ Serve with crusty bread.

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## SPINACH, BACON & RASPBERRY SALAD

Serves: 6 - 8

Preparation Time: 8 minutes

Cooking Time: 15 minutes

### Ingredients

250 g Eskort Diced Bacon  
 350 g Punnet Raspberries (or any berry that is in season)  
 250 g Baby Spinach  
 30 g Seed Mixture

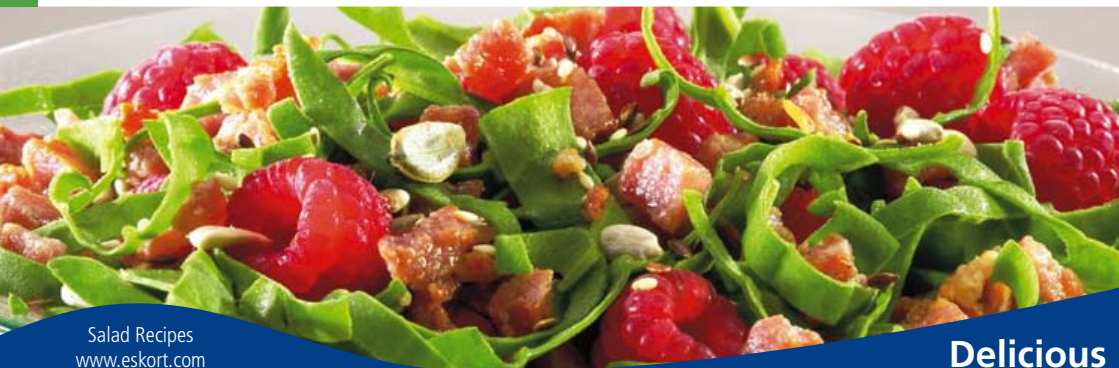
### Dressing

100 ml Balsamic Vinegar  
 125 ml Extra Virgin Olive Oil  
 Salt & Freshly Ground Black Pepper



### Method

- ✓ Fry the bacon until cooked, allow to cool.
- ✓ Wash & finely slice the spinach.
- ✓ Toast the seed mixture in a dry frying pan, tossing to even the roast, until nutty smelling & turning golden in colour.
- ✓ To make dressing: Mix together olive oil, balsamic vinegar & seasoning.
- ✓ Arrange spinach, bacon & raspberries on a platter, sprinkle over toasted seeds then drizzle with salad dressing.
- ✓ Serve immediately.

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## POLONY STUFFED SPUD

Serves: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

### Ingredients

300 g Eskort French Polony, Roughly Chopped

6 Large Potatoes

1 Small Onion, Roughly Chopped

30 ml Margarine

60 ml Milk

75 g Cheddar Cheese, Grated

Salt &amp; Freshly Ground Black Pepper



### Method

- ✓ Wash the potatoes & pierce each a couple of times with a fork.
- ✓ Arrange in a circle on a sheet of kitchen paper & top with another sheet.
- ✓ Cook on full power in the microwave for 15 minutes, turning over half way through the cooking process.
- ✓ Once cooked, cut the potatoes in half & scoop out the insides, reserving the potato shells.
- ✓ Fry chopped onion & polony for 2 - 3 minutes in margarine.
- ✓ Add the inside of the potatoes & heat, add milk, mix well & season to taste.
- ✓ Spoon the mixture into potato shells.
- ✓ Sprinkle the stuffed potatoes with cheese & place under the grill until cheese has melted & the stuffing has heated through.

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## TOASTED POLONY MELT WITH AVO & CHEESE

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 5 minutes

### Ingredients

170 g	Eskort French Polony, Finely Chopped	10 ml	Mayonnaise
1	Avocado, Peeled, Pitted & Cubed	4	Cocktail Gherkins, Finely Chopped
15 ml	Olive Oil	4 slices	Bread (of your choice)
10 ml	Lemon Juice	100 g	Gouda Cheese, Grated
1	Celery Stick, Finely Chopped		Dash of Hot Pepper Sauce
2	Large Spring Onions, Finely Chopped		Salt & Freshly Ground Black Pepper
5 ml	Dijon Mustard		



### Method

- ✓ Combine chopped polony, avocado, oil, lemon juice, salt, pepper, celery, spring onion, mustard, mayonnaise & gherkin, mix well.
- ✓ Add a dash of hot pepper sauce to taste.
- ✓ Toast bread, place on a baking tray, spread the polony mixture onto the bread slices & top with the cheese.
- ✓ Grill for a few minutes until the cheese is bubbly.

