



Look for the Label

Delicious, easy to cook Specially Selected Pork recipes for you and your family to enjoy.

Roast loin of pork

Ingredients

Serves 4-6

2kg loin of Specially Selected Pork
Rind can be left on (for crackling) or taken off depending on your preference. Just ask your butcher.

Olive oil

Salt & pepper

Cooking Instructions

Preheat oven to 220°C/350°F/Gas 4-5

If you've got the rind on for crackling, lightly score the rind, rub a little oil over the skin and rub in a generous amount of salt on top of the skin and into the score lines.

Cook the pork in the oven for 20 minutes before reducing the heat to 180°C. In total, you should allow 35 minutes per 450g plus 35 minutes to finish.

Roast pork is delicious served with roast potatoes and seasonal vegetables.

Nutrition Information

Kcal	Fat	Protein	Carbohydrate	Sugar	Salt
164	6.1g	27.1g	0.0g	0.0g	0.2g

Whenever you see the Specially Selected Pork label, you can guarantee that the product is produced to Scotland's national quality assurance standards. This ensures it has been reared to animal health and welfare standards approved by the Scottish SPCA.

Healthy and low in fat, Specially Selected Pork is deliciously versatile and easy to cook. This recipe booklet will show you how to make the most of Specially Selected Pork with selected and easy to follow recipes.

For more mouth-watering recipe ideas visit:
www.speciallyselectedpork.co.uk



Red Thai pork with noodles

Ingredients

Serves 2

Prep time: 5 mins

Cooking time: 10 mins

225g lean Specially Selected Pork fillet, cut into thin slices

5ml oil

30ml red Thai curry paste

3 spring onions, sliced

50g sugar snap peas

1 red pepper, deseeded and sliced

1 red chilli, deseeded and sliced

2 heads pak choi, sliced

150ml coconut milk

Chopped coriander

For the noodles

100g dried rice or egg noodles

Juice of 1 lime

15ml sweet chilli sauce

Fresh chopped coriander

Spring onion

Cooking Instructions

In a large non-stick wok or pan, fry the pork in oil until browned. Stir through red Thai curry paste and add spring onions, sugar snap peas, red pepper, red chilli and 2 heads pak choi. Cook for 2-3 minutes.

Add 150ml coconut milk and heat for 1-2 minutes until sauce has thickened slightly. Sprinkle with fresh chopped coriander.

For the noodles cook 100g dried rice or egg noodles according to pack instructions. Drain and stir through juice of 1 lime, sweet chilli sauce and fresh chopped coriander and spring onion.

Serve the stir-fry with the noodles.

Nutrition Information

Kcal	Fat	Protein	Carbohydrate	Sugar	Salt
464	14.6g	35.5g	50.5g	14.4g	2.5g



Ready in less than
15 minutes.



Skewered pork fillet with sage and apple

Ingredients

Serves 4

Prep time: 10-15 mins

Cooking time: 20 mins plus 30 mins marinating for the skewers

450g Specially Selected Pork fillet, or lean shoulder, cut into 2cm slices

2 small cox or braeburn apples, cored and cut into wedges

2 small red onions, peeled, cut into quarters lengthwise, layers separated

For the marinade

12 sage leaves for the marinade

3 tbsp olive oil

2 tbsp cider vinegar (or 6 tbsp apple juice)

1 clove garlic peeled and crushed

2 tsp dried oregano or mixed herbs

salt and pepper

You will need 8 bamboo or metal skewers

Cooking Instruction

Prepare the meat, apples and onions as above and place in a bowl.

Combine all the ingredients for the marinade, pour over the prepared ingredients and leave to marinate for 20 to 30 minutes, turning in the liquid now and again. Pre-heat the grill or light the barbeque

Thread the skewers with a chunk of meat, a slice of onion, a sage leaf and a piece of apple; and so on until you've used up all the ingredients. You can make additional marinade to brush over the kebabs as they cook.

Cook under a hot grill (or bbq) for about 15-20 minutes, turning regularly and brushing with the marinade or until done to your liking. Let the kebabs rest for 5 minutes or so before eating.

Serve with rice or in a warm baguette with mustard and watercress.

