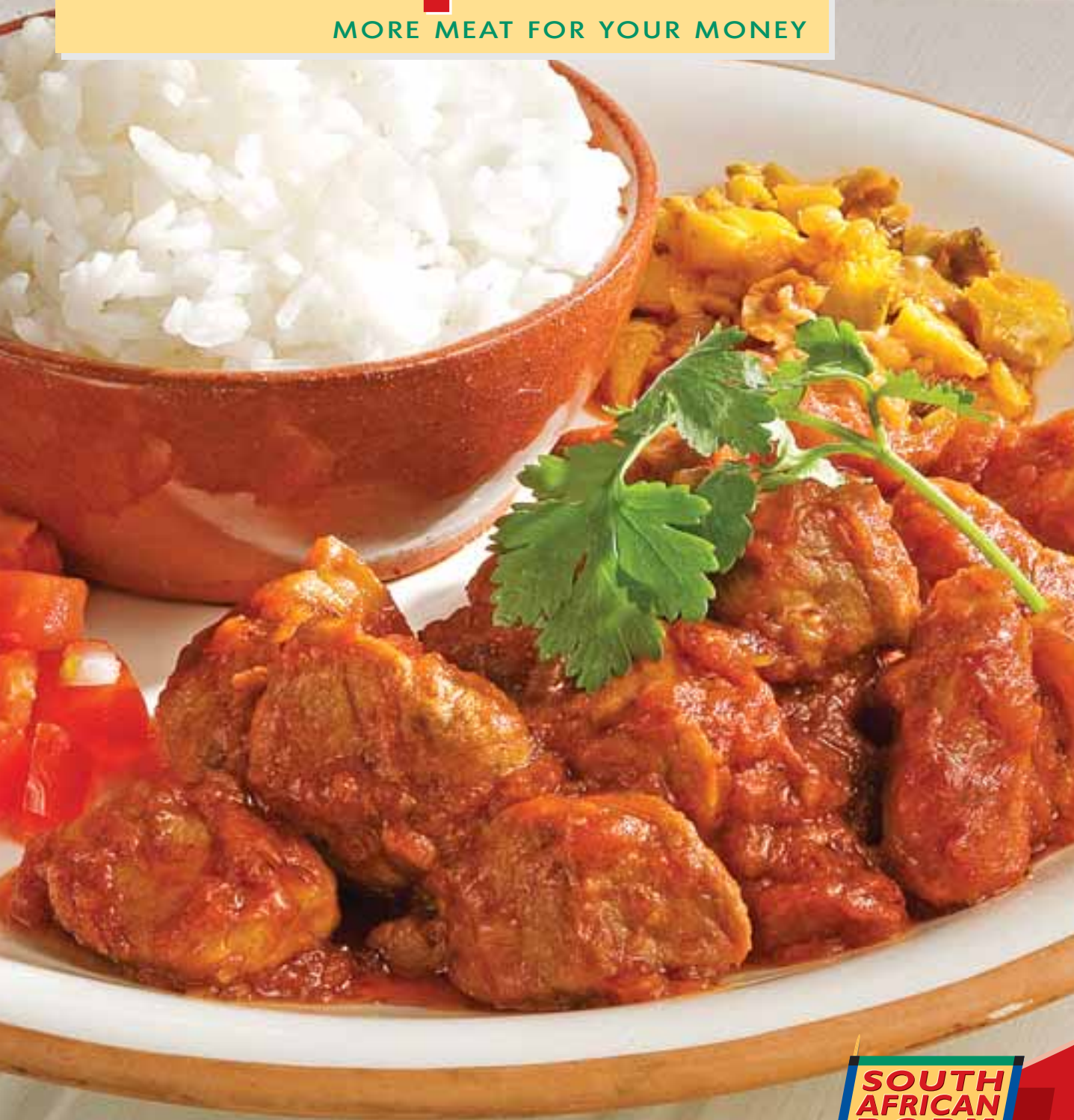


# Budget Beater Recipes

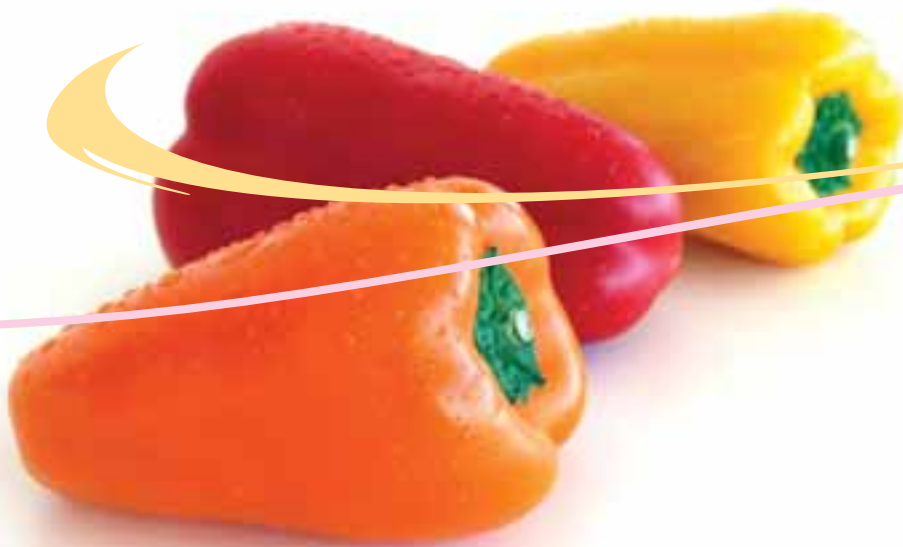
MORE MEAT FOR YOUR MONEY



**SOUTH  
AFRICAN  
PORK**

Compiled by the South African  
Pork Producers Organisation

*Great meat. Let's eat!*



South African Pork Producers have made quality assurance a top priority.

They collaborate with international breeding companies to ensure the availability and use of world-class genetics for the SA pig herd.



This maintains and promotes food safety and the highest possible quality of pork to South African consumers.

South African pork sold in butcheries with a good reputation and in supermarkets is certified safe.

This means consumers can enjoy this rich and tasty source of protein with complete confidence.

*This booklet is compiled for the benefit of consumer education by the South African Pork Producers Organisation. Our aim is to provide a resource of useful information, factual data and tasty recipes to consumers.*

Visit our websites at:

[www.TastyHealthyModernMeat.co.za](http://www.TastyHealthyModernMeat.co.za)

[www.sapork.com](http://www.sapork.com)



# Contents

- 2 **More Meat for your Money**  
Why pork is the best kept secret for saving money
- 4 **Put pork on your fork**  
... and stay healthy, strong, slim & fit
- 6 **Souper savings**  
Satisfy with a steaming bowl of fragrant soup
- 8 **Best on the braai**  
Pork is always tender - ideal for braais
- 10 **Stews and Casseroles**  
What a good pork stew or casserole is all about
- 12 **Real Good Roasts (that'll have everyone raving...)**  
Basic guidelines for roasting pork
- 16 **The secret of schnitzels**  
Quick and easy meals that will gain you lots of compliments
- 18 **Perfect partners, pork & pasta**  
Friendly, noisy, fun-filled evenings with pasta dishes and tasty pork
- 20 **Counting on kebabs**  
They're fun to cook and healthy too!
- 22 **Magic mince**  
How to use pork mince in all your favourite dishes
- 24 **Stir-fry surprises**  
Flop-proof, great value for money, healthy and versatile
- 26 **Salads for all seasons**  
The satisfying choice for all health conscious people
- 28 **Popular ways of using the different cuts**  
Handy reference chart



**SOUTH  
AFRICAN  
PORK**


*Great meat. Let's eat!*

# More Meat for your Money

Pork is the best kept secret for saving money. Compared with other meats and poultry, the price per kilogram of lean meat is a real bargain. Once all the bone, skin and fat is removed and the lean protein meat content is compared, pork is the winner – every time.

## Bulk buys are the best buys

Don't be scared to buy in bulk! That's how you really save money.




You will always get the best deal if you buy a half carcass or a big bulk pack, because their price per kilogram is always lower than buying individual cuts, such as loin chops.

Buying in bulk means that included in your quantity of pork, there will be a good amount of braai chops, and you get other cuts for stewing or potjies/soups/stir-fries too.


