

Free range pork : nature's choice / Tesco.

Contributors

Tesco (Firm)
Royal Society for the Prevention of Cruelty to Animals.

Publication/Creation

[Cheshunt] : Tesco, 1994.

Persistent URL

<https://wellcomecollection.org/works/cdeh3wtt>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).




Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

COUPONS INSIDE



F R E E R A N G E P O R K

NATURE'S
CHOICE 

RECIPES

from
TESCO



0084 11/9/94

FREE RANGE PORK NATURE'S CHOICE



Nature's Choice is a range of premium quality foods developed to stringent standards. Tesco Free Range Pork is produced in Norfolk in accordance with the RSPCA Freedom Food scheme. This ensures animals have enjoyed freedom from:

- Hunger and Thirst
- Discomfort
- Pain, Injury and Disease
- Fear and Distress
- And freedom to express Normal Behaviour



We are happy to refund or replace any Tesco product which falls below the high standard you expect. Just ask any member of staff. This does not affect your statutory rights.



Pork With Ratatouille

Serves 4 Cooking time 39 minutes

- | | |
|--------------------------------------|------------------------------------------------------------------------------|
| Ingredients | |
| 2 x 15ml sp (2 tbsp) Olive Oil | 2 Courgettes, sliced |
| 1 Nature's Choice Pork Loin Steaks | 307g can Chopped Tomatoes |
| 2 cloves of Garlic crushed | 2 x 15ml sp (2 tbsp) Tomato Purée |
| 1 Onion, chopped | 1 x 5ml sp (1 tsp) Sugar |
| 1 Red Pepper, de-seeded and sliced | 2 x 15ml sp (2 tbsp) freshly chopped Basil or 1 x 5ml sp (1 tsp) Dried Basil |
| 1 Green Pepper, de-seeded and sliced | Salt and ground Black Pepper |

Method

1. Heat the oil in a large deep frying pan and brown the steaks on both sides for 2 minutes. Remove the steaks.
2. Add the garlic and onion to the frying pan and cook for 3 minutes until softened. Add the red and green peppers and courgettes. Cook for a further 2 minutes, stirring to prevent sticking.
3. Stir in the tomatoes, purée, sugar and basil, season with salt and black pepper.
4. Return the steaks to the pan and cover. Simmer for 30 minutes. Serve with pasta and French bread.

Pork Chops With Fruity Stuffing

Serves 4 Cooking time 33 minutes
Cooking temperature 190°C/375°F/Gas Mark 5

- | | |
|--------------------------------------------------------|----------------------------------------|
| Ingredients | |
| 1 x 15ml sp (1 tbsp) Sunflower Oil | 75g (2 oz) cooked Italian Grain Rice |
| 1 small Onion, finely chopped | 1/2 x 5ml sp (1/2 tsp) Ground Cinnamon |
| 1 stick Celery, finely chopped | Salt and ground Black Pepper |
| 75g (3 oz) dried Ready To Eat Apricots, finely chopped | 6 x 15ml sp (1/2 cup) Apple Juice |
| 25g (1 oz) Flaked Almonds, finely chopped | 4 Nature's Choice Pork Chops |
| | Fresh Coriander leaves to garnish |

Method

1. Heat the oil in a large frying pan, add the onion and the celery. Cook for 2-3 minutes until softened.
2. Stir in the apricots, almonds, rice, cinnamon and seasoning. Cook gently for 1-2 minutes. Add 2 x 15ml sp (2 tbsp) of apple juice. Leave the stuffing to cool a little.
3. Remove any excess fat from the chops. Using a small sharp knife cut a slit through the middle of the chop to make a pocket. Fill each one with the stuffing.
4. Place in an oven proof dish with the remaining apple juice. Cover and cook in a pre-heated oven for 20 minutes, remove the cover and cook for a further 10 minutes to brown a little.

