



## Saucy braised pork chops with 'chutney

Serves 6 – 8

- 30 ml (2 tablespoons) cooking oil
- 6-8 pork shoulder chops
- 1 onion, halved and sliced
- 1 x 55 g packet brown onion soup powder
- 400 ml water
- 250 ml (1 cup) fruity chutney
- 1 x 410 g tin butter beans, drained
- salt and pepper to taste
- 30 ml (2 tablespoons) chopped parsley

If the pork shoulder chops are very big, cut them into 2 or 3 smaller pieces.

Heat half of the oil in a large frying pan and fry chops on both sides until brown. Remove from pan and repeat with remaining chops. Set aside.

In the same pan, heat the remaining oil and fry the onion until soft.

Place the soup powder in a bowl and add water and chutney. Mix well and add to the onion in the pan.

Add the chops back into the pan and place a lid on the pot.

Reduce the heat and simmer (with lid on) for 45 minutes to 1 hour or until the chops are tender.

Add the beans, stir well, and season to taste. Heat through and sprinkle with parsley. Serve on mash potato or rice.

### Useful tips and variations:

- Make a few slits, at intervals, in the skin on the edges of the chops to prevent the pork from curling when fried.
- A tin of drained mushroom pieces or whole kernel corn can also be added with the butter beans to increase the amount of portions of this dish.
- Any leftover sauce is delicious on thick slices of toast.

# Family Food

with South African Pork



**SOUTH  
AFRICAN  
PORK**

Great meat. Let's eat!

### Homestyle stew (Front cover) Serves 4 – 6

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.

#### Variation:

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



#### Sauce

30 ml (2 tbsp) grape vinegar or red wine vinegar  
45 ml (3 tbsp) soy sauce  
45 ml (3 tbsp) tomato sauce  
45 ml (3 tbsp) sweet chilli sauce or chutney

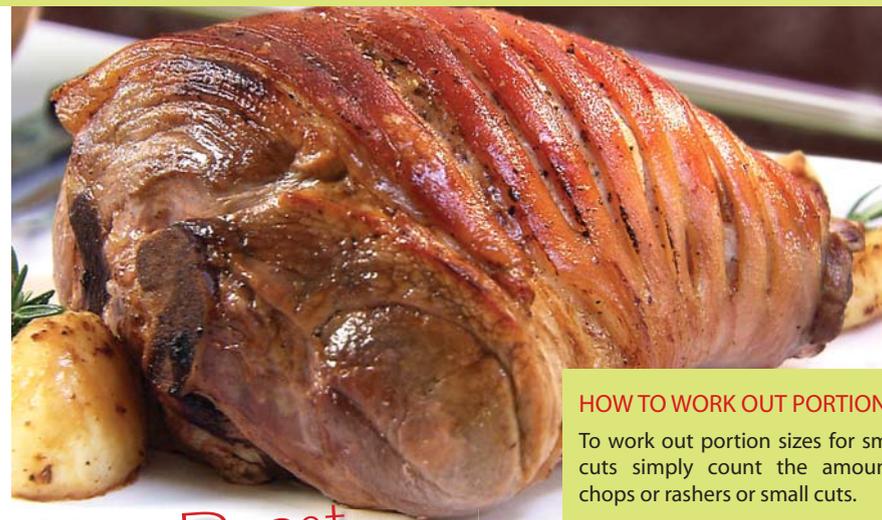
#### Stir-fry

30 ml (2 tbsp) cooking oil  
500 g pork leg, cut in chunky cubes and then thinly sliced  
1 onion, thinly sliced  
1 green pepper, seeds removed and sliced  
10 ml (2 tsp) finely grated fresh ginger  
500 ml (2 cups) shredded cabbage  
500 ml (2 cups) frozen or tinned mixed vegetables  
500 ml (2 cups) cooked white rice, well drained  
salt and freshly ground black pepper to taste

## Pork & veg stir-fry with rice

Serves 4 – 6

1. Sauce: Mix all the ingredients together.
2. Stir-fry: Heat oil in a large frying pan and fry meat in batches, until golden brown. Spoon out and set aside.
3. In the same pan, fry onion, green pepper and ginger until onion is soft. Add cabbage and fry for a few minutes.
4. Add mixed vegetables, rice and meat and stir through well.
5. Stir in the sauce and allow to simmer for a few minutes or until heated through.
6. Season to taste and serve immediately.



## Golden Roast Leg of Pork

Serves 7 – 8

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 500g, 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.

### 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.