This booklet will help you to understand what to do with all the cuts, so that you can maximize the value from your pork purchases.

## Freezing pork



Pork can be frozen very successfully, provided it is properly wrapped and there are no pieces of broken packaging with bone sticking out, or any holes or unnecessary air in the plastic packaging.

Air inside the packaging (which often gets in through holes in the packaging) will allow freezer burn to develop if meat is frozen for more than 2 weeks.

- 
- ▶ Avoid freezer burn and dryness by doing vacuum packaging. Alternatively, wrap the pork very well with cling wrap to exclude all possible air from it.
  - ▶ Also make sure the pork cuts are dry (use kitchen paper if necessary) before you wrap it.


Water or moisture on the meat will form ice crystals during the freezing process, which damages the meat surface and results in a pulp-like surface.

## Get to know your butcher – a great investment!

If you frequently buy from the same butchery or supermarket – talk to the butchery staff or block man and get them to get used to your preferences.

You can get them to do a lot of the preparation for you – saving you effort, time and wastage later on.

If you are serious on saving money and time, ask for these things to be done by your butchery:

- 
- ▶ Debone all roasts, such as the leg, neck and shoulder if you want to use those cuts for roasts. Ask the butcher to put the boneless roasts into a "stretch net" to give the roast an attractive round shape and to hold it together.
  - ▶ Ask for all the skin on your roasts to be "scored", in other words, cuts made into the skin with a very sharp knife on 2 cm intervals. During the roasting in the oven, skin that has

been “scored” will make beautiful crisp crackling.

- ▶ Mince dishes are often a family favourite. Ask the butcher to mince some of the cuts in your bulk purchase for you, and package it in 500 g packets.
- ▶ If some of the cuts in your bulk pack has a fat layer on that you consider too fat, ask the butchery staff to trim this for you.
- ▶ Ask the butchery staff to cut any stewing pork into 2,5 cm cubes (not too small) and to package it in 500 g packets.

▶ Ask the butchery staff to vacuum pack the different cuts for you according to your preferences. (Examples: 6 loin chops in a vacuum packet, or a mixture of different types of individual braai cuts such as rashers and chops together in a vacuum pack.)

Each roast should be vacuum packed on it's own.

Packet sizes of 500 g pork mince or stewing pork or stir-fry pork strips make it easy to use. When vacuum packed they will last much longer in the freezer.

### How long to freeze pork

Bigger roasts (eg. leg and shoulder) that are vacuum-packed can be frozen for 6 – 12 months.

Smaller roasts and other packets of pork (ideally packed in 500 g packets), if vacuum packed, can be

frozen for up to 3 – 4 months.

Packets of pork that are not vacuum packed, can be frozen (depending on how thick the packaging is) for 3 weeks to 2 months.

### The golden rule

The thicker the packaging and the less air inside, the longer you can freeze it.

If you buy pre-packed small packets of pork in a butchery that are not vacuum packed, it's best to freeze it for only 2 – 3 weeks.

Ask the butchery staff if you are not sure if a pork packet has been vacuum packed or not.

### Use labels (and lose less)

Every packet of pork going into your freezer should have a label on it.

- ▶ Write this on the label: date, which cut (example: pork mince) and weight (example: 500 g).
- ▶ Use a permanent marker or thick ballpoint pen.
- ▶ Keep a box of labels in your kitchen drawer for this purpose.
- ▶ In emergencies, you can also use masking tape to write on, or even a first-aid plaster.

Unlabelled meat packets become a real guessing game and leads to much frustration later if you can't figure out what's inside, meaning you can't plan your recipe for a special meal.

# Put pork on your fork & stay



A recent scientific study done on South African pork proved that pork is a high quality, nutrient dense food that should form part of a balanced eating programme to promote good health.

## Consider these facts:

- ▶ Pork is one of the best sources of complete protein, providing all the essential amino acids. Sufficient high quality lean protein, as

provided by pork, helps our bodies to function at it's best by repairing and maintaining healthy body cells.

- ▶ It also helps to control the appetite and keeps blood sugar stable during weight-loss programs. People wanting to lose weight or who are managing diabetes or heart health will benefit from adding lean pork to their menu.

## A comparison of the nutrient content of 100g untrimmed, raw mutton, beef, chicken and pork

Nutrients	Unit	Mutton <sup>1</sup>	Beef <sup>1</sup>	Chicken <sup>3</sup>	Pork <sup>2</sup>
Moisture	g	60.7	60.7	74.1	<b>67</b>
Energy	kJ	1087	1057	1020	<b>783</b>
Protein	g	16.9	18.4	21.1	<b>17.3</b>
Fat	g	21.6	20.1	18.71	<b>12.1</b>
Cholesterol	mg	72	62	87	<b>39</b>
Saturated fatty acids	g	9.47	9.19	2.94	<b>4.50</b>
Mono-unsaturated fatty acids	g	8.86	8.94	7.09	<b>4.96</b>
Poly-unsaturated fatty acids	g	1.7	0.28	3.85	<b>2.68</b>
Iron	mg	1.6	1.9	1.4	<b>2.08</b>
Zinc	mg	3.33	3.53	1.5	<b>1.88</b>

<sup>1</sup> Sayed, Frans & Schönfeldt, 1999.

<sup>2</sup> Van Heerden, 2008.

<sup>3</sup> Schönfeldt, van Heerden, van Niekerk, Visser & Heinze, 1998.

# healthy, strong, slim & fit

- ▶ Pork is also a superb source of Vit B1 and B3, as well as iron, phosphorus, zinc and other vital minerals.
- ▶ It's much lower in fat than what was previously believed, and once the visible fat layer on the outside of cuts have been trimmed off, it is lower - or as low as - skinless poultry fillets.
- ▶ Pork is a white meat and is therefore naturally lower in fat. It provides mostly polyunsaturated fatty acids (beneficial to our health).

## Heart and Stroke Foundation Approved

The Pork Industry is proud to be a Heart Mark holder, and has supported the work of the Heart and Stroke Foundation for many decades.



APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN

Pork cuts from the loin and leg sections in the carcass with a thin fat layer of 3 mm on the outside or less, have the approval of the Heart and Stroke Foundation, providing

it's part of a healthy eating plan.



### FASCINATING FACTS

Pork is the world's no 1 choice. In most countries with a well developed pork production industry, pork is the most frequently enjoyed meat on the menu.

Pork is a white meat with very little fat inside the lean muscle fibers.

If you find any pork cuts in the meat cabinet with too much fat on, simply ask the butchery staff to cut the excess fat off for you. Otherwise, use a sharp knife and trim the fat off at home.

In this regard it is similar to chicken, where most of the fat is contained in the skin of the chicken.

Fresh pork in South Africa is a modern, nutritious and 100% safe meal choice. Quality assurance systems from the farm to your fork provide a guarantee of excellence and food safety.



# Souper savings

A steaming bowl of fragrant soup, rich with meaty flavour, makes a satisfying meal at a low cost.



Add the stock, herbs and seasoning. Bring to the boil, cover, reduce heat and simmer for about 15 minutes.

Remove from heat.

Mash the butternut in the saucepan until soup consistency. If necessary, add a little more chicken stock or water. Return to heat, add the cooked neck slices and simmer for a further 10 minutes. Serve the soup hot and garnish with extra black pepper.

Serves 4 – 6

Variation: Substitute the cumin with ground curry powder.



## Butternut pork soup

45 ml (3 Tbsp) cooking oil  
750 g pork neck slices (about 4 slices)  
1 medium onion, coarsely chopped  
1 medium potato, chopped  
2 cloves garlic, crushed  
2 ml (¼ tsp) ground cumin  
2 medium butternuts, peeled and cubed  
750 ml (3 cups) beef or chicken stock  
15 ml (1 Tbsp) freshly chopped thyme or parsley or 5 ml (1 tsp) dried  
salt and freshly ground black pepper to taste  
extra black pepper for garnishing

Heat half of the oil in a heavy-based saucepan. Add pork neck slices and brown until golden. Remove from pan and set aside.

In the same saucepan, heat the remaining oil, add the onion and garlic and sauté for a few minutes until soft. Add the cumin and fry for about 1 minute.

