QUALITY PORK
from Britain

AHDB

PROUD TO SUPPORT GREAT BRITAIN & NORTHERN IRELAND

Quality pork from Britain

British pork offers succulent flavour, a range of textures and eating experiences, and is the base for countless great dishes.

From high-end fine dining to large-scale cost-sector catering, pork is an ingredient to suit any operation.

Red Tractor Assurance

Red Tractor Assurance ensures you can trust the food you buy and eat.

It is the biggest food standards programme in the UK, covering all the areas consumers care about:

- Animal welfare
- Food safety
- Traceability
- Environmental protection

Red Tractor food and drink is responsibly produced to some of the most comprehensive and respected standards in the world. All stages are regularly checked by independent experts.

Through breeding programmes, extensive research and in-house trials, AHDB has also contributed to improving the quality of pork.

About British pork

British pork is versatile, tasty and healthy. No growth-promoting hormones are used to feed pigs in the UK, as these are banned by law. Antibiotics are only used for health reasons and only when prescribed by a vet.

Uniquely, outdoor systems for breeding pigs account for around 40% of all sows, mainly in the drier eastern part of the country.

California – Proposition 12 compliant

Our outdoor-reared pigs are never housed in crates.

Pork is versatile

Most pork cuts are suitable for roasting, grilling and other quick cooking methods. Pork can be cooked and served medium or well done, but it's most tender and succulent when medium-cooked.

Pork is a versatile meat that complements many flavours and cooking styles from around the world. You can use it in curries, Mediterranean and Far Eastern cuisine, and slow-cooked dishes like casseroles.

Slow-cooked pork dishes are popular with consumers who lack the time or expertise to cook at home.

You can make the most of products such as sausages by chargrilling, barbecuing, or using them in casseroles. Add speciality bacon to your breakfast or brunch to enjoy the variety of hams and new cured pork products.

Part of a healthy diet

Pork is naturally rich in protein, low in sodium, and provides ten vitamins and minerals that contribute towards good health and wellbeing.

The fat content of British pork has decreased by over a third on average in the past 30 years, and lean pork can be enjoyed as part of a healthy balanced diet.

Why quality counts

To create great pork dishes, you need high-quality ingredients and the knowledge and skills to prepare them. The quality of the pork determines its flavour, texture and colour when cooked, so choosing high-quality pork is crucial if you want to impress your customers and show off your cooking skills.

There are also welfare and food safety issues to consider, which are closely linked to quality and price. Farmers who give their pigs high-quality feed and better living conditions face higher production costs, but these measures are important in an increasingly health-conscious society.

Consumers are concerned about sustainability and transparency, and your staff should be prepared to answer any questions about meat supply with confidence and honesty.

Pork Fillet with Creamy Wine and Prune Sauce

Serves: 4
Preparation time: 25 minutes
Cooking time: 10 minutes

Ingredients:

1 x 8oz lean British pork tenderloin, cut into medallion slices

1 tablespoon oil

1 garlic clove, peeled and finely chopped

1oz dried pitted prunes, roughly chopped

½ cup white wine

¼ cup crème fraiche or heavy cream

2 tablespoons freshly chopped parsley

Method:

1. Heat the oil in a shallow pan over moderate heat and cook the pork with the garlic for 6–8 minutes until lightly colored.
2. Add the prunes and white wine and allow to reduce slightly.
3. Reduce the heat and add the crème fraiche or heavy cream and gently heat for 1–2 minutes.
4. Garnish with the parsley and serve with the sauté potatoes and seasonal green vegetables.

