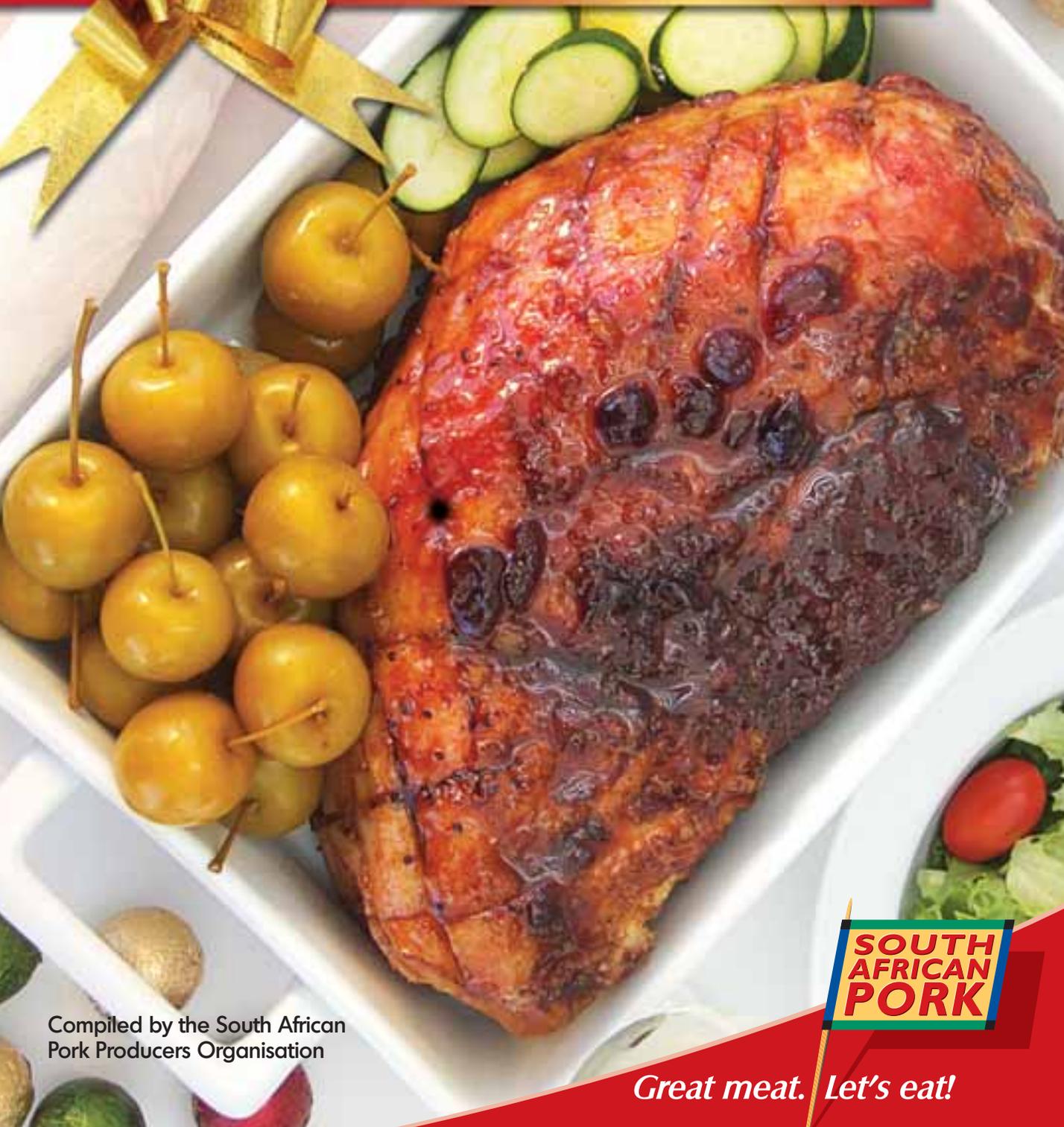


10 OF THE BEST

Christmas Pork ideas



Compiled by the South African
Pork Producers Organisation

**SOUTH
AFRICAN
PORK**

Great meat. Let's eat!

