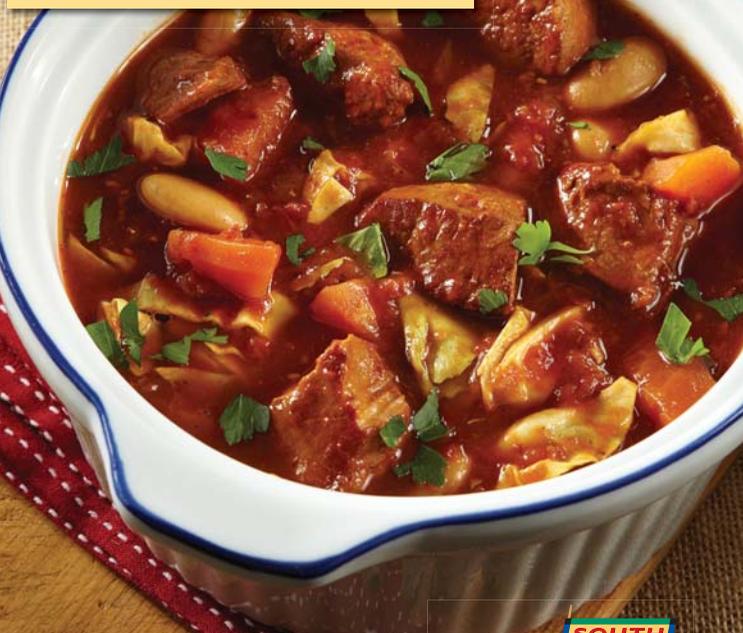


More Meat for your Money ² with South African Pork



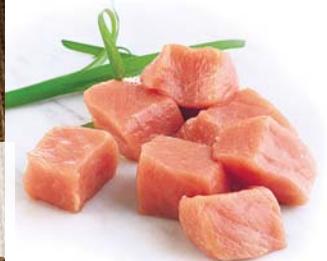
**SOUTH
AFRICAN
PORK**

Great meat. Let's eat!



You can't get a better deal than South African Pork

- » South African Pork makes nutritious, family food with a great, meaty flavour.
- » Join the smart people, choose quality, South African Pork more often.
- » Make use of bulk buys when great specials on pork are offered by the supermarkets and butcheries.
- » The recipes in this leaflet are intended to be a guide for you and can be adapted to your own preferences. You can add or substitute ingredients as you wish.
- » Visit our recipe website for more ideas and inspiration at www.TastyHealthyModernMeat.co.za
- » Happy cooking!



Braised pork with colourful veg

Serves 4 – 7

30 ml cooking oil
550g - 1 kg pork, cut into cubes
1 punnet button mushrooms, whole or halved, optional
2 peppers, can be green or red or yellow peppers, seeded and chopped
chopped garlic and/or ginger to taste
5 ml of your favourite meat spice
200 ml (3/4 cup) hot water or leftover wine or ginger ale
250 ml (1 cup) vegetable or chicken stock, or more, if necessary
250 ml roughly chopped cabbage
4 - 6 baby marrows, sliced thickly
250 ml broccoli or cauliflower pieces, or both salt and pepper to taste
Maizena and water paste to thicken the sauce (1 – 2 tablespoons)
125 ml sour cream or cream or any flavour yogurt (optional)

1. Heat oil and lightly brown pork cubes. Remove from pot and keep separate.
2. Add mushrooms and peppers and fry 2 minutes. Add garlic, ginger and meat spice and fry one minute.
3. Add pork cubes back into the pot. Season with salt and pepper. Add water & half of the chicken stock. Simmer 25 min with lid on over low heat.
4. Add the cabbage, marrow, broccoli, cauliflower and the rest of the chicken stock. Simmer another 15 minutes or until the veggies are soft.
5. Season again with salt & pepper. Thicken the sauce with a paste made with Maizena (or flour) & cold water. Stir to mix and heat through.
6. Add sour cream or cream and stir. Serve hot with your favourite starch such as noodles, pap or rice.



Easy, everyday pork stir-fry

Serves 6 – 8

500 g pork stir-fry strips, cut from any part such as the leg
25 ml oil for stir-frying
125 ml sliced mushrooms (optional) or sliced onions
125 ml thin carrot strips
125 sliced baby marrows or green beans or green peppers
soy sauce to taste
sweet chilli sauce to taste
15 ml cornflour, (Maizena) mixed with a little water
1 packet instant noodles, cooked (optional) add 1 cup finely shredded white or red cabbage

1. Pat the pork strips dry with kitchen paper. Fry gently in the heated oil, until light golden brown.
2. Remove from the pan and keep warm. Stir-fry the mushrooms, carrots and baby marrows in the same pan, adding small

- amounts of boiling water if it gets dry.
3. Add the cabbage if using it. Cook until cooked through, but still crunchy.
4. Return the pork strips to the pan, & season with soy sauce and sweet chilli sauce.
5. Add the Maizena paste, stir through thoroughly, and serve with the cooked noodles.

Create your own tasty combination by using other veggies. Try sliced green beans, mange tout whole peas in their pods, thin asparagus, colourful sweet peppers, baby corn, shredded spinach or whatever you have. Chopped pineapple and thin strips of smoked ham or bacon add delicious variety to any pork stir fry dish.

