

Brilliant on the Braai Pork recipes

Compiled by the South African
Pork Producers Organisation

**SOUTH
AFRICAN
PORK**

Great meat. Let's eat!



South African Pork = South African Pride.

Next to sport and music, the unique South African braai is what unites our nation. It can be a totally basic family braai, or an elegant affair with guests and pretty table settings.

Fact is: We love to braai, and there nothing better than pork on the coals for a feast of flavours. Everyone knows pork ribs and chops. So step up to the next level and add some different pork braai cuts to your menu. You'll score big-time with value for money and delicious taste!



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SMART INFO

- Big pork cuts like the leg of pork is cheaper to buy with the bone in. So if you're on a tight budget, go for this option, but be sure to use a braai kettle or a braai with a lid to get enough heat from the bottom and the top to cook the bigger cuts evenly.
- You'll always get great results with big joints where the bone has been removed. Ask your butcher to do this for you, and to put the joint into a net or tie it up with string to keep a nice shape.
- Boneless joints cook more evenly, stay juicier and are far easier to carve into decent, even slices.

Basic guidelines: Getting to know your pork braai cuts - chop chop

Small pork cuts to braai:

Loin or rib chops
Neck chops or boneless neck steaks
Shoulder chops or shoulder rib chops
Rump steaks
Texan steaks
Kebabs or pork sosaties
Kassler chops or kassler steaks
Rashers or ribs

Big pork cuts or joints to braai:

Whole leg of pork, deboned or with the bone in
Boneless neck of pork
Rolled loin of pork
Shoulder of pork, deboned or with the bone in
Gammon or whole smoked neck of pork





Au naturelle, marinated, basted or rubbed?

Pork's perfectly OK on the braai without any rub, marinade or basting. If you're in a hurry, don't worry about fancy sauces or long periods of marinating pork to get a delicious eating experience.

For yummy, crispy pork chops, steaks and other cuts, simply spray or paint your clean braai grid with olive oil spray or other fresh cooking oil to prevent sticking. You can also paint or spray a light coating of olive oil directly onto the pork chops/steaks to prevent it from sticking to the braai grid.

Marinades - what to do:

A marinade can add some taste and juiciness to pork on the braai.

1. The method giving you best results is to put the pork joint or smaller cuts into a large ziplock plastic bag.
2. Spoon the marinade over the pork and push as much air out of the bag as possible before sealing the bag.
3. Massage the marinade into the pork through the bag to coat it well on all sides. Place plastic bag in a ceramic, glass or plastic container and refrigerate overnight or a few hours. Turn around every 1 - 2 hours if possible.
4. Remove pork from the marinade before putting it on the braai.
5. If the marinade is oil based, you can use a brush or a bunch of herbs to brush the left-over marinade onto the pork during the first half of the cooking period. (Don't do this if using yogurt or buttermilk or non-oil based marinades.)



Basic braai marinade for pork

Make double or triple quantities for big joints or larger quantities of pork.

1 cup olive oil (or any good quality cooking oil)
¼ cup lemon juice / balsamic vinegar / wine vinegar
/ apple cider vinegar / good quality vinegar
5 ml garlic and herb seasoning, or other fine herb
or spice seasoning of your choice

Beat everything together and pour over pork.

Variations:

1. Marinate pork in buttermilk or plain yogurt, mixed with ½ - 1 finely chopped onion, 2 cloves garlic and 15 ml fresh, chopped sage. Discard marinade when putting pork on the braai grid.
2. Prepare the basic marinade as above, and add any one or more of the following ingredients to it: finely chopped, fresh sage / thyme / rosemary / parsley / oregano / basil / coriander, smooth mustard, paprika, cumin, allspice, 5-spice powder, pinch of ground cloves, chopped chillies, grated orange / lemon / lime peel or grated onion.
3. Replace the lemon juice in the basic recipe with pineapple / orange / apple / lime juice.
4. Ready-made marinades bought at supermarkets will also work well, but if it has a high sugar/honey content, scrape all the marinade off before putting the pork on the braai (to avoid burning).



Getting the best from basting sauces & rubs



Hot tips

- Make your own delicious basting sauce by mixing $\frac{1}{2}$ cup soy sauce and $\frac{1}{2}$ cup honey with $\frac{1}{2}$ cup olive oil. For a special oriental taste, replace the olive oil with sesame oil.
- Braai your pork cuts until about two thirds cooked. Season with salt and freshly ground black pepper.
- Paint the soy and honey basting mixture onto the pork with a brush. Turn the pork cuts over frequently and baste frequently to coat the pork on all sides before removing it from the coals to serve.