Orange And Cider Sauce

Serves 6 Cooking time 5 minutes

- | | |
|--------------------------------|---------------------------------------|
| Ingredients | |
| 150ml (1/2 pt) Dry Cider | Juice of 1 Lemon |
| Finely grated rind of 1 Orange | 1 x 5ml sp (1 tsp) Sugar |
| Juice of 2 large Oranges | 1 x 5ml sp (1 tsp) White Wine Vinegar |
| | 1 x 5ml sp (1 tsp) Cornflour |

Method

1. Blend all the ingredients together in a saucepan.
2. Heat gently, stirring continuously until the sauce thickens. Serve with slices of meat pork.

ONLY WHEN YOU
BUY THIS PRODUCT



75p OFF
Free Range
Pork Chops

ONLY AT TESCO

To the customer: This coupon can only be used in part payment against Free Range Pork Chops purchased in any Tesco Store (where stocked) and presented with the product at the checkout.

COUPON VALID UNTIL 26th October 1998.



ONLY WHEN YOU
BUY THIS PRODUCT



£1.00 OFF
Free Range
Pork Loin Steaks

ONLY AT TESCO

To the customer: This coupon can only be used in part payment against Free Range Pork Loin Steaks purchased in any Tesco Store (where stocked) and presented with the product at the checkout.

COUPON VALID UNTIL 26th October 1998.



ONLY WHEN YOU
BUY THIS PRODUCT



£1.00 OFF
Free Range
Boneless Leg of Pork

ONLY AT TESCO

To the customer: This coupon can only be used in part payment against Free Range Boneless Leg of Pork purchased in any Tesco Store (where stocked) and presented with the product at the checkout.

COUPON VALID UNTIL 26th October 1998.





Rosti Style Steak

Serves 4 Cooking time 35 minutes

Cooking temperature 200°C/400°F/Gas Mark 6

Ingredients

- 1 large Potato, coarsely grated
- 1 Onion, coarsely grated
- 4 x 15ml sp (4 tbsp) finely chopped Chives
- 50g (2oz) Mature Cheddar Cheese, grated
- 15g (1/2 oz) Butter, melted
- 1 x 5ml sp (1 tsp) ready made English Mustard
- Salt and ground Black Pepper
- 4 Nature's Choice Pork Chump Steaks

Method

1. Place the potato and onion in a sieve and squeeze out as much moisture as possible.
2. Place the potato, onion, chives, cheese, butter and mustard in a bowl and mix well. Season with salt and ground black pepper.
3. Arrange the pork chump steaks in the base of an oven proof dish. Pile the filling onto each piece of pork and flatten well with the back of a spoon.
4. Cover and bake in a pre-heated oven for 15 minutes. Remove the cover and drain off any liquid. Cook for a further 20 minutes to allow the topping to become crisp.

Serve with mixed green leaf salad.

Mushroom And Spinach Stuffing Balls

Serves 6

Cooking time 20 minutes

Cooking temperature 180°C/350°F/Gas Mark 4

Ingredients

- 1 x 15ml sp (1 tbsp) Olive Oil
- 1 small Onion, finely chopped
- 125g (4oz) Mushrooms, finely chopped
- 175g (6oz) frozen chopped Spinach, defrosted
- 125g (4oz) fresh Breadcrumbs
- 1/4 x 5ml sp (1/4 tsp) ground Nutmeg
- Salt and Ground Black Pepper
- 1/2 beaten Egg

Method

1. Heat the oil in a large frying pan and add the onion and mushrooms. Cook for 2-3 minutes.
2. Drain as much moisture from the spinach as you can. Add the spinach, breadcrumbs, nutmeg and seasoning to the pan and cook for a further 2 minutes.
3. Stir in the beaten egg a little at a time until the mixture sticks together. Mould into balls the size of a small tomato. Cook around your pork joint for the final 20 minutes of cooking time or in a separate ovenproof dish.

All lines subject to availability