Add your own flavourings and choose any of the following for variation: Sweet and sour sauce, oyster sauce or chutney, hoisin sauce, pineapple sauce or any pesto.



Tangy, tasty pork shanks

1 kg - 1,7 kg pork shanks, cut into thin portions
 25 ml seasoned cake flour (flour mixed with salt & pepper)
 30 ml cooking oil
 2 onions, cut into thin rings
 2 garlic cloves, finely chopped
 salt and pepper to taste
 1 small tin tomato puree
 5 ml sugar
 250 ml chicken or meat stock
 2 - 3 medium potatoes, peeled and quartered
 2 cups butternut or pumpkin chopped
 125 ml green beans, cut into strips, or 1 - 2 cups chopped spinach
 10 - 15 ml chopped fresh herbs (optional)

2. Add onions and garlic and fry until the onions are soft and transparent.
 3. Add the remaining ingredients, except potatoes, pumpkin and beans.
 4. Cover with a lid and simmer for 1½ - 2 hours over low heat until tender.
 5. Add boiling water or a little more chicken stock if the sauce cooks away.
 6. Add the vegetables 30 minutes before the end of the cooking period, and simmer until the pork shanks and the vegetables are soft.
 7. Serve with fresh bread, couscous, rice or pasta.

Serves 6 - 8



Porkkamati - Pork with tomato gravy

Serves 6 - 8

500g - 550g pork cubes (goulash)
 3 tbsps (tablespoons) cooking oil
 2 onions, chopped finely
 1 teaspoon each chopped garlic and ginger
 ½ teaspoon chopped, fresh chilli (optional)
 1 teaspoon meat spice or barbeque spice or chicken spice
 2 potatoes, chopped in small pieces
 2 carrots, chopped in small pieces
 1 tin chopped tomatoes
 salt and pepper to taste
 1 packet Cream of Tomato soup powder
 1 tsp (tablespoon) sugar
 1 tin cross cut green beans (cut the lid open 90%)

1. Cut pork cubes smaller, if necessary. Fry pork cubes in heated oil until light brown.
 2. Add onions, garlic, ginger and chilli. Fry until onions become soft. Add meat spice and stir through.
 3. Add chopped potatoes, carrots and the tin of chopped tomatoes. Season with salt and pepper.
 4. Drain the liquid from the green beans into the stew, but keep the green beans in the tin. Cover with a tight lid and simmer approx 20 - 25 minutes until the pork cubes and carrots are soft. Stir now and then. Cooking it at a low temperature for longer will produce a better result.
 5. Mix the tomato soup powder with a bit of water (65 - 100 ml) into a smooth paste (no lumps). Add to the stew with the sugar. Stir constantly until the gravy thickens.
 6. Add more hot water to make a sauce that is a nice gravy consistency. Add the green beans, stir until heated through and check seasoning.
 7. Serve hot on pasta noodles, samp, pap or breadrolls.



Pork Potjie

Serves 4 - 7

700g - 1 kg pork stewing pieces
 30 ml cooking oil
 1 large onion, chopped, & 3 garlic cloves, crushed
 250 ml apple juice or Appletizer or any other fruit juice
 200 - 250 ml meat/vegetable stock
 3 - 4 potatoes, peeled and quartered
 4 - 5 carrots, peeled and sliced
 250 ml green beans or any other green vegetable, chopped into pieces
 1 packet brown onion soup powder

1. Heat oil in a black 3-legged pot or use a heavy based pot if cooking inside the house.
 2. Fry the pork pieces until light brown, add the onions and garlic halfway and fry until onions become soft.
 3. Add the fruit juice & enough meat stock to cover the pork. Replace lid and simmer pot over low heat for 40 minutes.
 4. Add the potatoes, carrots and beans and simmer a further 30 minutes. Add a little stock to replenish the liquid from time to time.
 5. When pork is tender, mix onion soup powder with 40 ml cold water into a paste. Add to the potjie and stir through until the gravy thickens.
 6. Serve with crispy rolls, pap or bread.



Apricot Pork Curry

Serves 6 - 8

1 kg pork cubes, usually cut from the leg
 15 - 25 ml cooking oil
 2 onions and 2 garlic cloves, chopped
 20 - 25 ml curry powder
 dried coriander, turmeric, cumin, and/or nutmeg to taste
 3 large tomatoes, skinned and chopped
 250 ml apricot juice
 50 ml each lemon juice and chutney
 1 apple, chopped into small pieces, or 125 ml dried apricots, chopped
 salt and pepper to taste
 1 potato and one sweet potato, peeled and chopped into small pieces
 freshly chopped herbs for sprinkling over

1. Pat pork cubes dry and fry gently in oil. Add onion and garlic and fry 2 more minutes.
 2. Add curry powder (add more oil if necessary), coriander, turmeric, cumin & nutmeg. Stir and fry until the spices absorb the oil and are slightly cooked.
 3. Add tomatoes, apricot and lemon juice, chutney, apple and potatoes. Season to taste.
 4. Cover and simmer over low heat until the pork is very tender. Add a little boiling water if more liquid is needed.
 5. Serve with brown rice or cooked pasta.
Optional: sprinkle with herbs just before serving.