

DELISH

INDEPENDENT VERIFICATION  
**PIGCARE**  
BORN & RAISED IN  
**NEW ZEALAND**

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SERVES 6-8

# BACON, LEEK AND MUSHROOM CHOWDER

PREPARATION: 15 MINUTES

COOKING TIME: 1 HOUR

# BACON, LEEK AND MUSHROOM CHOWDER

## INGREDIENTS

- 30ml oil
- 100g leeks, sliced
- 1 large onion, diced
- 3 cloves garlic, diced
- 250g NZ bacon rashers, fat and rind removed, chopped
- 250g mushrooms, sliced
- 250g potatoes, peeled and diced
- 750ml vegetable stock
- 750ml milk
- Freshly ground black pepper to taste

## METHOD

- ① Heat oil in a heavy based pan. Fry the leek, onion and garlic, and sweat until soft. Add bacon and fry for 5 minutes. Add the potato and mushrooms and fry for another 5 minutes, stirring regularly.
- ② Add stock and bring to the boil.
- ③ Reduce the heat and simmer for 30-40 minutes until potatoes are soft.
- ④ Stir in the milk and reheat without boiling. Simmer for 20 minutes.
- ⑤ Season to taste and serve with freshly chopped parsley.



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SERVES 4

# ≡ BACON STUFFING LOAF ≡

PREPARATION: 20 MINUTES

COOKING TIME: 45 MINUTES

# BACON STUFFING LOAF

## INGREDIENTS

250g shoulder bacon,  
cut into 1cm pieces

2 large red onions,  
peeled and diced

2 cloves of garlic, peeled  
and finely chopped

½ cup fresh herbs,  
chopped – ideal are  
parsley, sage and thyme

2 Granny Smith apples,  
peeled, cored and diced

The grated zest and juice  
of 1 lemon

Salt and pepper to taste

4 cups breadcrumbs or  
¾ loaf white bread cubes

2 eggs

½ cup milk

250g streaky bacon

Sage leaves

## METHOD

- 1 Preheat oven to 175°C.
- 2 Fry the shoulder bacon, onion and garlic in a pan until just transparent. Transfer to a bowl.
- 3 Add the herbs, apples, lemon, salt and pepper and breadcrumbs. Mix well.
- 4 Beat the eggs with the milk and add to the bowl. Mix well.
- 5 Press into a greased loaf tin lined with baking paper.
- 6 Place the chopped streaky bacon and sage leaves on top, and bake for 45 minutes or until the streaky bacon is crispy and the loaf is set.



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# ÷ CAJUN BLACKENED PORK FILLETS ÷

PREPARATION: 3½ HOURS

COOKING TIME: 25 MINUTES

# CAJUN BLACKENED PORK FILLETS

## INGREDIENTS

4 NZ pork fillets, approx.  
150-180g each

½ tsp salt

Black pepper

Juice and grated rind  
of 1 orange

½ cup tomato

sauce or ketchup

½ cup balsamic vinegar

Small bunch fresh thyme

3 garlic cloves,  
finely chopped

1 tbsp smoked paprika

1 tsp fennel seeds

1 tsp cumin seeds

3 cloves

## METHOD

- 1 In a mortar and pestle, grind the cloves, fennel and cumin seeds until powder-like in consistency. Add the remaining ingredients to a bowl and marinate the pork fillets in the fridge for 3-4 hours.
- 2 Preheat the oven to 200°C.
- 3 Place marinated pork fillets in a baking dish and cook for 20-25 minutes. Serve sliced on a sharing plate.

## BBQ COOKING

Alternatively, heat the BBQ grill until smoking hot and cook for 5 minutes on each side or until the pork is blackened and very dark, then rest for 5 minutes.