Add the cubed butternut and potato and sauté lightly for 2 minutes.

### SUPER SAVER TIP


When buying pork, ask your butcher to debone all your roasts and saw the bones in smaller pieces. Freeze these in a plastic packet and use for hearty soups.

## Pork and Pea Soup

1 onion & 2 garlic cloves, chopped  
4 celery sticks, chopped  
30 ml olive oil  
250 g – 400 g smoked or fresh pork shanks  
1 potato peeled and cubed  
2 chicken stock cubes  
2 litres boiling water  
500 g dried peas, soaked  
pepper, sugar and vinegar for seasoning  
10 ml chopped, fresh herbs (choose your favourites)  
20 ml cream, crème fraîche or sour cream  
15 ml chopped fresh parsley or chives







Sauté the onion, garlic and celery in olive oil until soft and starting to brown. If fresh pork shanks are used, add them to the pot now and stir constantly, until the shanks are golden brown. If using smoked pork shanks, simply add them to the pot without frying.

Add potato, chicken stock cubes, boiling water and soaked peas and bring to a simmer. Cover with a lid and simmer until the peas are soft and mushy. Check for seasoning and add pepper, sugar, vinegar and herbs to taste. If desired, mash the peas and other vegetables with a mash potato utensil until the soup is fairly thick and almost smooth.

Cut the pork shanks into smaller pieces if preferred. Taste and add pinch of salt if necessary. Add cream, stir through and serve in soup bowls, sprinkled with fresh parsley.


4 – 6 servings.



#### SUPER SAVER TIP

Order smoked pork shanks in advance from your butcher and keep a good supply of it in your freezer in winter. It is the most important ingredient in a hearty, delicious soup and gives any soup made with vegetables or pulses a robust, irresistible taste and flavour.

## Delicious pork and bean soup



olive oil for browning pork pieces  
2 onions and 2 garlic cloves, chopped  
250 g packet bacon, cut into bite-sized squares  
500 g stewing pork cubes with bone on, or pork shanks, in smaller pieces

thumb-sized piece fresh ginger, finely chopped  
pinch of each curry powder and ground cumin  
1 x packet dried sugar beans, soaked overnight and drained  
2 carrots, grated  
2 potatoes, peeled and chopped  
1 x small tin tomato puree  
1 bunch soup celery or parsley, finely chopped  
2 litres boiling water or chicken stock  
salt, pepper and vinegar for seasoning.

Heat olive oil in a soup pot and add the onion, garlic, bacon pieces, pork cubes and fresh ginger.

Sauté until the pork cubes are golden brown.

Add curry powder and cumin and sauté one more minute until the spices are cooked.

Add the sugar beans, carrots, potatoes, tomato puree, celery and water or chicken stock.

Cover pot with a lid and simmer over low heat until the pork pieces and sugar beans are really tender.

Mash half of the beans with a mash potato utensil or place in a liquidizer to make a smooth puree. Pour the puree back into the rest of the soup and mix well.

Taste and season with salt, pepper and vinegar.

If desired, remove the bigger pieces of bone from the stewing pork or pork shanks.

Serve hot in soup bowls with buttered, crusty, fresh bread.

4 – 6 servings





## Best on the braai

Pork is always tender and unlike other meats, it doesn't need any 'ripening' process to ensure tender meat. Use medium-hot coals (not very hot coals) for pork to ensure a succulent, juicy result.

Suitable cuts for braaiing: pork chops (any type of chop) steaks, rashers, kebabs and pork sausage.

Spices and marinades can be used before placing the pork cuts on the braai, but salt should be sprinkled on lastly, 2 or 3 minutes before the pork is fully cooked and removed from the braai.

If pork cuts such as rashers are braaiied with the outer skin on, it should not be marinated. Simply season it with salt and your favourite braai spice.

### Best basic marinade for pork cuts

1 cup olive oil  
65 ml lemon juice  
1 small onion, grated  
2 cloves garlic, finely chopped  
15 ml tomato paste or sauce (optional)  
15 – 20 ml chutney (optional)  
rosemary and olive seasoning, or your favourite braai spice to taste

Mix all the marinade ingredients and place in a blender. Place pork chops or other cuts in a glass or plastic dish

(not metal) and pour the marinade over. Cover with cling plastic and leave 2 – 4 hours in the fridge before the braai.

During the braai process the pork cuts can be basted with the marinade for juicy results.

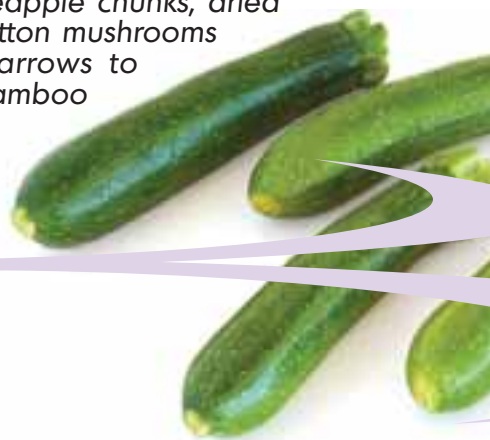


#### SUPER SAVER TIP

Never stick a fork or sharp knife into pork cuts to turn them around on the braai. Use braai tongs to keep all the lovely meat juices inside.

### Economical pork and bacon braai sticks

450 – 500 g pork mince  
2 thick slices or 3 thin slices white bread, in fine crumbs  
1 apple or 2 small carrots, finely grated  
1 medium egg, beaten  
braai spice, salt and pepper  
1 x 250 g packet streaky bacon  
Vegetable or fruit pieces such as small onions, pineapple chunks, dried apricots, button mushrooms or baby marrows to place on bamboo skewers



Mix all the ingredients except the bacon together, form into walnut or golf ball sized friccadels and wrap each friccadel in just enough bacon to cover the friccadel. Skewer the friccadels and pieces of fruit and vegetables onto bamboo sticks and refrigerate until used on the braai. Braai over medium hot coals, turning the skewers frequently.

### Braaied pork leg in a kettle braai

If you are lucky enough to own a Weber or kettle braai, this dish serves a lot of people for a little money. A shoulder of pork or boneless pork neck can replace the leg of pork in this recipe and also give a mouthwatering, tasty result.

1 x leg of pork, approx 2 kg, without bone (ask your butcher to remove the bone and place the roast into a net, and also to score the skin on the outside)

olive oil for rubbing  
salt for seasoning

Rub the leg with olive oil and salt. Use the indirect heating method with your Weber, and once you have nice medium hot coals, place the leg in the center of the Weber. Cover with the lid, and braai for 2 hours and 15 min, turning every 15 – 20 minutes to get an even, golden colour. Allow the leg to "rest" for 5 minutes to settle the juices before carving thinly.

(7 – 9 servings)

## Porcalicious potjies

The best potjies are made with pork shanks (and even a few trotters) and stewing cuts such as thick rib, breast or belly.

25 ml olive oil

750 – 850 g stewing pork or pork shanks

1 – 2 onions, quartered

2 cloves garlic, crushed

finely chopped fresh ginger to taste  
approx 4 – 5 cups of vegetables, chopped or cut into pieces (choose from potatoes, carrots, cabbage, mealies, beans, sugar-snap peas, mushrooms, baby marrows, cauliflour, broccoli or any other veg that you prefer)

1 small tin tomato paste

250 ml white wine, heated (can be replaced with apricot juice)

500 ml warm chicken stock

salt, pepper and spices to your taste

15 ml cornflour paste to thicken the gravy (optional)

Heat oil in a black potjie and sauté pork pieces until golden brown. Add the onion, garlic and ginger and sauté until soft.

Add tomato paste, wine, chicken stock and seasoning and stir through. Arrange the vegetables in layers on top of the meat and place the lid on.

Simmer over medium coals for 1 hour – 1½ hours. Do not stir, and leave the lid on all the time. Test with a skewer for tenderness.

Once the pork and vegetables such as potatoes are tender, the sauce can be thickened slightly with a cornflour paste, if desired.

Serve hot with stywe pap or warm bread.

(4 – 6 servings)



# Stews and Casseroles

Melt-in-the-mouth magic, tender cubes of savoury pork with lots of gravy and your favourite taste and texture of vegetables. This is what a good stew or casserole is all about. A pork stew is cooked in a heavy based pan on top of the stove, while a casserole is cooked slowly in the oven.



