

Putting Pork into a Healthy Lifestyle

- Light & lean
- Protein
- Minerals
- Vitamins



Great meat. Let's eat!



The get-up-and-go stuff

Active people with healthy lifestyles watch what they eat - most of the time.

Light & lean

Trimmed pork, with an outer fat layer of 3mm or less, is the perfect meal choice for people wanting to control or lose weight. When cooked until just done, (not overcooked) it is delicious, satisfying and easy to digest.

Protein

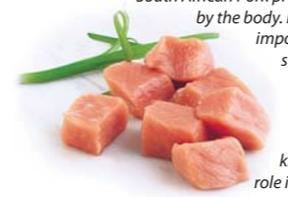
To build or maintain lovely, lean muscle mass, we need to eat enough good quality protein, which pork is a rich source of. South African Pork contains all the essential amino acids in a tasty portion. A tasty protein portion of pork (120g - 150g) keeps your appetite satisfied for longer, keeping hunger pangs away.

Minerals

South African Pork provides the best quality dietary iron, which is fully absorbable by the body. It also provides zinc, magnesium, selenium and other important minerals which helps the body build and maintain a strong immune system.

Vitamins

Pork is one of the best sources of the B-Vitamin group, popularly known as the "stress-busters". It is one of the best known sources of Vitamin B1 (Thiamin), which plays a critical role in converting nutrients in the body into energy.



For more ideas and recipes, visit www.TastyHealthyModernMeat.co.za
Consumer information supplied by South African Pork Producers Organisation.



Amaboerie Pork Boerewors

The traditional favourite



There's no beating about the bush - nothing beats a boerie!

Think about that delicious aroma surrounding the wors on the braai, the juicy and tasty first bite when you "test" it, and all the friendship and fun you've created around a boerie.

Amaboerie Pork Boerewors has stepped up the level and quality of this South African favourite.

Pork is a tender, white meat, and the excellent quality pork in Amaboerie is naturally juicy. It retains the flavourful meat juices very well while on the braai.

This provides a delicious, satisfying boerie with no unnecessary trimmings, fat or other things added.

» 100% guaranteed South African Pork - nothing else.

» The highest quality spice and herb seasoning, providing the unique Amaboerie taste.

» Contains no cereal, meat extenders or starch.

» No artificial flavouring, colouring or preservatives.

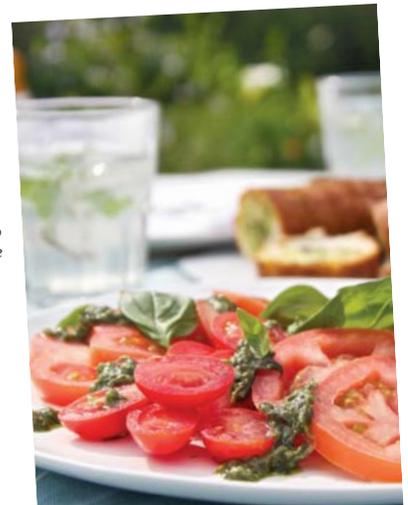
» Produced under strict control for Fruit & Veg City retailers and Food Lovers Markets.

» The best value in the country for a high quality boerie!

Exclusively available at



the fresher food store



Vitamin boost Pork stir-fry



30 ml olive oil or cooking oil
500 g pork stir-fry strips
1 medium onion, sliced
1 garlic clove, crushed
100 g cabbage, shredded
125 g carrot, cut into strips
100 g broccoli, cut into florets
salt and pepper
approximately 4 cups cooked ribbon noodles

Sauce
Mix together 1/4 cup brown vinegar, 4 teaspoons honey/sugar, 2 tablespoons soy sauce, 2 tablespoons lemon juice and 2 teaspoons cornflour (Maizena). Keep aside.

1. Heat oil in a large heavy based frying pan. Add pork and brown until golden. Add the onion and garlic and stir-fry until soft.
2. Add cabbage, carrot, broccoli and seasoning. Add tablespoonsful of hot water to the pan to create steam and speed up the cooking.
3. Add the sauce, stir well until mixed thoroughly. Add the cooked ribbon noodles, stir until everything is warm and serve immediately. (5 - 7 servings)

Pick a portion

How much Pork?

Portion control is easy, once you get a grip on a few basic details.

People on weight-management or weight-loss programmes often start off by weighing their food portions to get used to the right size of the portions.

If you want strict control over portion size, work on 180 - 200g of cooked, boneless pork for adult males, and 120 - 140g for adult females.

Estimating correct portion sizes, however, is very easy.

A moderate portion of cooked, boneless pork is approximately 20mm - 25 mm thick, and as big as the size of the palm of your hand.

For pork cuts with a lot of bone on it, or for dishes made with stewing pork with bone in it, a portion for an adult male would be 200 - 220g of cooked pork (bone in) and 140 - 160g (bone in) for an adult female.