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## POLONY WELSH RAREBIT

Serves: 2

Preparation Time: 10 minutes

Cooking Time: 10 minutes

### Ingredients

150 g Eskort French Polony,  
Thickly Sliced  
100 g Cheddar Cheese, Grated  
125 ml Milk  
15 ml Flour  
15 ml Beer

5 ml English Mustard Powder  
1 Dash Worcester Sauce  
2 Egg Yolks  
2 Slices Bread



### Method

- ✓ Place grated cheddar cheese & milk in a small saucepan, stir over a low heat until cheese has melted.
- ✓ Add the flour, stirring continuously.
- ✓ Add the beer, mustard powder & Worcester sauce.
- ✓ Leave the saucepan on the heat until the mixture thickens slightly, then allow to cool.
- ✓ Slowly stir in the egg yolks.
- ✓ Toast the bread slices, place a slice of polony on each slice of bread & pour the mixture over the toast slices.
- ✓ Grill for a couple of minutes until golden.

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## POLONY PUFFS

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 10 minutes

### Ingredients

200 g Eskort French Polony, Thickly Sliced  
 50 g Cheddar Cheese, Grated  
 Salt & Freshly Ground Black Pepper  
 50 ml Flour & Water, Mixed to a Paste

### Batter

1 Cup Flour  
 2½ ml White Pepper

2½ ml Green Chillies, Seeded & Finely  
 Chopped (Optional)  
 2½ ml Baking Powder  
 12 ml Mayonnaise  
 12 ml Butter, Melted  
 15 ml Lemon Juice  
 2½ ml Coriander Powder  
 225 ml Water & Milk, Mixed  
 Oil for frying



### Method

- ✓ Slice the polony, apply paste, add cheese, flavour with salt & pepper & cover with another piece of sliced polony, press & stick together.
- ✓ Make a batter with the flour & the rest of the ingredients.
- ✓ Dip the polony stack in the batter & deep fry in oil.
- ✓ Once cooked & golden, place on a piece of kitchen towel in order to remove the excess oil.

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## SAUTÉED VIENNAS, VEG & EGG

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

### Ingredients

10	Eskort Smoked Viennas, Thickly Sliced	1	Red Onion, Peeled & Thinly Sliced
30 ml	Olive Oil	1	Garlic Clove, Minced
2	Red Peppers, Seeded & Sliced	4	Eggs
2	Yellow Peppers, Seeded & Sliced		Salt & Freshly Ground Black Pepper
2	Potatoes, Peeled, Diced & Boiled		



### Method

- ✓ Heat olive oil in a large frying pan.
- ✓ Sauté the red & yellow peppers, potatoes, onion & garlic, for 5 minutes.
- ✓ Add the sliced Viennas, cook for 2 minutes & season.
- ✓ Make 4 indentations in the surface of the vegetables & crack an egg into each indentation.
- ✓ Cover & cook gently for 3 - 5 minutes or until eggs are cooked to your liking.
- ✓ Serve immediately with warm crispy bread.

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## FRANKFURTER & TOMATO PASTA

Serves: 2

Preparation Time: 10 minutes

Cooking Time: 25 minutes

### Ingredients

4	Eskort Frankfurters, Thinly Sliced	50 ml	Tomato Paste
175 g	Pasta of Choice	400 g	Tin Tomato Puree
15 ml	Olive Oil	5	Basil Leaves, Roughly Chopped
½	Small Onion, Roughly Chopped		Salt & Freshly Ground Black Pepper



### Method

- ✓ Cook the pasta according to package instructions.
- ✓ Heat the olive oil in a saucepan & lightly fry the onions until soft.
- ✓ Slice the Frankfurters & add them to the saucepan, cook for 5 minutes.
- ✓ Add the tomato paste & cook for a couple of minutes then add the puree.
- ✓ Turn down the heat & simmer for about 10 minutes.
- ✓ Season & add chopped basil leaves.
- ✓ Pour sauce over the pasta & serve.