Planning a Party?

This season, give yourself some peace of mind.

Choose South African Pork.

It's your assurance of a trustworthy, delicious centerpiece for the dinner table that everyone will love.

Christmas Gammon is a classic that's not only good for Christmas Day.

Why not enjoy it more often at dinner parties? Right now it's the time to get great deals on gammons, as they're in abundant supply at great prices.

**CERTIFIED
SAFE** ✓

For economy, nothing beats a roast pork leg. It's almost no work and will free you up to do other things while in the oven. Once it's on the table, you can just relax and wait for the compliments from your family and friends.

Use this booklet to make things easy for yourself this Christmas Season.

With the compliments of South African Pork Producers.

**SOUTH
AFRICAN
PORK**

Great meat. Let's eat!



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

www.sapork.com



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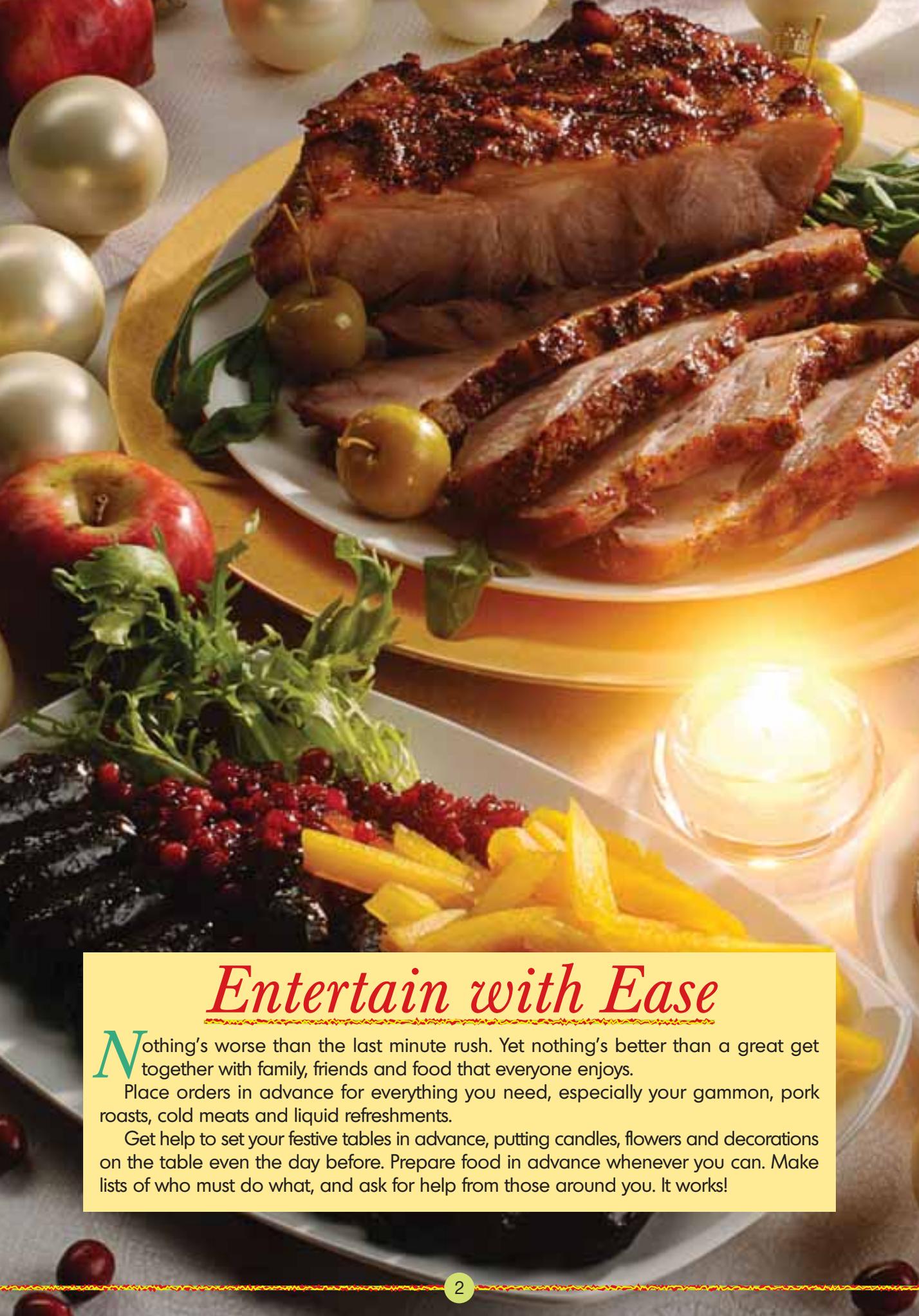
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Entertain with Ease

