

Pork recipes for **Summer Living**



**SOUTH
AFRICAN
PORK**

Compiled by the South African
Pork Producers Organisation

Great meat. Let's eat!



Hello, Summer

With warm weather and longer days, it's time to get outside of the house.

Get great ideas for easy eating in this handy booklet.

Our aim is to show you how South African Pork is ideal for tasty, healthy and enjoyable meals.

Eat on the stoep, light up the fire or go for a picnic.

Nowhere else in the world does the sun shine brighter and nowhere else is inside/outside living better.



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A close-up photograph of a braai. In the foreground, a white tray is filled with several racks of ribs, each coated in a thick, dark, glossy barbecue sauce. The ribs are arranged in a slightly overlapping manner. In the background, two bowls are visible: a white bowl on the left containing fresh green leafy herbs, and a light blue bowl on the right containing golden-brown french fries. The lighting is bright and even, highlighting the textures of the food.

**Put a smile
on your dial
and bring out
the braai**

Kee it simple. Get everyone to help. Order enough pork from your butcher and save more money. Invite your favourite people. Put drinks in the fridge. Remember the best jokes you heard this week. The rest will take care of itself.

PORK CUTS GOOD TO BRAAI

Loin chops
Rib chops
Chump chops
Shoulder chops
Neck chops
Sparerib chops
Loin steaks
Pork Texan steaks
Pork sosaties/kebabs
Rashers
Ribs
Boerewors
Pork bangers
Any boneless roast can also be done in the braai kettle (Weber) or gas braai with a lid.



Sticky Ribs

1.5 kg pork ribs or belly rashers, skin removed
Salt and pepper to taste

Marinade:

30 ml cider vinegar
60 – 70 ml olive oil
60 ml Worcestershire sauce
30 ml soft brown sugar
30 ml tomato sauce
30 ml soya sauce

Mix together ingredients for marinade. Rub the ribs/rashers with salt and pepper.

Add ribs to marinade and stir to coat. Cover and refrigerate for at least 2 hours, or overnight.

Remove ribs from marinade, place on the grill over medium hot coals. Do not turn over too soon. As soon as the one side is golden brown, turn over with tongs and braai on the other side. Continue to braai until the ribs or belly rashers are half cooked.

Meanwhile, pour marinade into a saucepan and simmer quite rapidly for 2 - 5 minutes without a lid. The basting sauce will become syrupy. Brush sauce over the ribs or rashers, now turning all the time. Do not let it burn! The coals must not be too hot. Remove ribs from grill, coat one last time with sauce and serve hot. (4 – 6 servings)

