

ESKORT

Life's Delicious



DELICIOUSLY
SIMPLE.

12 tasty, easy
recipes for you
& your family
this season.

SPRING
LUNCH
EDITION

ENJOY SPRING, FIND NEW WAYS TO COOK & **ENJOY** **DELICIOUS PORK**



If you need fresh ideas to put the delicious into your spring cooking, you've come to the right place. Eskort, one of South Africa's Top 10 Favourite Brands*, is proud to bring you this zesty collection of local lekker and exotic excellence!

There are SOOOO many ways to enjoy, prepare and cook pork. This collection of easy Spring recipes shows you how to unleash pure deliciousness no matter what the occasion. Fancy a braai? A spicy Shashuka? A fresh salad? The ULTIMATE BLT? A special Banting recipe? They're all in here – and more!

Eskort is passionate about Pork – so passionate we not only have four Eskort Butcheries around the country** - but we've taken the taste on the road - with the Eskort Café - a mobile kitchen making life delicious everywhere we go.

The only limit is your imagination! Enjoy these spring recipes or find more creative ideas at your one stop inspiration station - eskort.com

* Sunday Times Top Brands 2015 survey

** Eskort Butcheries:

Estcourt, KZN

Heidelberg, Gauteng

Silverton, Pretoria, Gauteng

Mbombela, Mpumalanga



CONTENTS

SNACKS

Corn & Coriander Fritters with
Spicy Russians 4

Fully Loaded Pork Nachos.. 5

Mini Corn Dogs 5

HOT MEALS

Beer & Bacon Risotto 6

Frikkadel Shashuka 6

Pork Chili &
Butterbean Mash..... 7

QUICK & EASY

The Ultimate B.L.T. 8

Cucumber-Pine Slaw Pork
Sliders 9

Stuffed Picnic Ciabatta..... 9

Ham, Pear & Asparagus
Galette 10

HEALTH

Bacon, Kale & Sundried
Tomato stuffed Pork..... 10

Pulled Pork & Moroccan
Chickpea Salad 11

CORN & CORIANDER FRITTERS WITH SPICY RUSSIANS

INGREDIENTS:

CORN FRITTERS:

75 g flour
75 g maize meal
5 ml baking powder
2 eggs
240 ml coriander, chopped
1 can corn, drained

SPICY RUSSIANS:

500 g ESKORT Russians
1 avocado
150 g cherry tomatoes
5 ml cayenne pepper
10 ml paprika

METHOD:

1. Blend half the corn and the other corn fritter ingredients in a food processor.
2. Stir in the other half of the corn.
3. Drop heaped tablespoons of the mixture into a frying pan and fry in a splash of olive oil on medium heat until the fritters start to bubble.
4. Flip them over until golden on both sides - should take about 3 minutes per side.
5. Fry the Russians and the spices in some olive oil.
6. Fry the cherry tomatoes in a separate pan.
7. Serve the corn fritters with the spicy Russians, cherry tomatoes and top with fresh slices of avo.

• MAKES •
15
FRITTERS

GLUTEN FREE?

Make this gluten free by substituting the 75 g flour with 75 g maize meal or a gluten free flour blend.



FULLY LOADED PORK NACHOS

INGREDIENTS:

- 5 ESKORT Cheese Grillers, sliced
- 6 slices ESKORT Mini Picnic Ham
- 250 g nachos chips
- 2 tomatoes, chopped
- 300 ml white cheddar cheese, grated
- 2 cloves garlic, minced
- 1 onion, chopped
- 15 ml paprika
- 15 ml parsley
- 240 ml spring onion, chopped
- 2 avocados, smashed (to serve)
- 250 g creme fraiche (to serve)

• SERVES •
6

METHOD:

1. Preheat the oven to 200°C.
2. Fry the onion, Cheese Grillers & Ham in some olive oil. Add the garlic and spices.
3. Spread out half the nachos on a baking tray. Layer half of the rest of the ingredients, then add a second layer of nachos followed by the rest of the toppings.
4. Bake for 30 minutes or until the cheese has melted.

MINI CORN DOGS

INGREDIENTS:

- | | |
|---------------------------|---------------------|
| 500 g ESKORT Mini Viennas | 30 ml baking powder |
| 750 ml vegetable oil | 120 ml milk |
| 120 ml flour | 1 egg |
| 120 ml maize meal | 10 ml salt |
| 30 ml sugar | 15 skewer sticks |

METHOD:

1. Mix the dry ingredients together in a bowl.
2. Whisk in the egg and milk until the mixture is smooth.
3. Skewer a Mini Vienna onto the end of each stick.
4. Heat the oil to a simmer on medium in a saucepan.
5. Dip each skewered Vienna into the batter until evenly coated.
6. Deep fry the coated Viennas in the simmering oil until they have puffed up and turned golden brown – should be about 2 - 4 minutes per stick.
7. Serve with your favourite sauce!

