

ESKORT

Life's Delicious



HEART WARMERS E D I T I O N

DELICIOUSLY
SIMPLE.

12 tasty, easy
recipes for you
& your family
this winter.



BOLD, ADVENTUROUS & *UNCOMPLICATED* FAMILY MEALS.

Cold days and evenings are the time for warm, hearty meals and happy times spent with family and friends. Make the 12 quick, simple and delicious meals in this Eskort Heart Warmers edition. We're here to help you find your flavour in the kitchen and bring the fun into food! Easy and fast - each meal is a delight to look at and filled to the brim with flavour.

Buying fresh or smoked pork has never been easier than at an Eskort Butchery. Visit an Eskort Butchery in Estcourt, KZN, Heidelberg or Silverton east of Pretoria. Coming soon to Mbombela.

Enjoy! Because Life's Delicious!

ESKORT

Life's Delicious

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CARB CONSCIOUS:

For those watching the carbs, try serving this with cauli-rice!

NORMANDY

PORK CASSEROLE

INGREDIENTS:

ESKORT Diced Bacon 200 g, fried
10 g butter
1 kg pork neck, chopped
2 red onions, chopped
6 medium potatoes, peeled and diced
4 celery sticks, chopped
330 ml dry cider
500 ml vegetable stock
90 ml crème fraîche
30 ml corn flour mixed into 60 ml water
30 ml Dijon mustard
30 ml fresh thyme, chopped

METHOD:

1. Preheat the oven to 170°C.
2. In an oven-proof pot fry the pork in batches until browned evenly. Set aside.
3. Fry onions and celery until softened, then add the potatoes. Fry for 5 - 10 minutes until golden.
4. Add the browned pork and fried Bacon to the pot, pour over stock and cider. Bake in the oven for 1 hour & 45 minutes.
5. Remove the pot from the oven and set to simmer on the stove.
6. Stir in crème fraîche, mustard, thyme and corn flour and stir until thickened slightly.
7. Serve with rice or crunchy bread rolls.

SERVES

8

SPICY PORK VINDALOO

INGREDIENTS:

- 1 kg pork loin
- 1 thumb size portion of ginger, finely chopped
- 1 onion, chopped
- 4 cloves of garlic, finely chopped
- 10 ml ground coriander; 10 ml cumin; 10 ml turmeric
- 15 ml black peppercorns; 10 ml dried chilli flakes
- 10 ml cider vinegar; 10 ml olive oil
- 15 ml ground cloves; 10 ml ground cinnamon; 15 ml brown sugar
- 20 ml medium curry powder; 10 ml tamarind paste
- 600 ml boiling water

METHOD:

1. Place ground coriander, cumin, turmeric, peppercorns, chilli flakes, ginger, garlic, olive oil and cider vinegar in a mortar. Mash together into a paste.
2. Chop the pork loin into 2 cm chunks. Remove layer of fat (if desired) and fry in a pan with olive oil.
3. Add the paste (from 1 above), onion, curry powder, sugar and tamarind paste to the pan.
4. Fry together for 15 minutes until the mixture darkens. Add 600 ml boiling water.
5. Add cinnamon and cloves. Simmer for 25 minutes.
6. Serve with fresh naan, rice or potatoes.



SERVES
6

CHEESY SPINACH & SAUSAGE POTATO BAKE

INGREDIENTS:

- ESKORT Cheese Grillers 250g
- 3 medium potatoes, peeled
- 500 ml fresh spinach, chopped
- 250 ml pouring cream
- 2 eggs, beaten
- 100 g feta

METHOD:

1. Preheat the oven to 200°C.
2. Pan fry Cheese Grillers for 5 minutes and chop into smaller pieces.
3. Slice the potatoes into thin pieces. Stack the potatoes up-right on a baking dish in rows.
4. Add the spinach and Cheese Grillers between the potato slices.
5. Whisk the eggs and cream together and pour into the dish.
6. Crumble the feta evenly on top and cover the dish with tin foil.
7. Bake for 30 minutes then remove the foil and bake for a further 20 minutes.

SERVES
6



PORK RAGU OVER CREAMY POLENTA

INGREDIENTS:

500 g pork fillet
10 ml olive oil
1 large onion, chopped
4 garlic cloves, finely chopped
70 g tomato paste
200 ml red wine
1 can chopped tomatoes
10 ml thyme
10 ml rosemary
350 ml polenta
1.5 l water
60 ml Parmesan, grated
60 ml butter
100 ml fresh rocket (chopped, optional)

SERVES
6

METHOD:

1. Fry chopped pork fillets in olive oil until browned. Set aside.
2. Brown the onion in olive oil in a large pan or pot and then add the tomato paste. Fry until the paste darkens (5 - 10 minutes).
3. Add the wine, canned tomatoes and herbs.
4. Add the cooked pork fillet to the pot and cook for 5 minutes.
5. Reduce to a simmer, partially cover the pot with foil and leave for 90 minutes.
6. While the Ragù is simmering, cook the polenta according to instructions.
7. Remove the Ragù from the heat. (Stir in 250 ml water if the sauce has reduced too much).
8. Serve with Parmesan and freshly cut rocket over the cooked polenta.

