



# Pork

*the meat for all seasons*



A chef's celebration of pork on the menu throughout the year





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## About Protected Food Names

The Protected Food Names scheme was established by the European Union to maintain and enhance the diversity of traditional food and drink products. The scheme recognises products with regional or national provenance. Where recognised products have been used in the recipes in this book, they are identified with these symbols.



### Protected Designation of Origin (PDO)

The product must have been produced and processed and prepared in the designated geographical area. The quality or characteristics of the product are essentially due to the terrain of the area in which it is produced and the abilities of producers in that area.



### Protected Geographical Indication (PGI)

The product must be produced or processed or prepared in the designated geographical area. It will have specific characteristics or a special reputation linking it to the given area, and at least one stage of production must be carried out in that area. (Unlike PDO products, however, raw materials may come from another region.)



The BPEX Quality Standard Mark for Pork is an independently audited assurance scheme ensuring full traceability along with high standards of production and process from the farm through to the consumer.

BPEX Limited represents pig levy payers in England and is a division of the Agricultural and Horticultural Development Board (AHDB). [www.ahdb.org.uk](http://www.ahdb.org.uk)

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# The meat for all seasons

A CELEBRATION OF PORK ON THE MENU AROUND THE COUNTRY, THROUGHOUT THE YEAR

**As we enjoy something of a back-to-basics food revival, cooking with seasonal ingredients is once more finding favour as a foundation of sound and responsible menu construction, and pleasurable eating.**

Thanks to our clearly defined seasons, farmers and growers can offer an enormous variety of changing produce throughout the year, to be enjoyed when at its best. The tender asparagus of early spring, the ripe soft fruits of late summer, plump marrows and squashes in the autumn, or the first-frosted Brussels sprouts of winter are surely all the more enjoyable because of their seasonal availability? Amidst the edge-blurring year-round availability of produce from around the world, chefs have a wonderful opportunity to create a genuine point of difference – an out of home dining experience based on the seasons.

Of course, in the days before modern food preservation techniques our predecessors' diet had to be based mainly on ingredients which were both in season and grown, reared, caught or gathered near to home. A region's dishes therefore remained pretty much rooted in its own territory, and recipes and tastes developed, by and large, according to the availability of ingredients in the area. Many of these old regional dishes still thrive today, standing the test of time simply because they're practical, economical and taste good! Happily, an increasing number of chefs are doing their bit to champion the traditional food of their native or adopted areas, and to develop dishes that respect those traditions whilst adding their own twists to old recipes.

*Pork offers more opportunities than any other red meat to eat in harmony*

Which brings us to pork. For centuries the meat of the pig has played a role in the seasonal and regional eating habits of this nation. Not requiring the open pasture needed for grazing by sheep and cattle, pigs were kept by smallholders and families all over the country to provide an economical and popular source of protein. Though no longer itself a seasonal meat (traditionally pigs were slaughtered in the autumn and much of the meat preserved for use over winter), pork's versatility and readiness to accept flavours and complementary ingredients have earned it a regular place on the plate around the country and throughout the year.

Pork offers more opportunities than any other red meat to eat in harmony with the changing seasons. A sticky autumnal braise of pork, apples and root vegetables is perfect comfort food as the weather turns cooler and the days shorten, and a dish of soft pork belly confit will stave off even the deepest winter chill – just add a crackling log fire. A delicate ham hock terrine with spring vegetables heralds the start of lighter eating, and what could be more enticing than the smell of slowly-barbecued pork shoulder, its crisp skin and tender meat perfect for stuffing into soft bread, drifting across a summer garden?

We hope you find inspiration in this book. We asked six chefs from different foodservice sectors, each working in a different part of the country, to tell us how they serve pork at each time of year, using ingredients from their own regions. Whether you follow the recipes, adapt them or use them as a springboard for your own imagination, if you're serious about creating food that reflects the seasons, about using fresh ingredients and sustaining our delicious food heritage, please make sure that pork is on your menu throughout the year.



Tony Goodger  
Foodservice Marketing Manager, BPEX





With thanks to all our  
contributing chefs...



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**Steve Reynolds**  
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**Steve Munkley**  
London and the  
South East  
Hotel / Banqueting

# Recipe Contents

## autumn

- 13 Loin and pudding of pork, bacon potatoes, morel sauce and walnut crackling *AP*
- 14 Roast belly pork, mustard mash, braised red cabbage and Bramley apple sauce *DC*
- 17 Bath chaps in scrumpy with West Country Farmhouse Cheddar *TF*
- 19 Roast loin of pork with a smoked bacon and mushroom sauce, root vegetable terrine and farmhouse potatoes *SM*
- 21 Pork neck casserole, apple and sage dumplings and roasted root vegetables *MS*
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## winter