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## CHEESY MACARONI WITH MINI VIENNAS

Serves: 4

Preparation Time: 5 minutes

Cooking Time: 25 minutes

### Ingredients

14	Eskort Mini Viennas, Sliced in Half Length-ways	100 g	Mozzarella Cheese, Grated
150 g	Cheddar Cheese, Grated	4	Eggs, Beaten
45 ml	Pickled Peppadews, Roughly Chopped		Salt & Freshly Ground Black Pepper
400 g	Macaroni		



### Method

- ✓ Preheat the oven to 180° C.
- ✓ Combine cheddar cheese, peppadews, eggs & seasoning, mix with cooked macaroni.
- ✓ Pour mixture into a lightly greased ovenproof casserole dish.
- ✓ Place sliced Viennas evenly onto the macaroni.
- ✓ Sprinkle the mozzarella cheese over the Viennas & macaroni.
- ✓ Bake in a preheated oven until the macaroni has set & the cheese is golden & bubbling, for approximately 25 minutes.
- ✓ Serve hot with a side garden salad.

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## HAM PASTRY PLAIT

Serves: 6 - 8

Preparation Time: 15 minutes

Cooking Time: 30 minutes

### Ingredients

500 g	Eskort Chopped Ham Roll, Finely Chopped	8 ml	Dried Origanum
500 g	Packet Puff Pastry, Thawed	1	Jumbo Egg, Beaten
50 ml	Wholegrain Mustard		Salt & Freshly Ground Black Pepper
18 ml	Fresh Parsley, Chopped	1	Egg Yolk, Beaten (For Top of Pastry)



### Method

- ✓ Roll out pastry into rectangle, 350 mm x 250 mm.
- ✓ Mix together chopped ham, mustard, herbs, seasoning & beaten egg.
- ✓ Spread ham mixture length ways in a strip down centre of pastry.
- ✓ Cut 20 mm wide strips diagonally to filling down each side of pastry almost up to filling.
- ✓ Plait by crossing opposite strips over filling. Securing the last two strips under the plait with a little of the beaten egg yolk. Seal end & brush with egg yolk.
- ✓ Bake at 200° C for 30 - 40 minutes until golden brown.

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## HAM & VEG MINI QUICHE

Makes: 12

Preparation Time: 15 minutes

Cooking Time: 35 - 40 minutes

### Ingredients

100 g Eskort Chopped Ham Roll, Diced  
 400 g Ready to Roll Puff Pastry  
 125 g Frozen Mixed Vegetables, Cooked  
 75 g Cheddar Cheese, Grated

150 ml Milk  
 5 Eggs  
 Salt & Freshly Ground Black Pepper



### Method

- ✓ Preheat the oven to 190° C.
- ✓ Grease a 12-hole muffin tin.
- ✓ Roll out the puff pastry, cut circles with a pastry cutter & line the muffin cups.
- ✓ Sprinkle the cooked vegetables, diced ham & the grated cheese evenly into each muffin cup.
- ✓ Beat the eggs & milk together & ladle spoonfuls over the vegetables, ham & cheese.
- ✓ Bake for 30 minutes or until golden & set.

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## HAM & CHEESY CHICKEN

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

### Ingredients

125 g	Eskort Mini Ham Slices, Finely Chopped	100 g	Bread Crumbs
4	Chicken Breasts		Salt & Freshly Ground Black Pepper
4	Large Slices of Mozzarella Cheese		Oil for Frying
75 g	Dusting Flour	1	Lemon, Cut into 4 Wedges
1	Jumbo Egg, Beaten		



### Method

- ✓ Use a rolling pin or meat mallet, pound the chicken breasts until they are about 5 mm thick.
- ✓ Sprinkle chopped ham over the chicken & top with a mozzarella cheese slice.
- ✓ Roll up chicken & filling.
- ✓ Dip chicken roll in seasoned flour, then dip in the egg & finally the breadcrumbs.
- ✓ Deep fry for 5 - 8 minutes, until golden brown & cooked through.
- ✓ Serve with lemon wedges.