Nutrition Information

Kcal	Fat	Protein	Carbohydrate	Sugar	Salt
297	12.9g	38.5g	6.9g	5.8g	0.7g

Perfect on the BBQ



Slow roast belly of pork

Ingredients

Serves 6-8

Prep time: 10 mins

Cooking time: 3-3½ hours for the pork

2 kg piece belly Specially Selected Pork (ask for the end with fewer bones, to make carving easier) the rind deeply scored

1 tsp salt

For the paste (optional)

2 tsp salt for the paste

2 cloves garlic, peeled

½ tsp freshly ground black pepper

2 tsp fennel seeds

(or dried rosemary)

Nutrition Information

Kcal	Fat	Protein	Carbohydrate	Sugar	Salt
733	53.5g	62.9g	0.1g	0.0g	2.4g

A meal that's always worth the wait...

Cooking Instructions

Pre-heat the oven to 220°C/180°C Fan/Gas 7

Score the fat with a sharp knife or ask your butcher to do this for you.

To make the paste (if using) crush all the ingredients for the paste together in a mortar and pestle if you have one, or with the end of a rolling-pin if not.

Place the pork skin side down on a board and trim away any excess fat from the underside. With a sharp knife slash the flesh quite lightly in a criss-cross pattern. Rub the garlic paste (if using) well into the cuts and all over the meat's surface.

Turn the belly pork skin side up again on the board and rub the salt well into the skin, making sure it comes into contact with the fat layer to ensure good crisp crackling.

Place the pork on a wire rack within a large roasting tin to allow for the fat to run away from the meat during the slow cooking process. Roast in the hot oven for 30 minutes to get the crackling going and then reduce the oven temperature to 160°C/140°C Fan/Gas 2 for a further 2½-3 hours when much of the fat will have drained away, leaving a lovely crisp-topped juicy piece of meat.

Delicious hot or cold.



Left-over roast pork or ham with jacket potato and dressed salad

Ingredients

Serves 2

Prep time: 5 mins

Cooking time: 40-45 mins with microwave, 1 hr with conventional oven

4 thick slices of leftover roast Specially Selected Pork or ham

2 medium sized floury potatoes e.g. Maris Piper, approx 200g each, scrubbed

A little olive oil

Pre-cooked beetroot cut into wedges

Salt and pepper

Handful of watercress or mixed salad leaves

For the dressing

Juice of 1 small orange

4 tbsp extra virgin olive oil

2 tsp seeded mustard

1 tsp liquid honey

Salt and pepper

Nutrition Information

Kcal	Fat	Protein	Carbohydrate	Sugar	Salt
445	25.2g	15.3g	41.8g	7.9g	1.4g

Cooking Instructions

Pre-heat the oven to 200°C/180°C Fan/Gas 6

With the tip of a small sharp knife, prick the potatoes all over, place in the microwave and cook on 'high' for 3 minutes. Turn over the potatoes and repeat.

Rub the potatoes well with the oil, salt and pepper and put on a baking tray. Pop in the oven for about 30-40 minutes until tender, turning over at half time. (If you don't have a microwave, just cook in the conventional oven for an hour.)

Put all the dressing ingredients into a clean jam jar, screw on the lid and shake until well combined.

When the potatoes are ready arrange two plates, each with two slices of meat, some salad and a potato, split and dressed with a knob of butter and a grind of black pepper.

Mix the leaves and the beetroot then dress the salad with some of the orange dressing just before serving.

Great value for money.



Bangers and mash

Ingredients

Serves 3-4

Prep time: 5 mins

Cooking time: 30-40 mins

8 nice meaty Specially Selected Pork sausages

2 or 3 small red onions, peeled and quartered

2 tsp olive oil plus extra to oil the cooking dish

8 sage leaves

For the mash

1 kg floury potatoes such as Maris Piper or King Edwards, peeled and cut into large chunks

75 – 100 ml milk

50 g butter

Salt and pepper

Cooking Instructions

Pre-heat the oven to 200°C/180°C Fan/Gas 6

Brush a baking dish or small roasting tin with oil so that the sausages don't stick to it. Toss the onions and sage leaves with the 2 tsp olive oil and arrange these tucked in amongst the sausages in the roasting tin.

Bake in the oven for 30 to 40 minutes (a metal dish will allow quicker cooking than ceramics), turning the sausages and onion half way through the cooking time and cook until the sausages are lovely and brown and the onions tender.

Meanwhile make the mash. Bring the prepared potatoes to the boil in a large pan of water and cook for 15 to 20 minutes. Drain them and then holding the lid to cover the pan, give it a really good shake. Leave for a couple of minutes, part covered, for the moisture to escape, leaving the potatoes fluffy-looking.