Nothing's worse than the last minute rush. Yet nothing's better than a great get together with family, friends and food that everyone enjoys.

Place orders in advance for everything you need, especially your gammon, pork roasts, cold meats and liquid refreshments.

Get help to set your festive tables in advance, putting candles, flowers and decorations on the table even the day before. Prepare food in advance whenever you can. Make lists of who must do what, and ask for help from those around you. It works!





Go for something Great - put a gammon on your plate

Follow our easy method for preparing a gammon, and you'll never look back. The basic cooking can even be done the day before your dinner party or Christmas food table, and the gammon can then be reheated, glazed and decorated on the day you need it.

Glazed Gammon (6 – 9 servings)

1,5 – 2,5 kg boneless gammon (preferably vacuum packed)

250 ml apricot / pineapple juice

½ can beer

Sprigs of fresh herbs and parsley

1 each sliced onion and carrot

approx 100 ml white sugar

Heat the apricot juice, beer, herbs, onion & carrot in a pot big enough to take the gammon.

Place the gammon in the liquid and add boiling water so that about one third of the gammon is in water.

Cover with lid and simmer slowly for 45 minutes. Turn the gammon over, add a bit more hot water if necessary, and simmer further until the gammon is tender when tested with a thin wooden or metal skewer.

Remove pot from stove and leave the gammon in the liquid until cooled down. (This part can even be done the day before you want to serve the gammon.)



For best results, always order your gammon in advance from your favourite butcher or a supermarket that uses South African pork.

Some butcheries and supermarkets will even cook the gammon for you, saving you some time, effort and washing up. Always try to order a boneless gammon – it has many advantages.

It's easier to determine the amount of portions you'll get, and it's also easier to cook it evenly on the outside and the inside (the bone inside a piece of meat interferes with heat distribution).

Most importantly, a boneless gammon has a nicer shape and is much easier to carve into even, thin slices.

How to glaze the gammon (just before serving)
If you want to serve the gammon hot and it has cooled down the day before, you need to re-heat it before glazing it.

You can re-heat it gradually in the microwave oven until heated through, or place in a hot oven, either in a cooking bag or covered with foil to prevent drying out. Leave in the oven until the gammon is heated through.

To glaze, place the gammon on an oven rack over an oven pan.

Remove the outer skin covering the fat layer.

If desired, cut the fat into diamond shapes and push a clove into every diamond.

Brush generously with your chosen glaze mixture (see choice of glaze mixtures in the lilac block on the right) and sprinkle a layer of white sugar over the glaze.

Bake in the oven with the top oven grill switched on, until the sugar turns a caramel colour. Repeat the glaze and sugar layer until a golden brown crust has formed over the top of the gammon.



Decorating the Gammon

If desired, garnish the gammon with any of the following: pineapple rings, cherries, grilled peach slices, baked bananas, baked apples, stewed prunes, pears or apricot halves.

The fruit can either be arranged around the gammon, or can be secured onto the gammon with toothpicks.