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SERVES 4

# ÷ CARMELISED PORK BELLY ÷

PREPARATION: 20 MINUTES

COOKING TIME: 1½ HOURS

# CARAMELISED PORK BELLY

## INGREDIENTS

1kg NZ pork belly  
1 tbsp rice wine vinegar  
300g brown sugar  
1 tbsp fish sauce  
2 tbsp lime juice  
Handful fresh coriander leaves  
1 long red chilli, deseeded and sliced

## METHOD

- 1 Place the stock ingredients in a large pot and bring to boil. Add the pork belly and simmer on low for 1 hour. Remove pork and set aside.
- 2 In a deep pan, mix 1 cup of stock with brown sugar and cook until caramelised. Add fish sauce and lime juice then bring to boil, reducing until thick.
- 3 Cut pork into slices and add to sauce before mixing in coriander leaves and chilli.

## STOCK

6 litres water  
3 garlic cloves, sliced  
1 knob ginger, sliced  
1 handful green onion ends  
1 cinnamon stick  
2 star anise  
375ml light soy sauce  
375ml Shaoxing wine  
75g Chinese rock sugar



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SERVES 4

# ≡ CHILLI PORK FRIED NOODLES ≡

PREPARATION: 30 MINUTES

COOKING TIME: 15 MINUTES

# CHILLI PORK FRIED NOODLES

## INGREDIENTS

400g NZ pork steaks  
or fillet, thinly sliced

1 large packet fine dried  
egg noodles

3 tbsp vegetable oil

1 tsp chilli flakes

3 garlic cloves,  
finely diced

1 knob ginger,  
finely diced

1 cup small  
broccoli pieces

1 cup green beans

1 red pepper, finely sliced

2 tbsp light soy sauce

2 tbsp kecap manis  
– sweet thick soy sauce

2 tsp sesame oil

4 tbsp Shaoxing wine

1 cup bean sprouts



## METHOD

- 1 Submerge the noodles in boiling water and leave for 5-10 minutes. Cool in cold water, drain and set side.
- 2 Heat the vegetable oil in a wok until hot and add the garlic, ginger and chilli flakes. Fry gently for about 2 minutes. Add the pork and continue to fry until cooked through – about 8 minutes.
- 3 Add the veggies and fry for 2 minutes.
- 4 Add the drained noodles, then add the kecap manis, soy sauce, sesame oil, and Shaoxing wine and toss through for 2 minutes.
- 5 Mix in sprouts and serve immediately.



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# ÷ CHINESE BBQ PORK ÷

PREPARATION: 20 MINUTES + OVERNIGHT

COOKING TIME: 1 HOUR



# CHINESE BBQ PORK



## INGREDIENTS

- 1.5kg boneless NZ pork shoulder, cut into 10cm wide strips
- 2 tbsp sugar
- 1 tsp salt
- 1 tsp five spice powder
- 3 tbsp soy sauce
- 3 tbsp hoisin sauce
- 2 tbsp tomato paste
- 2 tbsp molasses
- 2 tsp sesame oil
- 3 cloves garlic, minced



## METHOD

- ① In a large bowl, mix all of the ingredients except the NZ pork together. Set two tablespoons aside for a dipping sauce.
- ② Add the NZ pork strips to the bowl containing the sauce, and mix well so that the meat is well coated. Cover and place in the fridge to marinate overnight (or for at least 2 hours).
- ③ Preheat the oven to 200°C.
- ④ Place a wire rack in a roasting dish filled with 2 cups of hot water, and lower the NZ pork strips onto the wire rack. Place the pork in the oven and cook for about an hour, removing the pork from the oven after 30 minutes to turn the meat over and baste.
- ⑤ Once the NZ pork is cooked, rest for 15 minutes before drizzling with the dipping sauce and serve on a large platter.

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SERVES 5

# ÷ CRISPY PORK BELLY TACOS ÷

PREPARATION: 10 MINUTES

COOKING TIME: 3½ HOURS

# CRISPY PORK BELLY TACOS

## INGREDIENTS

700g NZ pork belly,  
skin on, bone in

Salt

Olive oil

10 small soft tacos

Lime wedges

400g refried beans  
(from a tin)