In a small saucepan heat the milk and butter together with plenty of pepper and some salt. Mash the potatoes thoroughly leaving no lumps and then with a fork whisk in enough of the milk mixture to make the mash creamy but not sloppy!

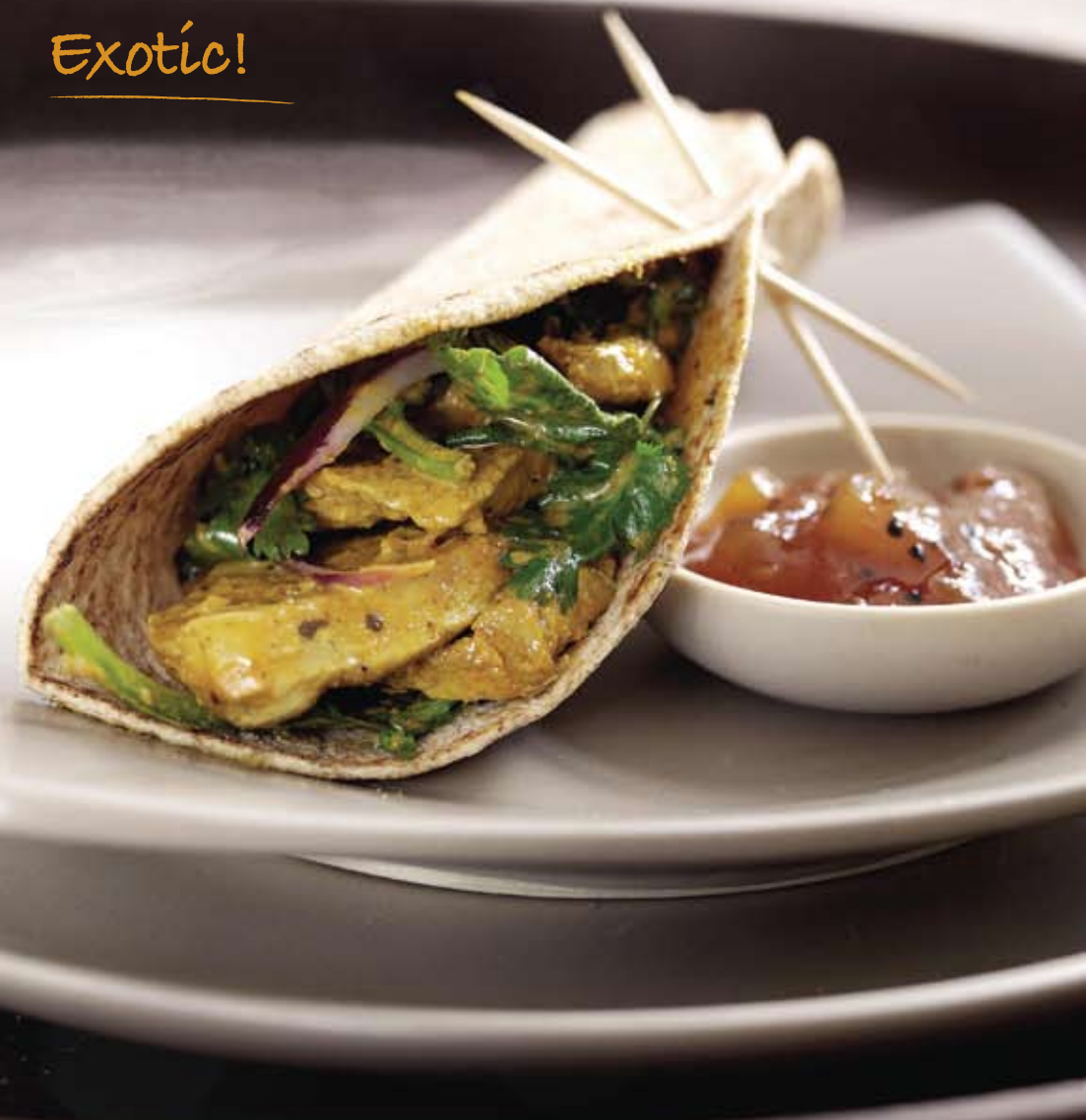
Serve the bangers and mash with some lightly cooked fresh spring cabbage and mustard or ketchup, or both!