- 26 Faggots with parsnip mash *TF*
- 30 Pork tenderloin stuffed with dried fruits on pearl barley and roasted root vegetables *SR*
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- 32 Honey and thyme glazed belly pork, cassoulet of smoked bacon and white beans *SM*
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- 42 Braised pork knuckle with Puy lentils and parsley mash *SM*
- 45 Pressed pig's head with braised chicory *SR*
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- 47 Pork and beetroot tart with Dorset Blue cheese *TF*
- 49 Ham hock fritters, egg and crushed new season peas *AP*

## summer

- 53 Walnut-crust pork fillet, summer leaf salad, walnut bread croutons, raspberry vinaigrette *TF*
- 55 Pork collar daube, summer vegetables and cider *AP*
- 55 Jellied ham knuckle, piccalilli and watercress *DC*
- 57 Roast rack of pork, plum and apple stuffing, Armagnac jus *SM*
- 58 Grilled devilled pork loin, pea purée, artichoke foam and minted garden potatoes *MS*
- 60 Loin of pork, smoked Jersey Royal potatoes and crispy pig's ear salad *SR*

As with all ingredients, choosing the best pork for your menus requires some care, but such attention will reward you with a quality product which you can be proud to serve, and which your customers will appreciate. Here are some tips on how to source and serve the best quality pork for your menu.

- **DO YOUR HOMEWORK**

Find out where your pork comes from: what breed is it, is it free range? This is all useful information to display on your menus, and gives you the reassurance that you are buying a product of quality and provenance. BPEX research shows that 61% of consumers want to know the origin of the meat they eat\*, so make sure you know too! In particular, the BPEX Quality Standard Mark for Pork is a guarantee for you and a reassurance for your customers that the pork you are serving is of good quality and from pigs that have been reared and slaughtered to high standards of animal welfare.

- **TALK TO YOUR BUTCHER**

Get your butcher on your side. Explain your standards, show him your menu, invite him to your kitchen. Let him eat your food. Ask him for ideas. The more he understands what you are trying to achieve, the more he should be able to help you. Return the visit to his own premises, so that you can check his own operation, and make sure it meets your expectations. If the butcher is being supplied by a particular farmer, why not ask to visit the farm? A good understanding, a partnership, between you and your butcher will be a great reassurance to you as a chef.

- **BE CLEAR IN YOUR SPECIFICATIONS**

If you want consistency and quality from your butcher, you must be clear about exactly what you expect from him. This means giving accurate, detailed specifications to ensure that you receive pork of the quality, style and price you require, and cut, trimmed and prepared as you need it, depending on the skill and time available in your kitchen. Specifying correctly and tightly will also cut down on waste, and provides a clear benchmark against which to judge what your butcher supplies. (Remember that you are not obliged to accept meat that is 'off-spec' – send it back and get your supplier to redeliver.)

- **REMEMBER THE FOREQUARTER**

Cuts from the forequarter of the pig are generally more cost-effective to buy than the more popular loin and legs. Belly, shoulder, collar and hock are all supremely versatile cuts which, when cooked with care and time, deliver excellent eating quality and superb value, provided you ensure that the meat is from better quality carcasses. In comparison with other proteins, pork generally, and the forequarter in particular, represents excellent value for money, delivering higher profit margins.

- **TRY LESSER USED CUTS FOR MAXIMUM PROFITABILITY**

Many traditional recipes use parts of the pig that have fallen a little out of favour today – head meat, cheeks, tail, knuckle, offal – but can be used creatively to make wonderful dishes full of flavour and interest. Such dishes may take your older customers back to their more frugal, younger days, or be a new discovery for younger diners. Either way, they represent a profitable opportunity for you, and can be a real point of difference on your menus. There are a number of inspirational ideas in this book.

- **INVOLVE YOUR STAFF, AND YOUR CUSTOMERS**

Today's dining consumers are taking an increasing interest in issues of animal welfare, food safety and supply sources and your staff should be able to answer any such questions with confidence and truth. Make sure your staff know where your pork comes from and how it is reared, and consider declaring the information on your menus or blackboards (research has shown that 80% of consumers want to see meat origin declared on menus\*), so that your customers can have confidence in your supply choices.

- **ENHANCE YOUR MENU DESCRIPTIONS**

Pork is already popular with diners (89% of respondents say that they would order pork when eating out\*\*) but an innovative approach to pork dishes and more appealing menu descriptions can further encourage customers to choose pork: 89% of diners would like to see the style of cooking described on the menu, and 79% the cut of meat\*\*. Don't disappoint diners or miss an opportunity to sell more pork.

\* Source: Horizons Quickbite Report June 2008



GREEN COLLAR BACON



BELLY



HEAD



BUTCHER'S SAUSAGES



LIVER



LARDER-TRIMMED RACK



ROLLED COLLAR



HOCKS



SHOULDER