Glaze mixtures (for each variation, mix all the ingredients together)

Choose any one of the following variations:

- 1) 100 ml smooth apricot jam
50 ml mild, prepared mustard or whole grain mustard
50 ml strong rooibos tea
- 2) 1 x 200 ml Ina Paarman's Honey Mustard Coat and Cook sauce
15 ml finely grated fresh ginger or finely chopped preserved ginger
15 ml balsamic vinegar
- 3) 100 ml melted cranberry jelly or apple jelly
15 ml lemon juice or apple cider vinegar
5 ml fine cumin
salt and pepper to taste
- 4) 50 ml soft brown sugar
50 ml ginger ale or undiluted pineapple juice
5 ml Ina Paarman Rosemary & Olive Seasoning
15 ml lemon juice
- 5) Equal parts soy sauce and honey or maple syrup
20 ml lemon or orange juice

How to serve

Slice the gammon against the grain in slices of 1 – 1,5 cm. Serve with savoury gravy and hot apple sauce, quince puree or apple jelly.

Add potatoes (in any form) and colourful vegetables to ensure a wonderful meal to be remembered.



A Braai is always a Brilliant idea



Basic rules for pork on the braai

Use moderate coals, not very hot coals. Braai pork slowly, not too close to the coals.

Don't turn too frequently. Let it develop a slight golden brown surface on one side before turning.

Only use tongs, never poke/stab it with a fork or sharp object.

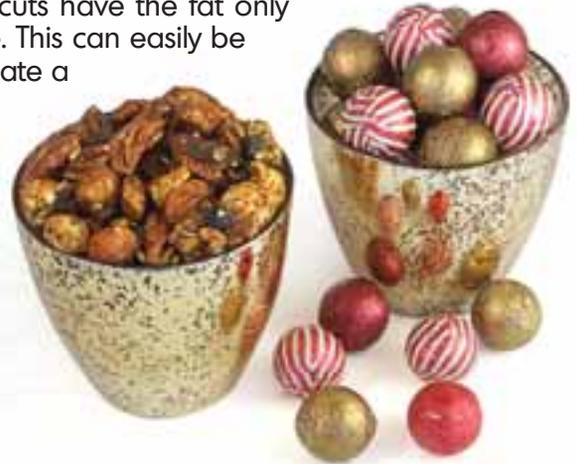
Pork cuts without skin can be marinated and basted for extra succulence.

Cuts with skin on must only be marinated and basted with olive oil and lemon juice.

Never overcook pork on the braai. Remove when the inside is still succulent and light grey.

Pork is a white meat and should be braaied like skinless chicken breasts.

Most pork cuts have the fat only on the outside. This can easily be trimmed to create a really lean cut.



Relaxed, casual and mostly no-fuss. We're blessed in South Africa with wonderful weather over the Christmas period. So, why not make use of the greatest tradition of sharing easy food, wine and meat in the great outdoors?



Pork steaks



Pork kebabs

Delicious pork kebabs (6 – 10 servings)

500g – 1 kg pork cubes, cut into 2,5 cm cubes
2 – 3 small onions, quartered
½ pineapple, in 2,5 cm cubes (optional)
red or green peppers, pips and white parts removed and cut into squares
1 cup olive oil
65 ml lemon juice or wine vinegar
15 ml chutney
salt and pepper to taste
braai spice to taste
wooden skewers (soaked in water beforehand)

Marinate pork cubes, onions, pineapple and peppers 2 – 3 hours or overnight in the olive oil, lemon juice and chutney. Skewer onto wooden sticks just before putting it on the braai. Season with salt, pepper and braai spice halfway through the cooking. Turn now and then to grill evenly. Do not overcook! Enjoy with crisp rolls and salad.

Hot tip



Save time and order pork kebabs from your favourite butcher or supermarket in advance.

If making your own, use ready-made (bought) sticky rib marinade or any good marinade in stead of the home-made marinade.

Add pieces of other vegetables (or dried fruit) onto the skewers, such as baby corn, mushrooms, baby marrows or cherry tomatoes.

Pork is Perfect.

Versatile, value for money, tasty and juicy. Choose and order your cuts in advance:

Small cuts

Pork chops
Pork steaks
Pork kebabs/sosaties
Pork rashers
Small pieces of pork ribs

Big cuts

(braai in a Weber or kettle braai)

Gammon
Leg of pork
Shoulder of pork
Pork loin
Pork belly
Big pieces of pork rib
Deboned pork neck

Smoked/processed cuts

Gammon steaks
Kassler chops
Smoked pork neck steaks
Smoked pork ribs
Pork sausages
Boerewors



SMART INFO

Calculate the roasting time

- 1) Take note of the mass (weight) of the roast.
- 2) Always pre-heat the oven to 180°C.
- 3) For every 500 g, roast for 30 minutes at 180°C and allow 15 – 20 minutes extra roasting time, depending on the size of the roast.
- 4) Example: a 1,5 kg roast will be in the oven for 1hr and 30 minutes, plus 15 minutes extra at the end.

