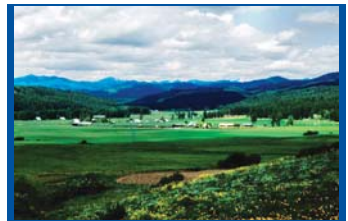


# The Complete Guide to South African Pork

Compiled by the South African  
Pork Producers Organisation

**SOUTH  
AFRICAN  
PORK**

*Great meat. Let's eat!*



**Stay in touch!**



Get current and new information and recipes on the website [www.sapork.com](http://www.sapork.com)  
Have a question relating to pork? Email us at [info@sapork.com](mailto:info@sapork.com)

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The logo for South African Pork, featuring the words "SOUTH AFRICAN PORK" in bold, white, sans-serif capital letters. The text is arranged in three lines: "SOUTH" on the top line, "AFRICAN" on the middle line, and "PORK" on the bottom line. The logo is set against a dark blue background with a yellow border.

*Great meat. Let's eat!*

# Surprising facts

## Local News

The latest research reveals great news about South African pork.

A significant study done at the Agricultural Research Council in 2008 revealed great benefits associated with pork. It's lower in fat than was thought before.

If compared with published data, it's often lower in fat than pork from many other countries.

Today's pork produced in South Africa are scientifically bred to be leaner, providing a lower fat content than was previously believed.



## Pork provides a healthy bonus

Pork is a nutrient-dense food.



**Thumbs up**

It naturally contains many essential nutrients such as protein, vitamins and minerals, without supplying too much fat and energy.

As part of a balanced eating plan, pork can safely be eaten on a daily basis.

However, moderation is the key. Therefore, 560g per week, divided into 5 or 6 portions, is recommended.

## High quality protein

The protein provided by pork contains all the essential amino acids. This makes it a complete protein in a highly digestible form.

It is therefore easy for our bodies to use it for cell renewal, growth, healing and the maintenance of all body tissues. It plays a key role in the immune system.

People wanting to lose weight, or on weight management programs, will benefit from adding lean pork to their menu lists, as it provides wonderful taste and variety to an eating plan.

MAGNESIUM  
PROTEIN  
B-VITAMINS  
POTASSIUM  
POTASSIUM  
CALCIUM  
ZINC  
IRON  
PHOSPHOROUS  
LOW IN CHOLESTEROL

# about SA Pork



## A comparison of the nutrient content of 100g untrimmed, raw mutton, beef, chicken and pork

Nutrients	Unit	Mutton <sup>1</sup>	Beef <sup>1</sup>	Chicken <sup>3</sup>	Pork <sup>2</sup>
Moisture	g	60.7	60.7	74.1	<b>67</b>
Energy	kJ	1087	1057	1020	<b>783</b>
Protein	g	16.9	18.4	21.1	<b>17.3</b>
Fat	g	21.6	20.1	18.71	<b>12.1</b>
Cholesterol	mg	72	62	87	<b>39</b>
Saturated fatty acids	g	9.47	9.19	2.94	<b>4.50</b>
Mono-unsaturated fatty acids	g	8.86	8.94	7.09	<b>4.96</b>
Poly-unsaturated fatty acids	g	1.7	0.28	3.85	<b>2.68</b>
Iron	mg	1.6	1.9	1.4	<b>2.08</b>
Zinc	mg	3.33	3.53	1.5	<b>1.88</b>



<sup>1</sup> Sayed, Frans & Schönfeldt, 1999.

<sup>2</sup> Van Heerden, 2008.

<sup>3</sup> Schönfeldt, van Heerden, van Niekerk, Visser & Heinze, 1998.

## Vital vitamins

The group of B-vitamins is frequently called the “stress busters”, as they help build sound nervous systems (helping us cope with stress) as well as strong immune systems.

Pork is an excellent source of Thiamin (vit B1). Thiamin is involved in the energy-releasing process from carbohydrates in the body. Thiamin also plays an important role in the breakdown of protein and fat from the diet.

Pork is also a good source of Niacin (vit B3), involved in the chemical breakdown of sugar and fatty acids. It provides energy in the body.

## Mineral wealth

The body needs small but vital amounts of minerals in order to sustain general health. Pork is a reliable source, in a highly absorbable format, of the following minerals:

### Iron

The iron in pork comes in an excellent form of bio-available iron which is much more readily available to our bodies than iron obtained from plant based sources.

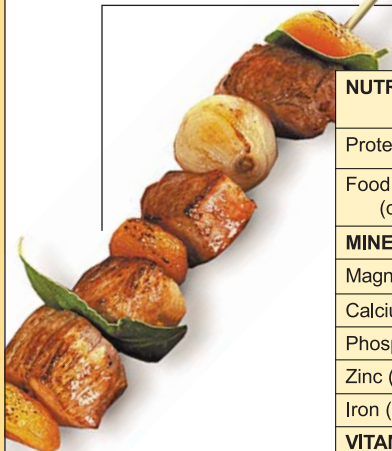


**Contribution of available RDA to the nutrient requirement of females, age 25 - 50 for a 100g edible portion of P-class cooked pork**



NUTRIENTS	UNIT	*RDA FEMALES 25-50	Average % contribution of pork
Protein (Nx6,25)	g	50	50
Food energy (calculated)	kJ	9 196	8
<b>MINERALS:</b>			
Magnesium (Mg)	mg	320	6.8
Calcium (C)	mg	1200	3.34
Phosphorus (P)	mg	800	21.3
Zinc (Zn)	mg	12	23.3
Iron (Fe)	mg	15	15
<b>VITAMINS:</b>			
Thiamin (B <sub>1</sub> )	mg	1.1	24.5
Riboflavin (B <sub>2</sub> )	mg	2.6	1.2
Niacin (B <sub>3</sub> )	mg	15	36.6

**Contribution of available RDA to the nutrient requirement of males, age 25 - 50 for a 100g edible portion of P-class cooked pork**



NUTRIENTS	UNIT	*RDA MALES 25-50	Average % contribution of pork
Protein (Nx6,25)	g	63	40.1
Food energy (calculated)	kJ	12 180	5.8
<b>MINERALS:</b>			
Magnesium (Mg)	mg	420	5.2
Calcium (C)	mg	800	3.4
Phosphorus (P)	mg	700	24.3
Zinc (Zn)	mg	15	1.8
Iron (Fe)	mg	10	2.2
<b>VITAMINS:</b>			
Thiamin (B <sub>1</sub> )	mg	1.2	22.5
Riboflavin (B <sub>2</sub> )	mg	1.3	2.6
Niacin (B <sub>3</sub> )	mg	16	34.3

Pork contains heme-iron, which is more easily absorbed than non-heme iron (found in plant foods). The iron found in meat actually helps the body to absorb non-heme iron more efficiently.

Iron carries oxygen from the lungs to the brain and muscles in the body. It helps to build and maintain a healthy immune system, which helps our bodies to fight infections.

## **Zinc**

Important for optimal functioning of the immune system, wound healing, as well as healthy hair and skin.

## **Magnesium**

Important to combat osteoporosis, heart diseases and diabetes. Also needed for the normal function of many enzymes in the body, as it acts as a catalyst for chemical reactions such as glucose and muscle action.

## **Calcium, potassium, phosphorus and sodium**

These important minerals, found in pork, help to protect our bones and organs and keeps us strong and healthy.

## **Energy**

Despite everything being said about reducing the consumption of fat, it will always be an important part of a balanced diet. It provides energy to the body and protects the vital organs such as the kidneys.

## **It contributes essential fatty acids as well as the fat-soluble vitamins A, D, E and K**

Pork contributes high amounts of polyunsaturated fatty acids (the good guys).