**Homestyle stew**

- 45 ml (3 Tbsp) olive oil
- 1 kg pork, cut into 2 cm cubes
- 1 medium onion, coarsely chopped
- 2 cloves garlic, crushed
- 2 leeks in thick slices
- 3 ml (½ tsp) ground paprika
- 500 ml (2 cups) beef stock
- 15 ml (1 Tbsp) freshly chopped rosemary or 5 ml (1 tsp) dried salt and pepper to taste
- 350 g green beans
- 3 large carrots, peeled and cut into thick slices
- 4 patty pans, halved
- 15 ml (1 Tbsp) cake flour for thickening (optional)

Heat oil in a heavy-based saucepan and brown the pork cubes until golden.

Add onion, garlic and leeks and sauté until soft. Add paprika and fry for about 1 minute, stirring constantly. Add stock, rosemary and seasoning.

Bring to the boil, cover and reduce heat. Simmer for about 30 minutes or until the pork is tender.

Add beans, carrots and patty pans and simmer for a further 15 minutes. If preferred, thicken sauce with a paste of flour and water. Serve immediately.

Serves 4 – 6

## Variation:

Substitute vegetables with ½ butternut, peeled and cut into 3 cm cubes or 4 medium potatoes, peeled and cubed.



## Casserole with pork and prunes

- 30 ml olive oil
- 850 g – 1 kg pork shanks or stewing pieces
- 4 – 6 strips of bacon, chopped (optional)
- 2 onions, cut into rings
- 2 – 3 garlic cloves, crushed
- salt and pepper to taste
- 3 – 5 ml cumin
- 3 ml each ground coriander and mixed, dried herbs
- 1 – 2 cups peeled, chopped sweet potato



## SUPER SAVER TIP

A pork stew or casserole can feed a lot of people with a relative small amount of meat. Allow 140 – 170g of pork per person if it contains meat and bone, and allow 100 – 120g of pork if the pork cubes contain no bone. To increase the total quantity of food in the recipe, add a starch such as small shell noodles or rice noodles, a tin of baked beans/lentils/chick peas and a variety of vegetables.



1 – 2 cups broccoli or cauliflower, in florets

1 cup fresh or frozen green peas

1 cup chopped carrot or green beans

250 – 450 g prunes, pips removed

500 ml chicken stock, or a mixture of chicken stock and white wine

10 ml each gravy powder and cornflour, mixed with a little water

Heat the oil and sauté the pork shanks until golden brown. Add the bacon, onion and garlic and sauté until soft. Add the seasoning, vegetables and prunes and stir well to mix.

Transfer everything into an ovenproof dish with a tight fitting lid. Pour the chicken stock and wine into the dish and cover with a lid.

Place in a preheated oven (at 180°C) for 45 – 60 minutes (depending on the size of the pork pieces).

Open the dish halfway through the cooking period to check if there is enough liquid in the dish. Add hot water if necessary.

Test the pork shanks or pieces with a metal skewer or sharp knife for tenderness.

As soon as the meat is tender, stir in the gravy powder and cornflour paste. Bake for a further 15 minutes, stir through and serve with noodles, rice or polenta.

5 – 7 servings



### Yum-yum pork curry

30 ml (2 Tbsp) cooking oil

1 kg pork cubes, cut 2 cm

2 medium onions, coarsely chopped

1 clove garlic, crushed

10 ml (2 tsp) finely chopped root ginger

1 small red chilli, seeded and finely chopped

15 ml (1 Tbsp) curry powder

2 ml (¼ tsp) ground cumin

500 ml (2 cups) beef stock

salt and freshly ground black pepper to taste

4 medium potatoes, peeled and cut into cubes

10 ml (2 tsp) cake flour for thickening (optional)

Heat oil in a heavy-based saucepan and brown the pork until golden.

Add onions, garlic, ginger and chilli and sauté until soft. Add spices and fry for about 1 minute, stirring constantly.

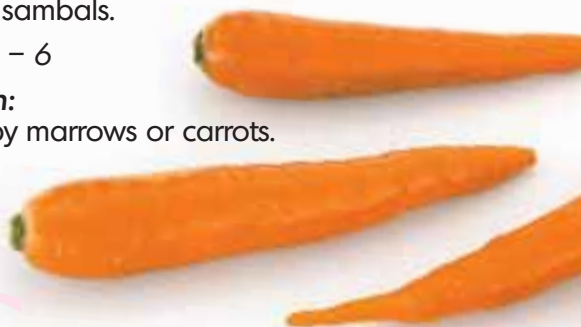
Add stock and seasoning, cover and simmer for about 25 minutes or until the pork is tender. Add potatoes and simmer for a further 20 minutes. If preferred, thicken the sauce with a paste of flour and water.

Serve with steamed rice and sambals.

Serves 4 – 6

#### Variation:

Add baby marrows or carrots.





## Basic guidelines for roasting pork

**Suitable cuts:** leg, shoulder, boneless rolled belly, belly roast with bone in, boneless rolled loin, loin with bone in, boneless pork neck.

Always pre-heat your oven at 200°C. After 10 minutes of your pork roast being in the oven, turn the heat down to 180°C. Calculate the roasting time as follows: For every 500 g of weight, the pork should roast in the oven for 30 minutes. At the end, add on an extra 20 minutes before taking the roast out of the oven. For example, a 2 kg roast needs 2 hours in the oven plus 20 minutes extra, so the total roasting time will be 2 hours and 20 minutes.

Allow it to “rest”. After taking a pork roast out of the oven, place it in the warming drawer of your oven or in a warm place in the kitchen for 5 – 10 minutes before carving. This will allow the delicious meat juices to “settle” and create a mouthwatering, succulent roast.

If the pork roast has skin on it, ask your butcher to “score” the skin on 2 cm intervals. This means cutting through the skin with a very sharp knife so that the skin can crisp during the roasting period. You can also do this at home. Rub with olive oil and salt only before placing it in the oven. This will ensure crisp, golden brown skin.

Always place the pork roast on an open oven rack over a roasting pan. It needs hot air in the oven to circulate freely around the piece of pork to ensure a golden brown, evenly cooked roast. Do not cover your pork roast with aluminium foil or anything else.

## CREATE CRISP CRACKLING

The best crackling is created by asking your butcher to remove the skin from your roast in one piece so that you can bake it separately in the oven.

Ask the butcher to “score” the skin on 2 cm intervals, but to leave it in one piece around the edges.

At home, pour boiling water over the piece of skin and place it open on a plate in the fridge.

Leave overnight or a few hours in the fridge to dry out. Rub with olive oil and salt and bake at 180°C – 200°C until the skin bubbles and crisps. Break into pieces and keep warm until serving.



# Roasts (that'll have everyone raving...)



## Pork pot roast

30 ml (2 Tbsp) cooking oil  
1.8 kg de-boned pork neck  
2 cloves garlic, crushed  
5 ml (1 tsp) grated lemon rind  
30 ml (2 Tbsp) fresh lemon juice  
15 ml (1 Tbsp) light brown sugar  
5 ml (1 tsp) Worcestershire sauce  
500 ml (2 cups) beef stock  
45 ml (3 Tbsp) chopped fresh sage or  
15 ml (1 Tbsp) dried  
salt and freshly ground black pepper  
to taste  
3 large potatoes, peeled and  
quartered  
1 sweet potato, cut into 1 cm thick  
slices (optional)  
4 patty pans, halved  
15 ml (1 Tbsp) cake flour (optional)

Heat oil in a heavy-based saucepan. Add pork neck and fry until brown on all sides.

Add the garlic and sauté lightly until soft. Add the lemon rind, juice, sugar, Worcestershire sauce, stock, sage and seasoning. Reduce heat and simmer,

covered, for about 1 hour. Remove meat and set aside.

Add the potatoes to the saucepan and simmer for about 10 minutes. Add the sweet potato and patty pans and continue to simmer for a further 10 minutes.

If preferred, thicken sauce with a paste of flour and water. Slice the pork thinly and serve with vegetables and gravy.

