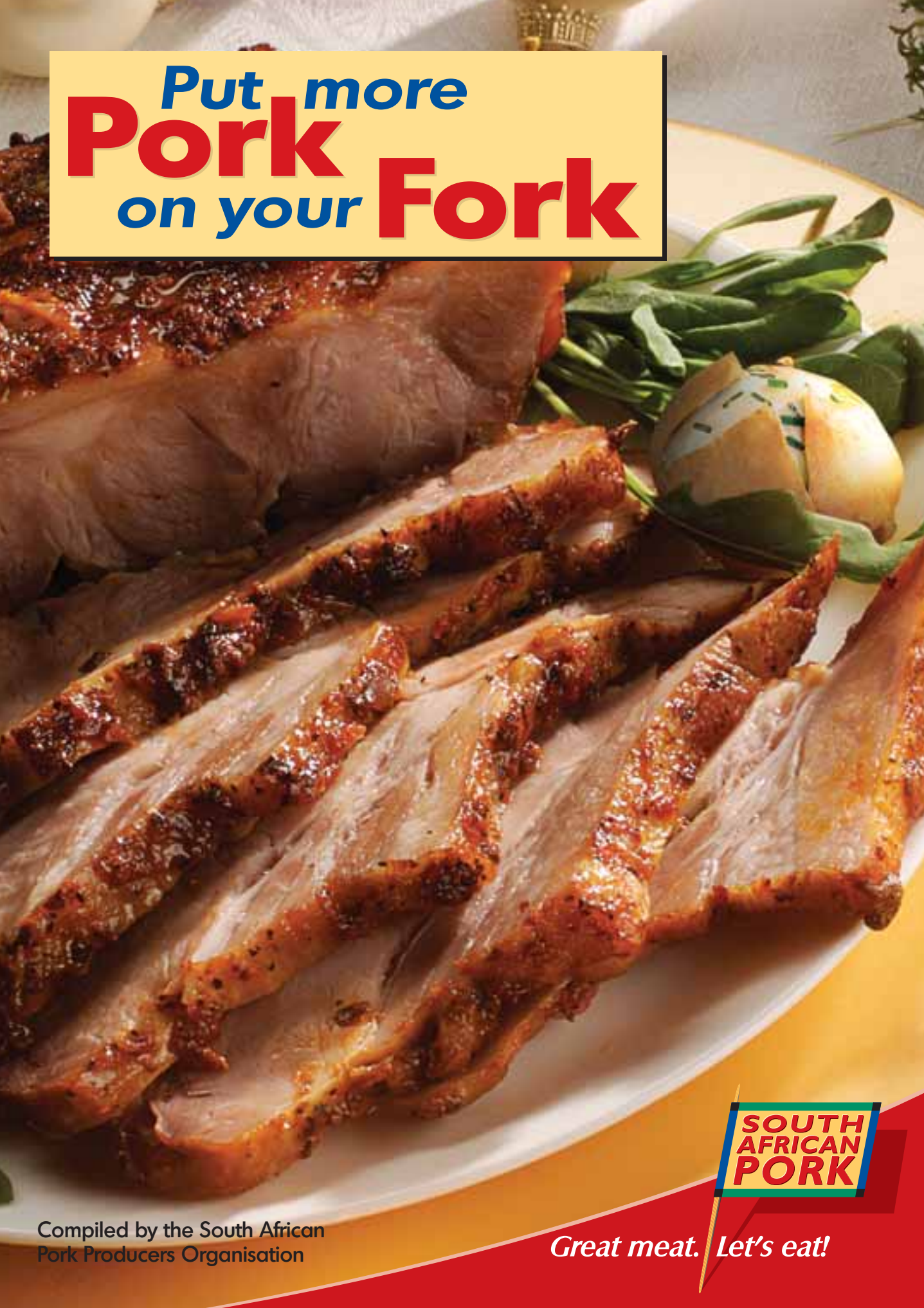


Put more
Pork
on your **Fork**



**SOUTH
AFRICAN
PORK**

Compiled by the South African
Pork Producers Organisation

Great meat. Let's eat!

Tasty, Healthy, Modern Pork

This booklet is dedicated to all the creative cooks, caterers, homemakers and people responsible for frequent food preparation.

Whether it's for family, friends, clients or customers, our most important message to you is: South African Pork is the secret of success.