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## Cooking pork



Pork Chops with  
Cider & Thyme Sauce

Golden Roast Leg  
of Pork

Quick & Easy  
Pork Stir-fry

Pork Bredie with  
Mustard & Sherry Sauce

Rosemary Pork Roast

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## PORK CHOPS WITH CIDER & THYME SAUCE

Serves: 4

### Ingredients

4	Pork Chops, Trimmed of Unwanted Fat	1	Knob of Butter
450 g	Potatoes, Skin on & Cut into Bite Sized Chunks	2	Apples, Cored & Thickly Sliced
75 ml	Olive Oil	250 ml	Cider
15 ml	Paprika	60 ml	Crème Fraîche
1	Red Onion, Thinly Sliced	200 ml	Vegetable Stock
1	Clove of Garlic, Minced		Salt & Freshly Ground Black Pepper
	A Few Sprigs of Thyme		

### Method

- ✓ Preheat oven to 200° C.
- ✓ Place the potatoes in a roasting pan with 30 ml olive oil, sprinkle with the paprika & roast for 20 - 25 minutes until golden.
- ✓ Meanwhile, heat 35 ml oil in a pan & gently fry the onion, garlic & thyme until soft.
- ✓ Push the onions to the side of the pan, add the butter & gently fry the apple slices until they begin to colour.
- ✓ Remove & reserve a few slices of apple for the garnishing.
- ✓ To the remainder of the apples, add the cider & stock, & simmer for a few minutes.
- ✓ Stir through the crème fraîche & season, set aside & keep warm.
- ✓ In a separate pan, heat 10 ml olive oil & fry the pork chops for 2 - 3 minutes on each side or until cooked through.
- ✓ Serve with the spicy potatoes & apple thyme sauce.
- ✓ Place the reserved cooked apple on the plate as you wish for the garnish.

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## GOLDEN ROAST LEG OF PORK

Serves: 7 - 8

### Ingredients

- 1 Leg of Pork, Approximately  
2 kg - 2,5 kg  
Salt & Freshly Ground Black Pepper  
Olive Oil for Rubbing  
Apple Sauce for Serving
- 7 - 8 Medium Potatoes for Roasting  
1 Per Person, Peeled & Thickly Sliced

Calculate approximately 250 g of pork per person when you buy the roast.

Get your butcher to score the skin for you. This makes beautiful, crisp crackling.

### Method

- ✓ Preheat the oven to 180° C.
- ✓ Pat the leg of pork dry with kitchen paper.
- ✓ Score the skin at 2 cm intervals (if not already done by your butcher).
- ✓ Cut through the skin & the outside fat layer with a very sharp knife; make sure you do not cut through to the meat.
- ✓ Rub with salt, pepper & olive oil.
- ✓ Place pork on a wire rack in an oven-roasting pan and roast for the required amount of time (refer page 30 for Cooking Chart).
- ✓ The skin should be golden brown & crisp. You can grill for a little while to help this process. (Watch it & don't brown it too much.)
- ✓ Thickly slice the potatoes & put them in the roasting pan around the pork.
- ✓ When done, remove pork from oven & leave in a warm place to 'rest' for 8 - 10 minutes. This 'settles' the juices.
- ✓ Carve thinly against the grain.
- ✓ Serve with gravy, vegetables & apple sauce.

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## ROSEMARY PORK NECK ROAST

Serves: 4 - 6

### Ingredients

- 1 De-boned Neck of Pork,  
Approximately 1,2 kg - 1,4 kg  
Olive Oil
- 10 ml Fresh Rosemary, Finely Chopped
- 10 ml Olive Spice  
Salt & Freshly Ground Black Pepper

### Method

- ✓ Preheat the oven to 180° C.
- ✓ Pat the pork neck dry with kitchen paper.
- ✓ Rub all over with olive oil, rosemary, olive spice, salt & pepper.
- ✓ Place on an oven roasting rack in a roasting pan.
- ✓ Roast pork neck in the preheated oven, for the required time (refer page 30 for Cooking Chart).
- ✓ The oven temperature can be turned up to 220° C for the last 10 minutes if it is necessary to brown the pork a little more.
- ✓ Remove roast from oven & place in a warm area of the kitchen or in the warming drawer to 'rest' for 8 - 10 minutes.
- ✓ This will help the meat juices to 'settle' & ensure a juicy, succulent roast.
- ✓ Carve thinly & serve with roast potatoes, gravy & vegetables.