Serves 6 – 8

### SUPER SAVER TIP

A pork roast without bone in it is so much easier to carve and will enable you to carve thinner slices. It might also “shrink” less than a pork roast with a bone in, as the heat distribution inside the roast is more even if there is no bone – preventing unnecessary shrinking. Ask your butcher to do this for you when you buy the pork roast. Take the bone home separately for your favourite dog or freeze it to use later in soup.





### Golden Roast Leg of Pork

Calculate approx. 200g – 250g of pork per person when you buy the roast. A 2 kg leg of pork will therefore be enough for 7 – 8 people. Get your butchery staff to score the skin for you. This makes beautiful, crisp crackling.



1 x leg of pork, approx 2 kg – 2,5 kg  
salt and pepper to taste  
olive oil for rubbing  
apple sauce for serving

Preheat the oven to 180°C. Pat the leg of pork dry with kitchen paper. Score the skin on 2 cm intervals if not done yet. (Cut through the skin and outside fat layer on top with a very sharp knife.) Rub with salt, pepper and olive oil. Place open on a wire rack in an oven-roasting tin.

Roast the leg for the required amount of time. Calculate as follows: for every 500 g, roast it for 30 minutes.

At the end, add on 15 – 20 more minutes. The skin on top should be golden brown and crisp. You can use







the oven grill for a little while to help this process. (Watch it and don't brown it too much.)

You can slice potatoes thickly and put them in the roasting pan underneath the pork. They'll be roasted and coated with lovely meat juices at the same time.

When done, remove pork from oven and leave in a warm place to "rest" for 8 – 10 minutes. This "settles" the juices. Carve thinly against the grain. Serve with gravy, vegetables and apple sauce.

7 – 8 servings



## HOW TO WORK OUT PORTIONS

To work out portion sizes for smaller cuts simply count the amount of chops or rashers or small cuts.

**For big pieces such as roasts, calculate the portion sizes as follows:**

### Boneless Pork

150g – 180g of raw, boneless pork is enough for a moderate portion for one person when it is cooked. This means you divide the number of grams of pork in your roast without a bone as follows:

If your deboned roast weighs 1,1 kg (1100g)

a) divide 1100 by 150 = 7,3 portions

b) divide 1100 by 180 = 6,1 portions

Now you know that your roast of 1,100 kg (which has no bone in it) will feed between 6 and 7 people when cooked.

### Pork with bone in

For roasts with a bone in it, allow a raw amount of 200g – 220g per person for a medium portion and 250g for a generous portion.

If a roast (with bone) weighs 1,45 kg (1450g)

a) divide 1450 by 200 = 7,25 portions

b) divide 1450 by 220 = 6,5 portions

This means your roast with a bone in that weighs 1,450 kg, will feed between 6 and 7 people when cooked.



### SUPER SAVER TIP

Carve your roast into really thin slices and serve with lots of gravy and crisp roast potatoes and roast baby onions (or onion quarters.)

The roast potatoes and onions have a perfect complimentary taste to the roast pork, and your dinner guests will find this a satisfying eating experience without the need for a lot of thick pork slices.

# The secret of schnitzels

Putting pork schnitzels on your menu list of quick and easy meals will gain you lots of compliments. Pork schnitzels are tasty, satisfying and economical.

## What are pork schnitzels?

They are thin, fat-free slices of pork, cut from the leg. Schnitzels contain no bone, and each schnitzel is usually the size of a perfect portion, so you can simply buy one schnitzel per person so that nothing is wasted.



## Pork schnitzels with spicy barbeque sauce

600 g pork schnitzels (about 4)  
160 ml ( $\frac{2}{3}$  cup) cake flour  
2 extra-large eggs, beaten  
250 ml (1 cup) dried breadcrumbs  
45 ml (3 Tbsp) cooking oil  
**Barbecue sauce**  
30 ml (2 Tbsp) cooking oil  
1 medium onion, finely chopped  
1 clove garlic, crushed  
410 g can chopped tomatoes

60 ml ( $\frac{1}{4}$  cup) caramel or light brown sugar  
5 ml (1 tsp) Worcestershire sauce  
15 ml (1 Tbsp) fruit chutney  
15 ml (1 Tbsp) freshly chopped mixed herbs or 5 ml (1 tsp) dried  
salt and freshly ground black pepper to taste

Dip pork schnitzels in flour, beaten egg and lastly in breadcrumbs. Place in fridge for about 30 minutes until firm.

Heat the oil in a heavy-based saucepan. Add schnitzels and fry on both sides until golden brown. Drain on kitchen paper.

**Sauce:** Heat oil in a heavy-based saucepan. Add the onion and garlic and sauté until soft. Add tomatoes, sugar, Worcestershire sauce, chutney, herbs and seasoning and simmer for about 10 minutes, stirring occasionally.

Serve schnitzels immediately with sauce while warm.

Serves 4 – 6

**Variation:**  
Substitute the 410 g chopped tomatoes with 4 medium tomatoes, peeled and chopped.

### SUPER SAVER TIP

Order the right amount of schnitzels for your requirement in advance from your butcher. Ask him to cut even-sized schnitzel portions from the leg of pork.

Also, ask them to put these schnitzels through the tenderizer for you. Schnitzels that have been tenderized (put through a special machine in the butchery) will be easier and softer to cut and chew. It will also shrink less during cooking, saving you money.





### Hot tips for perfect schnitzels (basic method)

Remove schnitzels from packaging, pat them dry with kitchen paper and season with salt and pepper.

Place 2 – 3 tablespoons of cake flour in a plastic bag and place the schnitzels one by one in the bag, shaking them to coat it with flour. Remove and keep cold.

Beat an egg in a hollow bowl, place the schnitzels one by one in the egg and turn over to coat with egg.

Dip the schnitzels lastly in seasoned dry breadcrumbs, or use any of the variations indicated here below.

NB. Place the crumbed schnitzels open on a plate in the fridge for 4 – 6 hours before cooking it, or even overnight. This is very important, as it will determine how well your crumbs will stick to the meat. Do not take any shortcuts with this step.

Heat peanut oil or sunflower oil in a heavy based saucepan and fry each schnitzel on both sides until golden brown. Drain on kitchen paper and serve hot with lemon wedges, for the lemon juice to be squeezed over the schnitzel when eaten. Serve with mashed potatoes and salad.

#### Variations for crumb coatings:

Replace the seasoned, dry breadcrumbs with half cake flour and half finely ground almonds.

Replace the seasoned dry breadcrumbs with half cake flour and half polenta flour.

Replace the seasoned, dry breadcrumbs with half cornflour (Maizena) and half Tennis biscuit crumbs.

Spread a few dollops of French mustard onto the schnitzels before placing in the plastic bag with flour.

Serve fried schnitzels with onion marmalade or with tomato chilli jam.



# Perfect partners, pork & pasta

Friendly, noisy, fun-filled evenings with lots of laughter, pasta dishes and tasty pork. This is what we

associate with Italian-inspired dishes. Pasta is a great filler to stretch your pork into substantial portions.



## Pasta with pork and creamy spinach sauce

125 g uncooked pasta of choice  
45 ml (3 Tbsp) olive oil  
500 g pork strips  
1 medium onion, coarsely chopped  
½ packet (about 30 g) white onion soup powder  
500 ml (2 cups) milk  
50 g spinach leaves, chopped  
salt and freshly ground black pepper to taste

Bring water to the boil in a large heavy-based saucepan. Add salt to taste. Add pasta and cook until soft, but still firm. Drain and add a little oil to prevent pasta sticking together. Set aside.

Heat oil in a heavy-based saucepan and brown pork until golden. Add onion and sauté until soft.

Mix soup powder and milk together and add to pork. Bring to the boil and cook until thickened. Add spinach and seasoning and simmer for a few minutes. Add cooked pasta and heat through.

Serves 4 – 6



Add crushed garlic cloves to the onion and sauté together.

Grate a sprinkling of fresh nutmeg or over the dish just before serving.

For a gourmet dish, stir in 15 – 20 ml crème fraîche, sour cream or fresh crème just before serving and grate some Gruyere or Parmesan cheese over.

Increase the amount of the dish by adding cooked fresh or frozen peas or green beans to the dish together with the chopped spinach.



