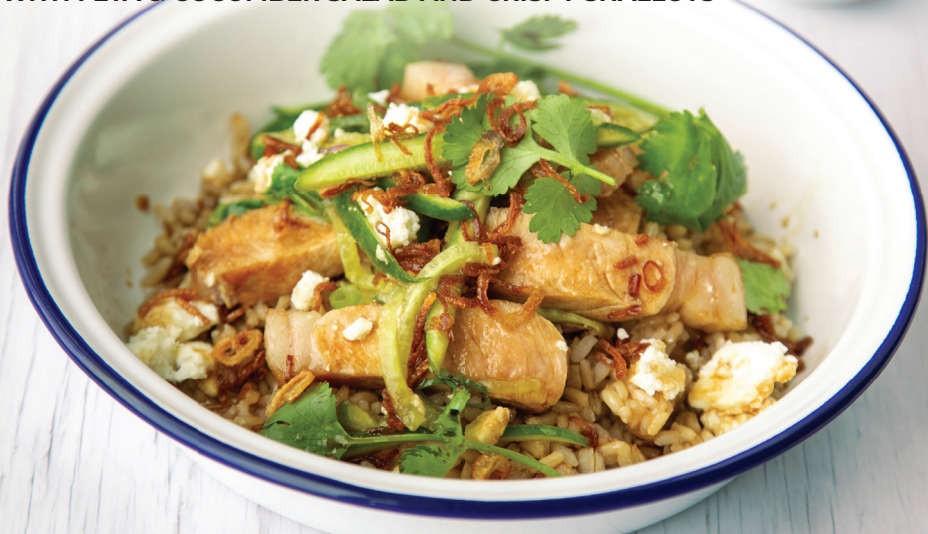


Soy-Caramel Pork

WITH FETA & CUCUMBER SALAD AND CRISPY SHALLOTS



Ingredients

- 4 New Zealand pork sirloin steaks, 2cm thick
- 4 Shallots, peeled
- 300ml Canola oil
- 50g Feta
- ½ Cucumber
- 1 tsp Vietnamese or regular mint, chopped
- ½ bunch Coriander leaves, roughly chopped
- 2 cups Cooked rice, to serve

Dressing

- 2 Tbsp Sugar
- 1 Tbsp Soy sauce
- 1 Tbsp Balsamic vinegar
- 2 Tbsp Water
- 1 tsp Fresh ginger, peeled & sliced
- 3 Tbsp Shallot oil – see method below

Method

01 Shallots Finely slice the peeled shallots into thin rings. Heat the canola oil in a frypan, and when the oil is hot, add the shallots. Stir continuously until the shallots are light brown. Remove the shallots from the heat with a slotted spoon and place on

paper towels to drain while they cool. Reserve the oil for use in the dressing.

02 Dressing Heat the sugar in a saucepan with a little water, stirring continuously. When the sugar starts to lightly colour, add the ginger. Wait for the caramel to darken slightly, then remove from the heat. Carefully add the soy sauce, vinegar and oil. Stir to dissolve the caramel. Add water and season with salt and pepper if required.

03 Prepare the vegetables Peel and slice the cucumber into thin ribbons, then toss with the mint.

04 Pork – cook with the ‘6+2+2 method’

Season the pork steaks with salt and pepper. Add a dash of oil to a frypan or barbecue over medium-high heat. Add the pork and cook for 6 minutes on one side. Flip the steaks and cook on the other side for two minutes. Remove the steaks from the pan and rest on a plate for at least two minutes.

05 Serve Slice the meat into thin strips. Divide the rice over four bowls and place the sliced meat on top. Spoon over the dressing and arrange the cucumber, coriander, crisp shallots, and crumbled feta on top.

Jerk Pork with Corn & Black Beans,

MINT YOGHURT & PINEAPPLE RELISH



Ingredients

- 4 New Zealand pork loin chops, 2cm thick
- 400g can Black beans, rinsed and drained
- 400g can Corn kernels, drained
- 1 Tbsp Olive oil
- 430g can Pineapple pieces, finely diced
- 1 Tbsp Brown sugar
- 1½ Tbsp Lemon juice
- 1 cup Plain yoghurt
- 1 bunch Mint, finely chopped
- 2 cups Cooked brown rice, optional to serve

Jerk Marinade

- ½ cup Tamarind paste
- 2 Spring onions, finely chopped
- ½ bunch Thyme leaves, finely chopped
- 1 Tbsp Worcestershire sauce
- 1 tsp Ground allspice
- 1 tsp Fresh chillies, finely chopped
- Canola oil to blend

Method

01 Marinade With a stick-blender, blend the marinade ingredients together, slowly adding oil little by

little until the mixture becomes thick. Place the marinade in a zip-lock bag and add the pork chops. Leave to marinate in the fridge for at least 2 hours or overnight.

02 Vegetables Mix the beans and corn with the olive oil and season with salt and pepper to taste. In a frypan over a medium heat, fry the pineapple, sugar, and lemon until the pineapple has softened. Mix the chopped mint into the yoghurt.