Rubs

These are dry mixtures of herbs and seasoning and many delicious ones can be ready-bought. Mix it with a bit of olive oil before rubbing it into the pork cuts.

Make your own by combining dried herbs and spices such as garlic powder, cinnamon, ground ginger, chilli powder, basil, sage, fennel seeds, cumin, coriander and/or paprika. Do not add salt.

Sprinkle the rub onto the pork, add a dash of olive oil and massage it into the entire surface of the pork before braaiing it.

Season further with salt while the pork is already on the braai.

Basting sauces

A basting sauce is often much thicker than a marinade, and in most cases contains strong flavours such as tomato sauce, chutney, pineapple puree, onion, garlic, fruit puree, and/or celery.

There's a huge variety available in supermarkets and they will all work well. Just watch out for sugar, glucose, fructose, caramel and honey in the ingredients.

These basting sauces containing sweet ingredients should be used only close to the end of the cooking process, about 5 - 10 minutes before you remove the pork from the braai.

If using them too early on, the sauce will burn black on the pork, spoiling and wasting some of the delicious meat.





Pork Fillet over the coals

Ideal for special occasions, pork fillets wrapped in bacon is a flop-proof, low fat, festive dish that everyone loves.

You will need:

2 - 3 pork fillets (work on 2 - 4 portions per pork fillet, depending on the size of the fillets)

salt, pepper, braai spice & smooth mustard approx. 500 g rindless, streaky bacon

1 packet toothpicks, soaked in water for at least one hour

Pat the pork fillets dry with kitchen paper and season with salt, pepper and braai spice.

Spread mustard thinly on one side of the fillet (sparingly, not too much).

Wrap the fillets in streaky bacon, covering the end bits and tucking the bacon in. Secure with toothpicks to keep the bacon in place. (Up to this point the preparation can be done the day/night before. Wrap the fillets in cling wrap until you want to put them on the braai.)

Braai over medium-hot coals and turn frequently to braai evenly on all sides.

Remove from braai grid, allow to rest 5 minutes before removing toothpicks and carving into slices

Serve with salad, green vegetables and a nice creamy baked potato dish.

Baked potato dish

6 - 8 medium-large potatoes, peeled

salt, pepper and potato spice

1 small onion, grated, or 1 bunch chives, chopped

375 - 450 ml full cream milk, or a mixture of milk and cream

2 extra large eggs

180 - 200 ml grated Cheddar cheese

Cook the potatoes in water until half soft. Drain and slice into slices. Arrange potato slices in a buttered oven dish, season with salt, pepper and potato spice and sprinkle the grated onion or chives over.

Beat the milk/cream mixture and the eggs together and pour over the potato slices. Sprinkle with the grated cheese and bake 20 - 30 minutes at 180°C. Serve warm.



Pork and Veg Kebabs

500 - 750g pork cubes from the leg or shoulder, cut into 20 - 25 mm pieces
350 - 375 ml (one and a half cups) butternut cubes
2 - 3 onions, quartered
2 - 3 red and/or green peppers, seeds removed and cut into cubes
one packet of wooden skewers, soaked in water for one hour or longer
braai spice, salt and pepper (for seasoning the kebabs on the braai)

Marinade

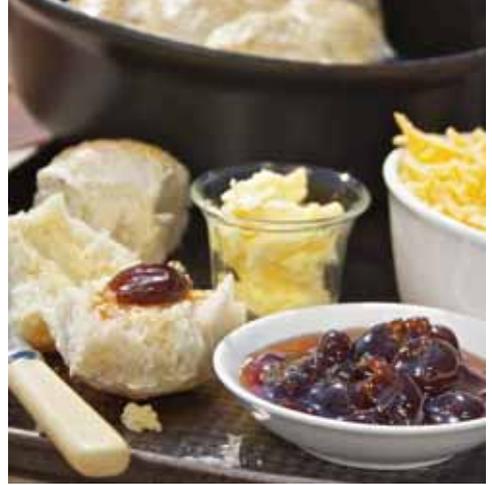
250 ml apricot juice
250 ml olive oil
5 - 10 ml French mustard
15 ml chutney

Blend everything for the marinade in a liquidizer /blender, put pork cubes in a plastic ziplock bag, and pour marinade over. Leave in the refrigerator for a few hours or overnight.