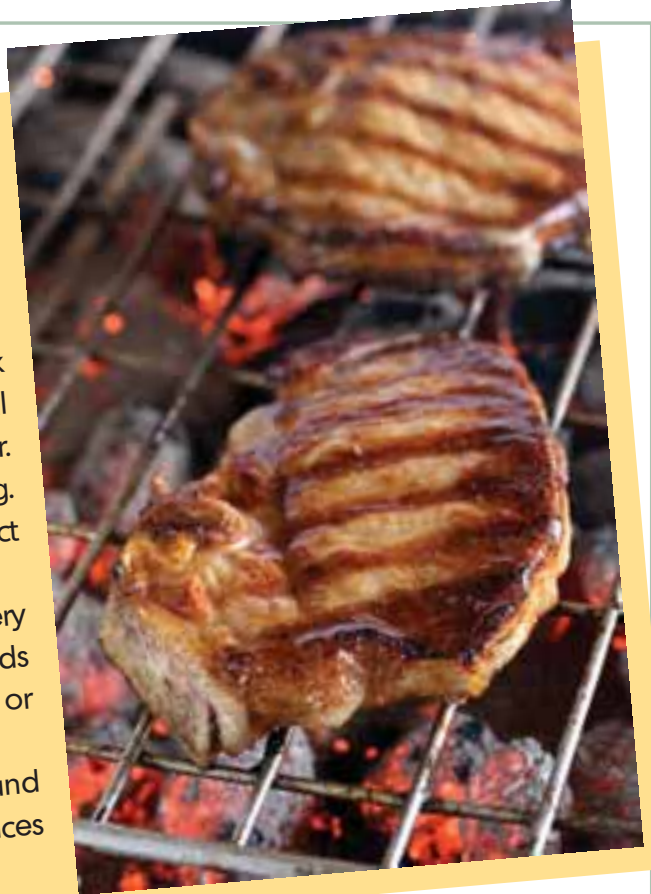


Hot tips



Best Braai Tips

- When you place pork on the braai, leave it for at least 2 - 3 minutes before you try and turn it over. It's got to form a little golden crust on the underside which will release itself from the grid, preventing "tearing" the meat apart. Brush pork with olive oil before putting it onto the braai. It will prevent sticking and help to create a golden colour.
- When using gas, use the low to medium setting.
- When using a braai kettle/Weber, use the indirect method of coals for best results.
- Medium hot coals give a better result than very hot coals. Pork is a delicate meat and responds better to a slightly cooler braai fire than lamb or beef.
- Always use tongs to turn the pork over and never stick a fork into the meat. All the lovely juices will run out.



Basic marinade/basting sauce

165 ml olive oil
75 ml lemon juice or wine
vinegar
5 ml braai spice

Mix everything together and coat the pork cuts well on all sides with the marinade.

The flavour will improve if the pork cuts are left in the marinade in the fridge for a few hours (or overnight) before it goes onto the braai.

For extra taste, add one or more of the following: finely grated onion, garlic, tomato sauce, soya sauce, chutney, sherry, Worcestershire sauce, curry paste, cumin, rosemary and olive seasoning, meat spice, ground coriander and fresh herbs.

Take care when adding sweet ingredients such as honey, sugar, fruit juice, jam and marmalade, even tomato paste. These ingredients burn very quickly over hot coals and will create an unpleasant black surface on the delicate pork meat.



Pork chops with lemon butter

4 - 6 pork loin chops
40 ml olive oil
50 - 60 ml melted butter
finely grated outer skin of one lemon
freshly squeezed juice of one lemon
salt, pepper and braai spice to taste

Pat the pork chops dry with kitchen paper. Brush with a bit of olive oil and place on the braai over medium hot coals. Mix the rest of the ingredients and baste the pork chops while they are on the braai. Turn over now and then, and remove from coals before it's overcooked. They must be just cooked and light grey inside. (4 - 6 servings)





How to be a hostess (or host) from heaven

Easy steps for gourmet pork

Prepare in advance and relax with your guests. Pork fillet and pork steaks, prepared in this delicious way, always has everyone asking for more. You can do everything up to the stage where the bacon is wrapped around it. Cover with foil and leave in the fridge until it's braai time.

Bacon wrapped pork fillets and steaks

Choose one or both, they're equally delicious, easy to prepare and so elegant!

Follow our easy step-by-step guide.

You will need:

- 2 pork fillets or 4 – 6 pork loin chops
- salt, pepper and your favourite meat spice
- 5 – 10 ml French mustard
- approx 12 – 15 prunes, soaked and pips removed
- 4 – 6 slices of Mozzarella cheese
- 10 – 12 fresh sage leaves or sprigs of parsley
- 2 packets rindless, streaky bacon
- toothpicks for fillets and bamboo skewers for chops
- olive oil spray or for basting the fillets





1

If using pork fillets, cut a slit in the centre of each fillet, lengthwise. Spread French mustard inside the fillets and season all over.



2

If using pork chops, remove the outside piece of bone to create nicely shaped "steaks". Season the steaks and cut a "pocket" into each steak. Spread mustard lightly inside the pockets. Place cheese slices and pieces of prunes inside the fillets and into the pockets in the steaks.



3

Wrap bacon slices around the fillets and the steaks and secure with toothpicks or push a bamboo skewer through the steaks to keep the shape. Push sage leaves or parsley sprigs in underneath the bacon. They can now be covered with foil or cling wrap and stored in the fridge until they go onto the braai.