Pork contains low amounts of cholesterol and saturated fatty acids (the bad guys) when compared with other meats.

People who are concerned blood pressure, diabetes or heart health, can safely include 560g of lean pork (divided into several portions) on their eating plan.



“  
People wanting to lose weight, or on weight management programs, will benefit from adding lean pork to their menu.  
”



# Smart Info for Modern

## Eat well and feel good

SA Pork recommends a balanced eating plan according to which all foods, including pork, can be enjoyed in moderation.

For a great source of complete protein, include a moderate portion of pork 3 – 4 times a week in your overall eating plan. It is a good idea to eat plenty of colourful vegetables with pork or any other meat or poultry.

These retail cuts are described on page 7.

## Know Your Facts

Today's educated consumers stay up to date with the latest news about fresh pork and good nutrition.

Fresh pork in South Africa is a modern, nutritious and 100% safe meal choice. Quality assurance systems from the farm to your fork provide a guarantee of excellence and food safety.



### Did you know?

Pork is the world's no 1 choice. In most countries with a well developed pork production industry, pork is the most frequently enjoyed meat on the menu.

Pork is a white meat with very little fat inside the lean muscle fibers.

It's easy to trim pork to your preference. Where there is fat on a pork cut, all the fat sits on the outside, making it easy to remove or trim to a thin layer.

In this regard it is similar to chicken, where most of the fat is contained in the skin of the chicken.

# Consumers



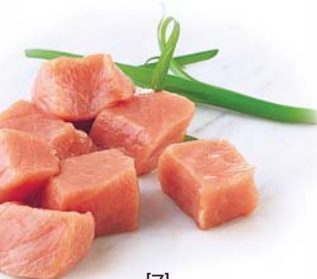
[1]



[3]



[5]



[7]

A fairly thin layer of fat (up to 3mm) will provide great taste and juiciness to any pork cut.

The lean cuts (where all the fat is situated on the outside of the meat portion) can be enjoyed fairly frequently – 3 to 4 times per week – by slimmers and health conscious consumers, as it will provide a high-protein, low fat meal.

Remember, if you don't see it – ask for it!

[1] Pork loin, rib, neck or chump chops

[2] Roasts made from the leg or shoulder of pork with a fat layer of 3mm or less

[3] Pork shanks (delicious for potjiekos, curries and stews)

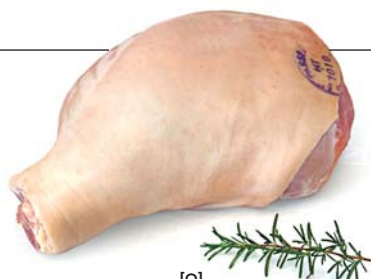
[4] Pork fillets (these have no fat)

[5] Stir fry pork strips with no visible fat

[6] Pork loin steaks. An elegant cut, low fat and easy to cook.

[7] Pork goulash or cubes of pork, without visible fat. These are especially good for making your own kebabs.

[8] Pork mince with a very low fat content.



[2]



[4]



[6]



[8]



*If you find any of the above cuts in the meat cabinet with too much fat on, simply ask the butchery staff to cut the excess fat off for you. Otherwise, use a sharp knife and trim the fat off at home.*

# Popular ways of using the different cuts

## 5 LEG

**Whole:** A leg of pork is an economical and tasty way to feed a big group of people.

Ask your butcher to remove the bone and to tie the leg up with string to ensure an even shape and easy carving, once it is cooked.

**Smaller roasts:** Ask your butcher to divide the leg into the thick flank and silverside for two smaller roasts.

**Cubes:** The leg can be cut into cubes for kebabs, stir-fries (strips) and stewing dishes and curries.

**Schnitzels:** Ask your butcher to cut schnitzels from the leg for you and to tenderize these in a tenderizer machine. These can be crumbed and pan-fried for a tasty, delicious meal.

**Steaks:** Some butchers cut large steaks (or chops) from the leg of pork. These can be grilled or used on the braai.

## 2 RIB

**Chops:** Pork rib chops look very similar to loin chops and have a classical "chops" shape. Ideal for pan frying, on the braai, or oven grilling. Can be marinated and / or basted with a sauce.

**Whole:** Can be deboned and rolled for a roast, or used with the bone in for an oven roast.

## 4 CHUMP

**Chops:** These are the rump steaks from the pork carcass. Ideal for grilling, pan frying and on the braai. Use with or without a marinade and basting sauce.

**Whole:** Sometimes this section is left on the leg of pork to ensure a big oven roast. It can be deboned (ask your butcher to do this) and used for an impressive roast, which is easy to carve.

## 3 LOIN

**Chops:** Everybody loves pork loin chops! Tender and tasty, they are easy to pan fry, grill in the oven or braai over coals.

**Saddle:** when left undivided (not split into two halves) this roast is called a "saddle".

**Roast:** The loin can be used as an oven roast with bone in, or boneless and rolled for a great shape and easy carving.

## 1 THICK RIB

**Chops:** These chops are cut close to the "neck" end of the carcass and are the juiciest, most tender chops you will find. Ideal for grilling and pan frying.

**Oven roast:** Ask your butcher to remove the shoulder blade and tie the roast with string, or to put it into a mesh "pocket" to ensure an even shape.

**Cushion:** When you fill the cavity where the shoulder blade has been removed with a stuffing before oven roasting, this cut is called a "cushion" of pork.

**Cubes:** The thick rib is sometimes cut into cubes for kebabs, stir-fries or curries and stews.



## 6 SHANKS (AND TROTTERS)

**Whole:** often cured and smoked and called "Eisbein". Delicious when slow-cooked until very tender and served with potatoes.

**Slices:** Ideal for any long, slow-cooking dish. Use for tomato bredie, curries, stews and potjiekos.

## 7 BELLY

**Strips/Rashers/Streaky pork:** These delicious, juicy strips of pork are best when grilled over medium hot coals. Can be grilled plain or with a basting sauce and marinade.

**Whole:** Ask your butcher to remove the bone and roll the belly for a delicious, juicy oven roast.

## 8 BREAST

**Spareribs:** this is where the all-time favourite spareribs are cut from. At your request, your butcher will cut it into long, thin "racks" of spareribs (to look like the spareribs you order in a steakhouse). They can be marinated, basted and grilled in the oven or over coals.

**Whole:** The breast can be used as a delicious oven roast and is tasty and tender when grilled in a Weber-braai.

**Bone removed:** Ask your butcher to remove the bone and make a roll for an economical oven roast.

Diagram of pork cuts





# Buying Tips

Get great value by knowing how to shop

## Bulk buys

Don't be scared to buy pork in bulk!

Buying pork in bulk will often save you a lot of money. Butcheries and supermarkets will always give you a much better price for a half carcase or for big bulk packs.

Buying in bulk obviously means that you'll end up with a variety of different cuts. It's worthwhile getting to know the different cuts and how to cook them. You'll be amazed how easy it is once you know which cut you're dealing with.

Simply use this handy booklet to find out what to do with the different cuts.

## Buy seasonally when pork offers good value for money

Due to production cycles, pork is in more plentiful supply from January to the beginning of September.

During these months, the price is often a lot lower than closer to Christmas.

Make use of these low prices to buy in bulk and save a huge amount on your meat purchases.

## Freezing & storing tips



Before you leave the butchery, ask your butcher to weigh the big pieces of pork

(such as roasts) for you and label them with the weight. By doing this, you can easily work out the number of portions in a roast.

Once you get home from the butchery, freeze the pork as soon as possible to ensure a high quality end product.

Separate the different cuts and package in suitable portion sizes.

