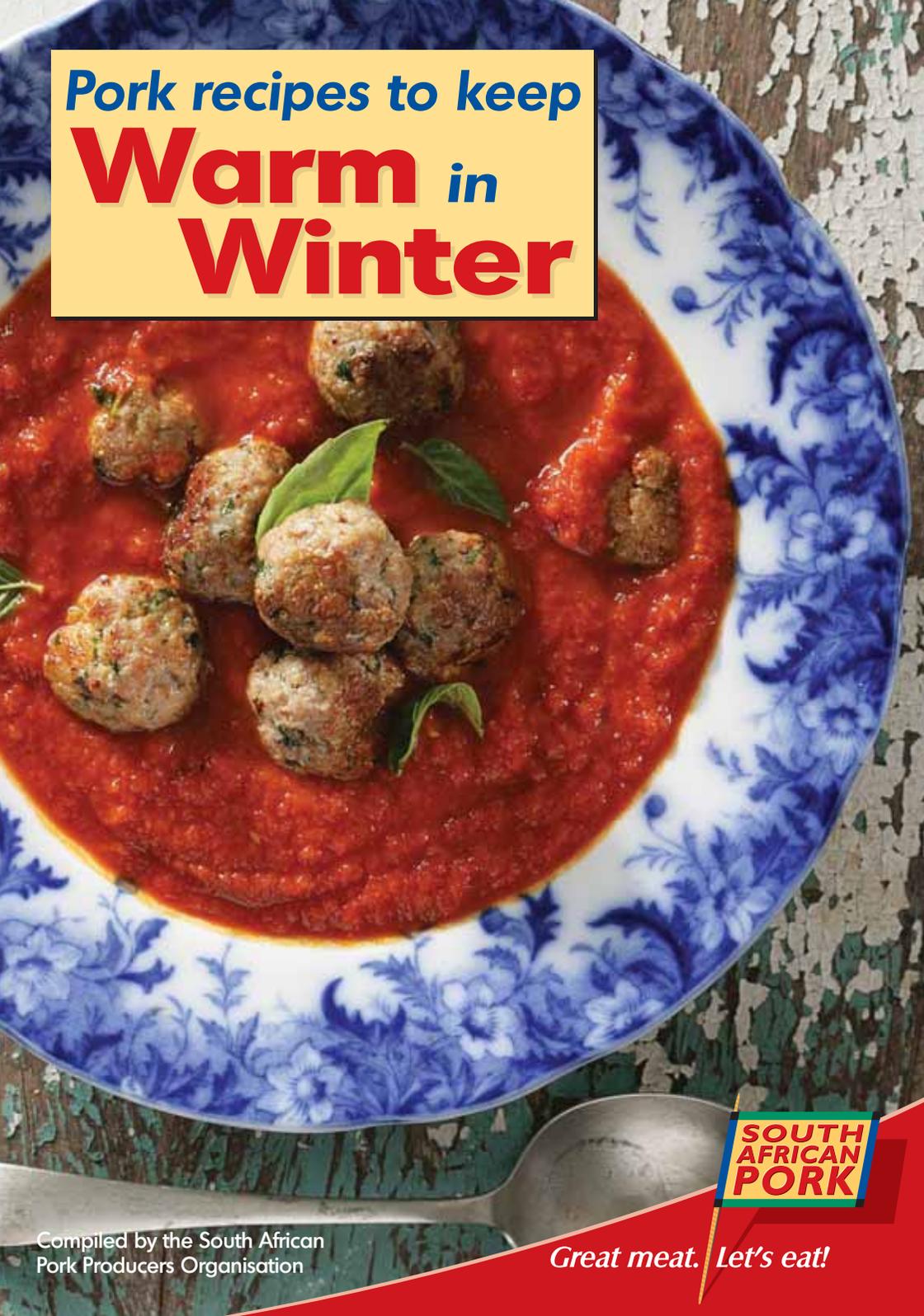




Pork recipes to keep  
**Warm** in  
**Winter**



**SOUTH  
AFRICAN  
PORK**

Compiled by the South African  
Pork Producers Organisation

*Great meat. Let's eat!*

Togetherness is happiness.

The heart of the home is in the kitchen.

At no other time is this more true than during winter time.

The chatting, laughing, chopping, mixing, tasting and

loving that happens in the kitchen keep families together.

We hope these pork recipes help you to cook up lots of happiness!

**SOUTH  
AFRICAN  
PORK**

*Great meat. Let's eat!*



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# Soup It Up

Steaming pots of bubbly soup with the magic meaty taste of pork.

Try these trusted recipes...