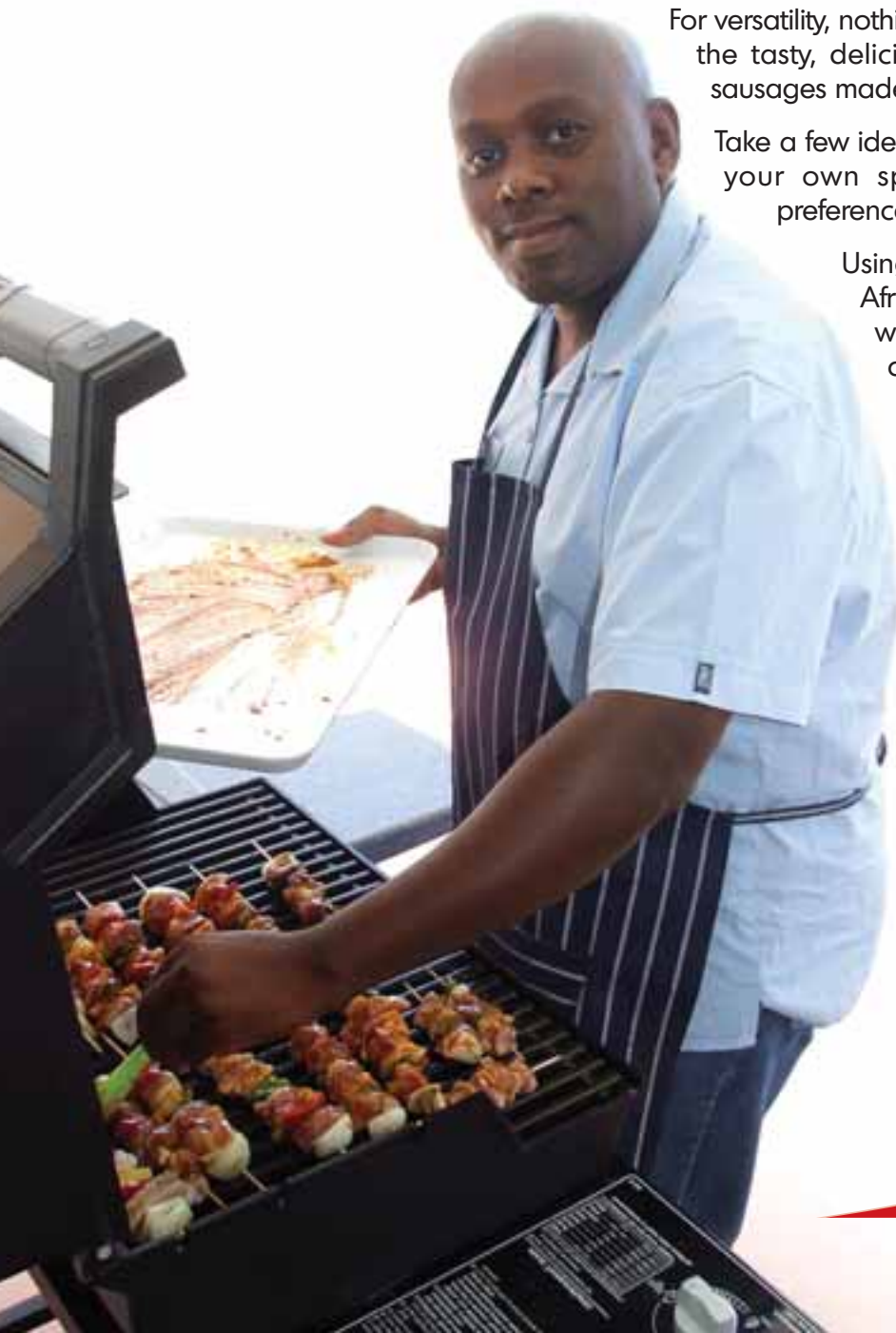
Pork is the world's no 1 choice in meat. Our local pork offers quality that's equal to the best in the world, and value that's unrivalled anywhere.

For versatility, nothing beats pork and all the tasty, delicious cold meats and sausages made from it.

Take a few ideas from here and add your own special touches and preferences.

Using tasty, healthy South African Pork in a modern way will increase your choices and grow your cooking repertoire by leaps and bounds.

Enjoy!