### Black Bean Salsa

400g black beans  
(from a tin), drained and  
rinsed

3 ripe tomatoes, finely diced

½ cup of coriander,  
chopped

2 tbsp pickled jalapenos,  
finely diced

### Sauce

Mix equal parts mayonnaise  
and chipotle sauce

## METHOD

- 1 Preheat oven to 150°C. Using a sharp knife, score the pork skin and rub over oil and salt.
- 2 Place on a wire rack inside a deep baking tray half filled with water and roast in oven for 3 hours. Turn oven to grill and crisp up skin. Remove and set aside.
- 3 Mix mayo ingredients in a bowl and salsa ingredients in another bowl. Set both aside.
- 4 Heat refried beans in a pot over the stove. Meanwhile, heat soft tacos in the oven wrapped in foil.
- 5 Remove bones from pork belly and slice into pieces. To assemble, place refried beans and coleslaw (optional) on first, then add pork, salsa and freshly squeezed lime juice. Drizzle with mayo mix.

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SERVES 5

# ≡ FRESH SUMMER PORK SALAD ≡

PREPARATION: 10 MINUTES

COOKING TIME: 3½ HOURS

# FRESH SUMMER PORK SALAD

## INGREDIENTS

4 NZ pork leg steaks,  
150g each  
1 tsp vegetable oil  
1 tsp sesame oil

## SALAD

½ cucumber, finely sliced  
300g green beans  
200g sugar peas  
300g bean sprouts  
1 bunch coriander, leaves only  
2 whole oranges – segments  
200g mesclun mix, rocket  
or salad greens

## DRESSING

2 tsp sesame oil  
2 tbsp fish sauce  
2 tbsp sweet chilli sauce  
1 tbsp castor sugar  
2 tbsp lime juice  
1 tbsp finely diced coriander stalks  
1 tbsp soy sauce  
Juice of 2 oranges squeezed  
after segments removed  
2 tsp grated ginger  
Pepper and salt



- ① Season pork with salt and pepper, and fry in a pan for 4-5 min on each side with both oils. Set aside to cool.
- ② Mix dressing ingredients in a measuring jug and set aside. Mix salad ingredients in a salad bowl and set aside.
- ③ Thinly slice the pork and toss with salad, then generously pour over dressing.



DELISH



SERVES 4

# ÷ THE GOOD OL' NZ PORK BURGER ÷

PREPARATION: 20 MINUTES

COOKING TIME: 10 MINUTES

# THE GOOD OL' NZ PORK BURGER



## INGREDIENTS

600g NZ pork mince  
½ cup breadcrumbs  
1 tsp smoked paprika  
Zest of 1 lemon  
1 egg  
2 gloves garlic, diced  
1 large red onion, diced  
1 tbsp olive oil  
1 large zucchini,  
sliced into ribbons  
Mayonnaise  
100g feta cheese  
Large handful rocket leaves  
Beetroot relish  
Sliced pickles  
Salt and pepper



## METHOD

- ① In a large bowl, mix the NZ pork mince, egg, garlic, breadcrumbs, smoked paprika, lemon zest and salt and pepper together. Using your hands, make 4 even-sized burger patties, and set aside.
- ② Heat some oil in a pan over medium heat, and cook the burger patties until brown – about 5 minutes each side.
- ③ Remove the patties, and in the same pan fry the ribbons of zucchini with the red onion and salt and pepper, adding the lemon juice when cooked.
- ④ Split the buns, brush with olive oil, and grill until golden.
- ⑤ To assemble the burger, place the zucchini mixture, rocket leaves and feta down first. Then place the NZ pork patty on top. Drizzle with mayonnaise and beetroot relish if desired.



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SERVES 4

# ÷ IRISH GUINNESS STEAK ÷

PREPARATION: 1 HOUR

COOKING TIME: 10 MINUTES

# IRISH GUINNESS STEAK

## INGREDIENTS

4 NZ pork steaks (medallion, butterfly, rump or sirloin), approx. 2 cm thick

½ onion, finely chopped

1 clove garlic, finely chopped

## MARINADE

1 tbsp Worcestershire sauce

1 tbsp Dijon mustard

1 tbsp honey

1 cup Guinness or stout beer

## METHOD

- ① Mix marinade ingredients together.
- ② Put the steaks in a snap lock bag or dish and pour over marinade. Refrigerate for 1-2 hours, then strain off the marinade and set aside.
- ③ Preheat the grill or pan to medium heat, and grill the steaks for 3 minutes on each side. Let it rest for 3 minutes.
- ④ Fry onion and garlic until soft. Add the strained marinade and simmer until reduced by half.
- ⑤ Pour the reduced sauce marinade over the steaks and serve.