## Pea and Pork Soup

500 g or more smoked pork shanks, or ham hocks, or smoked pork neck steaks  
40 ml olive oil  
3 leeks, sliced  
2 garlic cloves, crushed  
3 carrots, chopped  
2 large potatoes, peeled and quartered  
1 x packet dried split peas, soaked in water for 2 - 3 hours  
5 ml smoked paprika (or garlic and herb spice)  
1,5 - 2 litres vegetable or chicken stock  
Salt and freshly ground pepper to taste  
125 ml fresh cream or crème fraîche  
fresh chopped herbs to taste

Trim the smoked pork from excess fat, if necessary. If the pork is quite lean, you can leave the skin on the ham hocks or smoked shanks for a delicious, jelly-like meaty taste.

Heat the oil in a heavy based pot and gently fry the leeks and garlic for 2 minutes. Add the carrots, potatoes and paprika and stir-fry until the vegetables start turning slightly golden brown. Rinse the soaked split peas (throw the soaking water away) and add to the vegetables in the pot. Add the warm stock and lower the heat. Simmer over low heat until the smoked pork is so tender, it falls off the bones.

Check every now and then and add more stock, if necessary. Taste and adjust seasoning.

Remove the bones and cut the pork into thin strips. Liquidize the soup if you prefer, or just blitz with a hand blender if you prefer a slightly chunky textured soup.

Add the cream and pork strips to the soup, stir until heated, and serve immediately with fresh herbs sprinkled on top. Serve with warm, crusty fresh bread or rolls.

(Serves 5 - 8, depending on the serving size)

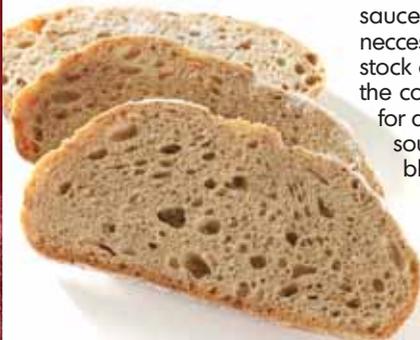




- Splash a dash of sherry into a pot of warm soup just before serving.
- Heat things up by adding a pinch or more of chopped, fresh chillies to the pot of soup just before serving.
- To increase the quantity and volume of soup if you need more portions, add cooked small shaped pasta noodles and an extra pinch of salt and pepper to the pot of soup.

#### SMART INFO

Save time by cooking double or triple quantities of any soup recipe. Save the balance for later in the week, or freeze to enjoy at a later date.



### Butternut pork soup

45 ml (3 Tbsp) cooking oil  
750 g pork neck slices (about 4 slices)  
1 medium onion, coarsely chopped  
1 medium potato, chopped  
2 cloves garlic, crushed  
2 ml (¼ tsp) ground cumin  
2 medium butternuts, peeled and cubed  
750 ml (3 cups) beef or chicken stock  
15 ml (1 Tbsp) freshly chopped thyme or parsley or 5 ml (1 tsp) dried salt and freshly ground black pepper to taste  
extra black pepper for garnishing

Heat half of the oil in a heavy-based saucepan. Add pork neck slices and brown until golden. Remove from pan and set aside.

In the same saucepan, heat the remaining oil, add the onion and garlic and sauté for a few minutes until soft. Add the cumin and fry for about 1 minute.

Add the cubed butternut and potato and sauté lightly for 2 minutes. Add the stock, herbs and seasoning. Bring to the boil, cover, reduce heat and simmer for about 15 minutes. Remove from heat.

Mash the butternut in the saucepan until soup consistency. If necessary, add a little more chicken stock or water. Return to heat, add the cooked neck slices and simmer for a further 10 minutes. Serve the soup hot and garnish with extra black pepper.

(Serves 4 – 6)

**Variation:** Substitute the cumin with ground curry powder.



# All in One Wonders

A complete meal in one pot - ideal for winter time.

## **Cassoulet (in the oven or pot)**

1 kg pork thick rib, skin removed and cut into 2,5 - 3 cm cubes

45 ml olive oil

1 large onion & 2 cloves garlic, chopped

4 - 5 celery sticks, chopped

4 - 6 carrots, sliced

4 - 5 potatoes, peeled and quartered

100 g tomato paste

1 tin Italian tomatoes or Rosa tomatoes

200 ml red wine

300 ml (or more) beef stock or vegetable stock

salt and freshly ground black pepper

## **Crumb topping**

100 g Feta cheese, crumbled

250 ml bread crumbs

15 ml mustard seeds

5 ml mustard powder

chopped herbs, eg chives and oregano

salt and pepper to taste

Brown the pork cubes lightly in the oil. Remove and keep warm. Sauté the onion, garlic and celery until soft and return the pork cubes to the pot. Add all the other ingredients and stir to mix.