Roasts fit for Royalty

Golden Roast Pork Loin

(8 – 10 servings)

approx. 2 kg boneless, rolled pork loin

65 ml olive oil

salt and freshly ground black pepper to taste

5 – 10 ml garlic and herb seasoning

250 ml dry white wine or cider, heated

- 1) Pre-heat oven to 180°C.
- 2) Score the outside skin on the roast with a very sharp knife (you can get your butcher to do this for you, to save you some time).
- 3) Pat the pork loin dry with kitchen paper.
- 4) Rub with olive oil, salt, ground black pepper and garlic and herb seasoning.
- 5) Place loin on an oven rack over an oven-roasting pan.
- 6) Pour the wine or cider into the

oven-roasting pan.

- 7) Place in the centre of the oven and roast for 2 hours, plus 20 minutes extra.
- 8) If the crackling is not crisp and golden brown enough, turn up the oven heat to 240°C during the last 20 minutes, or alternatively, turn on the top grill element to crisp the skin.
 - Watch the roast all the time if you do this, as it turns brown very, very quickly.
- 9) Remove the roast from the oven and place it in a warm place to “rest” for 5 – 10 minutes to settle the juices.
- 10) Remove the string and carve into thin slices. Serve with brown gravy, apple sauce, roast potatoes and steamed vegetables.



Succulent Shoulder of Pork

(8 – 10 servings)

2 kg boneless shoulder of pork
65 ml olive oil
salt and pepper to taste
rosemary & olive seasoning
250 ml apple or pineapple juice
2 onions, cut into rings
3 whole (peeled) garlic cloves

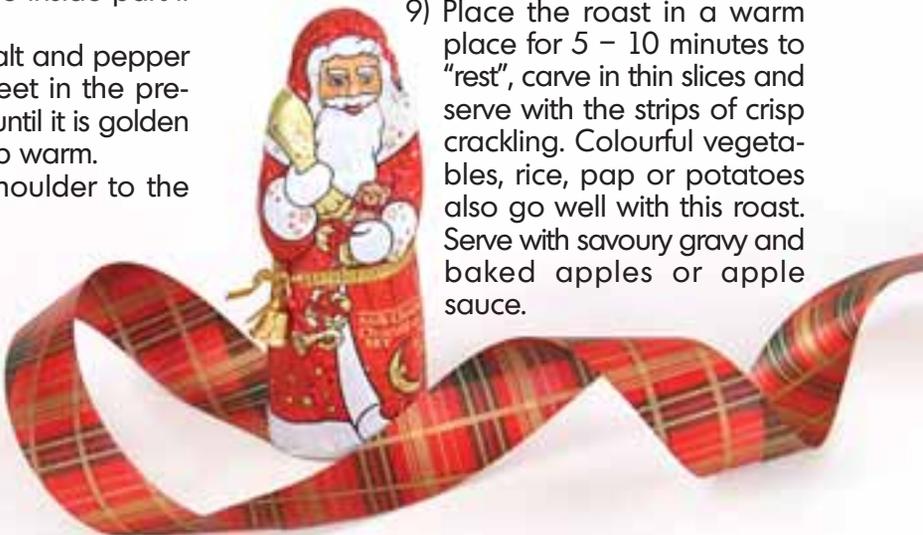
- 1) Preheat the oven to 180°C.
- 2) Remove the skin from the shoulder and cut into 1,5 cm strips. You can keep the skin in one piece and just score the inside part if you prefer.
- 3) Rub the skin with olive oil, salt and pepper and place on a baking sheet in the pre-heated oven. Bake the skin until it is golden and crisp. Remove and keep warm.
- 4) Trim the fat on the pork shoulder to the desired amount.
- 5) Rub with salt, pepper and rosemary & olive seasoning.
- 6) Place the onion rings and garlic in a cooking bag, place the shoulder on top and pour the apple juice into the bag. Tie the bag up with a wire to prevent

liquid from running out and prick the bag near the top in a few places.