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Eisbein with mustard sauce

- 4 – 6 individual Eisbeins
- 1 can beer
- 250 ml fruit juice
- sprigs of herbs, bay leaves & a few peppercorns
- 1 onion, roughly chopped
- For the sauce:**
- 15 - 20 ml cornflour or mixture of cornflour and gravy powder
- 5 – 15 ml mustard paste (use your favourite mustard, and use just enough to satisfy your taste)
- pinch of sugar

Place Eisbeins with beer, fruit juice, herbs, peppercorns and onion in a heavy based pot and cover with a tight fitting lid. Bring to the boil and reduce heat. Simmer at low heat for 1 hour, or until the meat is very, very tender.

Top up the cooking liquid with hot water at frequent intervals if necessary. Do not let the liquid level in the pot reduce to a very small amount. Turn Eisbeins over now and then.

When tender, remove Eisbeins and keep hot on a serving plate.

Strain liquid to remove herbs & onion, pour liquid back into pot and increase heat.

Reduce liquid to approx 250 – 300 ml. Thicken liquid with a cornflour and water paste and beat until smooth.

Add mustard and sugar and stir through. Taste to check and adjust seasoning.

Pour sauce over and around Eisbeins and serve steaming hot. (4 – 6 servings)

Eisbein for Everyone

The juicy, smoky, melt-in-the-mouth taste and texture of tender Eisbein is irresistible.

And it's one of the easiest meals to serve, as the cooking can be done in advance and the Eisbein portions can be frozen when cooked, in individual portions.

Serve Eisbein with potatoes in any form and sauerkraut or red cabbage if you have German, Belgian or Danish guests.





- The cooking times for smoked pork cuts, such as Kassler chops, will be much shorter than for fresh cuts. Smoked pork products are most often already half-cooked. Do not overcook them.
- Never sprinkle salt or other herbs and spices on cured/pickled and/or smoked pork cuts. Good quality smoked pork cuts do not need any other flavours to interfere with the delicate and characteristic smoky taste and flavour.



Kassler chops or steaks

- 4 – 6 Kassler chops or steaks
- 20 – 30 ml olive oil
- 125 – 250 ml apricot/peach/orange juice

If necessary, trim the Kassler chops or steaks to have a very thin layer of fat on the outside (unless your guests prefer a more substantial layer of fat).

Heat olive oil in a heavy-based saucepan until medium-hot, and gently fry the Kassler chops or steak until slightly golden brown on the one side.

Turn over and fry the other side until golden brown, but not dark.

Heat the fruit juice and pour over the Kassler chops, stirring with a spatula to coat the chops with fruit juice. The juice will thicken and reduce to form a small amount of syrupy, shiny sauce in the pan. Keep on turning the chops over until they are well coated and just cooked through.

Serve immediately and pour the pan juices over the chops or steaks.
(4 – 6 servings)





Crumbed & Crispy

Pork is a white meat, making a stunning combination of tender, white meat and a crunchy, crisp coating of delicious savoury crumbs.

Best of all, crumbed pork schnitzels and/or chops can be made in advance and frozen with plastic wrapping separating the individual portions.

Pork chops fit for a king

4 – 6 pork loin chops, outer skin removed and fat layer trimmed to your preference

125 ml olive oil

125 ml dry or medium sherry

2 cloves garlic, crushed

5 ml five-spice powder or your favourite Asian meat seasoning

15 ml tomato puree or paste

salt and pepper to taste

125 ml maize (mealie) meal or corn flour

1 egg, beaten

200 ml dried breadcrumbs, mixed with

60 – 100 ml toasted sesame seeds

oil for frying

Pat the chops dry. Mix the oil, sherry, garlic, spices and tomato puree in a blender and pour over the chops. Marinate overnight or for at least 4 hours in the fridge, turning fairly often to coat the chops on all sides. Remove from marinade, pat dry and season. Dip the chops in maize/corn flour, then in egg and lastly in the breadcrumbs and sesame seed mixture. Place in the fridge for at least 4 – 6 hours, or overnight. Fry in hot oil until golden and crisp on all sides. Serve with potatoes, salad or your favourite veggies.