• MAKES •
15



PRO TIP: You will know the oil is ready when you drop a ball of batter in and the oil around the batter starts to bubble.

BEER & BACON RISOTTO

INGREDIENTS:

200 g ESKORT Diced Bacon, fried
1 onion, diced
2 cloves garlic, minced
150 g celery, chopped
240 ml spring onions, chopped
1.5 l chicken stock
400 ml arborio rice
330 ml can of beer
60 ml parmesan, grated

SERVES
6

METHOD:

1. Fry onions in some olive oil and add the rice. Fry until the rice starts to go translucent.
2. Add the celery and then the beer. Cook until the beer reduces by half.
3. Add the stock cup by cup, waiting for each cup to reduce before adding the next – should take about 40 minutes in total.
4. Once the rice has absorbed all the stock, stir in the butter and parmesan.
5. Last, fold in the bacon and fresh spring onion.



SERVES
4

FRIKKADEL SHASHUKA

INGREDIENTS:

350 g ESKORT Mini Frikkadels
4 eggs
1 can chopped tomatoes
10 ml ground cumin
2.5 ml cayenne pepper
5 ml garlic, crushed
½ lemon
300 ml spinach, chopped
60 ml mozzarella, grated
110 ml red wine

BANTING
FRIENDLY!

METHOD:

1. Fry the Frikkadels in olive oil and garlic. Add the can of tomatoes and spices to the pan.
2. Add the red wine and simmer for 5 - 7 minutes.
3. Add the spinach, stir in and then sprinkle over the mozzarella.
4. Create 4 wells in the pan and crack the eggs in, then squeeze the lemon over.
5. Fry for a further 12 minutes, or until the eggs are cooked to your taste.

PORK CHILI

SERVES
6

& BUTTERBEAN MASH

PORK CHILI:

INGREDIENTS:

750 g ESKORT Gold Medal Pork Sausages
100 g carrots, chopped
240 g chickpeas, drained
400 g red kidney beans, undrained
4 cloves garlic, crushed
110 ml white wine
60 ml spring onion, chopped
20 ml dried chilli flakes
20 ml thyme
10 ml sweet basil
20 ml ground paprika
200 g cherry tomatoes
2 cans chopped tomatoes
10 ml olive oil

METHOD:

1. Remove the skins from the sausages and roughly chop together the pork mince.
2. Fry the onion and garlic in olive oil.
3. Add the mince and other spices.
4. Pour in the cans of tomatoes, the drained chickpeas and the red kidney beans along with the brine.
5. Add the cherry tomatoes and simmer on medium heat for 15 - 20 minutes.

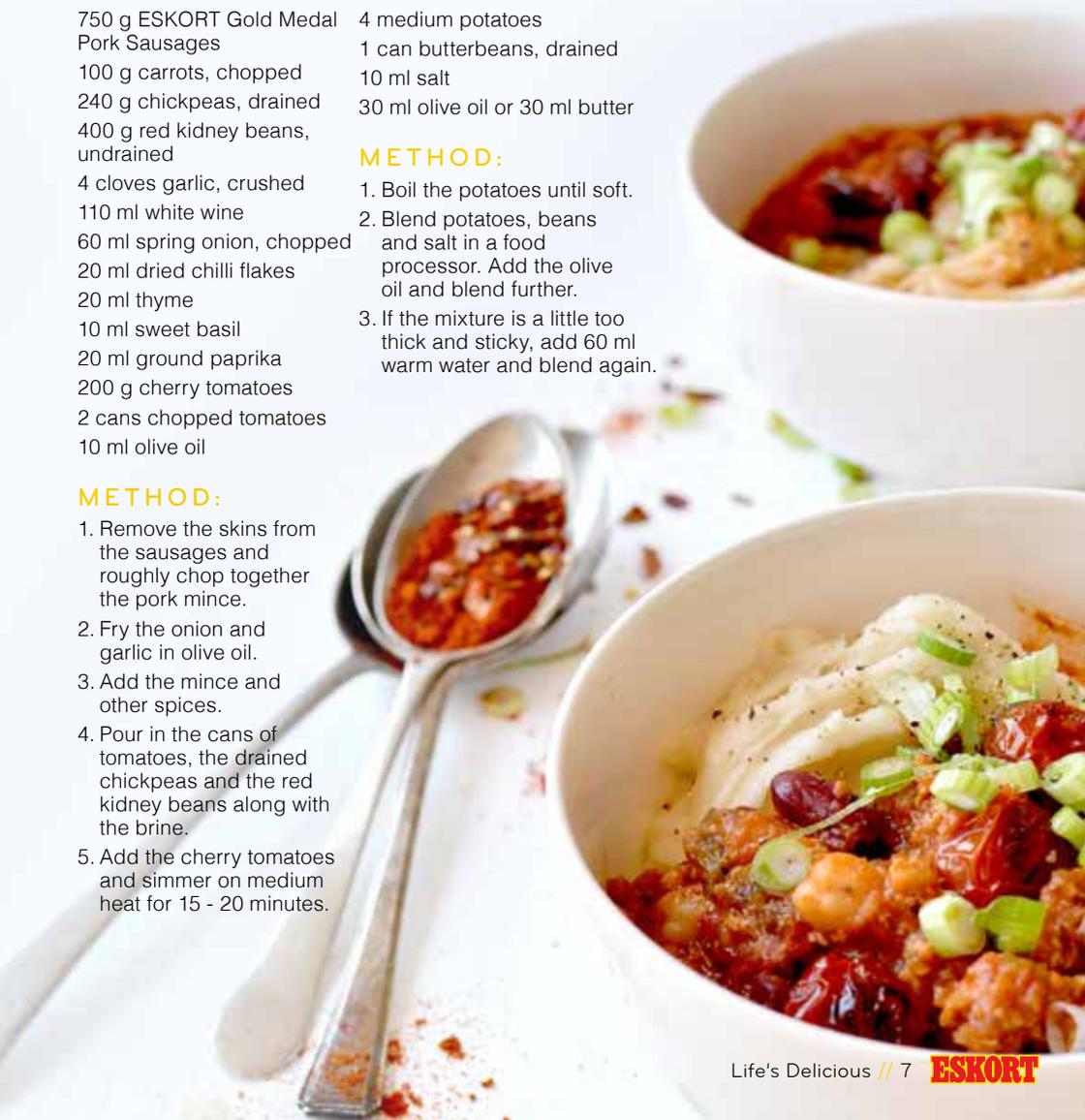
BUTTERBEAN MASH:

