

PLANTAGENET



8 FREE DELICIOUS
PLANTAGENET PORK
RECIPES





ROASTED PORK LOIN WITH SAGE STUFFING

For a fruity alternative to your stuffing try adding some chopped dried apricots to the mix.

Ingredients

- 1 x 1.5kg Plantagenet Free Range Pork loin
You want a loin with part of the belly left on, but all the bones removed, and the skin scored. Your butcher can do this for you.
- 1 cup fresh white breadcrumbs
- 2 tbs fresh sage leaves, chopped
- 2 tbs fresh parsley leaves, chopped
- 3 tbs ground almonds
- salt and pepper
- olive oil

SERVES 4

Method

- Preheat oven to 230C.
- Mix together breadcrumbs, herbs and almonds and season well with salt and pepper.
- Unroll pork, skin side down, and spread the stuffing evenly over the flesh, leaving a 2cm gap at the flat end. Roll up the roast and tie with butchers twine to secure. Rub a generous amount of salt and a little olive oil over the skin.
- Place pork on a roasting rack over a tray and cook for 20 minutes. Reduce oven to 180C and continue cooking for approximately 1 hour, until crackling is golden and juices run clear when meat is pierced with a skewer.
- Rest meat for 15 minutes in a warm place before carving, and serve with apple sauce and roasted vegetables.



PORK & APPLE SAUSAGES WITH LENTIL & BEETROOT SALAD

Don't add salt when cooking the lentils as this makes the skins tough. Instead, if you want to add salt, put it in when you dress the salad as the lentils will soak up the flavours quickly once they are cooked.

Ingredients

- 1 ½ cups (350g) dried Puy lentils (these are sometimes called French-style lentils and are available from supermarkets) • 2 sprigs fresh thyme • 1 x 440g tin baby beetroot, drained, beetroots cut into quarters.
- 1 tbs olive oil • 1 large brown onion, finely diced
- 2 tsp yellow mustard seeds • 2 tsp ground cumin
- 1 tsp ground coriander • 125ml chicken stock
- 150g baby spinach leaves
- 8 Plantagenet Free Range Pork & Apple Sausages
- Dressing** • 1 tsp fresh thyme leaves • 1 clove garlic, minced
- 100ml red wine vinegar • 60ml extra virgin olive oil

SERVES 4-6

Method

- Place all dressing ingredients in an airtight jar and shake well.
- Cook lentils and thyme in a saucepan of simmering water until lentils are just tender (15-20 minutes), drain and discard thyme. Combine lentils with half of the dressing, then add the beetroot and mix.
- Heat oil in a frying pan and cook onion, seeds and spices, until onion softens. Add stock and bring to the boil. Remove from heat, stir in spinach.
- Combine spinach mixture with remaining dressing in a bowl, add the lentil and beetroot mixture and toss to combine.
- Cook sausages in frying pan over low-medium heat, turning frequently to brown evenly, then slice and serve on top of salad.



PORK BELLY WITH RHUBARB SAUCE

Using rhubarb with savoury foods sounds strange, however it actually provides a lovely sharp tang that cuts through the rich and fatty pork belly meat.

Ingredients

- 1 kg piece boneless Plantagenet Free Range pork belly, skin on
- 1 tsp vegetable oil • 2 tsp sea salt flakes
- 250ml water • 375ml chicken stock
- 2 tbs dark soy sauce • 60ml Chinese cooking wine
- 55g brown sugar • 2 garlic cloves, thinly sliced
- 3cm piece of fresh ginger, thinly sliced
- 1 cinnamon stick • ½ tsp dried chilli flakes
- 80ml orange juice
- 6 cloves
- 1 tsp fennel seeds
- 4 stalks rhubarb, cut into 4cm lengths

SERVES 4

Method

- Preheat oven to 180C.
- Score pork skin with a sharp knife. Rub the oil and salt into the skin.
- Combine the water, stock, soy sauce, wine, sugar, garlic, ginger, cinnamon, chilli, juice, cloves and fennel seeds in a large baking dish. Place pork in dish, skin-side up (the liquid should come to just below the skin – if there is too much you may need to remove some so the skin is not covered).
- Roast, uncovered for 1 hour 20 minutes.
- Increase oven heat to 220C, add rhubarb (you may need to add a little water if the sauce has reduced a lot at this point), and continue cooking for 15 minutes or until pork has cracked.
- Rest meat for 15 minutes before slicing and serve with the rhubarb, sauce and Asian salad mix.