For an oven casserole, put the mixture into an ovenproof dish with a tight fitting lid or cover. For simmering in the pot, leave the mixture in a pot with a tight fitting lid, and

simmer over gentle heat so that the pork mixture is just bubbling gently.

If using your oven, preheat it to 160°C and place the oven dish in the centre of the oven.

Bake or simmer on stove top for at least 40 minutes, or until the pork is really tender. Stir every now and then and top up the liquid if it tends to get dry.

When the pork is tender, stir through to mix. Mix all the ingredients for the crumbly topping and sprinkle on top of the cassoulet dish. Bake 5 - 10 minutes at 180°C until the crumbs on top are golden brown and crispy.

Serve hot with crispy bread rolls or a French loaf to soak up all the delicious juices. (5 - 7 servings)

## SMART INFO

- To make a dish of cassoulet or any other dish go further, add one can of baked beans in tomato sauce to the ingredients in the pot.
- For variation, replace the liquid with apple or apricot juice, into which you've crumbled one chicken stock cube.
- Add winter spices such as cumin, paprika or a pinch of dried coriander and nutmeg when frying the onions in the oil.
- Add a bouquet garni and/or a few bay leaves to the meat mixture when cooking or baking, and discard the bouquet garni just before serving.

## Easy oven-baked pork and veg

25 ml olive oil

1 kg pork, cut into 2,5 - 3 cm cubes (use the leg or shoulder or thick rib)

1 punnet button mushrooms, whole or halved  
1 red and 1 yellow pepper, seeded and chopped  
garlic and herb seasoning to taste

200 ml white wine

250 ml vegetable or chicken stock, or more if necessary

250 ml chopped red and white cabbage

4 - 6 baby marrows, sliced thickly

250 ml broccoli or cauliflower pieces

salt and pepper to taste

125 ml sour cream (optional)

Pre-heat oven to 180°C. Heat oil and lightly brown pork cubes. Add mushrooms and peppers and fry 2 minutes. Season with garlic and herb seasoning. Transfer pork and peppers to oven dish. Pour wine and vegetable stock over and cover with a tight lid. Bake 30 minutes, open dish and add the rest of the vegetables. Cover and bake another 25 - 30 minutes, or until the veg are cooked, but still a bit firm. Remove from oven, season with salt and pepper and scoop dollops of sour cream into the dish. Stir lightly to mix. Serve hot with your favourite starch such as steamed rice or weat-rice. (4 - 7 servings)



## SMART INFO

Root vegetables such as potato, carrots, turnips and sweet potato cook for much longer in the oven or pot to become tender. To avoid a mushy dish or stew, add the root vegetables first, then add the tender green and other veg later during the cooking process. The end product will be colourful and attractive.