- 7) Place the cooking bag in an oven-proof casserole and place in the oven for 2 hours. The shoulder can be turned around once or twice during the total cooking period.
- 8) Remove the cooking bag (open the roast) and bake it open, with no covering, for a further 20 minutes until the outside is golden brown. If necessary, turn up the oven heat to 240°C or use the top grill to brown the meat until the desired colour.

● Do not leave the roast unattended if you do this!

- 9) Place the roast in a warm place for 5 – 10 minutes to "rest", carve in thin slices and serve with the strips of crisp crackling. Colourful vegetables, rice, pap or potatoes also go well with this roast. Serve with savoury gravy and baked apples or apple sauce.





Fantastic Fillet

The most tender, fat-free piece of pork or any meat you'll ever cook. Anyone (even beginners) can create a 5-Star meal with pork fillet.

Here's how to do it: Buy enough pork fillet to serve generous portions to all your guests – and budget for a bit extra – as everyone loves pork fillet and always ask for seconds!

Basic portions: allow 150g – 200g raw fillet for every male guest and 120g – 160g (raw) for every female guest.

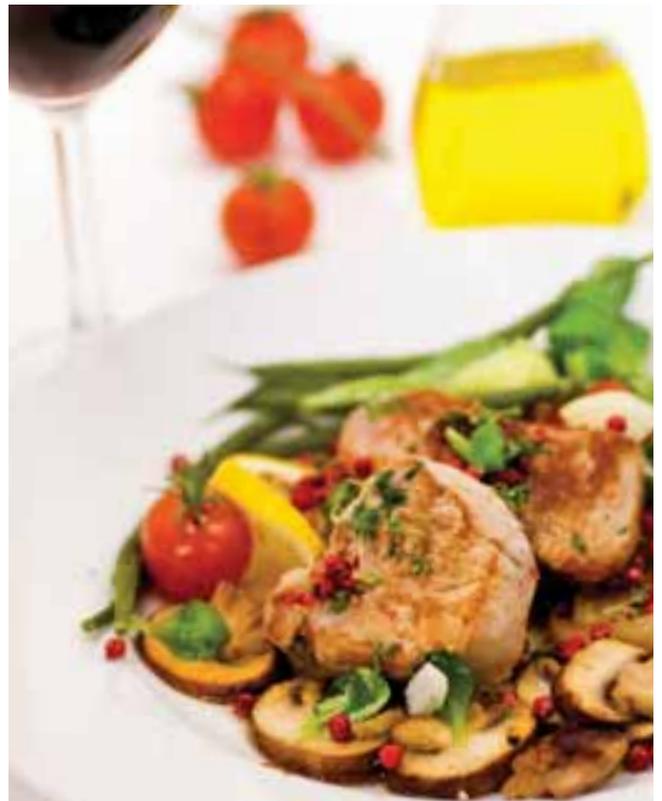
Pan-fry or oven-roast the pork fillet until just done. Do not overcook it! Use tongs – don't stab the pork fillet with a fork or sharp knife. It will lose the delicious meat juices and become dry.

Pan-fried Pork Fillet

- 1) Pat the pork fillet dry with kitchen paper.
- 2) Rub with olive oil and rosemary and olive seasoning, or your favourite meat spice.
- 3) Heat a small amount of olive oil in a heavy based pan and brown the fillet on all sides, turning it now and then. If necessary, season lightly with salt.
- 4) Add a small amount of white/red wine or sherry and a small amount of boiling water or rooibos tea to the pan and cover with a lid. Reduce heat and simmer for 5 – 7 minutes until just cooked through.

After the browning (step 3) it can also be placed in a warm oven (180°C) for 8 – 10 minutes until done. You'll know it's done inside when the meat juices running out of the fillet is clear and very light pink, and not red or dark pink.

- 5) Slice against the grain and serve with a sauce of your choice.