## HOW TO WORK OUT PORTIONS

**To work out portion sizes for smaller cuts** simply count the amount of chops or rashers or small cuts.

**For big pieces such as roasts, calculate the portion sizes as follows:**

150g – 180g of *raw, boneless pork* is enough for a moderate portion for **one** person when it is cooked. This means you divide the number of grams of pork in your roast without a bone as follows:

If your deboned roast weighs 1,1 kg (1100g)

a) divide 1100 by 150 = 7,3 portions

b) divide 1100 by 180 = 6,1 portions

Now you know that your roast of 1,100 kg (which has no bone in it) will feed between 6 and 7 people when cooked.

For roasts **with a bone in it**, allow a raw amount of 200g – 220g per person for a generous portion.

If a roast (with bone) weighs 1,45 kg (1450g)

a) divide 1450 by 200 = 7,25 portions

b) divide 1450 by 220 = 6,5 portions

This means your roast with a bone in that weighs 1,450 kg, will feed between 6 and 7 people when cooked.





## Make it easy for yourself

Write this information on a sticker or a piece of masking tape and mark the roast with this once wrapped in plastic.

Wrap with the thickest possible plastic or

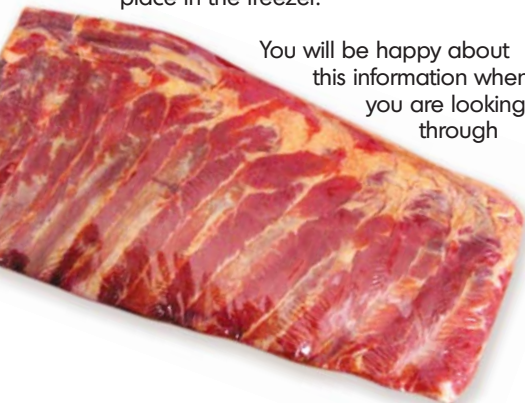


use thick plastic bags, and exclude as much air as possible from the bag. When air comes into contact with your frozen pork, it can cause dry meat and can shorten the life of your frozen meat.

To protect your meat quality, you can even double wrap the cuts if using cling wrap. The thicker the wrapping material around your pork, the more it will be protected against drying out, and the long you can freeze it.

Label each packet with the name of the cut, the date that you purchased it and the number of portions in the packet. Now place in the freezer.

You will be happy about this information when you are looking through



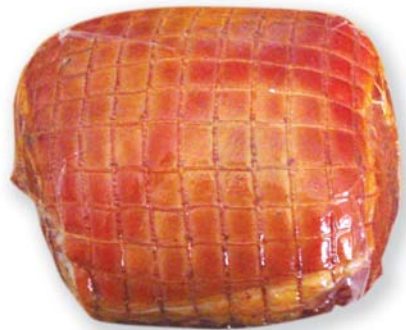
the contents of your freezer, as you can see at a glance what you have in your freezer and how long it has been there.

Pork that's bought in individual packets from supermarkets (for example, when you buy a single packet of chops or one roast) can be frozen in the same wrapping as what it was bought in, but then should be used within 1 – 3 months of freezing.

If you would like to protect the quality of your pork and perhaps freeze it for longer, it's best to double wrap the packets with cling wrap or thick plastic packets.

## Vacuum packaging

Vacuum packaging is a great way to protect the quality of pork in the freezer and is highly recommended.



## How long to freeze pork?

The wrapping plays a big part in the period of time you can freeze pork before using it. The thicker the wrapping and the more air is excluded from the packaging, the longer it can be frozen.

If larger pieces such as roasts are packaged very well or vacuum packed, they can be frozen up to 6 or 9 months.

Small cuts such as packets of chops will be at their best if eaten within 1 – 3 months of freezing it.



## Preparation & handling tips

For best results, thaw pork cuts very slowly. Leaving frozen pork overnight in your fridge to defrost slowly will ensure a juicy end result.

Never pour boiling water over frozen packets of pork!

If an emergency arises and you have to thaw some pork in a hurry, use the “defrost”



cycle of your microwave oven and defrost it as slowly as possible.

The quality and taste of your pork dishes will be at their best if you keep it at a cold temperature until it is placed in the pan or the oven.

Don't leave pork outside (at room temperature) for periods longer than 10 minutes – rather keep it in the fridge at all times. This will prevent the loss of delicious meat juices.

### Dry before you fry

Once defrosted, always pat the pork dry with kitchen paper towels. This is especially

important for anything you want to fry in a pan, such as chops or steaks.

### Prepare with care



For chops, stir fries and other small cuts, never season with salt before you start the cooking process. The salt will draw the juices out. Simply rub the dry chops with olive oil on both sides before frying or grilling. Use a moderately warm temperature when frying or grilling pork.

Season chops on both sides with your favourite meat seasoning, salt and pepper one minute before removing it from the pan.

Always turn pork over in a pan with tongs or two spatulas, and never use a fork! A fork will make holes in the meat and all the tasty juices will run out, leaving you with a dry piece of meat.

Larger pieces such as roasts can be rubbed with olive oil, salt and pepper before placing it in the oven.

### Insist on Fresh when you buy



Not everyone buys pork in bulk to freeze at home. Often we buy one or two packets of pork to take home and cook without freezing it.

When shopping at the meat counter, be wide awake not to purchase pork that has been frozen before.

Always insist on fresh pork cuts, never frozen before you buy it. This will ensure you get a good quality product which will not be dry after it's frozen for a second time.

Shop like a pro, and ask the butchery staff if you are not sure.

# There's a Chef in my kitchen...

Cooking pork is the easiest thing! Everyone can do it, once you understand a few basics. Once you start cooking pork, you'll soon have confidence and enjoy the reputation of a great cook.

Make sure you've got a very sharp knife, good quality olive oil and a sense of adventure.

At the most basic level, there are 3 cooking methods used for pork:

## Dry heat cooking

This is oven-roasting, oven-grilling, braising over the coals, pan-grilling, deep-fat frying



and shallow fat frying in a pan. The pork is cooked by means of direct exposure to heat, or the circulation of very hot air.



Suitable cuts for dry heat cooking are any pork roast, for example leg roasts, shoulder or neck roasts, loin roasts, rolled pork belly or whole rib roasts.

For oven-grilling, pan grilling or braising, choose any chops (from the loin, rib, shoulder, chump or neck) any pork steaks, kebabs or sosaties and sausages. It's a good idea to rub the

pork cuts with a little olive oil before grilling, to prevent it from sticking to the metal grid.

Deep-fat frying is hardly used today anymore, except sometimes by caterers who fry small pork fricadels or crumbed chops or steaks in oil. When doing this, it's best to coat the fricadels with seasoned crumbs or a batter to protect the delicate pork meat against the high temperature of the oil. Always drain it very well on kitchen paper to absorb excess oil.

Shallow-fat frying is used for crumbed cuts such as pork schnitzels or crumbed chops.

A good tip is to place the schnitzels or crumbed chops or steaks in the fridge for at least 2 hours before frying. This will help the crumbs to stick to the meat surface when frying. Drain well on kitchen paper before serving.

## Moist heat cooking

This is stewing/simmering, casseroles, pot-roasting, braising, boiling, using cooking bags or wrapping foil around a pork cut.

Stewing and casseroles is used for any curry dishes or stews, and pork cubes or pieces used for this can be cut from the thick rib, leg, breast or belly. Bigger cuts such as pork shanks can also be used. Pot-roasting is best for bigger joints such as the shoulder or thick rib.

Cooking bags or the wrapping of pork joints in aluminium foil before putting it in the oven (always wrap with the shiny side of the foil against the meat) is best for cuts such as whole shoulder/thick rib joints or a leg of pork. If this method is used, it's best to remove the outer skin, as the skin will not crisp if moist heat is used.

Braising is used for steaks or chops, or slices from the breast or belly. Boiling is best if



only used for cured and smoked cuts such as eisbein or gammon.