(4 – 6 servings)



Pork schnitzels with ham and mustard

4 – 6 pork schnitzels, tenderized
 rosemary & olive seasoning
 15 – 20 ml grainy Dijon mustard
 4 – 6 thin slices smoked ham
 125 ml cake flour, seasoned with a pinch of
 herbs
 2 eggs, beaten
 approx 175 ml dried savoury breadcrumbs,
 mixed with
 approx 100 – 125 ml ground almonds (the
 almonds are optional)
 peanut or sunflower or canola oil for frying

Using a meat mallet, flatten schnitzels completely until very thin. Season with rosemary & olive seasoning and spread mustard onto one side of each schnitzel. Place a ham slice on each schnitzel and fold over to form a very flat parcel. Secure with toothpicks. Coat each schnitzel parcel with flour (put it into a plastic

bag and shake) and then dip in egg to coat well. Lastly, coat each schnitzel parcel with a generous layer of breadcrumbs and place on a flat surface in the fridge. Leave overnight if possible, or at least 5 – 6 hours. Turn the schnitzels over a few times to expose all sides to the cold air in the fridge. Heat the oil in a frying pan and fry the schnitzels until golden brown on both sides and crisp. Drain on kitchen paper and serve immediately.
 (4 – 6 servings)

Delicious schnitzel variations

- Replace the almonds in the recipe with finely crushed ginger biscuit crumbs or Tennis biscuit crumbs.
- Leave out the 2 beaten eggs and use 1 – 2 pureed bananas, mixed with one beaten egg, for dipping the floured schnitzels for a fruity, tropical flavour. Add a pinch each of cinnamon and allspice to the breadcrumbs before coating the schnitzels in the crumb layer.
- Always serve slices or wedges of fresh lemon with the crispy fried schnitzels.
- Replace the slices of ham with slices of Mozzarella cheese or Cheddar cheese and season the breadcrumbs with paprika.
- Serve schnitzels with a creamy accompaniment such as mashed potatoes, spinach or steamed, soft cauliflower in cheese sauce.
- Serve tomato salsa and a dollop of sour cream with the schnitzels.



TIPS FOR GREAT HAM ROLLS

For the best tasting ham rolls, use several layers of shaved ham or paper thin slices of different types of ham, spiced up with mustard in between.

It's far superior to sandwiches or rolls with one thick, single slice of ham.



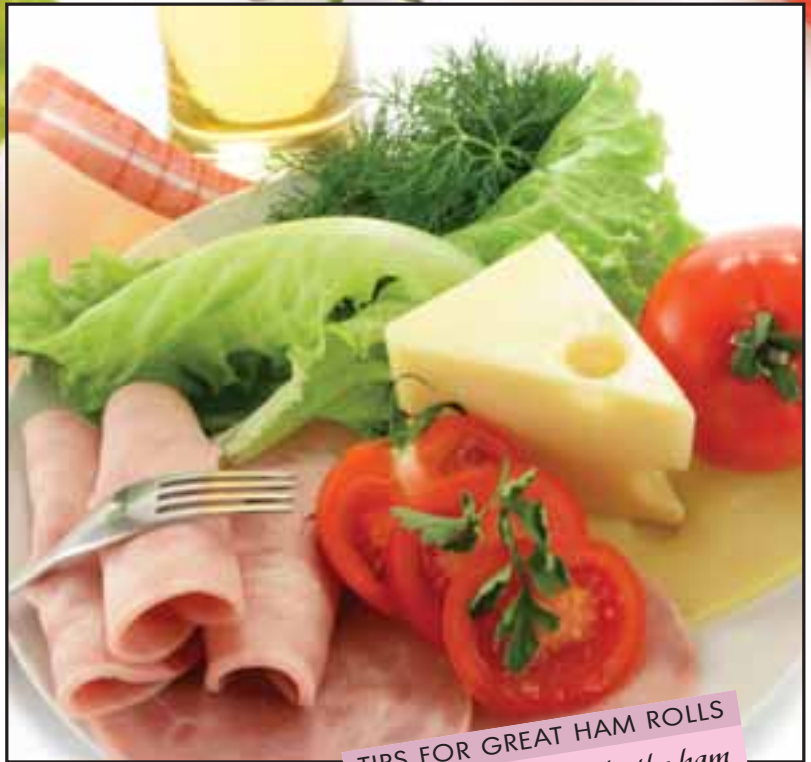
Delicious from the Deli...