03 Pork – cook with the ‘6+2+2 method’

Heat your barbecue or grill to a medium-high heat and oil the surface. For best results, use a charcoal barbecue. Place the pork chops on the grill and cook for 6 minutes on the first side. Flip the pork over and cook for a further 2 minutes on the other side. Remove from the heat and rest for at least 2 minutes.

04 Serve Place a pork chop on each plate and top with the bean and corn mix, pineapple relish, and mint and yoghurt dressing. Optional: serve with rice.

Moroccan Spiced Pork Chops

WITH BABAGANOUSH AND ROCKET SALAD



Ingredients

- 4 New Zealand pork loin chops, 2cm thick
- ½ packet Baby rocket leaves, or substitute with 1 small radicchio, sliced
- 1 bunch Watercress
- 1 Orange, peeled & segmented, reserve any juice
- 8 Black olives, sliced
- Olive oil

Moroccan Rub - or shop brought

- 1 tsp Fennel seeds
- 1 tsp Cumin seeds
- 1 tsp Caraway seeds
- 1 tsp Yellow mustard seeds
- 1 tsp Black mustard seeds
- 1 tsp Coriander seeds
- 1 tsp Fenugreek seeds
- 1 Cinnamon quill

Eggplant

- 2 Eggplants
- 1 Tbsp Salt
- 1 tsp Curry powder
- 3 tsp Honey
- Salt

Method

01 Prep the Eggplant Cut the eggplants in half and create a few score lines in each one, about 8mm deep. Rub the salt over the eggplant halves, making sure it

gets into the score lines. Put aside and leave for around 2 hours.

02 Moroccan Rub Toast the rub ingredients in a dry frypan over a medium heat. Grind the seeds to a course rub using a pestle and mortar.

03 Babaganoush Preheat the oven to 180°C. Rinse the eggplant to remove the salt and then coat with the curry powder & honey. Place the eggplants, flesh side up in a baking dish and cover the dish with tinfoil. Bake for 15 minutes or until nearly soft, then remove the foil and bake for a further 10 minutes until the eggplants are lightly coloured. Scrape out flesh into a bowl and mash with a fork. Season with salt and pepper.

04 Pork – cook with the ‘6+2+2 method’ Coat the pork chops with the Moroccan rub. Add a dash of oil to a frypan or barbecue over medium-high heat. Add the pork and cook for 6 minutes on one side, being careful not to burn the rub. Flip the steaks and cook on the other side for two minutes. Remove the steaks from the pan and rest on a plate for at least two minutes.

05 Serve Mix the rocket, watercress, orange and olives in a bowl and dress with the juice of the orange and a dash of olive oil. Heat the eggplant & place a spoonful on a plate along with the pork chop.

Yakitori Grilled Pork

WITH PEANUT & APPLE SLAW, COCONUT & CAULIFLOWER RICE, MISO MAYO



Ingredients

4	New Zealand Pork Sirloin Steaks
1 Tbsp	Soy sauce
1 tsp	Sesame oil
4 Tbsp	Water
1 head	Cauliflower, cut into small florets
2 cups	Good quality shredded coconut
1 tsp	Miso paste
4 Tbsp	Mayonnaise
1 tsp	Lemon juice

Peanut slaw

¼	Cabbage, finely shredded
2	Apples, cut into batons
2 Tbsp	Peanuts, roasted and chopped
1 tsp	Kaffir lime leaves, finely chopped
1 Tbsp	Apple cider vinegar
3 Tbsp	Olive oil

Method

01 Marinate the pork Mix the soy, sesame oil, and water in a medium sized container. Add the pork steaks and set aside to marinate for 10 minutes while you make the slaw and rice.

02 Peanut slaw In a large bowl, whisk together the apple cider vinegar and olive oil. Add the cabbage, apples,

peanuts, and Kaffir lime leaves and mix well to coat in the dressing.

03 Cauliflower & coconut rice In a food processor, whizz the cauliflower florets and coconut until it is rice consistency. Heat a large fry pan over a medium-high heat and add a dash of oil. When the pan is hot, fry the cauliflower and coconut rice for 3 minutes, stirring to mix it.

04 Pork – cook with the ‘6+2+2 method’

Heat your barbecue or grill to a medium-high heat and oil the surface. For best results, use a charcoal barbecue. Place the pork chops on the grill and cook for 6 minutes on the first side. Flip the pork over and cook for a further 2 minutes on the other side. Remove from the heat and rest for at least 2 minutes. Baste a few times during cooking with the marinade for added flavour.

05 Serve In a small bowl, whisk the miso paste, mayonnaise and lemon for the dressing. Slice the pork steaks thinly. Divide the cauliflower and coconut rice between four bowls and top with the sliced pork and peanut. Drizzle with the miso mayo.

