

A close-up photograph of various skewers of grilled food on a black grill. The skewers include pieces of meat, mushrooms, red and yellow bell peppers, and green zucchini. A sprig of rosemary is visible in the upper right. The text 'ESKORT' is overlaid in the center in a bold, red, outlined font, and 'Recipes' is written below it in a blue cursive font. A yellow curved shape is on the left, and a blue bar is at the bottom.

# ESKORT

*Recipes*

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## About Eskort

During 1917, a group of nine people decided to establish a Bacon curing factory and by August that year, the Farmer's Co-operative Bacon Factory Limited was founded. Building soon commenced on the banks of the Bushman's River in Estcourt, KwaZulu-Natal.

The factory was officially opened by General Louis Botha on 6 June 1918. At the 1920 Rand Easter Show the company won the only Gold Medal in the Agricultural Section, Silver Cup for Export Bacon, and Silver Cup for Export Hams. In the same year the company was awarded a Gold and Silver Medal by the British Dairy Farmers Association at the London Dairy Show (World acknowledged Bacon Show).

Manufacture of the now famous Eskort Gold Medal Pork Sausages commenced in 1920 and quality awards continued with the achievement of three successive wins in the Export Ham and Bacon categories at the Rand Easter Show. Production at the second factory in Heidelberg, Gauteng commenced in September 1954.

Today, Eskort products are distributed nationally to retail and wholesale outlets throughout Southern Africa through a network of distribution centres. The Eskort range comprises of over 100 product lines and includes Bacon, Sausages, Viennas, Polonies, Ham, Cold Meat Loaves and a Value Add fresh pork range.

Customer care: Call 0800 203 193 weekdays 09:00 to 15:30 or visit our website [www.eskort.com](http://www.eskort.com)

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## Breakfast Salad with Russians (4 servings)

### Ingredients

- 6-8 Eskort Russians
- 250 g Eskort Rindless Streaky Bacon
- 150 g Mixed Mushrooms
- 45 ml Olive Oil
- 250 g Cherry Tomatoes (Halved)
- 400 g Mixed Herb Salad Leaves
- 100 g Rocket Leaves
- Feta Cheese (Cubed)
- 10 ml White Vinegar
- 5 ml Mustard
- Salt and Pepper
- 75 g Garlic Croutons



### Method

- Grill the Eskort Rindless Streaky Bacon and Eskort Russians until crisp.
- Sauté mushrooms in 15 ml oil until done then remove from the pan.
- Meanwhile, mix tomatoes, mixed herb and rocket leaves.
- Whisk remaining oil, mustard and vinegar with black pepper and salt.
- Cut the Eskort Russians and Eskort Rindless Streaky Bacon into pieces and add with the mushrooms, feta cheese and croutons to the rocket leaves.
- Add dressing, toss and serve.

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## Vienna Sausage & Mushroom Frittata (6 servings)

### Ingredients

- 4-6 Eskort Smoked Viennas (Cut into Thick Slices)
- 8 Eggs
- Salt and Freshly Ground Pepper
- 50 g Parmesan Cheese (Grated)
- 50 g Butter
- 125 g Mushrooms (Sliced)
- 1 Onion (Chopped)
- 2 Medium Potatoes or 6 New Potatoes (Cubed and Boiled)
- 10 ml Chopped Fresh Parsley



### Method

- Beat eggs in a bowl, add seasoning and cheese.
- Melt a little butter in a small heavy based, non stick frying pan, add mushrooms and onion. Sauté until soft.
- Add to egg mix together with remaining ingredients.
- Melt remaining butter in a frying pan and once it begins to froth add egg mixture.
- Turn down the heat to as low as it can go.
- Leave the eggs to cook gently for 15 minutes or until underneath is set.
- Place eggs under a hot grill for 1 minute to set the top but do not brown.
- Slide palette knife under the frittata to free it, cut into wedges.
- Serve with rocket pine nut salad, drizzled with balsamic dressing if desired.