TERIYAKI BARBECUED PORK WITH PINEAPPLE

If you are short on time, you can use a pre-bought teriyaki sauce to marinate your meat. Just remember that bought marinades can be quite salty, so you may need to reduce your marinating time.

Ingredients

- 80ml mirin
- 60ml Japanese soy sauce
- 2 tbs cooking sake
- 2 tsp white sugar
- 5cm piece fresh ginger, grated
- 2 garlic cloves, minced
- 4 medium Plantagenet Free Range Pork leg steaks
- 1 small fresh pineapple, thinly sliced
- 2 spring onions, thinly sliced on an angle
- cooked udon noodles to serve

SERVES 4

Method

- Combine the mirin, soy sauce, sake, sugar, ginger and garlic in a large bowl. Add the pork steaks and turn to coat, then cover and refrigerate for at least 3 hours or overnight.
- Preheat chargrill plate on your barbecue.
- Drain pork and reserve marinade. Cook pork on heated oiled grill plate until browned and cooked to your liking. Cover with foil and stand for 5-10 minutes.
- Cook pineapple on grill plate for 2-3 minutes until softened.
- Place reserved marinade in a small saucepan and bring to the boil over high heat. Cook for about 5 minutes until sauce reduces by half.
- Serve pork and pineapple over udon noodles, drizzle with sauce and scatter spring onions over the top.



POT-ROASTED PORK IN BEER

This recipe makes a rich, very tender pot-roast which can be served with mash or tossed through pasta with some vegies. Cook it with a beer you like to drink and you can't go wrong!

Ingredients

- 2 tbs olive oil
- 1.2kg boneless traditional rolled Plantagenet Free Range Pork shoulder roast
- 3 shallots or 1 onion, thinly sliced
- 3 garlic cloves, minced
- 2 bay leaves
- 150g pancetta or bacon, roughly diced
- 500ml brown ale (or use a pale ale for a lighter version of the dish)

SERVES 6

Method

- Place oil in a large oven-proof pot over medium heat. Add the pork and cook, turning, for 6-7 minutes until evenly browned. Add the shallots, garlic, bay leaves and pancetta, then lower the heat and cook for 10 minutes or until pancetta colours a bit. Stir in the beer, scraping up the sediment from the bottom of the pot, and bring to the boil. Cover and simmer over low heat, basting frequently, for 1½ hours.
- While pork is cooking, preheat oven to 180C.
- Transfer cooked pork to a roasting tin, baste with the cooking juices and place in the oven. Cook, basting frequently, for 15-20 minutes.
- Rest meat for 15 minutes before shredding or slicing thickly. Serve with mashed potato, pasta or gnocchi, and some steamed greens.



RICH BOLOGNESE SAUCE

You may be used to making all-beef Bolognese, but try it with a mix of half pork, half beef and you'll end up with a richer, smoother and more 'rounded' sauce. The bit of milk we add also helps to mellow the flavour and tenderise the meat.

