

Scottish quality pork : farm assured : five mouthwatering Scottish pork recipes : insist on the peak of Scottish pork / Scottish Pig industry Initiative.

Contributors

Scottish Pig industry Initiative.

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PORK RIBS WITH FRUIT AND MAPLE GLAZE



Serves: 4. Cooking time: Approximately 15-20 minutes.

INGREDIENTS:

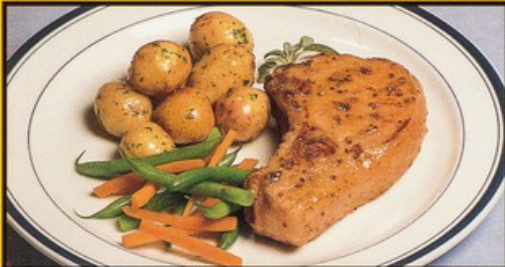
675g (1½lb) FASQ Pork spare ribs ● 30ml (2tbsp) white wine vinegar ● 90ml (6tbsp) orange juice ● Grated rind of 1 orange ● 15ml (1tbsp) lemon juice ● 75ml (5tbsp) maple syrup ● 2.5ml (½ tsp) ground cinnamon ● 5ml (1tsp) ground ginger.

METHOD:

Place all ingredients in a saucepan, except ribs. Bring to the boil, stirring continuously. Simmer uncovered for 5 minutes or until reduced and starting to thicken. Place ribs in a shallow dish and pour over glaze to coat. Grill or barbecue for 15-20 minutes, brushing with any remaining glaze.

Serve with jacket potatoes and a green salad.

LOIN CHOPS WITH HONEY AND MUSTARD GLAZE



Serves: 4. Cooking time: Approximately 16-20 minutes.

INGREDIENTS:

4 FASQ Pork loin chops ● 45ml (3tbsp) clear honey ● 15ml (1tbsp) wholegrain mustard.

METHOD:

Cook the chops on one side under a preheated grill, for about 8-10 minutes, depending on thickness. Turn over and cook for 4 minutes. Mix together the honey and mustard and spread on the chops. Cook for a further 4-6 minutes until cooked.

Serve with seasonal vegetables.

For Further Information Contact:

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PLEASE TAKE A LEAFLET



Five
mouthwatering
Scottish Pork
recipes.

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THE PEAK OF SCOTTISH PORK

PORK AND GINGER STIR FRY



Serves: 4. Cooking time: Approximately 10 minutes.

INGREDIENTS:

450g (1lb) FASQ Pork steaks, cut into thin strips ● 15ml (1tbsp) oil ● 1.25cm (1/2") root ginger, peeled and grated ● 1 clove garlic, crushed ● 100g (4oz) baby sweetcorn, fresh or canned, halved ● 1 bunch spring onions, sliced ● 1/2 red pepper, seeded and cut into thin strips ● 1/2 yellow pepper, seeded and cut into thin strips ● 5ml (1tsp) Chinese 'five spice' powder ● 30ml (2tbsp) soy sauce.

METHOD:

Heat the oil in a wok or large frying pan. Add the pork, ginger and garlic, and stir fry until browned. Add the baby corn, spring onions and peppers and cook for 2-3 minutes. Add the 'five spice' powder and soy sauce and cook for a further minute.

Serve immediately with rice or noodles.

HERBY PORK BURGERS



Serves: 4. Cooking time: Approximately 10-14 minutes.

INGREDIENTS:

450g (1lb) FASQ Pork minced ● 1 onion, finely chopped ● 15ml (1tbsp) fresh mixed herbs, chopped ● Salt and black pepper ● 1 size 3 egg, beaten ● 15ml (1tbsp) plain flour.

METHOD:

In a large bowl, mix together all the ingredients until thoroughly combined. Divide the mixture into 4 equal portions and using floured hands, shape into burgers. Brush lightly with oil and grill or barbecue the burgers for 5-7 minutes each side. Serve with a toasted sesame bun, salad and burger relish.

PORK AND PINEAPPLE KEBABS



Serves: 4. Cooking time: Approximately 10-15 minutes, plus marinating time.

INGREDIENTS:

450g (1lb) FASQ Pork, cut into 2.5cm (1") cubes ● 8 rashers, FASQ streaky bacon ● 425g (15oz) can pineapple cubes in natural juice, reserve juice ● 2 bananas, cut into 8 equal lengths ● 1/2 red pepper, 1/2 green pepper, seeded and cut into cubes.

MARINADE:

15ml (1tbsp) clear honey ● 15ml (1tbsp) soy sauce ● 1 clove garlic, crushed ● 30ml (2tbsp) reserved pineapple juice.

METHOD:

Put the pork into a large bowl. Mix the marinade ingredients together and pour over the pork. Mix well to ensure the pork is coated. Cover and leave to marinate in a refrigerator for at least 2 hours or overnight. Roll the bananas up in bacon. Thread the meat, banana, peppers and pineapple pieces alternately onto the skewers.

Grill or barbecue for 10-15 minutes, turning occasionally and brushing with the marinade, until cooked. Serve with rice and garnish with lime wedges.