## Macaroni with Curry Pork Mince

30 ml olive oil  
500 g pork mince

2 onions, finely chopped  
10 ml each chopped garlic and fresh ginger  
2 celery sticks, finely chopped  
10 – 15 ml mild curry powder  
5 ml turmeric  
2 ml each ground cumin, coriander and cinnamon  
salt and pepper to taste  
2 chicken stock cubes  
10 ml apricot jam  
15 ml tomato paste  
2 big tomatoes, finely chopped  
1 large potato, finely grated  
15 – 25 ml maize meal  
macaroni noodles or your favourite pasta noodles  
(allow 100 – 125 g per person)

Heat the oil in a heavy-based saucepan and fry the pork mince until light brown. Remove mince and sauté the onion, garlic, ginger and celery until soft. Add the curry powder, turmeric, cumin, coriander and cinnamon and sauté until the spices have absorbed the oil. Add the pork mince back into the pot and season with salt and pepper.

Add the chicken stock cubes and enough boiling water so that the pork mince is just covered. Add the tomato paste, chopped tomatoes, apricot jam and grated potato.

Place the lid on and simmer over low heat for approximately 1 hour, but not less than 45 minutes. If the mince has made big lumps and you prefer a finer textured sauce for your pasta dishes, use a stick blender or any other blender to get a finer texture. Taste the sauce to check for seasoning. Stir in the maize flour and cook a further 10 minutes to bind the sauce.

Cook the macaroni according to the packet instructions, drain and mix with the curried pork mince. Serve hot with sambals such as sliced banana, chopped tomatoes and onion and cucumber slices in plain yogurt.

Optional: sprinkle with fresh chopped herbs such as coriander, parsley or any herbs of your choice.



Hot tip



Piquant, slightly spicy pork curry mince is a great standby for quick and tasty meals. Prepare double quantities of this recipe, and freeze some to use later.

Use for toasted sandwich fillings, omelet fillings or top with mashed potato and grated cheese and bake in the oven for an easy and popular family supper.



### SUPER SAVER TIP

To increase the amount of portions for pasta dishes with pork, allow 80g – 100g of pork per person. Cook the pork according to your preferred method (eg: stir-fry or mince or making a stew).

Use small noodle shapes such as rice noodles, shells, fusili or wheels. Add the cooked pasta and some cooked, cubed potatoes, carrots or baby marrows, plus some extra gravy or sauce to the cooked pork.

The vegetables and small pasta shapes will absorb the meaty flavour and taste of the pork and gravy, giving the dish an overall feeling of “more meat”.





## Counting on kebabs

Everybody loves kebabs! They're fun to cook, as you can braai them over coals or grill them under the oven's top element. And healthy too, since it's really a tasty combination of lean pork cubes and fresh vegetables or fruit.

### Pork kebabs with peppers and pineapple

- 500 g pork cubes, cut into 2 cm squares
- 1 medium red or white onion, cut into quarters
- ½ pineapple, peeled, sliced and quartered
- 1 red pepper, seeded and cut into pieces
- 1 green pepper, seeded and cut into pieces
- 12 wooden skewers

#### Herb basting sauce

- 125 ml (½ cup) olive oil
- 45 ml (3 Tbsp) fresh lemon juice
- 5 ml (1 tsp) soy sauce
- 30 ml (2 Tbsp) light brown sugar
- 15 ml (1 Tbsp) finely chopped root ginger
- 2 cloves garlic, crushed
- 30 ml (2 Tbsp) freshly chopped rosemary or 10 ml (2 tsp) dried salt and freshly ground black pepper to taste

Thread the pork cubes alternatively with the onion, pineapple and peppers on wooden skewers.

Combine all the ingredients for the basting sauce.

Place skewers on a grill rack over an oven-roasting pan. Place under a preheated grill for 7 – 8 minutes per side. Alternatively, place on the braai over medium-hot coals. Turn frequently and baste with sauce.

Serve immediately.

Makes 12 kebabs



#### SUPER SAVER TIP

Soak the skewers in water for about 30 minutes to prevent it from burning. Place a heavy dish on top to keep them under the water.

Replace some of the green or red pepper with small button mushrooms.

## Have a kebab party!

A great idea for lots of fun is to invite a couple of friends to bring their own drinks (this is always a good money saving tip) and to join in for a kebab braai.

Provide plenty of coals, fresh buttered breadrolls and a good basic basting sauce.

### For the kebabs:

Allow 100 – 140 g of pork cubes per person (depending on the amount of men you are inviting) and provide 3 – 5 wooden skewers per person (soaked beforehand). Prepare bowls of cubed sweet green or red peppers, dried peaches/apricots/pears, button mushrooms, small onions or onion pieces, cherry tomatoes, small mealies,

Place everything in the centre of the table and get everyone to make and braai their own kebabs.

### Basic basting sauce:

Approx. 375 ml olive oil

100 ml fresh lemon juice or white wine vinegar

1 small or ½ onion, finely grated

25 ml tomato sauce

5 ml barbeque spice

salt and pepper to taste

Whisk everything together or place in a blender to mix well. Use a basting brush to brush over the kebabs while they are cooking on the braai.

Turn the kebabs frequently and braai until just cooked and not overcooked.



pineapple chunks and lemon leaves or bay leaves to skewer onto the wooden sticks.



### SUPER SAVER TIP

When buying pork in bulk from your favourite butcher, ask them to cut quite a big amount of the pork into cubes for you and to package it in vacuum packs of 500g. The ideal size of the cubes should be 2cm x 2cm or 2,5 cm x 2,5 cm. The cubes should not be too small, as this causes unnecessary shrinking. Having these 500 g packets of pork cubes in your freezer will enable you to prepare pork kebabs at very short notice and always produce a dish that everyone loves.



# Magic mince

Pork mince is one of the best kept secrets. Not only is it the most economical of all types of mince, but adding pork mince to beef or other types of mince creates a big improvement in the texture and taste of it.

Use pork mince in all your favourite dishes, such as pasta meals, bobotie, omelette- or pancake fillings, burger patties or friccadels.



## Basic Savoury Pork Mince

30 – 45 ml olive oil  
1 large onion, chopped  
2 garlic cloves, chopped  
1 x green or red sweet pepper, chopped  
3 – 5 strips of streaky bacon or back bacon, chopped (optional)  
approx. 750 g lean pork mince  
tin (about 400 g) chopped tomatoes  
65 ml (one packet) tomato paste  
5 ml dried or 15 ml fresh (chopped) basil  
1 – 2 ml grated nutmeg  
1 teaspoon honey or sugar  
salt and pepper to taste  
30 – 40 ml raw oats

Heat the oil in a heavy based saucepan and sauté the onion, garlic and sweet pepper until soft. Add the bacon and fry until the bacon is cooked. Add the pork mince bit by bit and stir-fry until the mince is grey and cooked and almost light golden brown.



### SUPER SAVER TIP

Use a big heavy based pot and cook at least 3 – 4 packets of pork mince at once, using this recipe for Basic Savoury Pork Mince. This will save you electricity and lots of time! Once it's cooked, cool it down and divide into 4 equal quantities. You can freeze 3 of them to use later for a quick and tasty family meal.

Add the tinned tomato and tomato paste, basil, nutmeg, honey and seasoning. Add a small amount of boiling water to create a nice saucy consistency and cover with a lid. Simmer for at least 30 minutes over low heat, so that the pork sauce will just bubble. Stir now and then.

Add the raw oats and stir thoroughly while cooking a further 5 minutes.

(If the meat sauce is too "lumpy" for your taste, you can spoon it into a blender to create a finer texture.)

If necessary, add further small amounts of boiling water to create a sauce that has enough 'body' but is thin enough to spoon over rice, noodles, samp or pap.

Serve with your choice of starch or spoon onto toasted bread slices.

(5 – 7 servings)

**Optional:** sprinkle with grated Cheddar cheese and/or fresh, chopped herbs.







## Five Minute Fricadels

Yes, it only takes 5 minutes to mix the ingredients for this favourite stand-by family food. There are many variations on this recipe, so get creative and add your own touches.

approx. 500 g pork mince  
1 x small tub plain yogurt (about 175ml)  
1 x packet brown onion soup powder  
½ – 1 grated apple (leave the skin on)  
½ – 1 cup soft white or brown breadcrumbs

Pre-heat your oven to 180°C.