## Pork potjie

1 kg pork belly, cut into pieces

15 ml olive oil

1 large onion, chopped, and  
3 garlic cloves, crushed

250 ml cider

200 - 250 ml meat/vegetable  
stock

3 - 4 potatoes, peeled and  
quartered

4 - 5 carrots, peeled and sliced

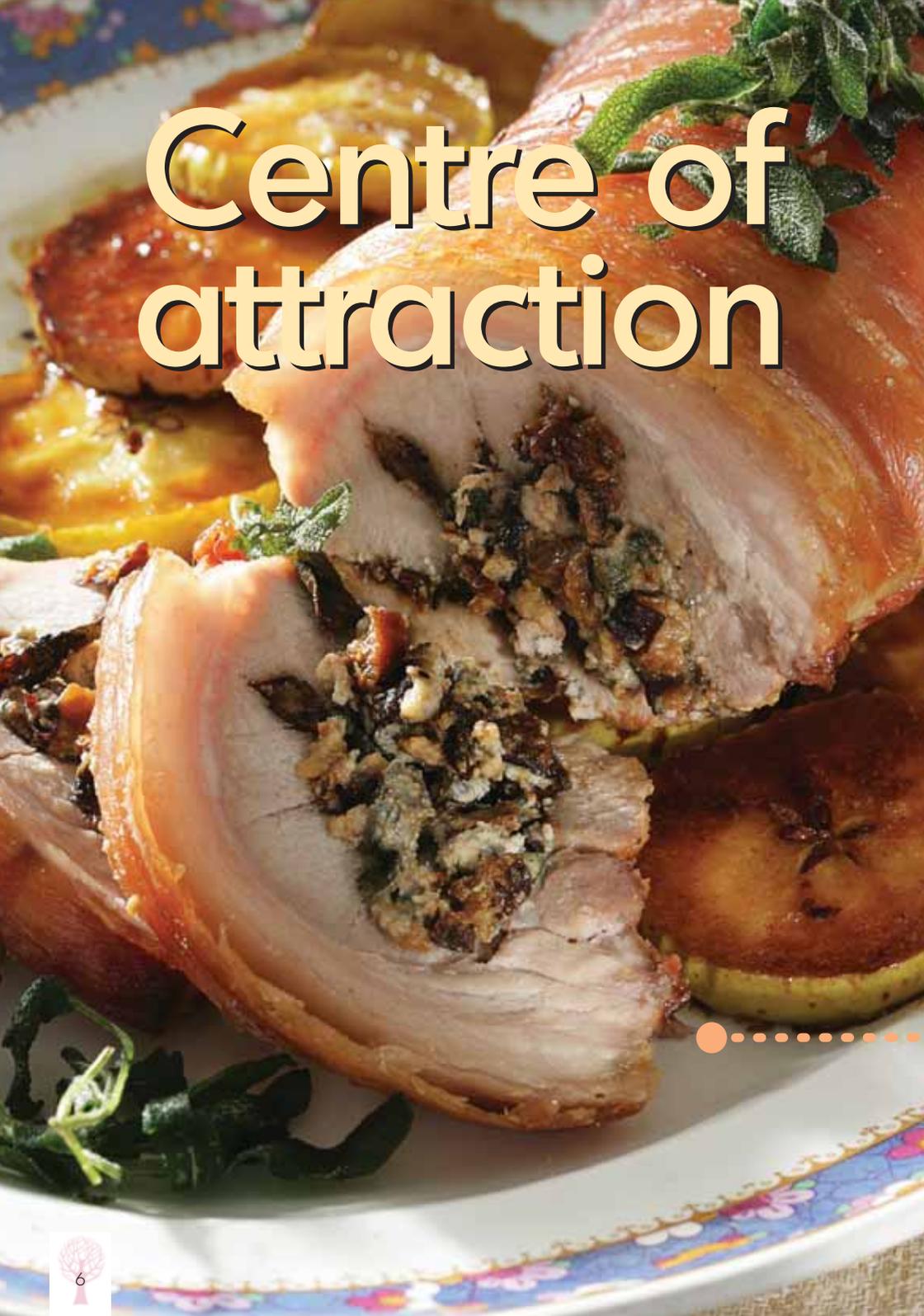
250 ml green beans, cut into  
pieces

1 packet brown onion soup  
powder

Trim pork to remove excess fat, if necessary. Heat oil in a black 3-legged pot, if cooking outside over a fire. Brown the pork, onions and garlic until pork is golden brown. Add the cider and enough meat stock to cover the pork. Replace lid and simmer pot over low heat for 40 minutes. Add the potatoes, carrots and beans and simmer a further 30 minutes. Add a little stock to replenish the liquid from time to time. 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. Serve with pap or bread. (4 - 5 servings)



# Centre of attraction



# It's so easy to create rib-sticking roasts with their wonderful aroma and savoury gravy.

Try this foolproof method to create a perfect oven roast.

## Roast leg of pork

### Basic Roasting Method

Ask your butcher to score the skin on 2 cm intervals. Pre-heat oven to 180°C. Pat the pork dry with kitchen paper, and rub the outside and underside with salt, pepper and olive oil. Place open on a wire rack in an oven-roasting tin.



Boneless pork neck oven roast

Ask your butcher for a 1,3 – 1,6 kg boneless pork neck. Roast in the same way as any other roast.



Calculate roasting time as follows:  
For every 500 g, roast the pork in the oven for 30 minutes (at 180°C).

At the end, add on 15 – 20 extra minutes. The skin on top should be golden brown and crisp.

When the roasting period is up, remove the pork from the oven and place in a warm place or warming drawer to "rest" for 5 – 7 minutes to let the meat juices settle.

You can use the top oven grill to help crisping the skin on top. Switch top grill on, watch it and remove before it gets too brown.

### Making gravy

You can use the pan juices accumulated underneath the wire rack in the dripping pan to make a richly flavoured gravy.

Pour off excess fat (if any) and add boiling water to the oven pan. Heat on stove top or in oven until the scrapings in the pan come loose and dissolve in the water. Simmer in a saucepan until nicely concentrated. Add liquid beef or vegetable stock if the amount of gravy is not enough.

If needed, thicken with brown onion gravy powder or a roux of butter and flour. Beat until glossy, check seasoning and serve hot.



Roast leg of pork

## Roast pork loin with chef's stuffing

### Chef's stuffing

Use this delicious stuffing with a deboned loin of pork.