Ingredients

- 1 tbs olive oil
- 200g pancetta or bacon, finely diced
- 1 onion, finely diced • 1 celery stalk, finely diced
- 1 carrot, finely diced • 2 garlic cloves, minced
- 500g Plantagenet Free Range Pork mince
- 500g beef mince
- 250ml milk • ¼ tsp ground nutmeg
- 180ml dry red wine
- 400g tomato puree or tinned diced tomatoes
- 250ml beef stock
- 1 bay leaf

SERVES 6-8

Method

- Preheat oven to 160C.
- Place oil in a large oven-proof pot over medium heat. Add the pancetta and cook, stirring, for 3-4 minutes until it starts to brown. Add onion, celery, carrot and garlic and cook for 5 minutes or until the vegetables are softened. Add the pork and beef mince and cook for 6-8 minutes, breaking up the meat with a wooden spoon, until browned.
- Add milk and nutmeg and simmer for 4-5 minutes until the milk evaporates. Add the wine and allow to simmer for 8-10 minutes. Add tomato puree, stock and bay leaf, stir; then cover and cook in the oven for 2 hours or until thickened and reduced. Skim fat from the surface of the sauce and serve with your choice of pasta and freshly grated parmesan.



INDIAN PORK KEBABS WITH MANGO CHUTNEY

There are a lot of mango chutneys available in supermarkets and gourmet stores – some are very sweet while others have a spicy chilli kick to them. Buy whichever one suits your taste, just make sure it's of the best quality you can find.

Ingredients

- 1kg Plantagenet Free Range Pork rump or leg, trimmed and diced into 3cm squares
- 75g Madras-style curry paste
- 200g natural yoghurt
- 2 tablespoons lemon juice
- 2 large red capsicums, deseeded and diced into 3cm squares
- 2 large red onions, cut into wedges
- Good quality bought mango chutney, to serve

SERVES 6

Method

- Whisk curry paste, yoghurt and lemon juice in a medium bowl until smooth, then add pork and mix. Cover and refrigerate for at least 2 hours (or preferably overnight).
- Preheat barbecue plate.
- Thread alternating pieces of marinated pork, capsicum and onion wedges onto 12 wooden skewers (soak the skewers in cold water for 15 minutes before threading so they don't burn on the barbecue).
- Cook kebabs, turning often, until browned and cooked through.
- Serve with the mango chutney and some rice.



GRILLED PORK STEAKS WITH SPANISH CAPSICUM SAUCE

Pork retains much more flavour if you cook it to medium, rather than well-done. Try it with these steaks – they'll be beautiful and juicy!

Ingredients

- 1 clove garlic, minced
- 1 small brown onion, finely diced
- ½ celery stalk, finely diced
- 1 x 450g jar roasted red capsicum, drained, roughly chopped
- 80g semi-dried tomatoes, roughly chopped
- 2 tbs water • 1 tsp fresh rosemary, finely chopped
- 1 tsp smoked paprika
- 4 medium Plantagenet Free Range Pork loin medallions, thick cut
- 125ml cream

SERVES 4

Method

- Preheat barbecue grill plate to medium.
- Heat oil in a small frying pan; cook garlic, onion and celery until softened. Add capsicum, tomatoes, water, rosemary and paprika and cook, uncovered, for 5 minutes. Remove from heat and set aside.
- Season pork steaks with a little black pepper and cook on heated grill plate until cooked to your liking. Remove from heat, cover and rest for 5-10 minutes.
- Blend capsicum mixture until smooth, return to pan with cream and bring to the boil. Simmer for 5 minutes, then serve with pork steaks.



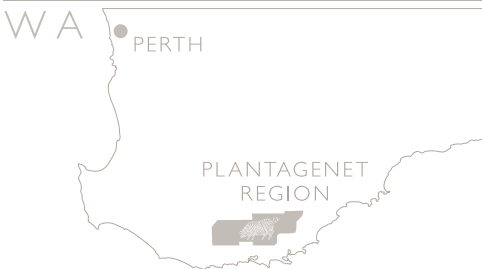
PLANTAGENET



FREE RANGE
& CORN FED
PORK



Our family-run farms are located within 50km of the Plantagenet region. The pigs are generally part of a diversified mix of operations involving cropping, cattle and sheep. Becoming a member of the Plantagenet Pork family has enabled sons and daughters to remain on the farm and has helped retain the next generation in our rural communities.



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