Place all the ingredients in a mixing bowl and mix lightly, using two forks. Do not stir the mixture with force as if you are stirring a sauce. You want to keep the loose, light texture.

Shape into meatballs with a desert spoon or ice cream scoop and place on a lightly greased baking sheet.

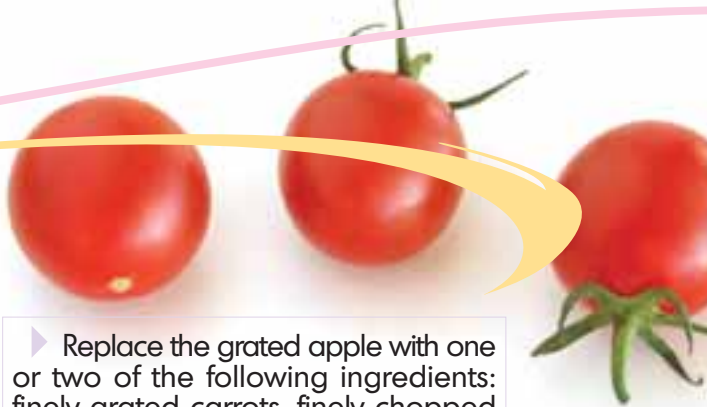
Bake the fricadels in the center of the oven for 30 minutes, or until the fricadels are cooked through. Serve with mashed potato, pap, rice, pasta or breadrolls.



### Handy tips

▶ The above recipe can easily be doubled to make two family meals. The cooked fricadels freeze well – just wrap them in a plastic bag or cling wrap to exclude as much air as possible.

▶ Use the same recipe for burger patties, but leave the grated apple out and use 1 full cup of breadcrumbs.



▶ Replace the grated apple with one or two of the following ingredients: finely grated carrots, finely chopped celery, 1 small or ½ big finely chopped onion, ½ – 1 cup of cooked lentils.

▶ Add any one or more of the following ingredients to create exciting taste variations of the above basic fricadel recipe: 2 cloves garlic, finely chopped, 5 – 10 ml chopped fresh root ginger, 15 ml chopped fresh herbs, rosemary and olive seasoning, garlic and herb seasoning or 15 ml tomato paste.

▶ Serve the fricadels with mushroom sauce, tomato and onion gravy, cheese sauce, sweet and sour sauce, parsley sauce, sweet chilli sauce or any of your favourite sauces.



### SUPER SAVER TIP

If you need to “stretch” a meal, use the above pork fricadel recipe, place the cooked fricadels in an oven dish and pour a tin of baked beans in tomato sauce over.

Slice 3 – 4 potatoes very thinly, arrange on top of fricadels and baked beans, and brush with olive oil or melted butter. Bake until the potato layer is crisp and cooked through.

Alternatively, leave out the potato layer and spoon 1 – 1½ cups of thick white sauce over. Top with grated cheese and bake until everything is heated through and the cheese has melted.





## Stir-fry surprises

Everybody loves a pork stir-fry. Not only is it totally flop-proof, but it's great value for money, healthy and so versatile, you can enjoy it several times a week without getting bored.

### Vitamin Boost Pork stir-fry

30 ml (2 Tbsp) olive oil  
 500 g pork stir-fry strips  
 1 medium onion, sliced  
 1 clove garlic, crushed  
 100 g cabbage, shredded  
 125 g carrot, cut into strips  
 100 g broccoli, cut into small florets  
 salt and freshly ground black pepper  
 to taste



#### Sauce:

60 ml (¼ cup) brown vinegar  
 20 ml (4 tsp) sugar  
 30 ml (2 Tbsp) soy sauce  
 30 ml (2 Tbsp) fresh lemon juice  
 10 ml (2 tsp) cornflour

Heat oil in a large frying pan. Add pork and brown until golden. Add the onion and garlic and stir-fry until soft.

Add cabbage, carrot strips, broccoli and seasoning. Add tablespoonsful of boiling water to the pan to create steam and speed up the cooking.

Prepare the sauce: Mix all ingredients together and pour into the pan. Stir-fry for a few minutes. Serve immediately.

(5 – 7 servings)



#### SUPER SAVER TIP

Order at least 1 kg of pork stir-fry strips from your butcher in advance. You can either ask them to package it into your required portion sizes at the butchery, or you can do this at home.

#### Guidelines for portion sizes:

Allow 100g – 130g of raw pork strips for adult men, and 80g – 100g for adult women.

## Oriental Pork Stir-fry

Olive oil for frying  
500 g pork stir-fry strips  
2 cloves garlic, finely chopped  
1 x thumb sized fresh root ginger, chopped  
1 x green or red sweet pepper, cut into strips  
½ to 1 cup fresh pineapple cubes  
2 – 3 carrots, cut into thin strips  
1 small red chilli, without pips and chopped  
3 baby marrows, sliced  
½ to ¾ cup cashew nuts  
½ packet fresh mushrooms, sliced (optional)  
soy sauce for seasoning  
toasted sesame seeds to sprinkle on top  
(optional)  
Bottled sweet and sour sauce and cooked  
noodles for serving

Hot tips



Serve pork stir-fry dishes in pita breads, tortilla wraps or pancakes. It also makes an interesting filling for crusty bread rolls or hamburger buns.

For a change, serve with steamed brown rice, basmati rice, egg noodles or cooked wheat-rice.

Heat the oil in a wok or a heavy-based saucepan. Stir-fry the pork strips until light brown, add the garlic, ginger and sweet pepper slices and stir-fry another 2 – 3 minutes. Add all the other ingredients, except the soy sauce, sesame seeds and sweet and sour sauce.

Stir to cook and add tiny bits of boiling water while you are stirring to help cook the vegetables.

When the veggies are cooked but still firm, season the stir-fry mixture with a few drops of soy sauce. (Taste to check.) Sprinkle toasted sesame seeds over, stir cooked noodles into the pork and vegetables, and serve with sweet and sour sauce.

(4 – 6 servings)

Variations: leave out some vegetables and add other favourites, such as broccoli or cauliflower florets, sliced leeks, peas in the pod, green beans, baby corn or artichoke hearts.



# Salads for all seasons

It's not only the secret of most successful slimmers - salads with a healthy protein ingredient such as cooked pork is a satisfying choice for all health conscious people. They make elegant main course dishes or starters and provide all the right ingredients for a tasty, crunchy combination of healthy stuff.



## Pork salad

350 g – 500 g pork rashers, outer skin removed and trimmed  
150 g crisp lettuce leaves  
½ cucumber, sliced  
½ medium onion, thinly sliced  
2 medium tomatoes, cut into wedges  
about 120 g mini corn, halved  
salt and freshly ground black pepper to taste

Place rashers on a grill rack over an oven-roasting pan. Place under a preheated grill for about 10 minutes per side or until golden brown and crisp. Turn frequently. Leave to cool slightly.



### SUPER SAVER TIPS

Treat any pork roast leftovers with respect! Slice it thinly and cut into strips, marinate in a tasty salad dressing and use in crispy salad portions.

Add strips of smoked ham or pieces of fried, crisp bacon to any salad to elevate it into something special.

Make delicious wraps (teenagers just love them) by spreading tortillas with mustard and mayo, then adding shredded lettuce, tomato, spring onions and stir-fried strips of pork. Roll up, wrap the bottom end in grease-proof paper and serve.

Place the lettuce leaves in a large salad bowl. Top with the cucumber, onion, tomatoes and mini corn.

Cut the rashers into smaller pieces and place on top of salad. Sprinkle with seasoning. Serve immediately with yogurt and herb dressing or any dressing of your choice.

**Tip:** The rashers can also be fried in a little oil in a heavy-based frying pan.

### Yogurt and herb dressing:

125 ml plain (bulgarian) yogurt  
65 ml mayonnaise  
15 ml balsamic vinegar  
25 ml water  
15 – 20 ml mixed, fresh herbs, finely chopped  
(you can also just use parsley or chives)  
salt and pepper to taste

Mix all ingredients in a blender or shake in a bottle with a tight fitting lid. Pour over the salad just before serving.