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## QUICK & EASY PORK STIR-FRY

Serves: 3 - 4

### Ingredients

750 g	Pork Fillet, Sliced into Strips	15 ml	Brown Sugar
1	Onion, Finely Chopped	10 ml	Maizena, Mixed with a little cold water to form a paste
1	Green Pepper, De-seeded & Finely Sliced		
1	Red Pepper, De-seeded & Finely Sliced	15 - 40 ml	Soy Sauce (use according to taste)
3 - 4	Baby Marrows, Finely Sliced		Salt & Freshly Ground Black Pepper
450 g	Mushrooms, Finely Sliced		Olive Oil for Frying
2 - 3	Carrots, Peeled & Finely Sliced		Cooked Noodles for Serving
15 ml	Dry or Medium Dry Sherry		
15 ml	Balsamic Vinegar		

### Method

- ✓ Pat the pork fillet strips dry with kitchen paper.
- ✓ Heat the oil in a wok or pan & fry the pork strips until lightly browned, but not dry, remove & keep warm.
- ✓ Over a high heat, stir-fry all the vegetables until cooked, but still fairly crisp.
- ✓ Return pork fillet strips to pan, lower the heat slightly & add the sherry, vinegar, brown sugar & maizena paste.
- ✓ Season stir-fry with the soy sauce.
- ✓ Taste & adjust seasoning.
- ✓ Serve hot with noodles.

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## PORK BREDIE WITH MUSTARD & SHERRY SAUCE

Serves: 4

### Ingredients

450 g	Pork, Cubed	10 ml	French Mustard or Mustard of your Choice
30 ml	Oil	10	Fresh Sage Leaves (Optional, but Delicious)
4	Garlic Cloves, Crushed	250 g	Mushrooms, Thinly Sliced
2	Onions, Finely Chopped	15 ml	Tomato Paste (Optional)
1	Celery Stick, Finely Chopped		Salt & Freshly Ground Black Pepper
30 ml	Flour	1 Can	Chick Peas or Butter Beans or Lentils (Optional)
45 ml	Medium Dry Sherry		
500 ml	Chicken Stock or Hot Water		

### Method

- ✓ Heat oil; add garlic, onion & celery, sauté until soft.
- ✓ Coat the pork cubes with the flour; add to the pot & sauté until golden brown, add more oil if required.
- ✓ Add sherry, sage leaves, mustard, stock or water, mushrooms, tomato paste & seasoning.
- ✓ Cover & cook over simmering heat for 25 minutes, remove lid, add chickpeas or beans & cook for another 10 - 15 minutes.
- ✓ Serve with basmati rice.

\*\*45 ml Pineapple juice could be used instead of sherry.\*\*

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## PORK COOKING GUIDELINES

Modern Pork is healthy, versatile & good value for money. Through changes in feeding & production techniques, pork has 31 percent less fat than 20 years ago & certain pork cuts are leaner than other meats.

Lean Pork is an ideal choice for slimmers & health conscious families as it is not only low in kilojoules, it also contains important nutrients such as Protein, Phosphorus, B- Group Vitamins & other Vitamins.

## PORK COOKING CHART

Uncovered in a Shallow Pan at 180° C

TYPE	APPROX ROASTING TIME (per 500 g)
Loin Roast	25 - 28 minutes
Fillet	20 - 22 minutes
Leg	35 - 40 minutes
Shoulder Roast	35 - 45 minutes
Ham Uncooked (Bone out)	27 - 33 minutes plus glazing
Pork Chops (20 mm Thick)	10 - 15 minutes

\* Add 15 - 20 minutes extra roasting to the total time for roasts.

\*\* Allow meat to stand for 15 - 20 minutes before carving roasts.

Pork's mild flavour goes well with many herbs, spices & fruit, including, sage; rosemary; thyme; juniper berry; ginger; allspice; nutmeg; apples; prunes; peaches; pineapples; apricots & pears.

## MEASURING MADE EASY

° F	° C
325° F	160° C
350° F	180° C
400° F	200° C
425° F	220° C
450° F	230° C
500° F	260° C
<b>° C = (° F - 32) ÷ 1.8</b>	

CUPS	ML
¼ cup	60 ml
½ cup	125 ml
¾ cup	170 ml
¾ cup	190 ml
1 cup	250 ml
4 cups	1 litre
<b>fl oz x 30 = ml</b>	

OUNCE	GRAMS
½ oz	15 g
1 oz	30 g
4 oz	125 g
½ lb	250 g
1 lb	500 g
2 lb	1 kg
<b>oz x 28.35 = g</b>	

# Delicious Marinated Ribs

Visit [www.eskort.com](http://www.eskort.com) for this delicious Marinated Belly Ribs recipe, lots of other delicious recipes, tips & prizes to be won.



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