Pork Pastrami Sandwich

WITH SWISS CHEESE AND MUSTAED MAYO



Ingredients

- 2 New Zealand Pork Scotch Fillet / Ribeye Steaks, 2cm thick
- 2 Tbsp Salt
- 4 Tbsp Brown sugar
- 1 Tbsp Smoked paprika
- 1 Tbsp Black pepper (New York cut), or ½ Tbsp cracked black pepper
- 1 Tbsp Coriander seeds, crushed in a pestle and mortar
- 8 slices Good quality rye or sourdough bread
- 1 Tbsp Mustard
- 2 Tbsp Mayonnaise
- 4 Large gherkin slices
- 4 Swiss cheese slices
- 2 Tomatoes, sliced
- 4 Lettuce leaves

Method

01 Cure the pork Mix the salt and brown sugar in a shallow container. Place the pork steaks in the container and coat

with the mixture. Leave to cure for 1 hour.

02 Pastrami rub Mix the smoked paprika, black pepper and coriander together in a bowl. Wipe the cure mixture off the pork steaks and coat with the pastrami rub.

03 Pork – cook with the ‘6+2+2 method’

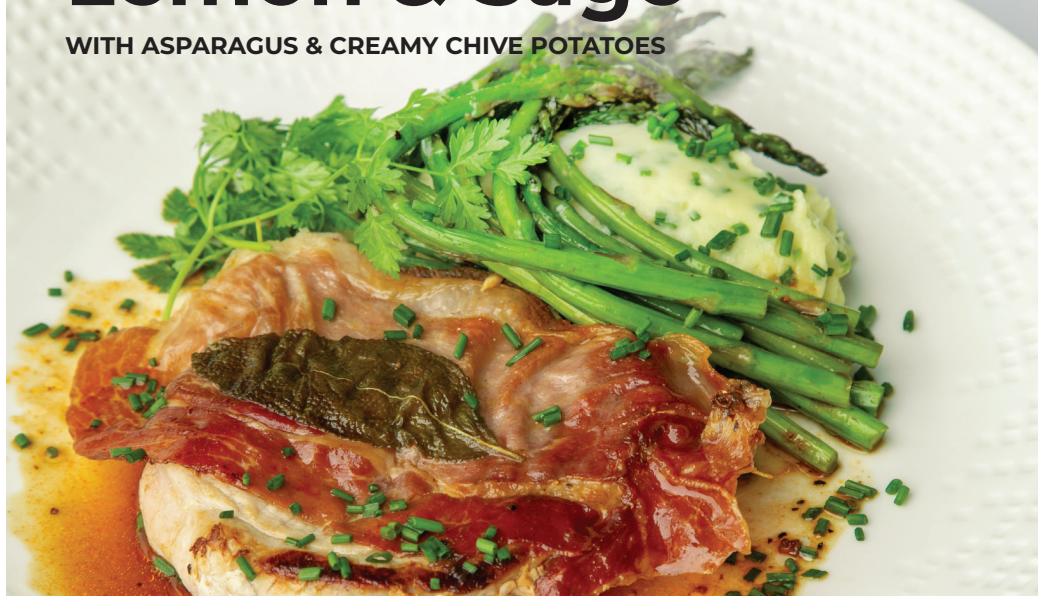
Add a dash of oil to a frypan over medium-high heat. Add the pork and cook for 6 minutes on one side. Flip the steaks and cook on the other side for two minutes. Remove the steaks from the pan and rest on a plate for at least two minutes.

04 Assemble

Slice the pork steaks thinly. Coat one side of each slice of bread with mustard and mayonnaise. Place one slice on a plate and layer with the sliced pork “pastrami”, swiss cheese, tomato, lettuce & gherkin. Top with a second slice of bread with the mustard and mayonnaise side facing down.

Pork Prosciutto, Lemon & Sage

WITH ASPARAGUS & CREAMY CHIVE POTATOES



Ingredients

- 4 New Zealand Pork Rump or Leg Steaks
- 4 Prosciutto slices
- 4 Sage leaves
- 1 Lemon
- 2 bunches Asparagus or green beans (can substitute for other seasonal green vegetables)
- 4 Large potatoes
- 100g Butter
- 200mL Cream
- 2 Tbsp Chives, finely chopped
- Salt
- Pepper

Method

01 Mash the potato Cut the potatoes into quarters and place in a pot of cold water over a high heat. Bring to the boil, reduce heat to medium-low and simmer for 20 minutes or until they are tender. Drain the water from the pot. Heat the cream and add to the potatoes along with the butter and chives. Mash until you have achieved a smooth consistency. Season to taste with salt & pepper.

02 Prepare the pork Season the pork steaks with salt and pepper and place a slice of prosciutto and a sage leaf on top of each.

03 Pork – cook with the ‘6+2+2 method’

Add a dash of oil to a frypan over medium-high heat. Add the pork, sage and prosciutto side down and cook for 6 minutes. Flip the steaks and cook on the other side for 2 minutes. Remove the steaks from the pan and rest on a plate for at least 2 minutes.

04 Vegetables Trim the ends of the asparagus or green beans if you are using them. Keeping the pan over a medium heat, add a squeeze of lemon juice and put the vegetables into the pan. Fry for 5 minutes, turning from time to time. Season the vegetables with salt and pepper to taste.

05 Serve Place a spoonful of the mashed potato onto each plate. Top with a pork steak and some of the vegetables. Pour over the pan juices for added flavour.