## Combination cooking (the best kept secret)

Stir-fry is a combination of dry and moist heat. Pork stir-fry dishes are extremely quick, easy to make, economical and healthy! Add flair and lots of options to your menu repertoire and use pork stir-fry dishes more often.

Pork strips for stir-fry dishes can be cut from the leg or shoulder.

If you don't see pork stir-fry strips in the butchery counter ask for it! It's worth it! It's so easy...

**Hot tip**



Start with a small amount of olive oil or peanut/canola oil in a heavy-based frying pan. (A combination of olive and peanut oils give the best results.)

Pat the pork strips dry with kitchen paper and stir-fry until they just start to turn a light golden brown. Do not overcook! Add strips of veggies, keep on stirring and add tablespoonsful of boiling water or heated wine or fruit juice (as



it becomes necessary) to "steam-fry" the dish further without adding more oil. Flavour with soy sauce, oyster sauce, hoisin sauce or fruity flavours such as sweet chilli sauce, pineapple sauce or sweet and sour sauce to suit your tastebuds. Stir steamed rice or cooked noodles into the pork and vegetable mixture, taste and adjust seasoning, and serve hot.

## Improve the Eating Experience of a Pork Roast

A new study has confirmed that "resting" a pork roast for 5 minutes after it comes out of the oven definitely improves the juiciness and tenderness of pork roasts. Simply cover the cooked roast with foil, shiny side towards the pork, and leave somewhere warm (in the kitchen), away from cold draughts, to "rest" 5 minutes. It will be easier to carve the pork into neat slices, as the resting period helps the cooked pork to "relax".



The best method to test if pork is cooked properly on the inside, is to invest in a meat thermometer. Buy one at a "braai" shop or at any good kitchen shop. Wash the meat thermometer before using it, and to test if the pork is cooked, stick it into the thickest part of the pork. It is perfectly cooked when the internal temperature is between 160 and 170°F, or between 71 and 75°C.

## A Feast of Flavours

Pork is unique as a flavour carrier, as it is the only meat type that combines superbly with all the sensory taste combinations and textures. (Savoury, sweet, sour, smokey, bitter, smooth, crisp, meltingly tender, chunky, crunchy, robust, delicate and anything in between.)

Nothing beats pork when it comes to versatility and fusion of flavours!

It's great with savoury tastes and loves to flirt with almost any herbs and spices. Try sage, fennel, chives, coriander, mint, garlic, parsley, marjoram, tarragon, chopped olives, sundried tomatoes, rocket, goats/mozarella cheese, grated lemon peel, Oriental sauces, rich brown gravy or anything creative you can think of.

On the fruitier/sweet/sour side of the taste spectrum, think of apples, quinces, pineapple, gooseberries, pomegranite or any berries, prunes, apricots, lemon juice, chutney, onion marmalade, ginger, cinnamon, cardamom, baked bananas, chilli chocolate, ginger crumb crusts and so on.





## Finger-licking Belly Strips

4 – 6 servings

Start this fantastic treat the day before. Be sure to allow enough pork for second helpings for everybody!

6 – 8 portions pork belly strips  
 250 ml tomato sauce  
 250 ml soy sauce  
 100 – 125 ml clear honey  
 finely chopped fresh ginger and garlic cloves (30 ml)  
 100 ml medium sherry  
 15 ml sweet chili sauce  
 5 ml finely ground star anise (optional)  
 salt and pepper to taste  
 15 ml olive oil

**Trim** the excess fat from the belly strips & make sure the rind is removed.

**Mix all other** ingredients except olive oil in a large shallow dish. Add belly strips and coat well with the mixture. Cover with cling film and leave in the fridge overnight.

**Next day**, transfer pork and sauce into a heavy based cooking pot with a lid.

**Bring to** a simmer and cook slowly over low heat, turning the pork every now and then, until the pork is quite tender. Remove from heat and allow the pork to cool in the marinade.

**Once it** has cooled off, the pork can be kept again in the fridge in the sauce until 20 – 30 minutes before mealtime. Remove pork from the sauce. Boil the sauce in a saucepan over high heat until it is syrupy and quite sticky.

**Arrange the** pork belly strips on an oven rack, coat with a little oil and grill 5 minutes on each side. Turn frequently. After 5 minutes, start basting the pork with the sticky sauce while grilling.

**Be careful** not to let it burn.

**Once it** turns a delicious, golden colour and the pork is coated well with the sticky sauce, remove at once from the oven and serve. Season with salt and pepper to taste.

**Fresh, warm** bread rolls and a mixed salad compliments this tasty dish.



## Golden Roast Leg of Pork

7 – 8 servings

Calculate approx. 250 g of pork per person when you buy the roast. A 2 kg leg of pork will therefore be enough for 7 – 8 people. Get your butchery staff to score the skin for you. This makes beautiful, crisp crackling.

1 x leg of pork, approx 2 kg – 2,5 kg  
 salt and pepper to taste  
 olive oil for rubbing  
 apple sauce for serving

**Preheat the** oven to 180°C. Pat the leg of pork dry with kitchen paper. Score the skin on 2 cm intervals if not done yet. (Cut through the skin and outside fat layer on top with a very sharp knife.) Rub with salt, pepper and olive oil. Place open on a wire rack in an oven-roasting tin.

**Roast the** leg for the required amount of time. Calculate as follows: for every 500 g, roast it for 30 minutes.

**At the end**, add on 15 – 20 more minutes. The skin on top should be golden brown and crisp. You can use the oven grill for a little while to help this process. (Watch it and don't brown it too much.)

**You can slice** potatoes thickly and put them in the roasting pan underneath the pork. They'll be roasted and coated with lovely meat juices at the same time.

**When done**, remove pork from oven and leave in a warm place to "rest" for 8 – 10 minutes. This "settles" the juices. Carve thinly against the grain. Serve with gravy, vegetables and apple sauce.



## Creamy Durban Pork

**Serves 4 without vegetables**

**Serves 6 with vegetables**

15 – 30 ml olive oil or other good quality oil  
 2 onions, sliced / chopped  
 2 cloves garlic, finely chopped  
 1 stem fresh ginger, chopped (optional)  
 15 ml curry powder  
 3 ml each dry coriander, fine cumin & garam masala (optional)  
 1 kg fresh pork, cut into 2,5 cm cubes  
 20 ml apricot jam  
 salt and pepper to taste  
 10 ml sugar  
 20 lemon juice / vinegar  
 10 – 15 ml cornflour (Maizena)  
 125 ml plain yoghurt / Smetena / crème fraîche  
 handful chopped, fresh basil / coriander (optional)  
 Optional vegetables: 250 ml chopped green beans / green peas / chopped carrots / broccoli florets / cauliflower florets. Use at least 2 types of vegetables.

**Heat oil** and sauté onions, garlic & ginger until soft. Add curry powder & other spices and stir over medium heat until spices have absorbed all the oil. Remove from pan.

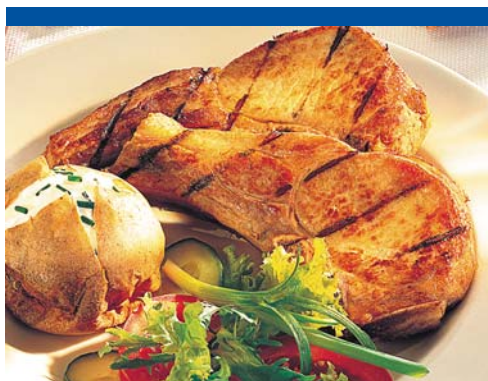
**Heat a little** more oil and brown the pork cubes lightly.

**Add onion** mixture, apricot jam, salt & pepper and approx 500 ml chicken stock or hot water. Simmer over low heat until meat is quite soft.

