

More Meat for your Money ¹ with South African Pork



Great meat. Let's eat!



Get Creative with our Easy, Family Friendly recipes

- » Fresh South African Pork gives you the best value for money of all meats, plus lots of delicious protein, minerals and vitamins.
- » The protein in pork helps keep hunger pangs under control and keeps you feeling fuller for longer.
- » As a general guideline, 150 – 180g uncooked pork without bone will provide a satisfying cooked portion for a woman. Increase the quantity of uncooked pork without bone to 180 – 200g for a man.
- » To make your pork go much further, add lots of colourful, chopped vegetables into the recipe. This recipe leaflet will give you lots of ideas for that.
- » Slice (carve) any pork roast very, very thinly when cooked. Use a really sharp knife. Add lots of vegetables and well seasoned, meaty gravy to serve with the sliced pork and accompanying foods. This will make your roast or chops go further.
- » Add bread, pasta, rice or samp and spoon the gravy over everything to spread the delicious meaty flavour further.
- » Use these recipes as guidelines and add your own favourite vegetables. You can also substitute some vegetables and ingredients for other.
- » For more recipes and information, visit www.TastyHealthyModernMeat.co.za



Juicy pork chops with vegetable mash

Serves 4

- 500 g potatoes, peeled and cut in cubes
- 1 clove garlic, peeled
- 3 baby marrows, sliced
- 45 ml (2 tbsp) cooking or olive oil
- 80 ml milk or maas
- salt and black pepper to taste
- 125 ml (½ cup) frozen or tinned whole kernel corn
- 4 pork loin chops, excess fat removed

1. Place potatoes and garlic in a pot with salted water and bring to the boil. Reduce the



heat and simmer until just cooked. Add baby marrows and allow to cook for a few minutes. Drain and remove some of the baby marrows. 2. Mash potatoes with a fork or a potato masher. Add 15 ml of the oil and milk or maas to soften the mash. Season to taste. 3. Stir the remaining baby marrows and corn into the mash and keep warm. 4. Meanwhile, heat remaining oil in a frying pan and fry pork for 5-8 minutes on both sides or until golden brown and cooked. Season to taste and serve with the vegetable mash.

Tip
Frozen peas can also be stirred into the mash. Alternatively substitute the corn for frozen mixed vegetables.



Chakalaka pork stew

Serves 4 – 6

- 30 ml (2 tablespoons) cooking oil
- 4-6 pork shoulder chops, cut into smaller pieces
- 2 onions, chopped
- 2 carrots, coarsely grated
- 2 x 410 g tins mild and spicy chakalaka
- 80 ml water
- 1 x 410 g tin whole kernel corn, drained
- 20 ml (4 teaspoons) Worcestershire sauce
- salt and pepper
- 45 ml (3 tablespoons) chopped fresh parsley or coriander

1. Heat half the oil in a large pot and fry the pork pieces in batches until golden brown.

Spoon out and set aside. 2. In the same pot, add the remaining oil and fry onions until tender. Stir in the carrots, chakalaka and water. Bring to the boil and reduce the heat. 3. Simmer over low heat with a lid for 1 hour, or until the meat is soft. 3. Add the corn and Worcestershire sauce and heat through. Season to taste, stir in the parsley or coriander and serve with bread, mash potato or a starch of your choice.

Tip
Use your favourite chakalaka for this dish. If you like really spicy food, try the hot and spicy flavour. Or for more vegetables – use the one with butternut.



Tasty pork stew

Serves 4 – 6

30 ml (2 tablespoons) cooking oil
 1 kg stewing pork with bones, cut into chunks
 2 onions, chopped
 2 large potatoes, peeled and cubed
 2 celery sticks, thickly sliced
 2 large carrots, thickly sliced
 5 ml (1 teaspoon) ground ginger
 20 ml (4 teaspoons) ground coriander
 2 bay leaves
 500 ml (2 cups) chicken or vegetable stock
 1 x 410 g tin butter beans, drained
 salt and pepper to taste

1. Heat half the oil in a large pot and fry meat in batches until golden brown. Spoon out and set aside.
2. Heat the remaining oil in the same pot. Fry onions, potatoes, celery and carrots with ginger, coriander and bay leaves for a few minutes.
3. Add stock and meat and simmer with a lid for 1½ hours or until the meat is tender.
4. Add beans and simmer with a lid for another 15 minutes.
5. Season with salt and pepper to taste and serve hot with rice, pasta, pap or samp.