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## Pork Sausage with Onion & Mushroom Gravy (4 servings)

### Ingredients

- 8 Eskort Gold Medal Pork Sausages
- 375 ml Beef Stock
- 10 ml Cornflour
- 10 ml Balsamic Vinegar
- 15 ml Oil
- 3 Onions (Sliced)
- 150 g Mushrooms (Sliced)
- Pinch Thyme
- 1.5 kg Potatoes (Chopped)
- 60 g Butter
- 125 ml Cream

### Method

- Mix stock and cornflour to make paste. Once dissolved add remaining stock with the vinegar.
- Make gravy by heating oil in a large frying pan, add onion and cook over low heat for 35-40 minutes or until the onion is soft and beginning to caramelize.
- Remove and pan fry mushrooms.
- Return onions and slowly add the stock mixture and thyme.
- Stir constantly until thickens, season and set aside.
- Boil and mash potatoes adding butter and cream and season to taste.
- Grill Eskort Gold Medal Pork Sausages for about 10 minutes or until cooked and serve with mash and mushroom gravy.

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## Spicy Pork Sausage Filled Tacos (6 servings)

### Ingredients

- 750 g Eskort Gold Medal Pork Sausages
- 20 ml Olive Oil
- 2 Onions (Chopped)
- 1 Green Pepper (Chopped)
- 5-10 ml Chilli Powder or Paprika
- 5 ml Ground Cumin
- 30 ml Tomato Sauce
- Salt and Pepper
- 6 Taco Shells
- 2 Tomatoes (Chopped)
- Iceberg Lettuce (Shredded)
- 100 g Sharp Cheddar Cheese (Grated)
- Sour Cream



### Method

- Preheat oven to 180° C.
- Remove skins from Eskort Gold Medal Pork Sausages, crumble sausage meat and brown in a little oil. Drain and set aside.
- Heat olive oil in skillet and sauté onions and add chopped pepper.
- Cook the sautéed onions and chopped pepper for another 3 minutes.
- Add sausage filling and mix thoroughly.
- Add chilli powder and cumin; cook for 5 minutes.
- Mix in tomato sauce and season with salt and pepper.
- Cook for 3 minutes stirring constantly.
- Heat tacos in oven for 3-5 minutes.
- Serve warm tacos, sausage filling, lettuce, tomato, cheese and sour cream allowing diners to assemble tacos themselves.

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## Lean Diced Bacon, Seafood & Avocado Salad (4-6 servings)

### Ingredients

- 125 g Eskort Lean Diced Bacon
- 3 Ripe Avocados
- 4 Leaves of Lettuce
- 200 g Crab Sticks or Cooked Shrimps
- 75 g Croutons
- 125 ml Caesar Salad Dressing

### Method

- Fry the Eskort Lean Diced Bacon until crispy before setting aside.
- Halve the avocados; remove seed, peel and slice.
- Arrange on the plate with the lettuce, avocado, seafood and croutons.
- Sprinkle salad with crispy Eskort Lean Diced Bacon and drizzle with salad dressing.

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## Pork Sausage & Chilli Wrap (4-6 servings)

### Ingredients

- 6-8 Eskort Gold Medal Pork Sausages
- Oil for Frying
- 1 Onion (Chopped)
- 1 Clove Garlic (Crushed)
- 1 Red Pepper (Diced)
- 2 ml Chilli Powder or Paprika
- 1 Can Chopped Tomatoes
- 15 ml Tomato Paste
- 1 Can Red Kidney Beans (Drained)
- 4-6 Tortilla Wraps



### Method

- Brown the Eskort Gold Medal Pork Sausages in a pan with a little oil.
- Remove from the pan, chop finely and set aside.
- Fry the onion, garlic and diced pepper, season with the chilli powder.
- Add can tomatoes, tomato paste, can red beans and the fried Eskort Gold Medal Pork Sausages to pan and return to the heat.
- Cook for about 5 minutes.
- Serve as a filling for tortilla wraps and fold in the usual way.