The ultimate convenience



- Put forward some platters with different kinds of ham slices, salami, cheeses and sausages.
- Simply add delicious breads and butter. Choose nutty, crusty wholewheat bread, aromatic ciabattas and sourdough rolls, baguettes and panini's.
- Place bowls of olives and pickles on the table.
- Arrange lettuce, rocket leaves, tomato wedges and cheeses attractively and place in between the meat platters.
- Fresh or preserved figs with ham platters and cheeses is a gourmet dream!





TIPS FOR GREAT HAM ROLLS

Before making ham rolls, wrap breadrolls and baguettes in a damp, clean kitchen cloth (tea towel) and leave for one hour to get slightly damp. Place open in a warm oven (200°C) for 3 – 6 minutes and remove.

Allow to cool slightly, cut open and spread generously with butter. Let cool completely before adding slices of ham, lettuce, tomato, etc.

TIPS FOR GREAT HAM ROLLS

If you have to make the ham rolls long in advance, prepare them and wrap each roll individually in plastic cling film or tin foil to keep it fresh.





Evergreen Favourites

No-fuss, straight forward and always popular. Pork kebabs and stir-fry dishes are so easy to prepare and totally flop-proof! It's worthwhile adding it to your most reliable list of frequently enjoyed dishes.

Hot tips



- Ask your butcher to cut the pork cubes from a leg or belly of pork. For a low fat meal, trim most of the fat from the pork, leaving just a very thin layer of fat.

- The best kebabs are made with pork cubes that are not smaller than 2,5 – 3cm. Very small cubes will shrink too much and leave everybody wanting bigger pieces.

- Soak the wooden sticks in cold water for 30 minutes before using it for kebabs to prevent it from burning. Use any ready-bought marinade for barbeque meat or ribs, but avoid marinades that contain sugar and honey as this will burn quickly and spoil the delicate pork white meat.

Juicy pork kebabs

400 – 500 g pork cubes, cut in 2,5 – 3 cm squares
250 ml ready-bought marinade or
a mixture of 200 ml olive oil and 50 – 60 ml wine
vinegar or lemon juice

1 punnet button mushrooms, wiped clean
1 – 2 yellow or red peppers, seeds removed and
cubed