INGREDIENTS:

4 medium potatoes
1 can butterbeans, drained
10 ml salt
30 ml olive oil or 30 ml butter

METHOD:

1. Boil the potatoes until soft.
2. Blend potatoes, beans and salt in a food processor. Add the olive oil and blend further.
3. If the mixture is a little too thick and sticky, add 60 ml warm water and blend again.





THE ULTIMATE B.L.T.

WITH CHILI
CITRUS MAYO

• SERVES •
6

INGREDIENTS:

- 200 g ESKORT Streaky Bacon
- 1 loaf of rye bread (or your choice of loaf)
- 2 fresh chillies, finely chopped
- 1 naartjie or clemengold
- 50 ml mayonnaise
- 2 avocados, smashed
- 100 g butter lettuce, chopped
- 1 tomato, sliced
- 100 g Emmentaler cheese, sliced
- butter or olive oil to cook

METHOD:

1. Mix together the mayonnaise and chili. Squeeze in the naartjie and combine.
2. Fry the Streaky Bacon until crispy.
3. Slice your loaf and butter both sides of the bread (or use a dash of olive oil in the pan instead of butter).
4. Add chili, citrus mayo, bacon, avo, lettuce and tomato onto one slice of bread.
5. Close your sandwich and fry in a pan on medium heat until the cheese melts and your bread is golden brown.

CUCUMBER-PINE SLAW PORK SLIDERS

INGREDIENTS:

- 750 g ESKORT Gold Medal Pork Sausages
- 10 g chives, chopped
- 15 ml rice wine vinegar (or any vinegar)
- 10 ml ginger, crushed
- 3 garlic cloves, minced
- 30 ml fresh rosemary, chopped
- 100 g pineapple, grated
- 100 g cucumber, grated
- 30 ml mayonnaise
- 10 slider buns

METHOD:

1. Remove the sausage skins and mix the sausage meat, chives, vinegar, ginger, garlic and rosemary together in a bowl. Form patties with about a tablespoon of the mix.
2. Fry the patties in a splash of olive oil until golden on both sides and cooked through.
3. Mix your cucumber and pineapple with the mayonnaise and serve with the patties on slider buns.



STUFFED PICNIC CIABATTA

• SERVES •
6



INGREDIENTS:

- | | |
|---|---------------------------|
| 6 slices ESKORT Mini Picnic Ham | 250 ml mozzarella, grated |
| 6 slices ESKORT French or Garlic Polony | 5 ml garlic, crushed |
| 1 onion, diced | 5 ml salt |
| ½ red pepper, diced | 20 ml butter |
| ½ yellow pepper, diced | 10 ml olive oil |
| 110 ml spring onion, diced | 10 ml balsamic vinegar |
| | 1 loaf ciabatta |

METHOD:

1. Preheat the oven to 180°C.
2. Chop the ham and polony into small pieces.
3. Fry the ham and polony in olive oil. Add the onions and the vinegar.
4. Press the garlic and salt into the butter creating a paste.
5. Slice the ciabatta vertically. Spread the butter paste in each slice.
6. Stuff the rest of the toppings evenly throughout the sliced sections, adding the mozzarella last.
7. Bake the loaf in the oven for 20 - 30 minutes.