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## Pap & Polony Casserole (4-6 servings)

### Ingredients

#### Pap

- 500 ml Water
- 500 ml Milk
- 1 Clove Garlic (Crushed)
- 5 ml Salt
- 500 ml Mielie Meal
- 100 g Cheese (Grated)

#### Sauce

- 500 g Eskort French Polony (Chopped)
- 30 ml Oil
- 1 Onion (Chopped)
- 6 Tomatoes (Chopped and Skinned)
- Salt and Pepper
- 100 g Cheese (Grated)



### Method

- Boil water, milk, garlic and salt together.
- Add mielie meal and stir until all lumps are dissolved. Cook mixture until done.
- Beat in cheese and set aside.
- Heat oil, add onions and fry until soft.
- Add tomatoes and cook for 5-10 minutes, adding water if too dry.
- Mix in Eskort French Polony, season with salt and pepper.
- Pour sauce over pap and sprinkle with grated cheese.
- Serve hot.

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## Breakfast Sausages with Pineapple Casserole (4-6 servings)

### Ingredients

- 6-8 Eskort Breakfast Sausages
- 15 ml Cornflour
- 60 ml Brown Sugar
- 15 ml English Mustard
- 125 ml Tomato Sauce
- 400 g Can Pineapple Pieces (Drained) – Reserve syrup
- 125 ml Water
- Oil for Frying
- 1 Onion (Chopped)
- 1 Red Pepper (Sliced)



### Method

- Mix together the cornflour, sugar, mustard, tomato sauce, reserved syrup from the pineapple and water.
- Heat some oil in a pan and fry Eskort Breakfast Sausages until browned.
- Add onion and sliced pepper to pan and cook until softened.
- Choose a casserole dish large enough to hold all the Eskort Breakfast Sausages next to each other in one layer.
- Place cornflour mixture, onion and sliced pepper into the casserole dish and top with Eskort Breakfast Sausages.
- Preheat oven to 180° C, cover tightly with foil and bake for 30 minutes, until the Eskort Breakfast Sausages are cooked and liquid is thick.
- Add a little hot water if the sauce thickens too much.
- Stir pineapple pieces into the casserole, allow to heat through and serve.
- Serve with rice and garnish with flat leaf parsley.

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## Smoked Haddock & Bacon Chowder (4 servings)

### Ingredients

- 250 g Eskort Diced Bacon
- 500 g Smoked Haddock (Skinned)
- 30 g Butter
- 1 Bunch Spring Onions (Sliced)
- 20 ml Flour
- 600 ml Milk
- 410 g Can Whole Kernel Corn (Drained)
- 500 g Potatoes (Cooked, Peeled and Cubed)
- 150 ml Fresh Cream
- Salt and Pepper



### Method

- Cover haddock with water and poach for 6-8 minutes, drain and cool.
- Flake fish into large pieces and set aside.
- Melt butter, sauté spring onions and Eskort Diced Bacon for 2-3 minutes, remove from heat and stir in flour.
- Add milk, return to heat and bring to boil, stirring continuously.
- Add corn, potatoes and fish and simmer for 5 minutes.
- Stir the cream, heat through.
- Add seasoning to taste.
- Sprinkle chives and serve hot with bread rolls.