- 100 g pitted dates, chopped
- 100 g blue cheese, crumbled
- 2 Tbsps of sage leaves

Mix dates and blue cheese. Place sage leaves down the centre of the loin (where the bone has been removed) and spoon the date and blue cheese stuffing on to the sage leaves. Close the loin to keep the stuffing in the centre, and tie into a rolled shape with string. Rub outside of loin with salt, pepper and olive oil and roast in the same way as all other roasts.



Hot tip

● Use left-over pork roast, cut into thin strips, in any pasta dish. Add 5 ml of smooth mustard to enhance the flavor.

● Add crispy fried bacon pieces to any pasta dish to improve the texture and taste.

● Cooked pork mince freezes very well. Cook double quantities, freeze some and use it later as a super time-saver.

# Pass the Pork and

Mamma mia, pork and pasta make perfect partners



## Tomato pork mince with noodles

750 – 1 kg lean pork mince (*ask your butcher to mince a piece of pork leg*)

30 ml olive oil

1 onion, chopped, and 2 cloves garlic, crushed

meat spice and chopped herbs to taste

1 – 2 x 110 g tins tomato paste

1 x 425 g Italian tomatoes

10 ml sugar

400 ml meat/chicken/vegetable stock

salt and pepper to taste

100 ml soft breadcrumbs, or 30 raw oats



Fry the pork mince in the oil, together with the onion and garlic. Break big lumps with a fork if necessary or place in a food processor to eliminate lumps. Season with herbs and spices, and add the tomato paste, tinned tomatoes, sugar and stock. Cover with a lid and simmer at least 40 – 50 minutes over low heat. Add more stock if needed. Season with salt and pepper, stir in the breadcrumbs or oats and simmer until the oats is cooked through. Serve hot on cooked spaghetti or any other noodles. Sprinkle with chopped parsley if desired. (5-7 servings)



### **Pork Fillet with Tagliatelli**

- 40 ml cake flour, seasoned with salt and pepper
- 2 small pork fillets, cut into strips
- 3 cloves garlic, crushed
- 25 ml olive oil
- rosemary & olive seasoning to taste
- 125 ml sour cream or crème fraiche
- 15 ml chopped parsley
- ½ packet small rocket leaves
- 4 – 6 portions cooked tagliatelli (keep warm)

Place the flour in a plastic packet and shake the pork fillet strips in the flour to coat lightly.

Remove, and fry gently in the olive oil, together with the garlic. Season with rosemary and olive seasoning and spoon the sour cream into the pan. Stir gently to warm through. Spoon pork strips onto the tagliatelli and sprinkle with parsley. Top with rocket leaves. (4 -5 servings)

# the Pasta

### **Pork and green veg lasagna**

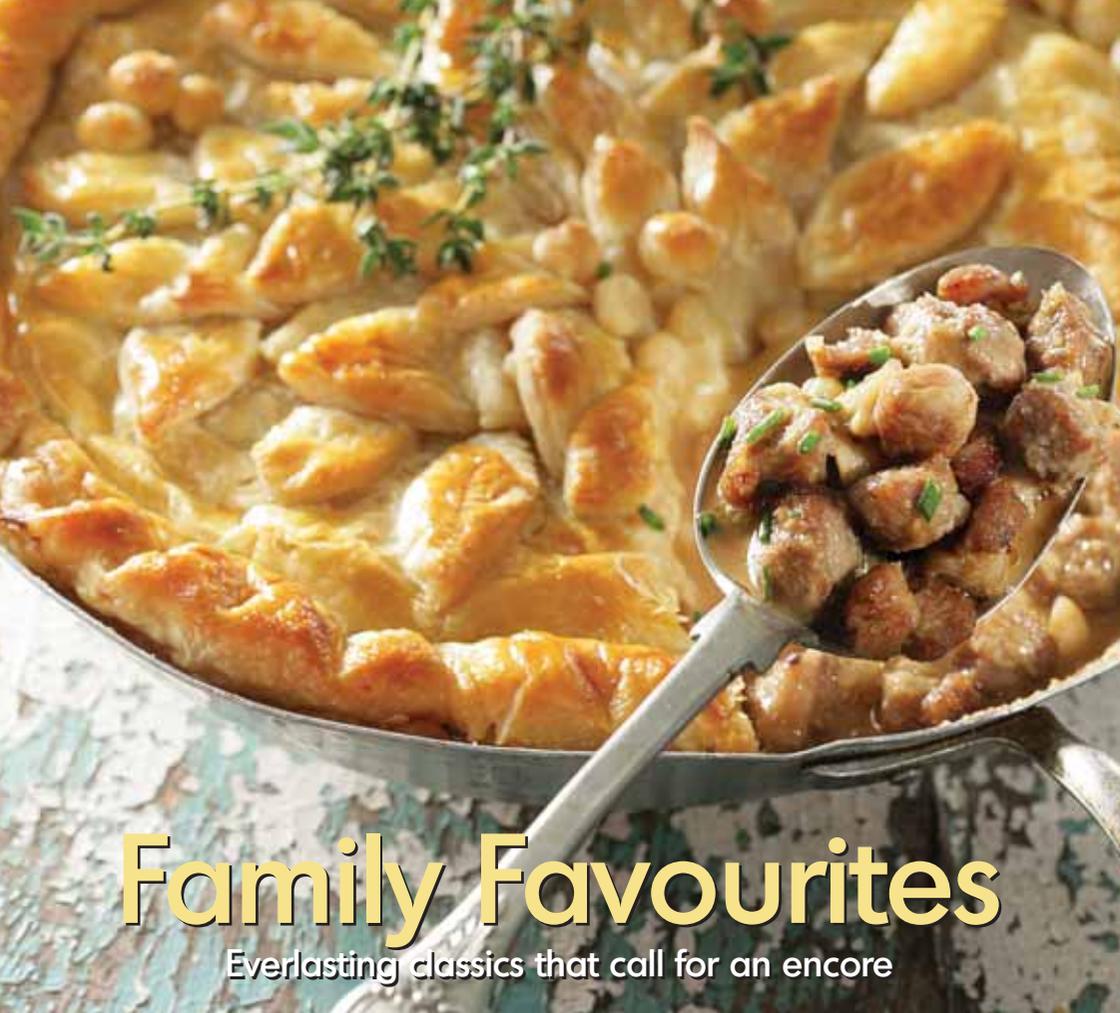
- ½ packet lasagna sheets
- approx. 550 g – 750 g cooked pork mince
- 300 – 400 ml (1 – 2 cups) green vegetables, such as spinach, asparagus, sliced baby marrows or broccoli
- 375 ml white sauce
- 125 – 200 ml grated mozzarella or cheddar cheese