## Summer Salad with Pan-fried Pork

4 – 6 servings  
1 – 2 pork fillets  
rosemary and olive seasoning  
25 ml olive oil  
salt and pepper to taste  
1 packet mixed salad leaves or Asian lettuce leaves  
1 small packet rosa or cherry tomatoes, halved  
½ cucumber or 4 – 6 israeli cucumbers, sliced  
1 small packet spring onions, chopped  
your favourite salad dressing

Pat the pork fillets dry with kitchen paper. Season with rosemary and olive seasoning.

Heat the olive oil in a pan, and sauté the pork fillets while turning frequently over medium heat. Continue to sauté until the fillets are just cooked through. Season with salt and pepper and remove from heat.

Arrange lettuce leaves, halved tomatoes, cucumber and spring onions in a shallow salad bowl.

Slice the pork fillets against the grain and place slices on top of the lettuce leaves. Drizzle the pan juices over the slices.

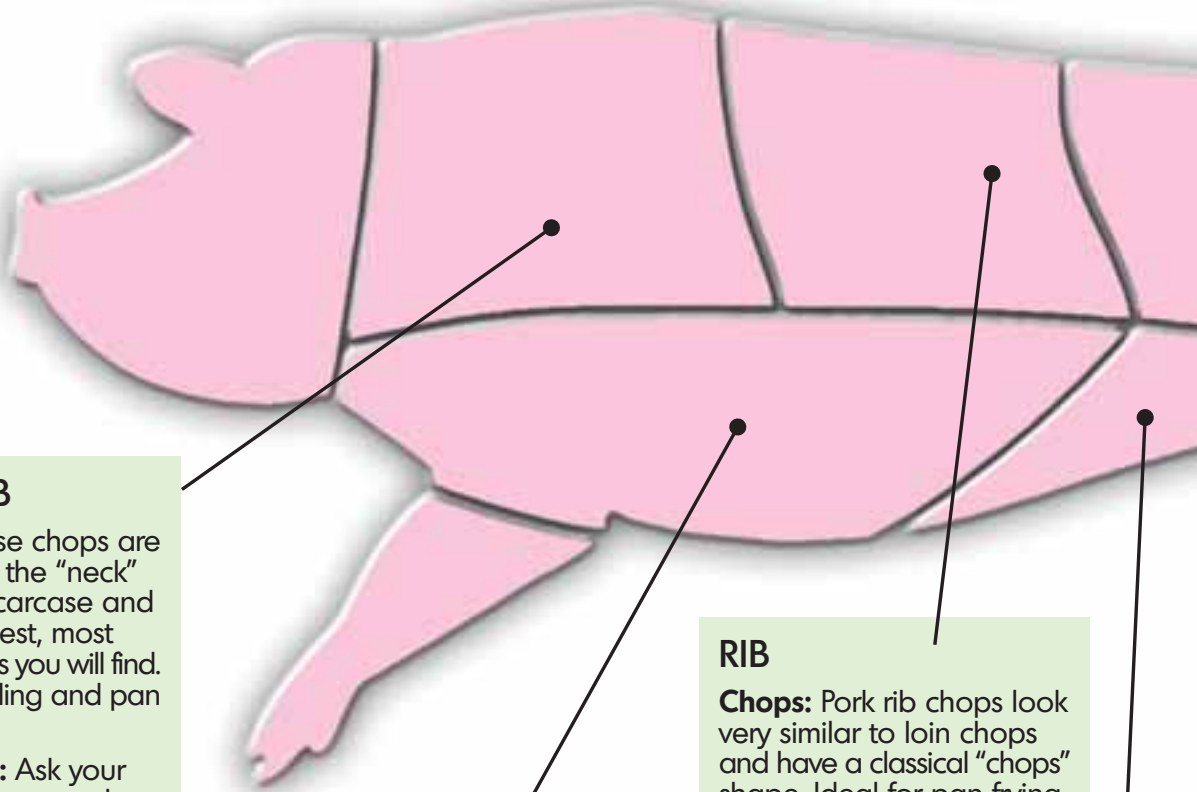
Serve with fresh bread rolls or pita breads and your favourite salad dressing.

### Optional ideas:

Add other vegetable strips such as carrot, steamed asparagus or green beans, baby corn or sliced avo to the salad for an interesting variation. Serve the salad with a dressing of olive oil and balsamic vinegar.



# Getting to know the



## THICK RIB

**Chops:** These chops are cut close to the “neck” end of the carcass and are the juiciest, most tender chops you will find. Ideal for grilling and pan frying.

**Oven roast:** Ask your butcher to remove the shoulder blade and tie the roast with string, or to put it into a mesh “pocket” to ensure an even shape.

**Cushion:** When you fill the cavity where the shoulder blade has been removed with a stuffing before oven roasting, this cut is called a “cushion” of pork.

**Cubes:** The thick rib is sometimes cut into cubes for kebabs, stir-fries or curries and stews.

## BREAST

**Spareribs:** this is where the all-time favourite spareribs are cut from. At your request, your butcher will cut it into long, thin “racks” of spareribs (to look like the spareribs you order in a steakhouse). They can be marinated, basted and grilled in the oven or over coals.

**Whole:** The breast can be used as a delicious oven roast and is tasty and tender when grilled in a Weber-braai.

**Bone removed:** Ask your butcher to remove the bone and make a roll for an economical oven roast.

## RIB

**Chops:** Pork rib chops look very similar to loin chops and have a classical “chops” shape. Ideal for pan frying, on the braai, or oven grilling. Can be marinated and / or basted with a sauce.

**Whole:** Can be deboned and rolled for a roast, or used with the bone in for an oven roast.

## BELLY

**Strips/Rashers/Streaky pork:** These delicious, juicy strips of pork are best when grilled over medium hot coals. Can be grilled plain or with a basting sauce and marinade.

**Whole:** Ask your butcher to remove the bone and roll the belly for a delicious, juicy oven roast.

# different pork cuts



## SHANKS (AND TROTTERS)

**Whole:** often cured and smoked and called "Eisbein". Delicious when slow-cooked until very tender and served with potatoes.

**Slices:** Ideal for any long, slow-cooking dishes. Use for tomato bredie, curries, stews and potjiekos.

## CHUMP

**Chops:** These are the rump steaks from the pork carcass. Ideal for grilling, pan frying and on the braai. Use with or without a marinade and basting sauce.

**Whole:** Sometimes this section is left on the leg of pork to ensure a big oven roast. It can be deboned (ask your butcher to do this) and used for an impressive roast, which is easy to carve.

## LOIN

**Chops:** Everybody loves pork loin chops! Tender and tasty, they are easy to pan fry, grill in the oven or braai over coals.

**Saddle:** when left undivided (not split into two halves) this roast is called a "saddle".

**Roast:** The loin can be used as an oven roast with bone in, or boneless and rolled for a great shape and easy carving.

## LEG

**Whole:** A leg of pork is an economical and tasty way to feed a big group of people.

Ask your butcher to remove the bone and to tie the leg up with string to ensure an even shape and easy carving, once it is cooked.

**Smaller roasts:** Ask your butcher to divide the leg into the thick flank and silverside for two smaller roasts.

**Cubes:** The leg can be cut into cubes for kebabs, stir-fries (strips) and stewing dishes and curries.

**Schnitzels:** Ask your butcher to cut schnitzels from the leg for you and to tenderize these in a tenderizer machine. These can be crumbed and pan-fried for a tasty, delicious meal.

**Steaks:** Some butchers cut large steaks (or chops) from the leg of pork. These can be grilled or used on the braai.

**Mince:** If your family loves mince dishes and you find these really economical, you could choose to ask your butcher to remove the skin and bone and to make pork mince from the leg for you. You can then use the bone for soup and make great crackling from the skin from the leg.

Information supplied by SA Pork Producers Organisation  
Website: [www.TastyHealthyModernMeat.co.za](http://www.TastyHealthyModernMeat.co.za)

Nutritional information on page 4: Ina van Heerden (PhD)  
Agricultural Research Council – Animal Production Institute, Irene

Photographs: SAPPO, Virtual Studios, Neville Lockhart, PPP  
Recipes & styling: Marieta Human, Heilie Pienaar, Marine Williams  
Design, layout and DTP: George de Braak  
Project co-ordination: Marieta Human



**SOUTH  
AFRICAN  
PORK**

*Great meat. Let's eat!*