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## Russians & Chicken Stew (4 servings)

### Ingredients

- 4 Eskort Russians (Sliced into Pieces)
- 15 ml Oil
- 1 Onion (Chopped)
- 350 g Skinless, Boneless Chicken (Cut into Chunks)
- 3 ml Chilli Powder or Paprika
- 650 g Pumpkin (Peeled and Cut into Chunks)
- 1 Red Pepper (Deseeded and Cut into Chunks)
- 200 ml Tomato Puree
- 300 ml Chicken Stock
- 5 ml Thyme (Dried)
- Salt and Pepper



### Method

- Heat the oil in a large pan, add onion and fry over medium heat until soft.
- Add the chicken and fry over medium heat until brown.
- Add the Eskort Russians and chilli powder and cook for 5 minutes stirring regularly.
- Add pumpkin and chunks of pepper and cook for 2 minutes.
- Pour in the tomato puree, stock and thyme, cover and simmer for 35-40 minutes or until the chicken is cooked. Stir occasionally.
- Season to taste and serve warm with couscous or rice.

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## Pork Sausages with Lentils (6-8 servings)

### Ingredients

- 10-12 Eskort Gold Medal Pork Sausages
- 60 ml Olive Oil (Not Extra Virgin)
- 1 Onion (Finely Chopped)
- 500 g Brown Lentils
- 1 Fat Clove of Garlic (Squashed with the Side of a Knife, and Skin Removed)
- 100 ml Red Wine
- 50 ml Water
- Sprinkling of Salt



### Method

- Heat 2 to 3 tablespoons of the oil in a good sized saucepan.
- Add the chopped onion.
- Cook over a low to medium heat till soft.
- Add the lentils, stir well then cover generously with cold water.
- Bring to the boil, then cover and simmer gently for 30 minutes or until cooked and most of the liquid is absorbed.
- Heat the remaining oil in a heavy based frying pan and add the bruised garlic.
- Cook for a few minutes, add the Eskort Gold Medal Pork Sausages and brown.
- When the Eskort Gold Medal Pork Sausages are browned, pour in the wine and water. Allow to bubble up.
- Cover the pan and cook for about 15 minutes, stirring occasionally.
- Remove Eskort Gold Medal Pork Sausages and slice.
- Add seasoning and a little more water if necessary.
- Serve with herb sprigs.

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## Mini Pork Sausages with Bloody Mary Salsa

### Ingredients

- 375 g Eskort Gold Medal Mini Pork Sausages
- 150 g Cherry Tomatoes (Chopped)
- 30 ml Vodka
- 2.5 ml Celery Salt
- 3 Dashes of Worcestershire Sauce
- 3 Dashes of Tabasco

### Method

- Grill the Eskort Gold Medal Mini Pork Sausages for 7 minutes, turning occasionally until cooked.
- Mix all the ingredients in a bowl and season to taste.
- Serve on cocktail sticks with the salsa on the side.

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## Bacon Rolls

### Ingredients

- 500 g Eskort Rindless Streaky Bacon
- 20 ml Oil
- 125 g Chicken Livers
- 5 Button Mushrooms
- 5 Plump Dried Apricots, Dried Pitted Prunes, Dried Pear or Other
- 1 Banana Peeled and Sliced into Strips

### Method

- Place 10 ml oil in a pan and flash fry chicken livers to firm up shape.
- Marinate button mushrooms in oil for 10 minutes.
- Wrap Eskort Rindless Streaky Bacon around any of the above and grill for 5-10 minutes until cooked.
- Serve on/with cocktail sticks.

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## Sesame & Honeyed Mini Pork Sausages

### Ingredients

- 750 g Eskort Gold Medal Mini Pork Sausages
- 125 ml Hoisin Sauce
- 60 ml Golden Syrup
- 60 ml Light Soy Sauce
- 10 ml Oil
- 25 ml Sesame Seeds (Toasted)

### Method

- In a non-metallic bowl combine the hoisin sauce, golden syrup, soy sauce and oil.
- Add the Eskort Gold Medal Mini Pork Sausages and toss well to coat.
- Cover and refrigerate for 30 minutes.
- Remove and place on a baking tray lined with non-stick baking paper.
- Preheat oven to 180° C and bake for 10-15 minutes until cooked through and golden.
- Sprinkle with sesame seeds.
- Serve on/with cocktail sticks.

