

Love life

city life

park life

family life

busy life

balanced life

social life

easy life

healthy life

Love pork



love life

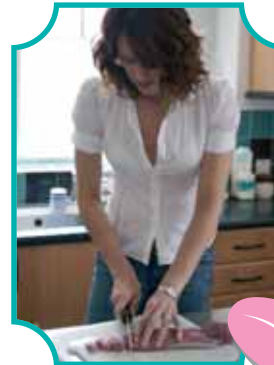


Cooking for friends? Cooking for family? 'Love Life' and make mealtimes a pleasure rather than a chore!

Pork is an incredibly versatile ingredient, very easy to cook with and the variety of cuts mean that there really is something for everyone. An added bonus is that lean pork is naturally low in fat – as low as 4% – and it is a fantastic source of protein.

There's so many times when we don't really take the opportunity to 'love life' and eating occasions are a good example of this – hopefully there are some ideas in this booklet that will help you to make sure that when it comes to mealtimes that will never happen again.

For further lovepork recipe ideas go to www.lovepork.co.uk or call 01908 609821



Photography - Steve Lee
Food Stylist - Clare Greenstreet
Stylist - Jo Harris



Creamy Paprika Pork

Feeds: 2
Time to cook: About 1 - 1 1/2 hours
Oven temp.: Gas mark 3, 160°C, 325°F

take

Lean pork leg or shoulder steaks
Chorizo sausage
Oil
Garlic
Onion
Can chopped tomatoes
Sweet Paprika
Greek yogurt
Fresh parsley

make

Heat 5ml (1tsp) oil in a large pan and cook 225g (8oz) lean pork leg or shoulder steaks, cut into small cubes, and 50g (2oz) chorizo sausage, sliced, for 3 - 4 minutes until browned.

Add 1 clove garlic, crushed, and 1 onion, sliced, cook for a further 3 - 4 minutes.

Add 400g (approx) can chopped tomatoes and 10ml (2tsp) sweet paprika, place in oven and cook for 1 - 1 1/2 hours until pork is tender. Carefully stir through 60ml (4tbsp) Greek yogurt and serve sprinkled with parsley and a dusting of paprika.

eat

Serve with parsnips mashed together with lots of black pepper and a knob of butter and steamed green beans.

If you're after an easy life then our Creamy Paprika Pork really is the recipe for you. It's basically an assembly job - put everything together and leave to cook - delicious, no faff food!

Creamy Paprika Pork



Pork Chop

and chips with yummy pepper sauce



Pork Chops with big chips and a yummy pepper sauce are great if you're a big fan of the gastro-pub and adore classic dishes with a bit of a twist. Choose good thick, juicy chops for a scrumptious supper for two.

Pork Chop

and chips with yummy pepper sauce

Feeds: 2
Time to cook: About 16 - 20 mins (depending on thickness)

take

Lean chunky pork loin chop or steaks
Oil
Yummy Pepper Sauce:
Butter
Mushrooms
Black peppercorns
White wine
Low-fat soft cream cheese
Milk

make

Preheat grill and cook 2 lean chunky pork chops or steaks for 8 – 10 minutes each side, or cook in oven for about 30 minutes at Gas mark 4 – 5, 180°C, 350°F. Once cooked remove chop and keep warm.

Yummy Pepper Sauce: Add small knob of butter to pan and melt. Add 50g (2oz) mixed mushrooms, sliced, and cook for 1 - 2 minutes. Add 5ml (1tsp) black peppercorns, crushed, 30ml (2tbsp) white wine and deglaze the pan (just cook off the juices from the bottom of the pan with the wine).

Remove from the heat and add 30ml (2tbsp) low-fat soft cream cheese and 45ml (3tbsp) milk. Return to heat and warm through gently, stirring to make a creamy sauce for approximately 1 minute.

eat

Serve the steaks with oven-baked chips, crispy baked onion rings, crushed peas with lemon and sage butter.





Pork Ragù



Pork Ragù is a new take on a family favourite and using pork mince gives the meal a subtler flavour which appeals more to kids. Just make a big batch of this, keep it in the freezer and use for week-day meals. It goes down well with everyone in the family – especially the pasta fans!

Pork Ragù

Feeds: 4
Time to cook: About 30 mins

take

Lean minced pork
Lean dry cured bacon
Garlic
Onion
Carrot
Courgette
Can chopped tomatoes
Tomato or sun-dried tomato purée
Sun-dried tomatoes
Parmesan cheese
Fresh basil for garnish

make

Place 450g (1lb) lean minced pork, 3 rashers lean dry cured bacon, chopped, 2 cloves garlic, crushed, and 1 onion, finely chopped, in a non-stick saucepan over a low heat and cook until some juices run out. Increase the heat and cook the meat for 4 - 6 minutes or until browned. If you do not have a non-stick saucepan use 5ml (1tsp) oil.

Add 1 carrot, finely chopped, and 1 courgette, sliced, cook for 1 - 2 minutes. Add 400g (approx) can chopped tomatoes, 30ml (2tbsp) tomato or sun-dried tomato purée, 8 sun-dried tomatoes, chopped, and bring to the boil and simmer for approximately 25 minutes.

eat

Serve with fresh spaghetti, Parmesan shavings and fresh basil, roughly torn and a mixed green salad, drizzled with your favourite dressing.

To make more child friendly you could take out the basil and sun-dried tomatoes and add canned sweetcorn.