**Add vegetables** and simmer until vegetables are soft. Add sugar and lemon juice / vinegar. Season to taste.

**Mix cornflour** with cold water to form a paste. Add to curry and stir until the sauce thickens. Add yoghurt / Smetena / crème fraîche and remove from heat.

**Lastly, stir** in the chopped basil or coriander. Serve with rice.



## Lemon and Mustard Pork Chops

**4 servings**

4 pork chops or pork steaks trimmed of unwanted fat juice and grated rind of one lemon  
 1 tablespoon of wholegrain or French mustard olive oil  
 salt, pepper and garlic and herb seasoning  
 apple sauce to serve

**Combine lemon** juice, lemon rind, about 50 ml olive oil and mustard in a flat dish.

**Coat pork** chops with this mixture and marinate 30 minutes on each side in the fridge.

**Remove steaks** or chops from marinade, pat dry with kitchen paper and pan-fry in a tablespoon of heated olive oil in a heavy-based frying pan. Keep the pan temperature medium hot – not smoking hot.

**Serve warm** with apple sauce.

**Great with** mashed or baked potatoes and salad.

### SMART INFO

When frying pork, only use medium-hot oil (if oil smokes, it's too hot). For roasting, cook at 180°C – allowing 1 hour for every kilo. Never boil pork – it will get tough and lose its flavour.





## Pork Kebabs with Sticky Marinade

4 – 6 servings

450 – 500 g pork cubes, cut from the leg, shoulder or thick rib (2,5 cm cubes work best, very small cubes will shrink too much during grilling)

1 x bottle sticky rib marinade (available from any good supermarket)

125 ml dried peaches or apricots (the “soft eating” type works best)

2 – 3 onions, cut into quarters, or 8 – 10 small onions

lemon or bay leaves (optional)

button mushrooms and pieces of green or red pepper (optional)

salt and pepper for seasoning

wooden skewers, soaked in water for at least 20 minutes

**If necessary**, trim any fat on the pork cubes to a very thin layer. Place pork cubes in a glass or ceramic dish and pour sticky rib marinade over to cover the meat.

**Stir through** until all cubes are covered in marinade. Add peaches/apricots, onions, mushrooms and pepper pieces, if used.

**Cover and** marinate overnight or for at least 4 hours in the fridge.

**Skewer pieces** of pork alternately with onions, bay/lemon leaves and apricots, mushrooms and peppers onto the wooden skewers.

**Grill over** medium-hot coals, not smoking hot coals. Your end result will be much better and juicier if the pork kebabs are cooked slightly slowly, over a low heat. Very hot coals will give a dry end result and shrink the meat.

**Grill only** until done, not overcooked. It is done when the inside of the pork cubes is light grey or white (similar to chicken) but still juicy.

**Baste frequently** (using a kitchen brush) with any left-over marinade, and season with salt and pepper towards the end of the cooking period. Serve hot with crisp breadrolls, couscous salad or a fresh green mixed salad.

**Pork kebabs** can also be grilled very successfully in the oven.



## Quick and Easy Pork Stir-Fry

4 – 6 servings

Approx 750 g pork stir-fry strips  
olive oil for frying or any other good quality cooking oil

1 onion, finely chopped

1 each green & red sweet peppers, chopped

3 – 4 baby marrows, sliced

450 g sliced mushrooms

2 – 3 carrots, cut into thin strips

15 ml dry or medium dry sherry

15 ml balsamic vinegar

15 ml brown sugar

10 ml cornflour, mixed with a little cold water

15 – 40 ml soy sauce (use according to taste)

cooked noodles for serving

**Pat the strips** dry with kitchen paper. Heat the oil in a wok or pan and fry the pork strips until golden brown, but not dry. Remove and keep warm.

**Stir-fry** all the vegetables until cooked, but still fairly crisp. Return pork strips to pan and add the sherry, vinegar, brown sugar and cornflour paste.

**Season with** soy sauce. Taste and adjust seasoning. Serve hot with noodles.

### SMART INFO

Approved South African Pork enjoys a natural mealie and grain-based diet without any scraps or leftovers used as animal food.



## Family Bobotie Dish

**4 – 6 servings**

1 kg lean pork mince (order it from your butcher, if necessary)  
 2 medium sized onions, chopped  
 2 garlic cloves, finely chopped  
 50 ml olive oil  
 15 ml mild curry powder ground turmeric, salt, pepper and ground coriander to taste  
 30 ml lemon juice  
 2 slices white bread  
 250 ml milk  
 2 eggs, lightly beaten  
 45 ml fruit chutney

**Fry the pork** mince in a little bit of the olive oil. Remove and fry the onion, garlic, curry power & other spices in the rest of the olive oil until soft and translucent.

**Soak the** bread in the milk until soft. Mash the bread with a fork and add to the pork mince and onions, together with the chutney and lemon juice.

**Place in** an oven dish.

**Top up** the milk to approx 300 ml and mix with the eggs. Pour over the meat in the oven dish and if desired, place bay leaves or lemon leaves on top.

**Bake 1 hour** or until cooked at 180°C. Serve with yellow rice.



## Pork Pockets with Goats Cheese and Rocket Stuffing

**4 – 6 servings**

4 – 6 pork loin steaks or thick pork loin chops (it's a good idea to order these from your butcher)  
 salt and pepper to taste  
 100 – 120 g goats cheese, softened in a bowl  
 approx 125 – 150 ml rocket leaves, finely chopped  
 15 – 30 ml olive oil  
 25 ml plain yoghurt or 25 ml crème fraîche  
 15 ml chopped, fresh herbs

**Pre-heat** the oven to 180°C.

**Cut a “pocket”** into each pork steak or chop with a very sharp knife. Season the pork steaks or chops lightly (inside the pocket and outside) with salt and pepper.

**Mix the goats** cheese and finely chopped rocket leaves and spoon into the cavities in the pork steaks. Sew with a thick needle and thin string to close the pockets. Make a big knot in the string to make it easy to remove it later. You can also close the pockets with a few toothpicks – just try to keep the steaks as flat as possible.

**Heat the olive** oil in a pan and gently fry the pork steaks until golden brown on both sides. Transfer the steaks to a roasting pan, and roast for a further 10 – 15 minutes in the oven to cook through. Turn a few times to roast evenly.

**Place steaks** on a heated serving dish and remove the string or toothpicks.

**Mix the** yoghurt or crème fraîche and chopped herbs and spoon over the pork pockets. Serve warm with steamed veggies.

**Variation:** Also delicious when served with sweet chilli sauce in stead of the yoghurt or crème fraîche.



## Basic Stir-Fry

5 – 6 servings

500 g pork strips, cut from any part such as the leg, shoulder or loin  
 olive oil for stir-frying  
 125 ml sliced mushrooms  
 125 ml thin carrot strips  
 125 sliced baby marrows, or green beans, or green peppers  
 soy sauce to taste  
 15 ml dry or medium sherry  
 15 ml cornflour, mixed with a little water  
 1 packet instant noodles, cooked

**Pat the pork** strips dry and fry gently in the heated olive oil until light golden brown. 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. Cook until cooked through, but still crunchy.

**Return the** pork strips to the pan and season with soy sauce and sherry.

**Add the** cornflour paste, stir through thoroughly, and serve with the cooked noodles.



Create your own combination and taste sensation by using other veggies. Try sliced green beans, mange tout, 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, sweet chilli sauce, hoisin sauce, pineapple sauce or oyster sauce.