Gourmet Fillets (approx. 5 servings)

- 1 packet frozen puff pastry
- 2 pork fillets
- seasoning such as garlic and herb, salt and pepper
- 15 – 25 ml olive oil
- 6 slices mozzarella cheese
- 8 – 10 soft prunes, pips removed
- 1 egg, slightly beaten with 15 ml milk or water

1. Defrost the puff pastry and roll out slightly to create a neat rectangle. Slice each pork fillet lengthwise almost through and “open up” both fillets. Flatten slightly with a meat mallet or the side of a saucer.
2. Season fillets with spices, rub with olive oil on both sides, and lightly brown one side off each “opened” fillet in a heavy based pan. Let it cool down. Place one fillet with unbrowned side facing upwards. Arrange half the mozzarella slices on top, place prunes in the center of the fillet and cheese (from top to bottom) and top with remaining cheese.
3. Place remaining fillet on top, with unbrowned side facing the cheese. Place fillet “parcel” on top of puff pastry, fold pastry over and press together to wrap the fillets completely in the pastry. You can place decorative pastry “leaves” on top if desired.
4. Place on a baking tray with the sealed edges underneath the “parcel”, brush with egg and bake for approx 1 hour (or until done). Serve with steamed veggies.



Sauces to serve with pork fillet

- Pepper sauce
- Mushroom or Asparagus sauce
- Cheese sauce, especially with blue cheese
- Sweet and Sour or Sweet Chilli sauce
- Hollandaise or Bearnaise sauce
- Port Wine sauce
- Apple sauce

Oven-Roasted Pork Fillet

- 1) Pat the pork fillet dry with kitchen paper.
- 2) Rub fillet with olive oil and season with rosemary and olive seasoning, or your favourite seasoning, such as garlic and herb.
- 3) Wrap strips of streaky bacon around the fillet and secure with string or toothpicks.
- 4) Place on a baking tray and roast at 180°C as follows:
For every 500 g fillet, roast for 30 minutes. Add 10 minutes extra roasting time at the end.
- 5) Allow the fillets to “rest” in a warming drawer or in a warm place to settle the meat juices. Slice against the grain, remove string and serve with a sauce of your choice.



Cold Comfort

Putting pork on the plate means more value, less waste. Had a gammon or roast on Christmas Eve? Any leftover meat will be a welcome bonus on the day thereafter.



Keep it Fresh and Moist

- Simply wrap the leftover roast or gammon in cling wrap to exclude as much air as possible before storing it in the fridge.
- The next day, slice it in the thinnest possible slices.
- Slice against the grain for best results, and if you have one, use an electric carving knife.

Useful tips to get great taste and value

- Arrange the cold slices of leftover gammon or pork roast on a flat platter.
- Add thin cheese slices to make it go further if you've got a lot of people to feed.
- Create colour by adding cherry tomatoes, carrot and cucumber strips or celery sticks.
- Serve with condiments such as mustard, pickles, chutney, sour cream or avo dip.
- Provide an attractive basket of crisp bread rolls and/or different kinds of bread.





Super Sarmies

Tired after all the Christmas cooking and socializing?

Use the leftover, cold sliced gammon and pork roast as delicious sandwich fillings and get everyone else involved in making their own.

Simply provide stacks of plates and bowls with leftover gammon or roast pork, lettuce, sliced tomatoes, pickled gherkins, onion rings etc and add a few condiments such as mustard, mayonnaise, etc.



Great Tip



If you have lots of “crumbly” small pieces of gammon or cold pork roast, create a delicious meat spread or paste.

Simply whiz the meat pieces in a food processor or blender and add dollops of mayonnaise or smooth cottage cheese to create a spreading consistency.

Season with salt, freshly ground pepper and fresh, chopped herbs. Leave the mixture a bit course, with lovely chunks of meat to create taste and texture.

Add more tangy taste with sweet chilli sauce, pesto, olive tapenade or sundried tomato pieces.

This meaty spread can also be served on crisp crackers with pre-dinner drinks.





Information supplied by SA Pork Producers' Organisation (SAPPO)
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www.sapork.com

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