Miso Glazed Pork Tenderloin

Serves: 4
Preparation time: 5 minutes
Cooking time: 40 minutes

Ingredients:

1lb lean British pork tenderloin

1 tablespoon toasted sesame seeds

For the marinade:

1/8 cup white miso paste

1/8 cup honey

1/8 cup Japanese mirin or rice wine vinegar

1 teaspoon toasted sesame oil

1 tablespoon fresh ginger, peeled and grated or 2 teaspoons ginger purée

1 garlic clove, peeled or 1 teaspoon garlic paste

To serve:

Cooked egg noodles

Stir-fried vegetables

Method:

1. In a small bowl, mix all the marinade ingredients together. Place the pork in a shallow dish, pour over the marinade and turn to coat. Cover and leave to marinate for at least 10 minutes or overnight in the fridge, if time allows.
2. Preheat the oven to 350°F. Place the pork in a foil-lined small roasting tin, pour over the marinade, and roast in the oven for 25–30 minutes, basting occasionally with the marinade. Cook until the pork is caramelised but still juicy.
3. Remove the fillet from the oven and allow to rest for 5 minutes, and cut into slices. Sprinkle with toasted sesame seeds and serve with noodles and stir-fried vegetables, drizzled with any juices from the roasting pan.

Pork Tagine with Apricots and Pistachios

Serves: 2
Preparation time: 10–15 minutes
Cooking time: 2 hours 30 minutes

Ingredients:

12oz–1lb British mini boneless pork shoulder or leg joint

2 teaspoons oil

1 small red onion, peeled and roughly chopped

1 garlic clove, peeled and crushed

2 teaspoons Ras el Hanout spice mix

10 floz hot pork stock

½ can chopped tomatoes

1½ oz dates, stoned and halved

½ can chickpeas, rinsed and drained

1½ oz plain couscous

Small handful shelled pistachio nuts, roughly chopped

Small handful fresh mint leaves, roughly torn

Method:

1. Preparation. Preheat the oven to 400°F.
2. Heat oil in a large ovenproof pan, add the onion and garlic and cook for 1–2 minutes.
3. Add the pork, and brown on all sides.
4. Add the spice, stock, tomatoes, dates and apricots and stir well. Cover the pan and place in the oven for 2 hours.
5. At the end of the cooking time, remove the lid and stir in the chickpeas and couscous. Replace the lid and cook for a further 20–30 minutes until the meat is tender and the couscous has absorbed the cooking liquid.
6. Serve sprinkled with the pistachio nuts and mint leaves.

Roast Leg of Pork with Sage and Onion Stuffing Balls

Serves: 6
Cooking time: 2 hours (30 minutes per 1lb, plus 30 mins)
Preparation time: 15 minutes

Ingredients:

1 x 3lb lean boneless rolled British pork leg joint

1 tablespoon oil

4 medium onions, peeled

1 teaspoon butter

2 large sprigs of fresh sage leaves, roughly chopped

1 x 1lb fresh pork and apple sausages, skins removed

To serve:

Cooked egg noodles

Stir-fried vegetables

Method:

1. Preheat the oven to 350°F.
2. Weigh the pork joint and calculate the cooking time. Dry the rind and score deeply all over with a sharp knife. Rub the pork joint with a little oil and season.
3. Place the joint on a metal rack in a large roasting tin and open roast for the calculated cooking time.
4. Meanwhile, cut the onions in half horizontally and using a spoon, scoop out some of the onion layers, leaving 2–3 in the onion shell. Roughly chop the remaining onion layers.
5. In the pan, heat the butter and lightly fry the onion until coloured. Remove from the heat and allow to cool slightly.
6. In a small bowl, mix the sage leaves and sausage meat together.
7. Take a handful of the sausage meat mixture and stuff into the onion shells. Position the onions around the pork joint, then drizzle with a little oil.
8. Take large spoonfuls of the remaining sausage meat mixture and shape into balls. Place on a separate baking tray and cook in the oven for 40–50 minutes until the onions are soft and golden.
9. Serve with roast potatoes, crispy sage leaves and seasonal vegetables.

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AHDB is a statutory levy board, funded by farmers, growers and others in the supply chain. Our purpose is to inspire our farmers, growers and industry to succeed in a rapidly changing world. We equip the industry with easy-to-use, practical know-how which they can apply straight away to make better decisions and improve their performance. Established in 2008 and classified as a non-departmental public body, AHDB supports the following industries: meat and livestock (cattle, sheep and pigs) in England; horticulture, milk and potatoes in Great Britain; and cereals and oilseeds in the UK. AHDB's remit covers 72% of the total UK agricultural output. Further information on AHDB can be found at **ahdb.org.uk**

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