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## Bacon & Sausage Chicken Liver Paté

### Ingredients

6	Rashers Eskort Rindless Streaky Bacon
2-3	Eskort Gold Medal Pork Sausages
500 g	Chicken Livers
½	Medium Onion
1-2	Cloves Garlic Parsley Black Pepper
2 ml	Mixed Herbs
1-2	Medium Whole Gherkins
125 ml	Chicken Stock
30-45 ml	Water
30-45 ml	Cream
30 ml	Brandy



### Method

- Fry the Eskort Rindless Streaky Bacon, onions and chicken livers in a little oil.
- Add the Eskort Gold Medal Pork Sausages and then chicken stock, garlic, parsley, black pepper, herbs and gherkins and cook.
- Liquidise, adding the cream, brandy and water. Only add enough water to ensure the liquidiser rotates.
- When cool, spoon into dishes.
- Serve with savory biscuits.

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## Mini Pork Sausages with Horseradish Cream

### Ingredients

375 g	Eskort Gold Medal Mini Pork Sausages
30 ml	Olive Oil
2	Onions (Sliced)
1	Sprig of Thyme
25 ml	Water
30 ml	Brown Sugar
15 ml	Balsamic Vinegar
200 g	Cream Cheese
15 ml	Horseradish Cream
100 g	Rocket Leaves (Remove Stalks)
12	Cocktail Bread Rolls



### Method

- Heat 25 ml olive oil in a pan, add onion, thyme and 25 ml water, cover and cook for 10 minutes.
- Stir in the sugar and vinegar and cook uncovered until it turns thick.
- Season well and keep warm.
- In a small bowl, mix the cream cheese and horseradish cream until smooth.
- Heat the remaining oil in a large frying pan and fry the Eskort Gold Medal Mini Pork Sausages on low heat for about 10 minutes.
- Remove and drain on paper towel.
- Slice the bread rolls vertically, three quarters of the way through and spread the horseradish mixture. Fill the rolls with the Eskort Gold Medal Mini Pork Sausages, onions and rocket leaves.

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## Tagliatelle with Mini Ham & Cream Sauce (2-3 servings)

### Ingredients

- 200 g Eskort Mini Ham (Diced)
- 250 g Tagliatelle
- 60 g Butter
- 100 g Frozen Peas
- 385 g Mushrooms (Sliced)
- 250 ml Cream
- Salt and Black Pepper
- Grated Lemon Rind
- 30 ml Parsley



### Method

- Microwave pasta in 1 litre of boiling salted water for about 8 to 10 minutes or until soft.
- Drain well, toss with butter and set aside.
- Rinse the peas under hot water and place in a small bowl, microwave on 100% power for 1-2 minutes, drain well.
- Combine pasta, peas, mushrooms, cream, Eskort Mini Ham, lemon rind, parsley and seasoning and reheat on 100% power for 3 minutes.
- Serve immediately topped with grated cheese.

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## Frankfurters & Tasty Rice (4 servings)

### Ingredients

- 6-8 Eskort Frankfurters (Sliced on the Diagonal)
- 15 ml Oil
- 1 Onion (Chopped)
- 4 Tomatoes (Skinned and Chopped)
- 5 ml Mixed Herbs or Sage
- 5 ml Salt
- 2.5 ml Black Pepper
- 5 ml Sugar
- 300 ml Uncooked Rice
- 850 ml Chicken Stock
- 125 ml Mozzarella Cheese (Cubed)



### Method

- Microwave oil and onion for 3 minutes on 100% power until soft, stirring once.
- Add tomatoes, mixed herbs or sage, salt, black pepper and sugar. Cook on 100% power for a further 3 minutes, stirring once or twice.
- Add uncooked rice and pour in the stock, then add Eskort Frankfurters and cook on 100% power for 5 minutes. Stir, lower to 60% power and cook for another 6 minutes.
- Stir and add more liquid if too dry. Cook for an additional 5-6 minutes until rice is cooked.
- Stir in mozzarella cheese.
- Sprinkle with parsley before serving.