Pot-roasted pork and butternut

Serves 4 – 6

1,5 kg leg of pork
 30 ml (2 tablespoons) cooking oil
 2 onions, cut in wedges
 2 cloves of garlic, crushed
 2 thick slices of ginger
 500 g butternut, cut in wedges
 4 potatoes, peeled and quartered
 125 ml (½ cup) chicken stock
 125 ml (½ cup) apple juice or more stock
 2 bay leaves
 3 whole cloves
 30 ml (2 tbsp) dried mixed herbs
 5 whole peppercorns
 salt and black pepper to taste

1. Using a sharp knife, carefully make 4-5 cuts into the skin around the whole leg – this will stop the skin from shrinking. Take care not to slice all the way through the fat or meat layers.

2. Heat oil in a large pot and brown the pork roast on all sides. Remove and set aside.
3. Fry onions, garlic and ginger for a few minutes. Add veggies and brown slightly.
4. Place pork roast carefully back in the pot, between the veggies. Add the rest of the ingredients.
5. Cover with a lid, bring to the boil and reduce the heat. Simmer for 1 hour 45 minutes or until pork and veggies are tender.
6. Season to taste and serve hot with the vegetables and sauce.

Tips

1. If you prefer, you can also remove the skin from the pork. Then simply cut the skin into smaller pieces and fry with the vegetables.
2. The apple juice can be substituted with rooibos tea.
3. Thicken the sauce with corn flour (Maizena) to make a delicious gravy.



Pan-fried veggies and pork rashers

Serves 4 – 6

45 ml (3 tablespoons) cooking oil
 4-6 pork rashers on the bone, excess skin removed
 salt and black pepper to taste
 1 onion, finely chopped
 2 cloves of garlic, crushed
 2 carrots, coarsely chopped
 4 baby marrows, coarsely chopped
 1 large sweet potato with the skin, cut in chunks
 30 ml (2 tablespoons) dried mixed herbs or origanum
 100 ml chicken stock
 30 ml (2 tablespoons) chutney

1. Heat half the oil in a large frying pan and fry rashers on both sides until golden brown. Remove from the pan and season to taste.
2. Heat the remaining oil in the same pan and fry onion, garlic and carrots until onion is soft. Add baby marrows and sweet potato and fry for a few minutes.
3. Add the herbs and stock and reduce the heat. Simmer over low heat with a lid for 15-20 minutes or until the sweet potatoes are soft and cooked.
4. Stir in the chutney and season to taste. Place rashers on top of the veggies and cover with a lid. Allow to heat through and serve immediately.



Quick cabbage and pork stir-fry

Serves 4 – 7

Sauce
 30 ml (2 tbsp) brown or white grape 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
 450 – 500 g pork cubes, cut into very thin slices for the stir-fry
 5 ml chopped or crushed garlic
 10 ml (2 tsp) finely grated fresh ginger
 1 green pepper, seeds removed and thinly sliced or chopped
 500 ml (2 cups) shredded cabbage
 1 small packet frozen, mixed vegetables, or 2 tins mixed vegetables, drained
 500 ml (2 cups) cooked brown or white rice, well drained
 Salt and pepper to taste

1. Mix all the ingredients for the sauce together
2. Stir-fry: Heat oil in a frying pan or pot and fry pork in batches, until golden brown. Remove pork from the pan and keep aside.
3. In the same pan, fry onion, garlic, ginger & green pepper until onion is soft. Add cabbage and stir-fry the mixture until the vegetables are just cooked. Season with salt and pepper.
4. Add the rice and pork and stir until heated through.
5. Stir the sauce into the food and allow to simmer just enough until everything is warm. Taste for seasoning and add a sprinkle of salt and pepper if needed. Serve warm.