Nutrition Information

Kcal	Fat	Protein	Carbohydrate	Sugar	Salt
473	24.5g	13.1g	54.5g	6.2g	1.6g

Traditional.

Exotic!



Pork Korma Chapati

Ingredients

Serves 2

Prep time: 2 minutes

Cooking time: 10 minutes

225g lean Specially Selected Pork fillet

1 tablespoon mild Korma curry paste

1 tablespoon Crème fraîche

50g baby spinach

2 tablespoons fresh coriander leaves

Cooking Instructions

Cut the pork fillet into thin strips and dry fry in a hot non-stick wok for 5-6 minutes.

Add the curry paste and cook for 1-2 minutes. Add crème fraîche, baby spinach and fresh coriander leaves and allow to simmer for a further 1-2 minutes.

Serve in chapatis alongside mango chutney or with rice and your favourite naan bread.

Nutrition Information

Kcal	Fat	Protein	Carbohydrate
267	51.5g	30.6g	2.7g





One pot wonder

Ingredients

Serves 8 generously

Prep time: 30 mins

Cooking time: (in oven) 2½ hrs

2 kg Specially Selected Pork leg or shoulder meat, dice into 2½ cm pieces

3 tbsp olive oil

15g butter

500 g shallots, peeled and left whole

300 g small whole carrots, scrubbed and trimmed

3 sticks celery cut into 4 cm lengths

200 g button mushrooms, wiped

3 sprigs thyme

150 ml white wine

750 g pork or chicken stock

3 tbsp plain flour, seasoned with salt and pepper

Nutrition Information

Kcal	Fat	Protein
389	11.8g	56.9g
Carbohydrate	Sugar	Salt
11.4g	5.1g	1.0g

Cooking Instructions

Pre-heat the oven to 170°C/150°C Fan/Gas 3

In a deep frying pan gently fry the shallots with 1 tbsp of olive oil and the butter for about 10 minutes until well browned and beginning to soften, then add the carrots and continue cooking for 2 or 3 minutes more. Transfer to a large casserole dish. In the oil remaining in the frying pan lightly brown the mushrooms and soften the celery, remove to a separate dish set aside till later.

Toss the meat in the seasoned flour and fry in batches in the remaining olive oil until well browned on all sides, transfer the meat to the casserole.

Pour the wine into the frying pan and heat, stirring, to gather up all the lovely flavoursome sticky bits from the base of the pan, add the stock and bring to the boil.

Tuck the thyme sprigs into the casserole, pour the stock mixture over the meat and stir well. Cover with the lid and put into the oven for one hour and 45 minutes.

After this time add the celery and mushrooms to the pot, stir carefully and check the seasoning. Return to the oven for about 45 minutes or until the meat is nice and tender.

Lovely served with mashed potato; or a mix of mashed root vegetables such as potatoes, parsnips and sweet potatoes or celeriac.

Simple!



Pork Chops

with rosemary & ginger-wine sauce

Ingredients

Serves 2

Prep time: 5 mins.

Cooking time: 18-20 mins

4x Specially Selected Pork chops (2½ cm thick) or boneless loin steaks

Leaves from 2 rosemary sprigs, finely chopped

Salt and pepper

A little olive oil or butter

12 tbsp ginger wine

200 ml water or stock

2 tbsp grainy mustard

4 tbsp cream or half fat creme fraiche (optional)

1 tbsp finely chopped parsley

To serve

Leafy salad and warm crusty bread

Cooking Instructions

Sprinkle the chops with the rosemary, salt and pepper.

Heat a non-stick frying pan until nice and hot then add a teaspoon of oil. Fry the chops for 6 or 7 minutes on each side until well browned. Remove the chops to a warm serving dish in a moderate oven while you make the sauce.

Reduce the heat then pour in the ginger wine, let it bubble for a few seconds then add the water or stock and simmer until the liquid is reduced by half.

Stir in the mustard, cream (if using) and parsley. After 1 minute more remove from the heat.

Check that the chops are thoroughly cooked (those with the bone in will take a little longer than the loin steaks) and if not quite done you can return them to the pan with the sauce and simmer gently for a few minutes more.

Serve the chops with plenty of sauce spooned over and crusty bread to mop up the juices.

Nutrition Information

Kcal	Fat	Protein	Carbohydrate	Sugar	Salt
449	19.7g	65.1g	3.1g	2.2g	1.9g

The family will love them.





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For more information
and great recipe ideas visit
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