## Tomato friccadels

4 – 6 servings

25 ml olive oil  
 1 onion, finely chopped  
 1 garlic clove, finely chopped  
 500 – 750 g lean pork mince (it's a good idea to order this from your butcher)  
 5 – 10 ml ground coriander  
 3 ml ground cloves  
 15 ml tomato ketchup or tomato puree  
 75 – 85 ml soft, fresh breadcrumbs  
 30 fresh parsley, finely chopped  
 50 ml plain yoghurt, or a little more if needed  
 salt and pepper to taste  
 1 – 2 tins of Italian tomatoes, chopped finely

**Heat the olive** oil and fry the onion and garlic until soft. Remove from heat.

**Mix the rest** of the ingredients with 2 forks. Shape into round meatballs.

**Place in** an oven baking dish and pour the chopped Italian tomatoes over.

**Bake open** in the oven at 180°C for approx 30 – 40 minutes, or until the pork friccadels are cooked right through.

### SMART INFO

Pork mince adds great texture and taste to any dish. Combine with beef, lamb or ostrich mince for excellent results.



## Budget Beater Pork Shanks

**5 – 8 servings**

1,5 – 1,8 kg pork shanks, cut into portions  
 25 ml seasoned cake flour  
 25 ml olive oil  
 2 onions, cut into rings  
 2 garlic cloves, finely chopped  
 salt and pepper to taste  
 1 small tin tomato puree  
 5 ml sugar  
 250 ml chicken stock  
 2 – 3 medium potatoes, peeled and quartered  
 2 – 3 carrots, chopped  
 125 ml green beans, cut into strips  
 10 – 15 ml chopped fresh herbs, such as sage, coriander, basil and/or parsley

**Roll the pork** shanks in the seasoned flour and fry gently in the olive oil until light and golden brown.

**Add onions** and garlic and sauté until the onions are soft and transparent.

**Add the** remaining ingredients, except potatoes, carrots and beans.

**Cover with** a lid and simmer for 1½ - 2 hours over low heat until tender.

**Add boiling** water or a little more chicken stock if the sauce cooks away.

**Add the vegetables** 30 minutes before the end of the cooking period, and simmer until the pork shanks and the vegetables are soft.

**Serve with** crusty bread rolls, couscous, rice or pasta.



## Summer Salad with Pan-fried Pork

**4 – 6 servings**

1 – 2 pork fillets  
 rosemary and olive seasoning  
 25 ml olive oil  
 salt and pepper to taste  
 1 packet mixed salad leaves or Asian lettuce leaves  
 1 small packet rosa or cherry tomatoes, halved  
 ½ cucumber or 4 – 6 israeli cucumbers, sliced  
 1 small packet spring onions, chopped  
 your favourite salad dressing

**Pat the pork** fillets dry with kitchen paper.

Season with rosemary and olive seasoning.

**Heat the** olive oil in a pan, and sauté the pork fillets while turning frequently over medium heat. Continue to sauté until the fillets are just cooked through. Season with salt and pepper and remove from heat.

**Arrange lettuce** leaves, halved tomatoes, cucumber and spring onions in a shallow salad bowl.

**Slice the pork** fillets against the grain and place slices on top of the lettuce leaves. Drizzle the pan juices over the slices.

**Serve with** fresh bread rolls or pita breads and your favourite salad dressing.

**Optional ideas:** Add other vegetable strips such as carrot, steamed asparagus or green beans, baby corn or sliced avo to the salad for an interesting variation.

**Serve the** salad with a dressing of olive oil and balsamic vinegar.





## Glazed Roast Loin of Pork with Baby Vegetables

**8 servings**

*1 boneless, rolled loin of pork (skin removed),  
approx 1,5 – 1,8 kg*

*olive oil to rub into pork  
salt and pepper to taste*

*45 ml cranberry jelly, or apple or quince jelly*

*25 ml soy sauce*

*Vegetables:*

*Approx 2 cups (2 x 250 ml) baby potatoes, peeled  
approx 4 cups (4 x 250 ml) of other baby vegetables,  
such as aubergines, patty pan marrows or baby  
green beans*

*15 ml olive oil*

*salt and pepper to taste*

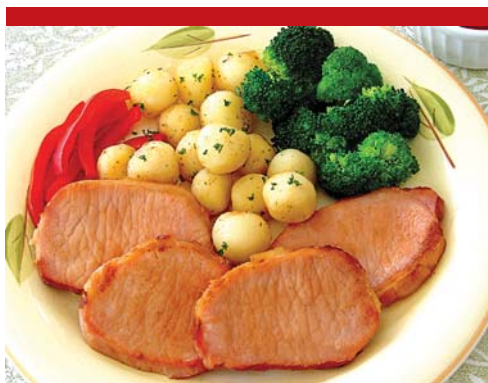
**Pre-heat** the oven to 180°C. Calculate roasting time by allowing 30 minutes roasting time for every 500g of pork loin. Add an additional 20 – 25 minutes of roasting time at the end.

**A loin** of 1,6 kg will therefore have to roast for approximately 2 hours at 180°C. (96 minutes plus 24 minutes added on at the end, gives you 120 minutes = 2 hours.)

**Pat** the loin dry with kitchen paper and rub with olive oil, salt and pepper. Place on a wire rack in an oven roasting tray and place in the center of the oven for a total period of 2 hours.

**Add the baby** potatoes to the pan dripping in the oven roasting pan underneath the roast after 1 hour and 30 minutes.

**Melt the** cranberry jelly and mix with the soy sauce. Paint onto the loin and return the loin to the oven. Continue to do this 2 more times on regular intervals until you have used up all the cranberry jelly.



## Quick and Easy Kassler Steaks

**4 servings**

*4 – 6 Kassler steaks (or Kassler chops)*

*45 ml olive oil*

*25 ml honey*

*15 ml lemon juice*

**Pat the Kassler** steaks or chops dry with kitchen paper. Heat the olive oil in a heavy based frying pan and fry the steaks or chops over moderate heat until just cooked. (Don't cook them until they are dry.)

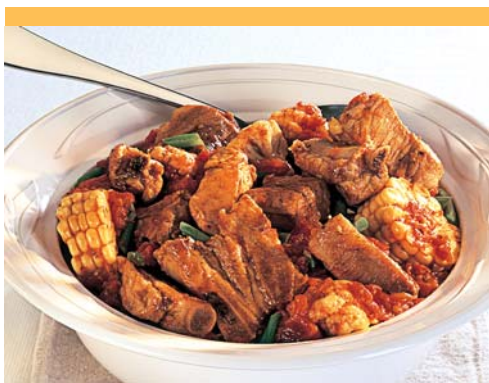
**Add the** honey and lemon juice to the pan, stir thoroughly until heated through and serve hot with your favourite vegetables.

### SMART INFO

Pork cuts with a thin layer of 3 mm or less fat on the outside can safely be included in moderate portions 3 – 4 times per week as part of a balanced, nutritious eating plan.

**Meanwhile,** steam all the other vegetables until cooked, but still firm. Sprinkle with olive oil and season. Remove pork loin and potatoes from the oven and remove any string from the roast. Allow to "rest" for 5 minutes in a warm place in the kitchen, or in the warming drawer.

**Season the** potatoes and arrange the roast, potatoes and other vegetables on a platter.



## Winter Stew with White Wine

4 – 6 servings

*1,2 – 1,5 kg pork stewing pieces (ask your butcher to keep the pieces quite big)*

*25 – 40 ml olive oil*

*1 onion, chopped*

*2 cloves garlic, finely chopped*

*salt and pepper to taste*

*3 – 5 ml each fine cumin, coriander and your favorite meat spice*

*2 – 3 mealies on the cob, cut into round slices*

*½ cauliflower, broken into pieces*

*350 ml white wine*

*5 ml chicken stock powder*

*15 ml cornflour, mixed with a little water*

**Pat the pork** pieces dry with kitchen paper.

Fry the pork pieces in heated olive oil until golden brown. Add the onion and garlic, and sauté until the onion becomes soft.

