



QUALITY PORK

from BRITAIN



AHDB

Quality pork from Britain

The opportunities offered by British pork in terms of innovating back of house and delighting customers front of house, time and again, are now readily available.

British pork delivers succulent flavour, a range of textures and eating experiences, and is the base for so many great dishes – both traditional and modern – across so many cuisines.

From high-end fine dining to large-scale cost-sector catering, pork is an ingredient to suit any operation.





Red Tractor Assurance



Red Tractor Assurance ensures you can trust the food you purchase and eat. It is the largest food standards programme in the United Kingdom, covering all the areas consumers care about: animal welfare, food safety, traceability and environmental protection.

Our food and drink has been responsibly produced to some of the most comprehensive and respected standards in the world. All stages are regularly checked by independent experts.

About British pork

British pork is versatile, tasty and healthy. No growth-promoting hormones are used to feed pigs in the United Kingdom, as these are banned by law. Antibiotics are used when necessary for health reasons, and only when prescribed by a vet.

Uniquely, about 40% of our pigs are kept outdoors in free-range conditions.





Pork is versatile

The majority of pork cuts are suitable for roasting, grilling and other quick cooking methods. British pork can be cooked and served medium or well done, but pork is most tender and succulent when medium cooked.

Also, pork pairs well with many flavours and cooking influences from around the world. Pork is wonderful in a curry, such as 'Pork & chickpea curry', but is equally at home with Mediterranean flavours, for example, in a delicious 'Herbed pork fillet with roast vegetables' and is delicious in Far Eastern cuisine too, such as 'Chinese braised pork with plums'.

Slow-cooked pork dishes, such as casseroles, are also delicious and are proving increasingly popular with consumers who lack the time or skill to slow cook at home. Make the most of versatile pork products such as sausages by chargrilling, cooking them on the barbecue, or by using them as a casserole ingredient. Add specialty bacons to your breakfast or brunch offering, to enjoy the myriad of hams and new cured pork products on offer.

Pork as part of a healthy diet

Pork is naturally rich in protein, low in sodium, and provides ten vitamins and minerals that contribute towards good health and wellbeing.

The fat content of British pork has decreased by over a third on average in the past 30 years. Over 40% of this fat is monounsaturated, the type often associated with the healthy Mediterranean diet.





Why quality counts

To create great pork dishes you need good quality raw materials, plus the ideas, knowledge and skill to use them well. It is a proven fact that the better the quality of the raw pork, the better its flavour, texture and colour when cooked. So if you are looking to give pleasure to your customers and to show off your cooking skills, the quality of the pork that you specify and buy is crucial.

There are also important welfare and food safety issues to consider, which are closely connected to quality and price. Pork costs more to produce when farmers improve living conditions for their pigs, for example, by providing them with high-quality feed, yet these measures are important in an increasingly health-conscious society. Consumers are taking more interest in sustainability and transparency issues and your staff need to be able to answer questions on meat supply with confidence and honesty.





Why buy quality pork from Britain with Red Tractor Assurance

Buying pork that carries the Red Tractor assurance offers you, the distributor and the caterer, the easiest route to ensuring quality pork supply. It also supports safe and ethical pork production, and guarantees full traceability from pack, back to farm.

In the last decades, the Agriculture and Horticulture Development Board (AHDB), through its butchery and technical team, has made great strides in enhancing the eating quality of British pork. Through breeding programmes, extensive research and in-house trials, the consumer demands for lean, tasty and succulent pork have been answered.

Red Tractor Assurance provides important assurances of good practice throughout the supply chain, and these standards are independently audited.

Miso glazed pork fillet

Serves: 4

Cooking time: 40 minutes

Cooking skill: Easy

Ingredients:

1lb lean British pork fillet

1 tablespoon toasted sesame seeds

For the marinade:

1/8 cup white miso paste

1/8 cup honey

1/8 cup Japanese mirin or rice wine vinegar

1 teaspoon toasted sesame oil

1 tablespoon fresh ginger, peeled and grated or
2 teaspoons ginger purée

1 garlic clove, peeled or 1 teaspoon garlic paste

To serve:

Cooked egg noodles

Stir-fried vegetables

Fillet – fully trimmed

Code: 2029

Whole fillet
fully trimmed



Method:

1. In a small bowl, mix all the marinade ingredients together. Place the pork in a shallow dish, pour over the marinade and turn to coat. Cover and leave to marinate for at least 10 minutes or overnight in the fridge, if time allows.
2. Preheat the oven 350°F, Gas Mark 4. Place the pork in a foil-lined small roasting tin, pour over the marinade, and roast in the oven for 25–30 minutes, basting occasionally with the marinade. Cook until the pork is caramelised but still juicy.
3. Remove the fillet from the oven and allow to rest for 5 minutes, and cut into slices. Sprinkle with toasted sesame seeds and serve with noodles and stir-fried vegetables, drizzled with any juices from the roasting pan.



Pork tagine with apricots and pistachios

Serves: 2

Cooking time: 2 hours 30 minutes

Cooking skill: Easy

Mini leg joint with crackling – boneless

Code: 2036

Rind-on mini joints prepared from a boneless leg and chump of pork without the topside.



Ingredients:

Mini joint (12.4oz–1lb) of British pork shoulder or leg, cut into cubes

1 tablespoon oil

1 red onion, peeled and roughly chopped

2 garlic cloves, peeled and crushed

1 tablespoon Ras el Hanout spice mix

20fl oz hot pork stock

14oz can chopped tomatoes

3oz dates, stones removed and halved

1¾oz dried apricots, halved

14oz can chickpeas, rinsed and drained

3½oz couscous

1/2oz shelled pistachio nuts, roughly chopped

1/2oz fresh mint leaves, roughly torn

Method:

1. Preparation. Preheat the oven to 400°F, 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.



More recipes online

For full recipes, please visit meattheUKexporters.com



Pork fillet with creamy wine and prune sauce



Roast leg of British pork with sage and onion stuffing balls

Produced for you by:

AHDB

Stoneleigh Park
Kenilworth
Warwickshire
CV8 2TL
United Kingdom

T +44 (0)24 7669 2051

E US@ahdb.org.uk

W meattheUKExporters.com

f facebook.com/meattheUKExporters

@ [@meattheUKExporters](https://twitter.com/meattheUKExporters)

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us on comms@ahdb.org.uk

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