

SWEET 'N' SMOKY PULLED PORK

👤 Serves: 6 🕒 Prep time: 20 mins ⌚ Cook time: 9 hours

Ingredients



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| 1.6kg boneless pork shoulder joint, rind and skinned removed (optional) | 2 teaspoons sea salt |
| 2 tablespoons dark brown muscovado sugar or similar | 1 tablespoon oil |
| 1 tablespoon smoked paprika | 100ml apple juice |
| | 1 tablespoon cornflour |

Method

1. Remove the string, unroll the pork and pat dry with kitchen paper.
2. Mix the sugar, paprika and 2 teaspoons salt together. Rub half of it thoroughly over the pork. Keep the other half for later. Roll the pork back up (there is no need to retie the string).
3. Heat the oil in a large frying pan and brown the pork on all sides. Put the joint in a slow cooker, pour in the apple juice and cover with the lid. Cook on low for 8-9 hours, or until tender and ready to pull apart. While the pork takes its time, you can relax.
4. Remove the pork from the slow cooker, wrap in foil and leave to rest for 30 minutes.
5. As the pork relaxes, blend the cornflour with 1 tablespoon cold water. Add to the sauce in the slow cooker along with the rest of the seasoning mix. Cook on high for 20 minutes, until thickened slightly.
6. Shred (with the cooking juices) into chunky pieces with two forks. Return the pulled pork to the sauce in the slow cooker and stir well.
7. Serve in bread rolls with coleslaw, potato wedges and corn on the cob (or however you like).



PORK TAGINE WITH APRICOTS AND PISTACHIOS

 Serves: 5  Cook time: 2 hours 30 mins

Ingredients

900g of pork shoulder or leg, cut into cubes
1 tablespoon oil
1 red onion, peeled and roughly chopped
2 garlic cloves, peeled and crushed
3 teaspoons Ras el Hanout spice mix
600ml hot pork stock
400g can chopped tomatoes



75g dates, stones removed and halved
50g dried apricots, halved
400g can chickpeas, rinsed and drained
100g couscous
15g shelled pistachio nuts, roughly chopped
15g fresh mint leaves, roughly torn

Method

1. Preheat the oven to 200°C, 180°C fan, Gas Mark 6.
2. Heat oil in a large ovenproof pan, add the onion and garlic and cook for 1-2 minutes.
3. Add the pork and brown on all sides.
4. Add the spice, stock, tomatoes, dates and apricots and stir well. Cover the pan and place in the oven for 2 hours.
5. At the end of the cooking time, remove the lid and stir in the chickpeas and couscous. Replace the lid and cook for a further 20-30 minutes until the meat is tender and the couscous has absorbed the cooking liquid.
6. Serve sprinkled with the pistachio nuts and mint leaves.



PULLED PORK WITH POTATO WEDGES AND BEANS

 Serves: 4  Cook time: 30 mins

Ingredients

200g leftover pulled pork
(see pulled pork recipes for
details of how to cook)

3 medium baking potatoes,
cut into wedges

2 tablespoons oil

1 teaspoon ground paprika

50g grated cheese

390g can baked beans in
barbecue sauce

Chopped spring onions,
to garnish

Method

1. Preheat the oven to 200°C, 180°C fan, Gas Mark 6. Place the wedges on a non-stick baking sheet, toss in the oil and paprika. Season and bake for 15-20 minutes until crispy, turning once during cooking.
2. Remove the wedges from the oven, top with the pulled pork and sprinkle with the grated cheese. Return to the oven and cook for a further 7-8 minutes, until the cheese has melted and the pork is heated through.

3. Serve with a sprinkling of spring onions and a serving of barbecue beans.

Tip: Store the leftover pulled pork in a sealed container in the fridge and consume with 2 days. Ensure the pork is reheated until piping hot throughout.



PORK CHOPS WITH RHUBARB, APPLE AND GINGER CHUTNEY

 Serves: 4  Cook time: 15 mins

Ingredients

4 thick pork chops or steaks

For the chutney:

1 onion, peeled and sliced

4 rhubarb sticks, cut into large chunks*

1 cooking apple, peeled, cored and sliced

1 garlic clove

1.25cm piece root ginger, peeled and grated

150ml pure apple juice

2 tablespoons soft dark brown sugar

Method




1. Preheat the grill or griddle pan to medium. Alternatively, prepare the barbecue. Cook the chops for about 8-10 minutes each side for 2-3 cm thickness.
2. Place all the ingredients for the chutney in a small pan, cover and simmer for about 5 minutes until fruit is soft but not too mushy.

3. Serve the chops with a large dollop of chutney, mashed potato and seasonal green vegetables.

***Tip:** If rhubarb is not in season use an extra cooking apple.



CARIBBEAN PORK MEDALLIONS WITH SALSA

 Serves: 4  Prep time: 15 mins  Cook time: 10 mins

Ingredients

4 pork loin medallions, fat removed,
or 1 whole fillet, trimmed and cut into
8 medallion slices, or 6 fillet medallions
2 tablespoons prepared jerk seasoning
(or to taste)

1 tablespoon vegetable oil

For the salsa:

120g pot/pouch fresh pineapple in
natural juice, cut into 1cm cubes

12 whole cherry tomatoes, quartered

Juice of 1 lime

1 small bunch fresh coriander, chopped

1 small red chilli, deseeded and
chopped (optional)

1 small red onion, peeled and finely
chopped

To serve:

200g sugar snap peas

2 x 250g pouches of microwaveable rice




400g can kidney beans, drained and
rinsed

Method

1. In a shallow bowl, mix the jerk seasoning with the oil. Add the pork, spoon over the marinade and coat both sides. Cover and set aside for 5 minutes or longer for fuller flavour, if time allows.
2. To make the salsa, mix all the ingredients together in a medium bowl, and season to taste.
3. Heat a large non-stick frying or griddle pan for a couple of minutes until hot. Add the medallions to the pan and cook for 10 minutes, turning once or until the juices run clear.
4. Steam or boil the sugar snap peas in a pan of water on the hob for a few minutes. Microwave the rice pouches according to pack instructions and stir in the kidney beans.
5. Arrange the rice mix and sugar snap peas onto four serving plates. Once the medallions are cooked, cut into slices and arrange on top of the rice. Spoon some salsa over each medallion and serve.



KOREAN-STYLE PORK SALAD BOWL WITH CAULIFLOWER RICE

 Serves: 4  Prep time: 9 mins  Cook time: 20 mins

Ingredients

4 pork loin medallions, fat removed and cut into 1cm strips, or 300g pork stir-fry strips

1 tablespoon white miso paste

1 tablespoon chilli sauce

1 tablespoon reduced-salt soy sauce

1 tablespoon mirin

1 tablespoon vegetable oil

600g prepared cauliflower rice or 2 x 250g wholegrain rice pouches

200g radishes, trimmed and sliced

1 red pepper, deseeded and sliced

½ cucumber, cut into batons




2 teaspoons toasted sesame seeds, to garnish (optional)

Method

1. In a large bowl, mix together the miso paste, chilli sauce, soy and mirin to make a paste. Stir in the pork medallions, cover, set aside and marinate for 10 minutes.
2. Heat the oil in a large frying pan and fry the pork with the marinade for 8 minutes or until the juices run clear. Stir in 100ml hot water and heat through for 1 minute.
3. Meanwhile, heat the prepared cauliflower rice or wholegrain rice pouches according to the pack instructions.
4. Arrange the pork with the cauliflower rice or wholegrain rice in the base of four wide bowls. Add the radishes, pepper and cucumber around the bowl, drizzle over the pork juices and serve immediately, garnished with sesame seeds (if used).



GARLIC AND HERB PORK STEAKS WITH TABBOULEH

 Serves: 4  Prep time: 20 mins  Cook time: 15 mins

Ingredients

4 pork loin steaks, trimmed

For the marinade:

1 tablespoon olive oil

1 tablespoon lemon juice

2 garlic cloves, peeled and crushed

4 tablespoons freshly chopped herbs,
such as thyme, rosemary and sage

For the tabbouleh:

200g bulgur wheat

Grated zest and juice 1 lemon

1 tablespoon olive oil

4 ripe tomatoes (200g), diced

¼ cucumber, diced

4 spring onions, sliced




50g fresh chopped parsley

Method

1. In a shallow dish, mix together the marinade ingredients and season with a little salt and freshly ground black pepper. Add the pork steaks and turn to coat in the mixture. Leave to marinate for 10 minutes. Preheat the oven to 180°C, 160°C fan, Gas Mark 4.
2. Meanwhile, make the tabbouleh, place the bulgur wheat in a saucepan and cover with cold water. Bring to the boil, then simmer for about 8 minutes, or according to pack instructions until tender.
3. Drain the bulgur wheat well, place in a bowl and add the lemon zest and juice and the oil. Stir in the tomatoes and any juice, the cucumber, spring onions and parsley. Season to taste.
4. Meanwhile, heat a griddle or ovenproof frying pan, over a medium heat. Add the steaks and cook for 3 minutes on one side, turn over, then place the pan straight into the oven, on the middle shelf, and cook for 6 minutes, or until cooked through and the juices run clear.
5. Serve the pork steaks with the tabbouleh.



ROAST LEG OF PORK WITH SAGE AND ONION STUFFING BALLS

 Serves: 4  Prep time: 20 mins  Cook time: 50 mins

Ingredients

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| 1.3kg boneless rolled pork leg joint | 2 large sprigs of fresh sage leaves roughly chopped |
| 1 tablespoon oil | 450g premium pork and apple sausages, skins removed |
| Salt | Olive oil |
| 4 medium onions, peeled | Extra fresh sage leaves |
| 1 teaspoon butter | |

Method

1. Preheat the oven to 180°C, 160°C fan, Gas Mark 4.
2. Weigh the joint and calculate the cooking time - 30 mins per 450g plus 30 mins (medium). Allow 100-175g raw meat per person.
3. Dry the rind and score deeply using a sharp knife. Brush with oil and sprinkle with salt. Place on a rack in a roasting tin and open roast in the oven for the calculated time (no basting or covering or you will have soft 'crackling').
4. Cut the onions in half horizontally (stalk at top) and using a spoon scoop out some of the layers, leaving 2-3 in the shell. Roughly chop the removed onion.
5. In a pan, heat the butter and lightly fry the chopped onion. Remove from heat and allow to cool slightly. Mix together the sage and sausage meat and combine.
6. Take a handful of mixture and stuff into the onion shells. Prop up around the joint, drizzle with a little olive oil and cook for 40-50 minutes until the onions are soft and fully golden.
7. Serve with roast potatoes, parsnips and crispy fried sage leaves.