**Add the white** wine, chicken stock powder, salt, pepper and spices and cover with a lid.

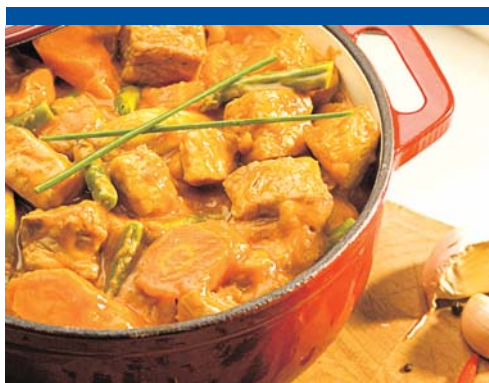
Reduce the heat to a simmer and cook gently until the pork pieces are almost tender.

**Add the** mealies and cauliflower and cook until the mealies are soft.

**Test** and adjust seasoning. Add a little hot water during the cooking process if it tends to become dry.

**Just before** serving, thicken the sauce with the cornflour paste and heat until the sauce is thick. Serve with mash potato or noodles.

**Variation:** replace the white wine with pineapple or apple juice. Add 1 tablespoon of chutney to the ingredients for a delicious, tangy taste.



## Apricot Curry

6 servings

An old favourite, this recipe never fails to please.

*1 kg pork cubes, cut from the thick rib or leg or breast ( use 25 mm pieces)*

*15 – 25 ml olive oil*

*2 onions and 2 garlic cloves, chopped*

*20 – 25 ml curry powder*

*dried coriander, turmeric and nutmeg to taste*

*3 large tomatoes, skinned and chopped*

*250 ml apricot juice*

*50 ml each lemon juice and chutney*

*1 apple, peeled and chopped or 125 ml dried apricots*

*salt and pepper to taste*

*1 potato, peeled and chopped into small pieces*  
*freshly chopped herbs for sprinkling over*

**Pat pork cubes** dry and fry gently in olive oil.

**Add onion** and garlic and sauté 2 more minutes.

**Add curry powder** (add more oil if necessary), coriander, turmeric and nutmeg. Stir and sauté until the spices absorb the oil and are slightly cooked. Add tomatoes, apricot and lemon juice, chutney, apple and potato. Season to taste.

**Cover and simmer** over low heat until the pork is very tender. Add a little boiling water if more liquid is needed.

**Serve with** brown rice or cooked pasta. Sprinkle with herbs just before serving.





## Roast pork loin with chef's stuffing

(6 - 8 servings, depending on thickness of roast slices)

*1,5 roast loin of pork, deboned (ask your butcher to do this for you)  
salt and pepper to taste  
olive oil for rubbing*

### Chef's stuffing

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

**Place the loin**, skin side down, on a wooden board. Open up the deboned loin.

**Season the** inside with salt and pepper. Flatten the surface with a mallet or your fist and cut a few grooves into the inside of the loin, so that the stuffing can go into the grooves.

**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.

### 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. After resting the roast loin, remove string and carve into slices. Serve with baked, glazed apple slice, apple sauce or any colourful veggies.



## Economical Pork and Veg

4 – 6 servings

*500 g pork cubes, cut from the leg or shoulder (for best results, ask your butcher for cubes not smaller than 25 mm)  
25 ml olive oil or a little more  
1 onion and 1 clove garlic, chopped  
1 tin tomato puree  
salt, pepper and your favourite meat spices (to taste)  
250 ml chicken stock or apricot juice  
3 – 5 carrots, chopped  
3 – 5 potatoes, peeled and chopped  
20 ml cornflour, mixed with a little water*

**Pat the pork** dry with kitchen paper and fry gently in the heated oil.

**Add onion** and garlic and sauté 2 more minutes. Add tomato paste, seasoning and chicken stock or other liquid. Close with a lid and simmer until the pork cubes are almost tender. (Do not overcook.) Add hot water if necessary. Simmer over low heat.

**Add carrots and potatoes** and cook until soft. Thicken with cornflour paste and stir through. Serve hot with rice, bread rolls or cooked pasta.

Increase the number of servings by adding other vegetables. Try shredded cabbage, green or baked beans, peas, baby marrows, pumpkin chunks or any other veg.



**Cook a big** quantity of this without the potatoes and freeze some to use later.

**For special** occasions, add 1 – 2 tablespoons of sour cream, fresh cream or crème fraîche just before serving.



## Barbeque Rashers

4 – 6 servings

6 – 8 pork rashers, outer skin removed

1 onion, finely grated

15 ml olive oil

1 can tomatoes, pureed in a blender

25 ml Worcestershire sauce

30 ml brown sugar

5 ml French mustard

50 ml red or white wine vinegar

5 ml barbeque spice

salt and pepper to taste

**Trim any** unwanted fat from the rashers and remove the outer skin if it is still on. (It's a very good idea to ask your butcher to do this.)

**Saute the** onion in the olive oil until soft and add the remaining ingredients.

**Simmer** the sauce for 5 minutes and puree in a blender until smooth. Add water if the sauce is too thick. Heat sauce and simmer pork rashers over low heat for 10 – 15 minutes in the sauce. Remove rashers and pat dry.

**Grill the** rashers under a hot oven grill or over hot coals and turn at regular intervals to get an even golden brown colour on both sides. Use tongs to turn the rashers over, not a fork. Baste with the sauce while grilling.

**Season** with salt and pepper just before removing them from the heat.

**Serve** with stywe pap (polenta) or mash potatoes and bean or other green salad.

**Variation:** Add the juice of one lemon and two tablespoons of olive oil to the marinade and leave the Worcestershire sauce out.



## Marmalade Pork

4 – 6 servings

15 – 25 ml olive oil

4 – 6 trimmed pork chops, cut from the thick rib, loin or chump sections

30 ml white wine

20 – 30 ml brandy

25 ml onion marmalade, or any other marmalade

60 ml plain yoghurt

60 ml fresh cream or crème fraîche

salt and pepper to taste

**Heat the olive** oil and cook the pork chops for 4 – 5 minutes on each side, or until tender and cooked through.

**Add the wine** and brandy, ignite with a flame and flambé.

**Remove the** chops and keep warm.

**Add the** marmalade to the wine and brandy sauce in the pan and stir over medium heat to scrape loose any crusty bits in the pan.

**Stir in the yoghurt** and cream, season well with salt and pepper and return the pork chops to the pan.

**Baste the pork** chops with the sauce and heat for 1 – 2 minutes at moderate heat to allow all the flavours to combine.

**Serve the pork** chops on a warm plate and spoon the marmalade sauce over.

### SMART i INFO

Fresh South African Pork contains only natural vitamins, minerals and high quality protein. It is rich in B vitamins & iron.



## Pork Fillet with Muscadel Sauce

4 – 7 servings

2 – 3 pork fillets  
30 ml olive oil  
salt and pepper to taste

### Sauce:

25 ml butter  
15 ml cake flour  
1 small onion, finely chopped  
1 leek, finely chopped (optional)  
2 celery ribs, chopped  
1 carrot, chopped in small pieces  
250 ml Muscadel wine  
30 – 45 ml white wine vinegar  
250 ml chicken stock  
sprigs of fresh herbs (choose your favourite ones)

**Prepare the sauce first.** Melt the butter in a saucepan and sauté the onion, leek, celery and carrot until soft. Add the flour and cook for 2 more minutes over medium heat while stirring all the time.

**Add the Muscadel** wine, vinegar, chicken stock and herbs, bring to a boil and reduce to a simmer. Cover with a lid. Simmer 10 – 15 minutes or until the carrots are very soft. Puree everything in a blender until smooth. Strain through a sieve, if preferred. Add hot water if necessary to make a sauce the consistency of thin cream.