CARB CONSCIOUS:

Try this with cauliflower mash instead of polenta.



SPICED SAUSAGE & MUSHROOM GNOCCHI



INGREDIENTS:

- ESKORT Gold Medal Pork Sausages 375 g
- 500 g pack of gnocchi
- 1 onion, chopped
- 350 g mushrooms, diced
- 15 ml olive oil
- 50 g fresh spinach, chopped
- 5 ml salt
- 15 ml paprika
- 5 ml cayenne pepper
- freshly grated Parmesan to serve

SERVES
4

METHOD:

1. Boil a pot of water and cook the gnocchi according to instructions.
2. Pan fry the Sausages till brown in olive oil.
3. Once browned remove Sausages from heat and chop into small pieces.
4. Place chopped Sausages in pan and add paprika and cayenne pepper.
5. Add the onion and mushrooms to the pan and fry together for 5 minutes.
6. Lastly add spinach to the pan with the sausage & fry until it wilts. Remove from heat, add cooked gnocchi and mix together.

POTATO, CARROT & BACON SOUP



INGREDIENTS:

- ESKORT Streaky Bacon 200 g, chopped & fried to serve
- 1 kg potatoes, peeled
- 500 g carrots
- 30 ml olive oil
- 4 sprigs fresh rosemary, chopped
- 5 ml salt
- 1.5 l chicken stock
- 120 ml milk
- 30 ml honey
- fresh chives, chopped to serve

SERVES
6

METHOD:

1. Chop the potatoes and carrots and roast at 220°C for 40 minutes.
2. Bring the chicken stock to a simmer, add roasted veggies, rosemary and milk.
3. Simmer for 5 – 10 minutes.
4. Using a stick blender blend the soup in batches until smooth.
5. Once blended bring back to a simmer, add salt and honey and simmer for 10 minutes. Add 1 or 2 cups of hot water if your soup is too thick.
6. Serve with crispy Bacon and fresh chives.

BANTING FRIENDLY!



BACON WRAPPED PORK CHOPS & APPLE SLAW

INGREDIENTS:

- 4 pork loin chops
- 2 ESKORT Streaky Bacon 200 g
- 1 lemon, zest
- 500 ml cabbage, shredded
- 1 red onion, sliced
- 2 pink apples, sliced

Dressing:

- 1 lemon, juiced
- 15 ml olive oil
- 15 ml balsamic vinegar
- 5 ml honey

METHOD:

1. Preheat the oven to 200°C.
2. Wrap the pork chops in Bacon and pan fry each side for 2 minutes.
3. Oven roast the pork chops for 15 - 20 minutes until cooked.
4. Stir all dressing ingredients together and toss with the onion, cabbage and apples.

SERVES
4

BALSAMIC PULLED PORK BUNS WITH SWEET POTATO FRIES

INGREDIENTS:

- ESKORT Pulled Pork 500 g
- 2 medium sweet potatoes, peeled
- 30 ml olive oil
- 350 g shredded cabbage & carrots (coleslaw mix)
- 30 ml lemon juice
- 60 ml mayonnaise
- 40 ml balsamic vinegar
- 5 ml sweet basil
- 8 bread rolls

FOR A BANTING FRIENDLY OPTION, DITCH THE BUN AND SERVE IN A BOWL!

METHOD:

1. Cut the sweet potatoes into skinny fries. Drizzle in olive oil and roast for 40 minutes at 220°C.
2. Toss the Pulled Pork with balsamic vinegar, sweet basil and fry together for 3 minutes.
3. Mix the coleslaw together with lemon juice and mayonnaise.
4. Construct your rolls using the Pulled Pork and slaw. Serve with sweet potato fries.



SERVES
8

BROC & CAULI PORK

WOK

INGREDIENTS:

- 500 g pork belly
- 300 g broccoli pieces (florets)
- 300 g cauliflower pieces (florets)
- 2 cloves garlic, minced & chopped
- 1 onion, chopped
- 1 lemon, halved
- 300 ml spring onion, chopped
- 2 eggs
- 30 ml coconut oil

METHOD:

1. Pulse cauliflower and broccoli in a food processor until finely chopped. (Alternatively chop by hand into the smallest pieces you can manage).
2. Add cauliflower and broccoli into a large bowl with 30 ml water, cover with a plate and microwave on high for 12 minutes.