12 – 15 cherry tomatoes

10 – 12 fresh bay – or lemon leaves

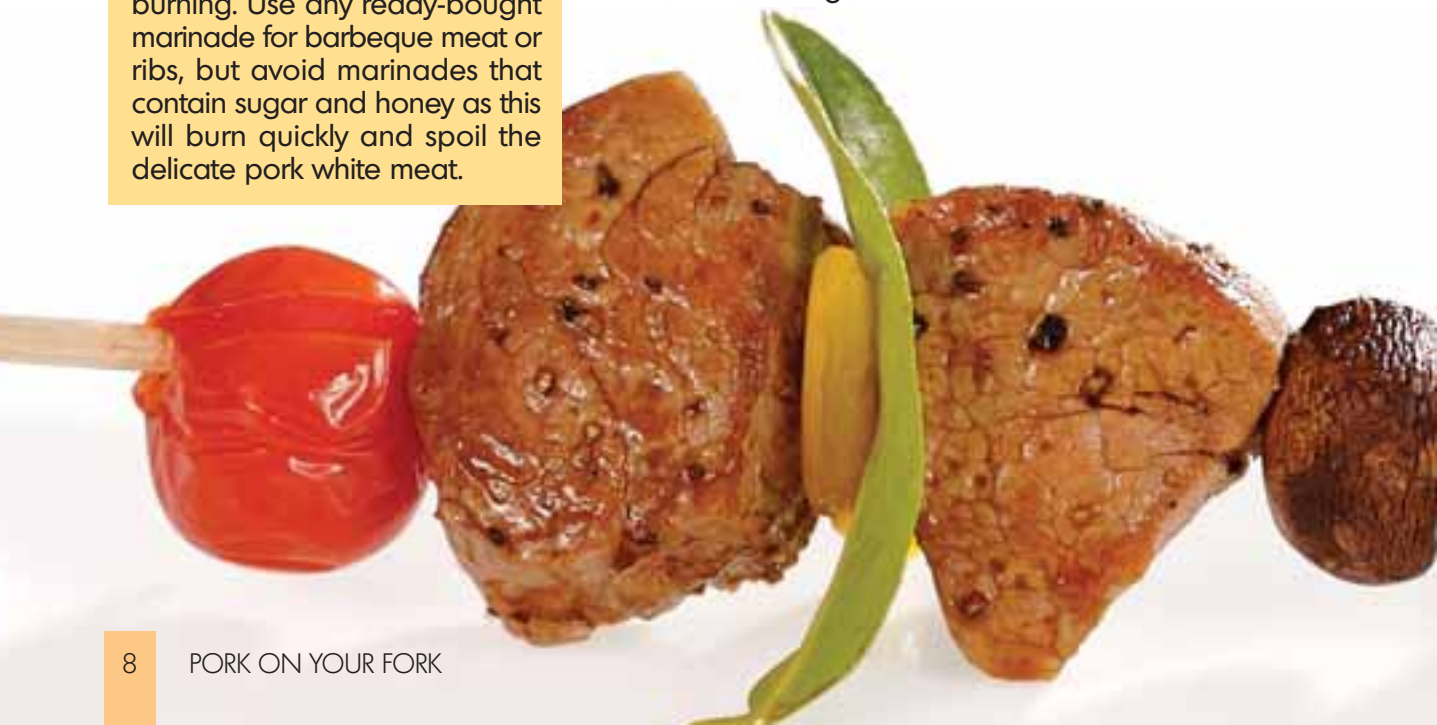
5 – 10 ml of your favourite braai spice

Place pork cubes in a flat glass or plastic dish and pour the marinade over. Cover and refrigerate for 4 hours or overnight.

Skewer the pork cubes alternately with button mushroom, cubed peppers, tomatoes and bay leaves onto wooden or metal kebab sticks.

Brush marinade over and season with braai spice. Grill over medium-hot coals or under the oven grill until slightly golden brown and just cooked.

Turn frequently and keep on basting with the marinade. Do not overcook – it must be juicy inside.
(4 – 6 servings)





Quick and easy pork stir-fry

450 – 500 g pork stir-fry strips
 rosemary & olive seasoning
 50 ml olive oil (or more if needed)
 1 small onion, chopped
 2 cloves garlic, crushed
 1 – 2 carrots, chopped
 1 small punnet sugar snap peas
 1 yellow or red pepper
 175 – 200 ml broccoli florets
 soy sauce to taste

Season the pork strips lightly with rosemary & olive seasoning. Heat oil in a heavy-based saucepan and stir-fry pork strips until they turn grey. Add all the vegetables, bit by bit, and keep on stir-frying until the vegetables are just cooked, but still crisp. Add small amounts of olive oil and hot water to the pan to prevent sticking. Season with soy sauce and serve with steamed rice. (4 – 6 servings)

Variation: Season the stir-fry dish with oyster sauce, Hoisin sauce or ready bought sweet and sour or sweet chilli sauce.



To serve a light meal in a hurry, it's the easiest thing to heat up a slice of delicious quiche or pie. Savoury tarts and quiches are great time savers you can bake in advance. They will last well in the fridge for up to 5 days and also freeze well.

Quiches & dishes to wrap up in advance



Pork and veg filling for wraps or spring rolls

- 400 – 500 g pork stir-fry strips
- 40 – 50 ml olive oil
- 1 small onion, chopped
- 2 cloves garlic, crushed
- 125 ml red, yellow and green pepper, in thin slices
- 1 large or 2 small carrots, cut into thin strips
- 125 ml thin baby marrow slices (courgettes)
- 125 ml (or more) sliced mushrooms
- soy sauce to taste
- ready bought sweet and sour sauce to taste
- 25 ml toasted sesame seeds (optional)
- 4 – 6 corn (or wheat) tortillas

Fry the pork strips in the oil for 2 minutes, add the onion, garlic and peppers and stir-fry until the pork is almost cooked. Add the carrots, courgettes and mushrooms and stir to coat the veggies with pan juices and cook.

Add spoonfuls of hot water to release the veg on the bottom of the pan and to create steam in the pan while stir-frying. Season with soy sauce and sweet and sour sauce and add toasted sesame seed.

Heat the tortillas according to the packet instructions and spoon the pork and veg filling onto the tortillas. Roll up, cut through diagonally and serve warm. Drizzle with extra sweet and sour sauce if preferred.