Pre-heat oven to 180°C. Soak the lasagna sheets in warm water if preferred. Cook the pork mince as in the recipe for tomato pork mince, but use half or less of the amount of tomato paste.

Steam the green vegetables until almost cooked. Layer the pork mince, vegetables, white sauce and lasagna sheets in a rectangular or round dish, and repeat the layers until all the ingredients have been used.

End with a layer of white sauce and sprinkle the cheese over. Bake 25 – 30 minutes in the centre of the oven. Serve hot. (6 – 8 servings)





# Family Favourites

Everlasting classics that call for an encore

## **Pork, mushroom and bacon pie**

1 x 125 g packet rindless bacon, chopped  
20 ml olive oil  
1 kg pork shanks, trimmed  
2 small onions, chopped & 2 cloves  
2 celery sticks, chopped (optional)  
salt and pepper to taste  
1 punnet brown mushrooms, sliced  
125 ml white wine  
250 ml meat/vegetable stock  
65 – 100 ml sago, or other sauce thickener  
25 ml thick cream  
1 packet puff pastry, defrosted  
1 egg, beaten

Pre-heat oven to 180°C. Fry the bacon in olive oil and remove.

Fry the pork, onions, garlic and celery in the same oil until golden brown. Remove. Fry the mushrooms gently until cooked.

Return the bacon, pork, & onion mixture to the pot, add the wine and stock and simmer with a tight lid on until the pork is very tender.





Add liquid if necessary. Season with salt and pepper. Remove all bones and cut the pork in smaller pieces. Return to the pot.

Add the mushrooms and sago, and simmer until the sauce is really thick. Stir frequently.

Add the cream, remove from heat and let mixture cool. Spoon into a pie dish and cover with puff pastry.

Make a scalloped edge around it and place pastry leaves and berries on top. Glaze with beaten egg.

Place in centre of oven and bake 20 minutes or until the pie is heated through. Bake until the pastry is puffed and golden brown on top. (5 – 6 servings)



### **Eisbein**

4 – 6 individual Eisbeins (smoked) (order it in advance from your butcher)

340 ml apple juice or beer

200 ml hot water

bay leaves, pepper corns and sprigs of herbs

1 onion, quartered

Ask your butcher to score the skin on the Eisbeins when you buy them. Place the Eisbeins in a big, heavy based pot and add the apple juice/beer, hot water, herbs and onion.

Place the lid on and simmer very slowly until the Eisbeins are really tender. Turn over from time to time, and replenish the liquid with a little hot water if necessary.

When done, remove the Eisbeins from the liquid and serve on warm plates with your favourite potato dish and mustard. (One Eisbein is one serving)

### SMART INFO

- Never add salt or spices to smoked cuts, such as Eisbein. They have enough flavor from the curing process. Use the liquid in which Eisbeins were cooked as a delicious stock base for winter soups.
- Use leftover Eisbein as delicious sandwich fillings. Simply cut into thin slices, spread with mustard or chilli sauce, and enjoy on bread rolls.