4

Braai or grill over medium-hot coals, or in a pre-heated oven at 180°C until the pork is just cooked and light grey and juicy on the inside. Baste with olive oil to prevent burning or spray with olive oil spray. Turn over frequently in order to get the bacon nice and crisp. Do not overcook.

When done, remove from coals and allow to "rest" for 5 - 10 minutes. Remove toothpicks and slice fillets.



5

Serve hot with grilled or steamed mealies.





Oh, so easy – out of the oven

Fast and fabulous, a pork roast saves you lots of work and time. And it's healthy too...





Pork roast with vegetable medley

1 x boneless loin or leg or shoulder of pork, approx 1,2 – 1,5 kg (ask your butcher to remove the skin)
5 ml each salt, pepper, ground cumin and ground coriander
60 ml olive oil
1 punnet button mushrooms
2 white onions, quartered
1 yellow pepper, seeds removed and cut into strips
125 ml cherry tomatoes
5 ml sugar

Pre-heat oven to 200°C. Dry the pork with kitchen paper. Mix the dry seasoning, rub into the pork together with some olive oil. Place in an oven roasting dish in the centre of the oven. Roast for 10 minutes at 200°C, lower temperature to 180°C and roast for another 75 – 90 minutes, or until cooked but still juicy (the internal temperature of the roast should be between 160°C and 170°C). When there's about 30 minutes of roasting time left, mix the vegetables with the rest of the olive oil. Season with salt, pepper and sugar and add to the roasting dish. Stir vegetables now and then to roast evenly.

When the pork is light grey but still juicy inside, remove it from the oven. Place in a warm place in the kitchen to "rest" for 5 – 8 minutes before carving. Slice in 10 – 15 mm thick slices and serve with the roasted vegetables. (4 – 7 servings)

Pork belly with crisp crackling

1,2 - 1,4 kg pork belly, with the skin on
salt & freshly ground pepper to taste
40 ml olive oil
4 - 6 potatoes, peeled and cut lengthways into thin slices

Preheat oven to 200°C. If the skin on top of the pork is not yet scored, you'll need to cut through the skin at 1 cm intervals. Use a very sharp knife for this. You can also cut the skin into a diamond pattern. Best is to ask your butcher to score the skin.

Rub the pork all over with salt, pepper and olive oil. Place on a metal rack over an oven roasting pan.

Roast in the oven for 20 minutes at 200°C. Turn the oven temperature down to 180°C and roast for a further 30 minutes. Lightly salt the potato slices and place them in the bottom oven roasting pan to absorb the juices and delicious drippings from the pork belly on the rack above the potatoes. Roast for another 30 minutes or until the belly is cooked but not dried out.

If the crackling on top is not yet fully crisp, turn on the top grilling element to crisp and bubble the skin. Watch carefully to ensure it doesn't burn on top.

Remove from oven, let it "rest" for 5 minutes and carve into slices. Serve with the potatoes that were roasted in the meat juices underneath the belly and a crisp salad or steamed vegetables.



The Word is White

You might not know it, or you might not be sure. But yes, pork is a white meat.

It's got very little fat inside the lean muscle fibers. Once the pork cut is trimmed, you have lean, tasty meat, rich in top quality protein. Trimming means cutting off most of the fat layer which sits on the outside of any pork cut.

Pork contains all the essential amino acids, making it a complete protein. This is a delicious meal choice in a highly digestible form.

Best of all, the complete protein in pork will keep you fuller for longer, preventing hunger pangs in between meals. This is a great option for people on weight loss or weight management programs, as well as for diabetics.

A sound nutritional eating plan can include up to 560g lean pork per week, enjoyed at 4 - 5 different meals during the week.



Meat ... yes!

Have a healthy heart

The Pork Industry is proud to be a Heart Mark holder, and supports the SA Heart and Stroke Foundation. Pork cuts with a thin layer of 3 mm or less fat on the outside, have the approval of the Heart and Stroke Foundation, providing it's part of a healthy eating plan.

