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Contributors

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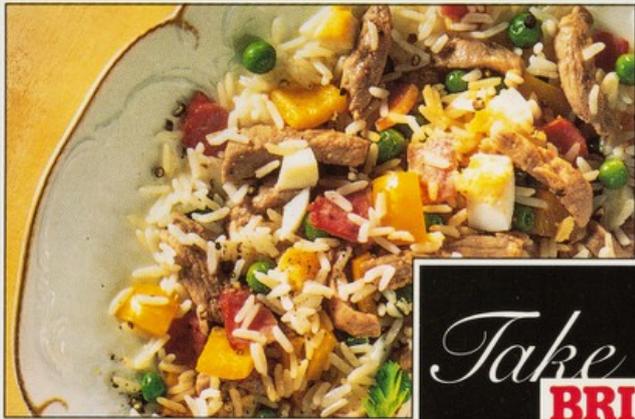
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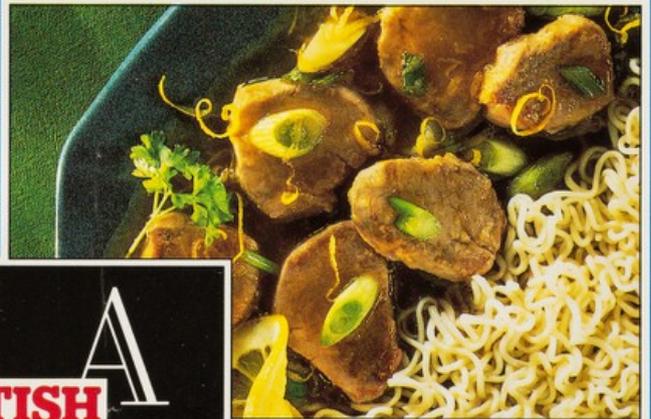


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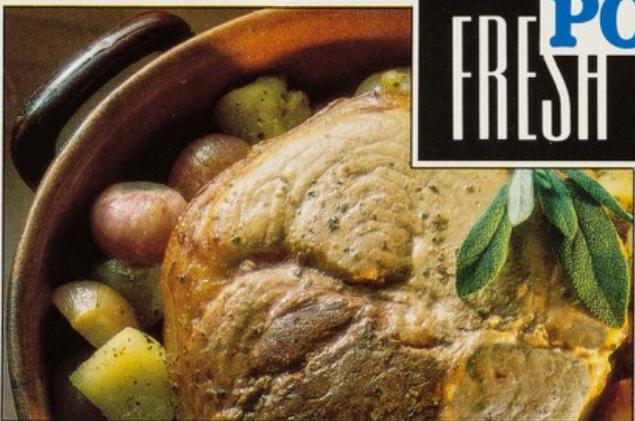
PORK KEDGEREE