# Don't worry, mom's made curry

## Basic pork curry

20 ml olive oil  
 750 – 1 kg pork cubes, cut from the leg or thick rib  
 1 onion and 2 cloves garlic, chopped  
 10 ml chopped ginger  
 1 small chilli, seeded and chopped  
 5 – 10 ml curry powder  
 5 – 10 ml masala or ground cumin  
 500 ml beef stock  
 15 ml apricot jam  
 salt and pepper to taste  
 250 – 400 ml vegetables such as potatoes, carrots, green beans and cauliflour

Heat the oil and brown the pork cubes. Add onion, garlic and ginger and fry until soft. Add curry powder and masala and fry until the spices absorb the oil. Add stock, apricot jam and seasonings, cover with a tight lid and simmer 30 minutes. Add vegetables, salt and pepper and simmer a further 25 – 30 minutes or until the pork and vegetables are soft. Remove lid, season with salt and pepper and cook without a lid until the sauce thickens somewhat. Serve with rice. (5 – 8 servings)

**Optional:** thicken the sauce with a paste of cornflour (Maizena) and cold water.

## Recipe from front cover



## Tomato and Pork Meatball soup

### Pork Meatballs:

1,5 kg pork mince  
 250 ml soft breadcrumbs  
 grated rind from 1 large lemon  
 15 g (1 – 2 Tbs) chopped parsley  
 15 g (1 – 2 Tbs) chopped coriander  
 salt and pepper to taste  
 5 ml cayenne pepper  
 1 egg, lightly beaten  
 flour for dusting

Mix all the ingredients except the flour lightly with 2 forks. Keep the mixture light and loose. Shape into small balls and roll lightly in flour. Bake in the oven at 180°C, or sauté in shallow oil in a frying pan until just cooked through. Keep warm until the soup is ready.

### Tomato soup:

40 ml olive oil  
 1 onion & 2 garlic cloves, chopped  
 1 bunch soup celery & one carrot, chopped  
 2 Tbs fresh basil, chopped, or 3 – 5 ml dried basil  
 1 kg ripe tomatoes, chopped, or use  
 2 – 3 cans Italian tomatoes, chopped  
 1,5 – 2 litres vegetable stock  
 Salt and freshly ground pepper to taste  
 10 ml sugar

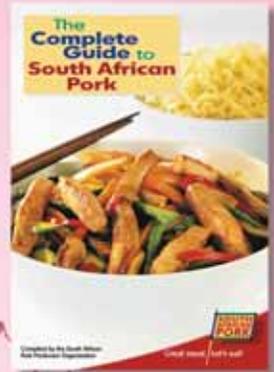
Heat oil and sauté onion and garlic until soft. Add all the other ingredients and simmer until the tomatoes are totally soft and mushy. Puree with a hand blender or liquidize. Adjust seasoning, ladle into soup bowls and add 5 – 6 pork meatballs to each serving. Finish off with grated Pecorino or fresh Parmesan cheese.

(Serves 5 – 7 depending on serving size)

**Variation:** Add 250 ml red lentils and 5 ml smoked paprika to the basic mixture and simmer until the lentils are soft.

# Get yours free!

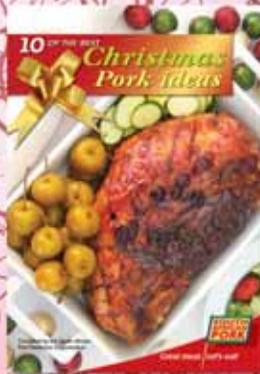
This booklet is part of a collection of pork recipe booklets, leaflets and cooking DVDs. All these items are available to download for free as PDFs or videos from the website [www.TastyHealthyModernMeat.co.za](http://www.TastyHealthyModernMeat.co.za)



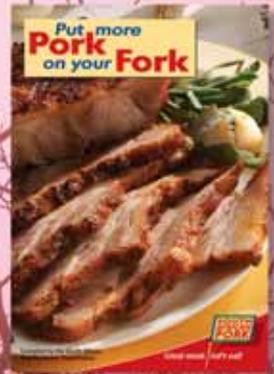
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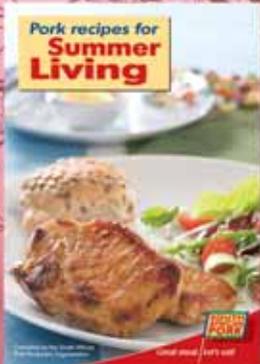
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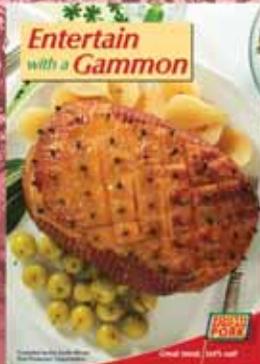
Christmas Pork ideas