HAM, PEAR & ASPARAGUS GALETTE

INGREDIENTS:

- 6 slices ESKORT Mini Picnic Ham
- 1 egg, beaten
- 1 pear, sliced into discs
- 100 g feta
- 8 small asparagus spears
- 20 ml honey
- 1 roll frozen puff pastry

SERVES
6

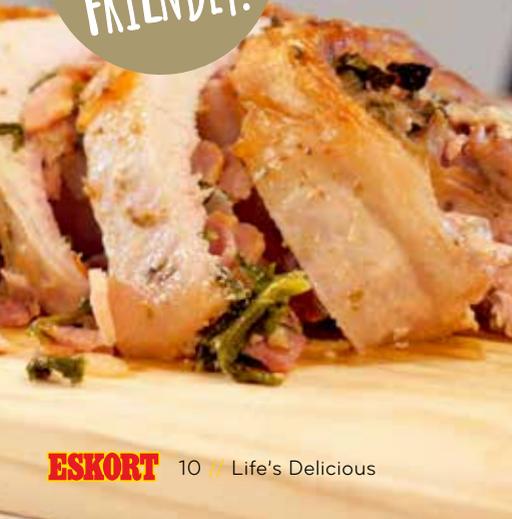
METHOD:

1. Preheat the oven to 180°C.
2. Roughly chop the ham and fry in some olive oil.
3. Roll the pastry out flat and brush with egg.
4. Add a layer of the sliced pear, asparagus, ham and the feta.
5. Fold over all the sides of the pastry to partially cover the ingredients along the edges.
6. Bake for 30 - 35 minutes.



BACON, KALE & SUNDRIED TOMATO STUFFED PORK

BANTING
FRIENDLY!



INGREDIENTS:

- 200 g ESKORT Diced Bacon, fried
- 1 kg fresh pork fillet or loin
- 80 g sundried tomatoes
- 350 g kale, chopped
- 1 onion, diced
- 15 ml olive oil
- 15 ml dried rosemary

SERVES
8

METHOD:

1. Preheat the oven to 180°C.
2. Fry onions in a dash of olive oil. Once translucent add the kale. Do not over cook - the kale is ready when it has just wilted, do not fry until it loses colour.
3. Butterfly cut your fillet and spread the sundried tomatoes, bacon and kale evenly inside.
4. Roll up the meat, skewer with a toothpick, and rub with olive oil and rosemary.
5. Bake for 35 - 45 minutes, depending on the thickness of your pork cut.

PULLED PORK & MOROCCAN

CHICKPEA SALAD

INGREDIENTS:

500 g ESKORT Pulled Pork
200 g baby carrots
1 onion
1 lemon
20 ml ground paprika
20 ml ground cinnamon
20 ml ground cumin
20 ml olive oil
1 clove garlic, crushed
1 can chickpeas, undrained (400 g)
240 ml baby spinach leaves
240 ml rocket
20 ml olive oil

SERVES
6

METHOD:

1. Preheat the oven to 180°C.
2. Cut the lemon in half, reserve half for juicing and cut the other half into a further 4 pieces.
3. Cut the onion into eighths.
4. Mix the paprika, cinnamon, cumin, olive oil and garlic with the juice of the half lemon.
5. Toss the baby carrots, lemons and the onions in the spice mixture to coat evenly and spread over a baking tray. Roast for 30 minutes.
6. Once roasted, toss the chickpeas into the mixture. Set aside.
7. Fry the pulled pork in olive oil to crisp the edges.
8. Toss the pulled pork with the chickpea mix and the leafy greens. Serve warm or cold.

PRO TIP:

Add sliced almonds and pomegranate rubies to impress at a dinner party.



Pulled Pork - Pure Perfection

Slow-cooked and BBQ marinated to unleash the flavour - and the fun!
There are a million ways to enjoy pure pork perfection.



Eskort Pulled Pork is the quickest and easiest way to serve tender, versatile, delicious pork! Served on a roll - in an exotic salad - in a stir fry - or on it's own... the only limit is your creativity.

Just heat and send your taste buds on an adventure - appetizer, snack, hearty meal – or whatever you choose to make with it.

**ESKORT PULLED PORK...
DELECTABLE DELICIOUSNESS
MARINATED TO PERFECTION!**



ESKORT Life's Delicious

Eskort Pulled Pork - find it in the chillers at leading stores or call Customer Services on 0800 203 193 for assistance. Find delicious recipes & delectable tips at eskort.com or visit [Facebook.com/EskortLifesDelicious](https://www.facebook.com/EskortLifesDelicious) for inspiration!