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## Diced Bacon, Peppadew & Sweet Corn Muffins (8-10 servings)

### Ingredients

- 250 g Eskort Diced Bacon
- 500 ml White Flour
- 15 ml Baking Powder
- 2 ml Salt
- 80 ml Oil
- 2 Eggs
- 250 ml Milk
- 225 g Cream-Style Sweet Corn
- 2 Spring Onions (Chopped)
- 60 ml Peppadews (Chopped)
- 50 g Cheese (Grated)



### Method

- Sift the dry ingredients into a mixing bowl.
- Beat together the oil, eggs and milk.
- Add to the dry ingredients with sweet corn, spring onions, Eskort Diced Bacon and peppadews, mix well.
- Spoon into greased muffin tins, sprinkle with grated cheese and bake at 200° C for 25 minutes.

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## Mini Pork Sausages & Streaky Bacon Kebabs (makes 4)

### Ingredients

- 12 Eskort Gold Medal Mini Pork Sausages
- 250 g Eskort Rindless Streaky Bacon
- 1 Large Yellow Pepper (Chopped in Squares)
- 1 Large Green Pepper (Chopped in Squares)
- 8-10 Cherry Tomatoes
- 4 Baby Corns
- Olive Oil
- Salt
- Black Pepper (Ground)



### Method

- Preheat the grill.
- Wrap a rasher of Eskort Rindless Streaky Bacon around each Eskort Gold Medal Mini Pork Sausage making sure the rasher stays well tucked.
- Thread all the ingredients onto the skewers in an attractive way.
- Drizzle the kebabs with oil, season with salt and pepper and place on a baking tray.
- Grill for about 12 minutes or until the vegetables, Eskort Rindless Streaky Bacon and Eskort Gold Medal Mini Pork Sausages are nicely grilled. Turn often.

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## Pasta Salad with Diced Bacon (4 servings)

### Ingredients

- 250 g Eskort Diced Bacon
- 50 g Pecan Nuts
- 1 Clove Garlic (Crushed)
- 60 ml Olive Oil
- 60 ml Vinegar
- Salt
- Black Pepper (Ground)
- 10 ml Mustard Powder
- 200 g Penne or Pasta Shells
- 100 g Mozzarella (Cubed)
- 125 ml Green Peas (Steamed till Tender)
- 2 Eggs (Hard Boiled)



### Method

- Blend the pecan nuts (reserve a couple to chop and fold into salad), garlic, oil, vinegar, salt, pepper and mustard together until fine.
- Heat a little oil in a pan and fry Eskort Diced Bacon until golden, remove from heat and set aside.
- Cook pasta according to instructions. Once cooked, rinse in cold water.
- Toss in a salad bowl the fried Eskort Diced Bacon, pasta, cheese, peas, chopped pecan nuts and salad dressing.
- Chop up the egg whites, grate the yolks and sprinkle over pasta salad.
- Serve on lettuce and sprinkle with chives.

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# Introducing delicious anywhere, anytime Eskort Gold Medal Mini Pork Sausages



Now, with Eskort Gold Medal Mini Pork Sausages, it's easy to prepare a delicious meal that your family will love.

## MINI PORK SAUSAGE ROLLS

### Ingredients

- 375 g Eskort Gold Medal Mini Pork Sausages
- 500 g Puff Pastry
- Salt and Pepper
- 1 Egg



### Method

- Remove skin from Eskort Gold Medal Mini Pork Sausages.
- Roll out pastry and cut into strips.
- Place an Eskort Gold Medal Mini Pork Sausage onto each strip.
- Wet one side of pastry with water.
- Roll pastry over each Eskort Gold Medal Mini Pork Sausage.
- Preheat oven to 180° C, brush pastry with egg and bake for 35 minutes.

Serve and watch for smiley happy faces.

**Delicious**