For a satisfying, low cholesterol and low fat meal, choose pork fillet, pork loin, rib or shoulder chops, stir-fry strips, pork cubes for goulash, kebabs or stewing dishes and lean pork mince for delicious mince dishes.

Healthy tip: Use fresh herbs and a few drops of olive oil when cooking lean pork cuts. Instead of rich sauces, serve with a dollop of plain yoghurt, chopped fresh tomatoes and cucumber.



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN



Useful tip: Do not overcook the fillets. They must be a white/grey colour inside and still very juicy. Always use tongs to turn the fillets over. Never stick a fork into the pork, as all the tasty meat juices will run out.

Pork fillet with green vegetables

2 pork fillets, trimmed
15 ml olive oil
salt, crushed black pepper and ground coriander to rub
1 packet tenderstem or ordinary broccoli
1 packet green asparagus or sugar snap peas

Pre-heat oven to 200°C. Dry the pork fillets with kitchen paper and rub with olive oil, salt, crushed pepper and coriander. Place on an open oven rack in the centre of the oven and roast for 5 minutes at 200°C. Lower the oven temperature to 180°C and roast for another 15 minutes. Test by making a small cut into the fillet with a sharp knife. If the meat juices run clear (not cloudy) it is cooked. Do not overcook!

Remove from the oven and let the fillets "rest" in a warm place for 5 minutes before slicing across the grain of the meat. Meanwhile, steam the green vegetables and season lightly. Serve the fillet slices on top of the green vegetables. Add a small spoonful of yoghurt and sour cream mixture, if desired.
(4 - 6 servings, depending on the size of the fillets)





Leftover pork?

There's stacks you can do with it.

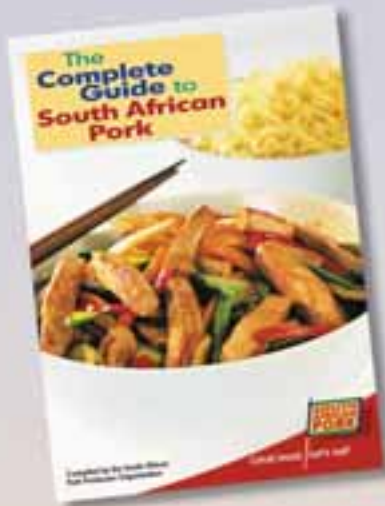
Slice it thinly in slices or strips. Spread with mustard, chutney or chilli jam. Layer on sesame buns, ciabatta rolls, paninis or wholesome seed loaf slices.

Add any of these: lettuce leaves, sliced cheese, tomato, onion rings, yellow peppers, gherkins, peanut butter, apple jelly, eggs, cream cheese, mayonnaise, cucumber slices, fried bacon and banana.

Pick your favourites and have fun!



GET YOURS FREE

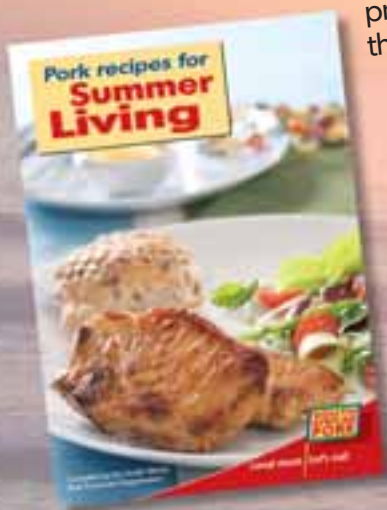


This booklet is part of a series of pork recipe booklets with lots of recipes, tips, ideas, and pictures.

Visit the website www.TastyHealthyModernMeat.co.za and download any of the following free booklet PDFs or video you are interested in:

- Complete Guide to SA Pork
- Budget Beater Recipes
- Christmas Pork ideas
- Put more Pork on your Fork
- Pork recipes for Summer Living
- Perfect Pork Chops video

The website www.sapork.com also provides a host of information about the SA Pork Industry.



This booklet is compiled for the benefit of consumer education by the South African Pork Producers' Organisation (SAPPO). Our aim is to provide a resource of useful information, factual data and tasty recipes to consumers.



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