(4 – 6 servings)



Use the same filling (on left hand page) to make crunchy spring rolls. Defrost a roll of filo pastry and brush with olive oil or melted butter. Cut into squares and spoon some pork and veg filling onto every square. Roll squares up into finger-like shapes and brush with olive oil again. Place on a oiled baking sheet and bake at 200°C until golden brown and crisp, or deep-fry the spring rolls in hot peanut oil or sunflower oil. Drain on kitchen paper and serve piping hot.



Bacon, ham and spinach quiche

- 1 x ready bought roll of shortcrust pastry
- 250 g rindless bacon or pancetta, chopped
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 x packets chopped spinach (defrosted if frozen)
- 250 g thinly sliced ham, chopped
- 300 – 350 ml full cream milk (or use ½ milk and ½ cream)
- 2 large or jumbo eggs
- salt, pepper, mixed herbs and grated nutmeg to taste
- 250 ml grated Mozzarella cheese

Roll out pastry and line a greased pie dish. Prick with a fork and bake blind at 180°C, using tinfoil and dried beans or rice. Remove tinfoil and beans or rice.

Pan-fry bacon or pancetta until soft, add chopped onion and garlic and fry until the onion is soft and translucent. Spoon bacon and onion mixture into the crust.

Drain spinach very well, season with salt, pepper and nutmeg and add with the chopped ham to the bacon and onion in the crust.

Beat the milk, eggs and seasoning together and pour over the filling. Sprinkle with Mozzarella cheese and bake 35 – 40 minutes at 180°C, or until cooked in the centre of the quiche. Serve warm with salad.

(6 servings)

Great Tip:

For added colour and texture, place slices of tomato on top of the Mozzarella cheese layer before baking.



Traditional Dishes

Delicious, nutritious, new-fashioned comfort food. That's what you call these truly South African choices.

Hot tips



- Delicious pork roasts can be made from leg, shoulder, loin or belly of pork. It's currently very fashionable to roast a boneless, tender neck of pork.

- Always get your butcher to "score" the outer skin on the roast. This makes crisp crackling.

- For best results, always ask your butcher to remove the bone from any pork roast. It will roast more evenly, look more attractive and provide more portions when carved.

Roast pork with crackling

1 pork roast, approx 2 – 2,5 kg, skin scored at 15mm intervals
 salt and pepper to taste
 olive oil for rubbing into roast
 apple sauce for serving

Preheat oven to 180°C. Pat pork roast dry with kitchen paper. Rub pork with salt, pepper and olive oil. Place open on a wire rack over an oven-roasting pan.

Calculate roasting time as follows: For every 500g, roast for 30 minutes, and add on another 20 minutes extra roasting time at the end.

If necessary, turn the top oven grill on during the last 10 minutes, to crisp and brown the skin (but do this while you are watching, as it turns dark brown quickly!).

You can slice potatoes and add it to the roasting tin underneath the pork to absorb the lovely meat juices and cook at the same time.

When done, remove pork from oven and leave in a warm place to "rest" for 8 – 10 minutes. This will settle the juices.

Carve thinly against the grain. Serve with gravy, vegetables and apple sauce.

(7 – 8 servings)



Low-fat, light bobotie with pork mince

50 ml olive oil
1 kg lean pork mince (order in advance
from your butcher)
2 medium onions, finely chopped
2 cloves garlic, finely chopped
15 ml mild curry powder
ground turmeric, coriander and ginger
to taste
2 slices bread, crusts removed
250 ml milk
45 ml fruit chutney
30 ml lemon juice
salt and pepper to taste
2 eggs, lightly beaten

Heat the oil and fry the pork mince until grey. Use a fork or place in blender/food processor to break up any big lumps.

Remove pork mince and fry onions, garlic, curry powder and other spices in the oil until translucent. Soak the bread in the milk until soft.

Mash bread with a fork and add to the pork mince and onions, together with the chutney, lemon juice, salt and pepper.

Spoon into an oven dish and flatten the top. Top up the milk to approx 300 ml and add the eggs. Season with salt.

Pour over meat and if desired, place bay/lemon leaves on top. Bake 1 hour or until cooked at 180°C. Serve with yellow rice.

(Approx 6 servings)





This booklet is compiled for the benefit of consumer education by the South African Pork Producers' Organisation (SAPPO).

Our aim is to provide a resource of useful information, factual data and tasty recipes to consumers.

Websites: www.TastyHealthyModernMeat.co.za
www.sapork.com

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