Skewer pieces of pork, onion and green or red peppers alternately onto the wooden skewers.

Braai over medium-hot coals and season with salt, pepper and braai spices.

Turn frequently and baste with the leftover marinade while braaiing. Serves 4 - 6 people.



SMART INFO

- Most pork kebab variations improve in taste if basted with a piquant sauce during the last 10 minutes of braaiing.
- Use any ready-bought sticky or barbeque basting sauce to baste the kebabs. Don't start basting them too early, as it might burn black.
- Make traditional curry flavour pork sosaties by marinating them in a curry sauce. We recommend the Ina Paarman Tikka curry sauce, but any ready bought or home made curry sauce will do the job.
- Serve curried pork sosaties with "pot brood", butter and jam.

Hot tips

- Add a different look and taste with vegetables or fruit of your choice.
- Use pineapple pieces, chunks of baby marrow, prunes, pieces of butternut, whole mushroom or firm cherry tomatoes to add texture and colour to your kebabs.





Pork Loin with cheese and walnut stuffing

(You will need a Weber or kettle braai or a braai with a lid to do this special dish.)

A real show-stopper when you want to braai something special and delicious. Order the deboned loin of pork in advance from your butcher, and ask him to score the skin on 15 mm intervals to make crisp crackling.

You will need:

- 1,5 - 2 kg loin of pork, bone removed
- 1 x 125 g dried pears, chopped into fairly small pieces
- 200 - 250 ml grated pecorino cheese
- 125 - 165 ml roughly chopped walnuts
- 25 ml thick mayonnaise or cottage cheese or cream cheese
- salt, pepper and olive oil
- string to tie around the pork loin

Place the loin of pork with the skin side down on a wooden board. Season inside of loin with salt and pepper. Mix the chopped pears, cheese and walnuts and moisten just slightly with mayonnaise or cream cheese.

Spoon the stuffing into the centre of the loin (into the cavity where the bone had been taken out) and pack in fairly tightly. Push the loin into a rolled shape so that the stuffing is more or less at the centre of the loin.

Tie with string on 2 - 4 cm intervals, so that it keeps its shape and the stuffing stays inside. Rub the skin with salt, pepper and olive oil and braai in a braai kettle (or Weber) with the lid on for 90 - 120 minutes. Calculate the total braai time by allowing 1 hour for every kilogram, and add 15 - 20 minutes extra braai time right at the end. Allow the loin to "rest" 5 minutes before removing the string and carving it into slices.

Serve with large, brown mushrooms braai'd over the coals with garlic butter and colourful vegetable parcels baked in foil packets in the braai kettle.

SMART INFO

Use a meat thermometer to test if the inside of large pieces of pork is cooked. Pork is cooked well enough if the internal temperature is 60 - 70°C. Meat thermometers can be digital (available from good kitchenware shops) or ordinary analogue, cheaply available from supermarkets.



How to braai a gammon

If you have a kettle braai or Weber or any other braai with a lid which can keep the heat inside, it's very easy to braai a gammon and feed a whole lot of people at once. If you are using charcoal, use the indirect heat method to avoid direct coals underneath the gammon.

To feed 6 - 9 people, you will need:

A gammon of 1,5kg - 2,5 kg (a boneless gammon will deliver the best results)

olive oil for rubbing

handfuls of fresh herbs such as sage, rosemary, basil, etc

Glaze

200 - 250 ml smooth apricot jam

100 ml smooth mustard

30 - 45 ml port or brandy

Calculate the braai time by allowing 40 minutes per kilogram of gammon, plus 10 minutes at the end. A 1,5 kg of gammon will therefore need to be braai in the braai kettle for approx 110 minutes.

Heat the gas braai beforehand, or make sure you have plenty of coals when using a wood or charcoal fire. Pat the gammon dry with kitchen paper and rub with olive oil. Place the gammon in the centre of the kettle braai and place the lid on. Leave to braai for 20 minutes, turn over and leave for another 20 minutes. Continue to do this, turning it approx every 15 - 20 minutes to braai evenly. Keep the lid of the braai kettle on all the time, to ensure there is plenty of heat inside the dome or lid of the braai, as it needs to cook from the bottom and the top.