The Medical Research Council states that it is safe and healthy for an

adult to eat approximately 560g of cooked, iron rich meat such as pork (or beef or lamb) per week in a healthy eating plan, split over a few meal occasions during the week.

This amount of controlled weekly portions would be safe for people who are concerned about heart health, diabetes or high blood pressure.

You can also make a little go a long way

It is highly recommended to include not less than 4 - 5 portions of vegetables and 2 - 3 portions of fruit per day in your overall daily intake of food.

Creative cooking with healthy dishes such as pork stir-fry helps picky eaters to eat more veggies. A little pork goes quite a long way, and you can get away with 85g - 120g pork strips per person when making a colourful stir-fry dish.

Always insist that the butchery staff at your favourite supermarket cut some pork stir-fry strips for you. It's really worth it, as it makes a quick and easy tasty meal that's packed with nutritional value.



Roasting made real

Most people prepare roast pork in an oven, which is as simple as counting 1, 2, 3.

1. If you don't have an oven, you can also roast it in a pot on top of the stove. It's best to remove the skin before doing a pot roast. Cut the skin in thin strips and fry in a dry pan until crisp. Keep crackling strips warm until it's time to serve the roast.
2. Season and then brown the pot roast pork on all sides in a little oil, then add small amounts of hot water at regular intervals while roasting the pork with the lid on until tender and just cooked. (Approx 2 hours for a 2kg roast.)
3. Slice and serve with crackling strips, if any. Serve hot with gravy made from the juices in the pot.

Choose a leg of pork or a deboned pork neck for your next family feast. You can't beat it for taste, convenience and value for money.

For oven roasting, follow these 3 easy steps:

Ask your butcher for a deboned pork neck or leg of pork.

1. Pat the roast dry, score the skin (if it has skin on) and rub the roast with salt, pepper and olive oil.
2. Place roast open in a roasting dish (the scored skin facing upwards) and roast for 1 hour for every kilogram of raw weight. (A 2 kg pork roast will be in the oven for 2 hours). Add 15 minutes extra roasting time at the end, and place the cooked roast in a warm place for about 10 minutes to "rest" to allow the juices to settle.
3. Carve in thin slices against the grain and serve with your favourite veg.



Care for a kebab?

Made from lean cubes of boneless pork, kebabs are elegant, tasty and the no 1 choice for slimmers and health conscious people.

Making your own pork kebabs will give you more meat for your money, as you will pay less for the cubed pork (ask your butcher for cubed pork suitable to make kebabs) and you can choose the variety of veg and fruit to add onto the skewers.

Try these delicious marinated kebabs:

450 g - 500 g pork cubes, approx 25mm in size
1 bottle sticky rib marinade (buy from any supermarket)

125 ml dried soft peaches or apricots
2 - 3 onions, cut into quarters, or 8 - 10 small peeled onions
lemon or bay leaves (optional)
salt and pepper for seasoning
wooden skewers, soaked in water for 30 minutes to prevent burning

1. Place pork cubes in a glass or plastic dish and pour sticky rib marinade over. Toss to coat all the pieces of pork with sauce.
2. Add the peaches or apricots and onions.
3. Cover and leave in the fridge for a few hours, or overnight.
4. Skewer pieces of pork alternatively with onions, lemon or bay leaves and apricots or peaches onto the wooden skewers.
5. Grill or braai over hot coals and turn kebabs frequently. Season with salt and pepper while they are on the braai, not beforehand.
6. Braai only until the pork is just cooked and still juicy. Do not overcook.
7. The pork cubes will be white/grey inside when cooked.
8. Baste frequently with any left-over marinade while they are on the braai.
9. Serve hot with crisp breadrolls and a fresh salad.
10. The pork kebabs can also be grilled in a hot oven.



Can't cook, won't cook?

Get into it chop-chop with our easy recipes



Perfect Pork Chops - quick and easy

4 pork chops, trimmed to your satisfaction
1 - 2 tablespoons cooking oil
salt, pepper and your favourite meat spice
finely grated rind and juice of one lemon (optional)

For the utmost luxury: 15 - 25 ml cream or Smetena (sour cream) or Crème Fraiche

1. Pat the pork chops dry with kitchen paper. Use a sharp knife and make slits in the outer fat layer (if it is not trimmed off completely) to prevent the chops from curling up in the pan.
2. Heat the cooking oil in a heavy-based frying pan until warm, but not smoking hot. Place pork chops in the pan, using tongs or a spatula. Never stick a fork into your pork. All the lovely meat juices will run out. Fry on the one side first until slightly golden brown on the underside. Season with salt, pepper and meat spice.

3. Using tongs or a spatula, turn the pork chops over. If necessary, turn down the heat of the stove plate. Keeping frying until the chops are just cooked through - not dry.
4. Just before serving, add the finely grated lemon rind and lemon juice to the pan and mix it into the pan juices. Add cream or sour cream and shake or stir to mix. Serve immediately and spoon pan juices over the chops. Mash potato, pap or crispy rolls and salad go perfectly with pork chops.