Put more Pork on your Fork



Pork recipes for Summer Living



Entertain with a Gammon



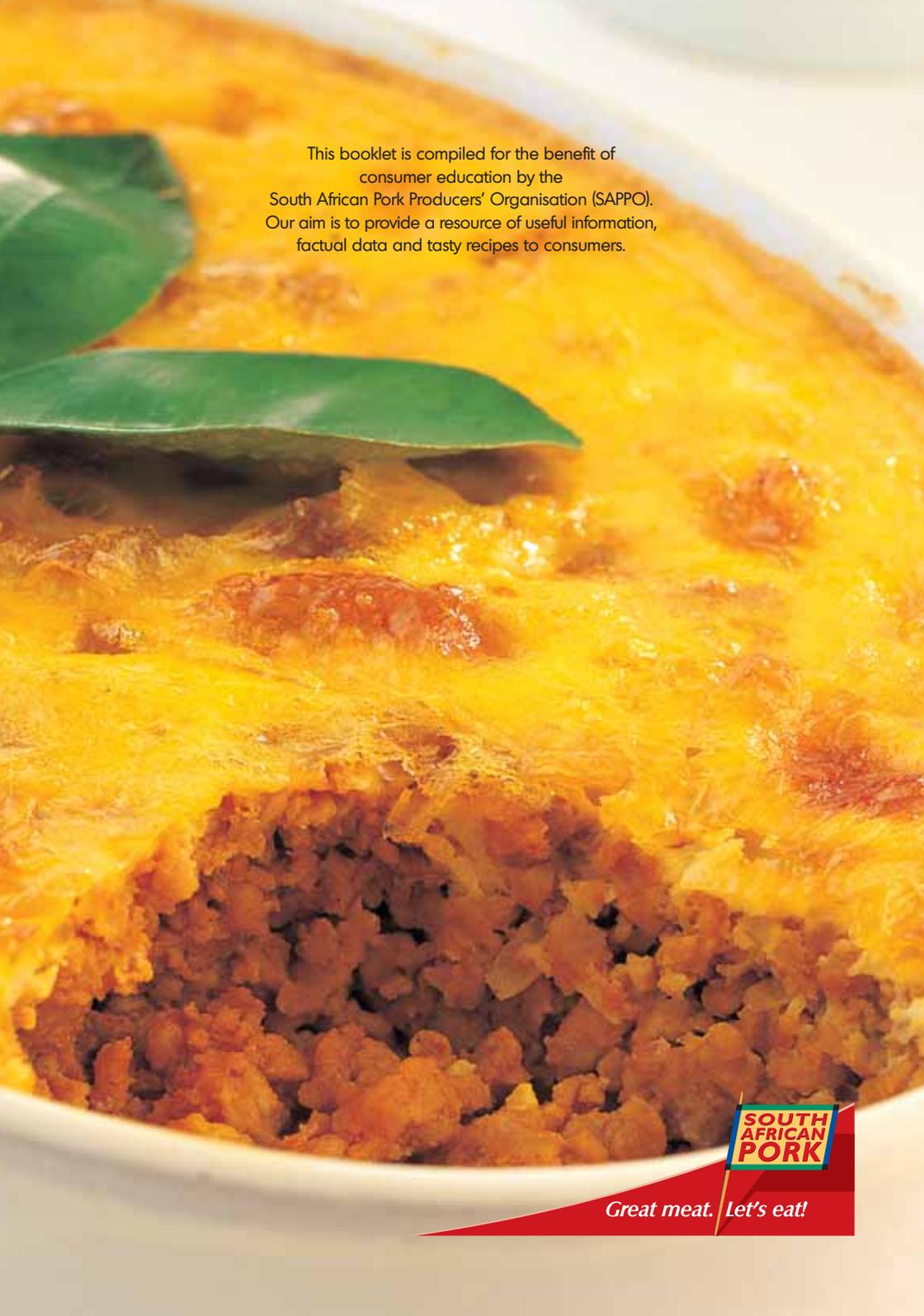
Recipes to keep Warm in Winter



How to prepare perfect pork chops



How to prepare perfect pork stir-fry



This booklet is compiled for the benefit of  
consumer education by the  
South African Pork Producers' Organisation (SAPPO).  
Our aim is to provide a resource of useful information,  
factual data and tasty recipes to consumers.

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