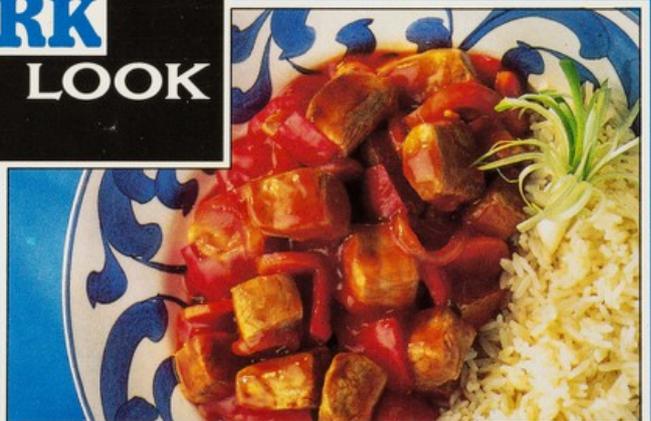
LEMON PORK



Take **A**
BRITISH
PORK
FRESH **LOOK**



PORK & APPLE POT ROAST



SWEET & SOUR PORK

LEMON PORK UNDER 200 CALORIES A PORTION

INGREDIENTS: Serves: 2 Cooking time: Approximately 10 minutes
225g (8oz) British pork tenderloin or pork leg steaks, cut into 1.25cm (1/2") slices
Salt and black pepper
Oil
Sauce:
Rind of 1 lemon
Juice of 2 small lemons
2cm (3/4") root ginger, peeled and grated
2 x 15ml sp (2tbsp) water
1 x 15ml (1tbsp) light soy sauce
1 x 10ml sp (1dsp) clear honey
1 x 5ml sp (1tsp) cornflour
6 spring onions, chopped

METHOD: Lightly brush the base of a frying pan with oil. Heat. Season the pork and brown on both sides. In a bowl, combine all sauce ingredients. Reduce heat, pour sauce over pork and stir until thickened. Add spring onions. Simmer uncovered for 5 minutes, stirring occasionally. Serve with rice or noodles and salad.

PORK KEDGEREE READY IN 20 MINUTES

INGREDIENTS: Serves: 2 Cooking time: Approximately 10 minutes
175g (6oz) British pork leg steaks, cut into thin strips
2 rashers Charter Quality British smoked streaky bacon, de-rinded and chopped
1 x 5ml sp (1tsp) oil
100g (4oz) long grain white rice
1/2 yellow pepper, seeded and chopped
1 egg, hard-boiled and chopped
50g (2oz) frozen peas, thawed
Salt and black pepper

METHOD: Cook rice in a pan of boiling salted water until tender. Meanwhile, heat oil in a wok or large frying pan. Add pork and bacon and cook until browned. Add pepper and cook for 2-3 minutes. When rice is cooked, drain and rinse. Add the chopped egg, peas and rice to the pork. Season. Stir and heat thoroughly. Serve immediately with toast if for breakfast or salad and crusty bread.

BRITISH PORK

SWEET AND SOUR PORK SURPRISINGLY SIMPLE TO MAKE

INGREDIENTS: Serves: 4 Cooking time: Approximately 25 minutes
450g (1lb) British pork tenderloin or pork leg steaks, cubed
1 x 10ml sp (1dsp) oil
1 medium onion, peeled and thinly sliced
1 small red or green pepper, deseeded and diced
1 small carrot, thinly sliced
5 x 15ml sp (5tbsp) HP sweet and sour sauce (or similar)
2 x 15ml sp (2tbsp) tomato ketchup
1 x 15ml sp (1tbsp) orange juice
4 x 15ml sp (4tbsp) water
Salt and black pepper

METHOD: Heat oil in a large frying pan (with a lid). Fry onions for 2-3 minutes. Add carrot and pepper, and continue cooking for a further 1 minute. Add pork and fry until golden. Add sweet and sour sauce, tomato ketchup, orange juice and water, and season to taste. Simmer, covered for 10-15 minutes or until meat is tender. Serve with rice and salad.

PORK AND APPLE POT ROAST AROUND £1 PER PORTION

Serves: 4-6. Cooking time: Allow 30 mins per 450g (1lb) plus 30 mins

INGREDIENTS:
900g-1.35kg (2-3lb) British pork roasting joint, leg or shoulder
1 x 15ml sp (1tbsp) oil
225g (8oz) button onions, peeled
2 cooking apples, peeled, cored and chopped
150ml (1/4 pt) apple juice
Pinch brown sugar
2 x 5ml sp (2tsp) dried sage

METHOD: Weigh the joint and calculate the cooking time as above. Heat the oil in a large, heavy based pan. Carefully place the joint in the pan and brown all over. Add onions and brown. Add remaining ingredients. Bring to the boil. Cover and simmer for the calculated cooking time. Keep the lid on during cooking, as it is the steam combined with the heat which cooks the joint. Check the joint during cooking. Mash the remaining vegetables to form a sauce and serve with the joint. Serve with a selection of seasonal vegetables.