• SERVES •
6

3. Cook the pork belly according to instructions. (Or drizzle in olive oil & roast in the oven at 180°C for 40 minutes). Keep remaining juices aside for later.
4. Heat your wok or frying pan, add the remaining juices from the pork roast and fry the onion and garlic in it. After about 5 minutes add the pork and toss together.
5. Drain any excess water from the cooked broccoli and cauliflower and add to the wok along with the coconut oil.
6. Simmer for 2 - 5 minutes on high, then reduce the heat to medium.
7. Make a well in the centre of your wok and add the cracked eggs. Stir only the eggs together at first and mix with the entire wok contents as soon as eggs start to harden. Simmer for a further 5 minutes.
8. Remove the wok from the heat and add spring onions. Squeeze both halves of lemon over the dish and mix everything together.



**BANTING
FRIENDLY!**



MIX IT UP!

For an even quicker and healthier option, while your Breakfast Sausages & veggies are cooking, poach 4 eggs and serve instead of the fried eggs.

SERVES
4

VEGGIE & SAUSAGE SKILLET

INGREDIENTS:

- 3 ESKORT Breakfast Sausages, chopped
- ESKORT Diced Bacon 200g
- 3 small sweet potatoes, peeled
- 4 small beetroots, peeled
- 4 eggs
- 1 onion, chopped
- 40 g rocket
- 80 ml spring onion, chopped

METHOD:

1. Chop the sweet potatoes & beetroots into small pieces. Put into a small pot, cover with water and boil on high for 8 - 10 minutes until the pieces are soft.
2. Fry the onion for 2 minutes. Add the Bacon and fry until crispy. Set aside.
3. Fry the Breakfast Sausages until browned. Chop into pieces and set aside.
4. Add the cooked ingredients together in a pan, add the sweet potatoes and beetroots and stir together.
5. Create 4 openings for the eggs.
6. Crack the eggs into the openings and fry until cooked.

NOTE: If the eggs are not cooking through evenly, try adding 30 ml of water to the pan and covering it with a lid or plate – the steam will cook the top of the eggs while the heat from the pan cooks from the bottom!

PARMESAN BACON PUFFS

INGREDIENTS:

2 Eskort Diced Bacon	200 g	30 ml Peppadews, chopped
120 ml milk		300 ml bread flour
60 ml butter		3 eggs
5 ml salt; 5 ml sugar		30 ml chives, chopped
1.5 ml garlic powder		120 ml water
2.5 ml cayenne pepper		freshly grated Parmesan to serve

METHOD:

1. Preheat the oven to 180°C.
2. Fry the Bacon and set aside to cool.
3. Bring milk, water and butter to a simmer in a pot and add spices.
4. Sift the flour into the simmering pot and quickly stir together to form a dough. Keep the pot on the heat and keep stirring until the dough pulls away from the sides of the pot.
5. Remove the pot from the heat and mix in the eggs. Knead & mix the mixture/dough with a wooden spoon until combined.
6. Add the Bacon, cheese, Peppadews and chives.
7. Prepare a baking sheet with baking paper or non-stick spray and drop 2 cm balls of dough onto the sheet.
8. Bake for 30 minutes.

• MAKES •
20



PRO TIP:

Once your Burritos are assembled, put them on a baking tray and bake in the oven for 5 - 10 minutes.

VIENNA & BEAN BREAKFAST BURRITOS

INGREDIENTS:

ESKORT Smoked/Red Viennas	200g, chopped
5 eggs, slightly beaten	
10 ml olive oil	
1 onion, chopped	
4 tortillas	
240 ml grated mozzarella	
1 can baked beans	
20 g rocket	

• SERVES •
4

METHOD:

1. Fry the Viennas and onion for 5 minutes. Add the egg and scramble together.
2. Heat baked beans and tortillas according to instructions.
3. Add equal proportions of each ingredient to the tortillas, wrap and serve.

Cheesalicious Grillers!

An adventure in different and delicious tastes and flavours -
with your creativity as the secret ingredient!



Eskort Cheese Grillers and Mini Cheese Grillers are delicious with spinach in a potato bake, on a skewer with breakfast or in a roll with caramelised onions.

What is your favourite way to enjoy them?

Cheesy smokey appetizers, main course meat or the perfect party snacks.

**MINI & CHEESE GRILLERS...
THEY HAVE THE FLAVOUR,
YOU HAVE THE FUN!**



ESKORT Life's Delicious

Eskort Mini Cheese Grillers and Eskort Cheese Grillers - find them in the chillers at leading stores.
Find delicious Recipes & delectable Tips at eskort.com or visit [Facebook.com/EskortLifesDelicious](https://www.facebook.com/EskortLifesDelicious) for inspiration!