**Taste, season** with salt and pepper and a few more drops of vinegar, if desired. Keep warm while the fillets are cooking. Rub the pork fillets with olive oil, salt and pepper and heat a bit of olive oil in a frying pan. Fry the fillets on all sides until a light golden brown and just cooked through. Do not overcook.

**Slice the fillets** against the grain or in diagonal slices, arrange on a warm serving platter and spoon the Muscadel sauce over. Poached prunes, quinces or small crab apples make an ideal accompaniment to this elegant dish.

**Variation:** Use pork chops or steaks with this sauce and prepare in the same way. The pork chops or steaks can be fried in a pan and roasted for 10 – 15 minutes in the oven to ensure that they are cooked through evenly. Serve with polenta wedges or crisp potato wedges.



## Asian Pork and Prawns

4 servings

approx 500 g pork stir-fry strips (you can ask your butcher to cut this for you from the leg, shoulder or any other lean part of the pork carcass)

25 ml olive oil, or a little more if necessary  
2 garlic cloves, finely chopped  
1 small red onion, finely chopped  
25 ml lime juice  
25 ml chopped coriander  
125 ml red, yellow and green sweet peppers, cut into strips

125 ml mushrooms, sliced  
30 ml Thai fish sauce or light soy sauce  
15 ml clear honey

1 – 2 chillies, finely chopped  
approx. 250 cooked, de-veined prawns

30 – 45 ml bean sprouts  
15 – 25 ml boiling water  
1 packet (4 servings) vermicelli noodles  
15 ml finely chopped mint leaves (optional)

**Heat the olive oil** and fry the garlic and onion until soft. Add the lime juice, coriander and pork and stir-fry 5 minutes. Add more oil if needed, and add the peppers and mushrooms. Stir-fry until the pork is just cooked.

**Add the fish** sauce or soy sauce, honey and chillies and cook for another 5 minutes.

**Add the prawns**, bean sprouts and boiling water and steam-fry until everything is heated through. Taste and season with more fish or soy sauce, if preferred.

**Cook the vermicelli** noodles according to the instructions on the packet, tip into a serving dish and spoon the pork and prawn mixture on top. Sprinkle with finely chopped mint leaves, if preferred.



## Elegant Pork with Mozzarella & Prunes

**6 servings**

*1,5 kg boneless pork roast without skin (ask your butcher for loin of pork, leg or shoulder)*

*salt and pepper to taste*

*10 – 15 ml prepared mild mustard*

*4 – 6 thin slices of smoked ham*

*10 – 12 prunes, stones removed and stuffed with whole almonds*

*6 – 8 small balls of mozzarella cheese or 6 – 8 slices, folded into quarters*

*a little olive oil to rub the roast*

**Pre-heat** oven to 180°C.

**Open up the roast** to form a flat piece of meat and cut it on the inside to even out if necessary. (Your butcher can do this for you.)

**Spread mustard** inside the roast and arrange slices of ham on top of the mustard. Arrange the mozzarella slices or balls down the centre of the piece of pork. Arrange a row of prunes next to the cheese.

**Roll the piece** of pork up so that the prunes are in the center, or fold over to form a “pocket” where the prunes are inside.

**Secure with** string to keep a neat shape and to hold the stuffing inside.

**Rub outside** of roast with olive oil. Place on open rack of oven roasting pan and roast approx. 1 hour and 50 minutes. Remove string and leave in a warm place for 5 – 10 minutes to “rest” and allow the juices to settle.

**Carve in thin** slices and serve with gravy and steamed vegetables.



## Rosemary Roasted Pork Neck

**5 – 7 servings**

*Approx 1,2 – 1,6 kg deboned pork neck (it's a good idea to order this from your butcher)*

*25 ml olive oil*

*20 ml rosemary and olive seasoning*

*salt and pepper to taste*

*4 potatoes, cut into slices or small wedges*

*2 – 3 onions, cut into slices or small wedges*

*sprigs of fresh rosemary for garnishing*

**Pre-heat** the oven to 180°C.

**Place the pork** neck on the rack of an open oven roasting pan and place in the center of the oven.

**Calculate** the roasting time as follows:

Allow 30 minutes roasting time for every 500g of pork loin. Add an additional 20 – 25 minutes of roasting time at the end.

**A deboned neck** roast of 1,6 kg will therefore have to roast for approximately 2 hours at 180°C. (96 minutes plus 24 minutes added on at the end, gives you 120 minutes = 2 hours.) After approx. one hour, place the potato and onion slices in the roasting pan underneath the roasting pork neck, to absorb the pan juices. Continue roasting until the pork neck is cooked through.

**Remove roast** from pan and season the potatoes and onions with salt and pepper. If the roast was held in shape with string, remove the string.

**Place the roast** on a warm serving plate, garnish with sprigs of fresh rosemary, and arrange potatoes, onion slices and steamed green veggies around it.



# Spotlight on the South

The South African pork industry is dynamic, sophisticated and well organised, and compares favourably to the rest of the world.

The 400 South African pork producers manage 103 000 sows and produce 157 000 ton of pork annually.

Units vary from small farms with 50 sows, to larger units with up to 7 000 sows.

Approximately 250 units produce 80% of the country's pork.

In total, 2 million pigs are marketed for consumption every year.



## Organisational structure

Pork producers are organised into provincial pork producers' organisations, which all have representatives on the national body, South African Pork Producers' Organisation (SAPPO).

Provincial organisations have independent authority with regard to provincial matters, while SAPPO is responsible for matters of national interest.

SAPPO's functions are involved with animal health, promotions, training and development of emerging farmers, statistics, industry protection, research, communication and information. Networking also takes place with abattoir owners, the wholesale and retail trade, researchers, and academics specialising in pig production.

## High health status

SAPPO maintains a close relationship with the SA Pig Veterinary Society (PVS), and the National and Provincial Veterinary Departments to maintain a high health status in the national herd.

Constant upgrading of units ensure that biosecurity measures are state-of-the-art. Regular serological surveys are conducted to assess and protect the immune status of the national pig herd.

A programme of upliftment of the important emerging pig farmer sector has biosecurity, quality



# African pork industry



assurance and food safety as the major thrusts, along with the improvement of pig husbandry methods.

## Feed industry in line with rest of the world

Maize is the major feed commodity. Specifications for feed formulations are in line with international standards. The industry uses only good quality raw ingredients. Feed efficiency and good farming practices ensure maximum energy output per kg feed fed and carcase quality of the highest standard.

## Breeding and genetics

Close contact and collaboration with international breeding companies ensures the availability of world-class genetics and access to production research and development.

The South African Pig Breeders' Society endeavours to bring about an improvement in the general standard of all recognised pig breeds in South Africa. The Society also maintains registration and performance records of the pedigrees of pure-bred boars and sows registered via the Society.

## Abattoirs

All abattoirs in South Africa have to comply with strict regulations and laws to ensure high hygiene standards and health safety. Five abattoirs are approved for pork exports.

## Quality assurance

South African pork producers have made quality assurance a top priority, to ensure trace ability and a high quality product being offered to the consumer. The focus is on biosecurity, food safety and delicious eating quality.

## International contact

Frequent international visits by South African producers, and organised study tours to all major international meat and pork-related conferences and symposia ensure that South African producers stay abreast of international developments.



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Quality assurance is a top priority, to ensure trace ability and a high quality product being offered to the consumer.

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Information supplied by South African Pork Producers Organisation. Website: [www.sapork.com](http://www.sapork.com)  
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**SOUTH  
AFRICAN  
PORK**

*Great meat. Let's eat!*