Throw bunches of the fresh herbs into the coals frequently to add flavour to the smoke and heat, which will enhance the flavour and taste of the gammon.

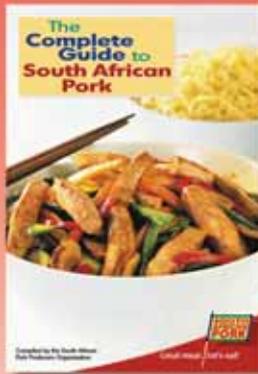
During the last 10 minutes in the kettle braai, start painting the glaze on with a brush. Mix all the ingredients for the glaze, heat in a microwave oven until relatively runny (but not cooking hot) and paint over the top of the gammon frequently until it has a shiny, thick layer of glaze on it. Allow the gammon to "rest" for 10 minutes before slicing. Serve with baked apples, baked in the braai kettle during the last 15 - 20 minutes with the gammon. Make a horizontal slit in the skin of the apples to allow the skin to crisp somewhat while the inside is cooked into a delicious, soft puree.



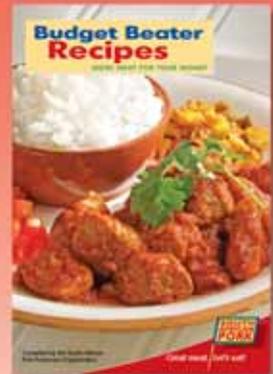
Serve gammon with pots of mustard, cranberry jelly and freshly baked breadrolls and salad.

Get yours free!

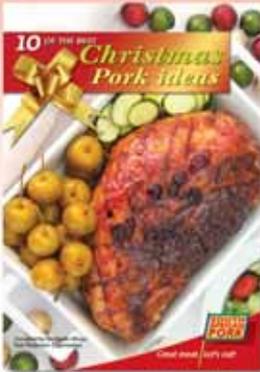
This booklet is part of a collection of pork recipe booklets, leaflets and cooking DVDs. All these items are available to download for free as PDFs or videos from the website www.TastyHealthyModernMeat.co.za. The videos are also available online at www.YouTube.com



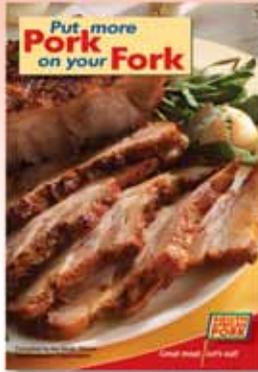
Complete Guide to SA Pork



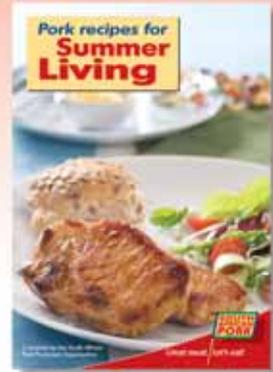
Budget Beater Recipes



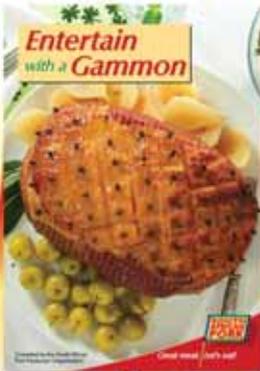
Christmas Pork ideas



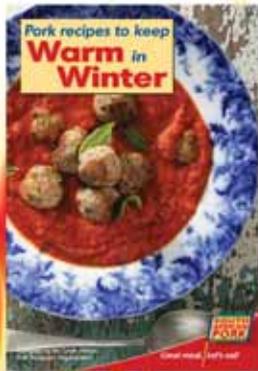
Put more Pork on your Fork



Pork recipes for Summer Living



Entertain with a Gammon



Recipes to keep Warm in Winter



Brilliant Braai Pork Recipes



Videos to download:

- How to prepare perfect pork chops
- How to prepare perfect pork kebabs
- How to prepare perfect pork roast
- How to prepare perfect pork roly poly's
- How to prepare perfect pork schnitzel

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This Braai Booklet is compiled to help and encourage consumers to discover the incredible value and taste of pork on the braai. We aim to provide useful information, factual data and tasty recipes for consumers. Visit our recipe website at www.TastyHealthyModernMeat.co.za

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