**Serve these steaks medium or medium rare.**

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# ≡ MEDITERRANEAN STYLE PORK ≡

PREPARATION: 30 MINUTES

COOKING TIME: 40 MINUTES

# MEDITERRANEAN STYLE PORK

## INGREDIENTS

- 4 NZ pork sirloin steaks
- 4 garlic cloves, diced
- 2 tbsp olive oil
- ½ cup green olives, pitted
- 2 tbsp capers
- 1 large carrot, diced
- 1 celery stalk, diced
- 1 large onion, diced
- 2 red capsicums, roasted with skin and seeds removed
- 2 cups chicken stock
- 400g tin chopped tomatoes
- 1 cup red wine
- 1 tbsp smoked paprika

## METHOD

- 1 Season pork with salt and pepper on both sides. Heat a little olive oil in a fry pan and fry the pork steaks for 2 minutes on each side. Remove the pork from the pan and set aside.
- 2 Add the carrot, celery, garlic and onion to the pan and sauté for 5-6 minutes until golden and fragrant. Stir through the smoked paprika and cook for a further 3 minutes.
- 3 Pour in the red wine and reduce until evaporated before adding the remaining ingredients. Bring the mixture to a simmer and add the pork steaks back to the pan. Cook for 20 minutes on low.
- 4 Sprinkle with freshly chopped parsley to serve.



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SERVES 4

# PEA, HAM AND PECORINO RISOTTO

PREPARATION: 10 MINUTES

COOKING TIME: 25 MINUTES

# PEA, HAM AND PECORINO RISOTTO

## INGREDIENTS

- 3 cups arborio rice
- 6 cups chicken or vegetable stock, heated
- 100g pecorino cheese, grated
- 1 cup white wine
- Small bunch chives, chopped
- Small bunch parsley, chopped
- 1 onion, diced
- 1 leek, diced
- 4 garlic cloves, diced
- 1 cup peas
- 400g NZ ham off the bone, diced
- Juice and zest of 1 lemon
- Salt and pepper
- 3 tbsp olive oil



## METHOD

- 1 Heat some olive oil in a pan and fry the onion, leek and garlic for 5 minutes, or until soft.
- 2 Add the rice and fry for 2 minutes. Pour in the wine and cook until evaporated. Add the heated stock one cup at a time, always stirring until it's all absorbed and the rice has softened. This will take about 20 minutes.
- 3 Add the peas, ham, lemon zest and juice. Cook for a further 2 minutes.
- 4 Remove from heat before adding the pecorino and herbs. Season with salt and pepper.



DELISH



SERVES 6-8

# ∴ PORCHETTA STYLE ∴ ∴ SPICED PORK RIBEYE ∴

PREPARATION: 10 MINUTES + OVERNIGHT

COOKING TIME: 45 MINUTES

# PORCHETTA STYLE SPICED PORK RIBEYE

## INGREDIENTS

1kg rolled boneless  
NZ pork ribeye

## MARINADE

6 cloves garlic, crushed  
2 tsp fennel seeds  
1 tbsp sage, finely sliced  
1 tbsp rosemary,  
finely sliced  
1 tsp crushed chilli flakes  
Salt and pepper  
Zest of 1 lemon  
2 tbsp olive oil

## METHOD

- 1 Preheat the oven to 180°C.
- 2 Place all the marinade ingredients together in a bowl and mix well, then rub the marinade over the NZ pork ribeye. Place the pork in a deep roasting dish and cook in the oven for 45 minutes.
- 3 Remove from the oven, cover and rest for 15 minutes.
- 4 Slice the roasted NZ pork ribeye and serve with salad.



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SERVES 4

# PORK AND CORIANDER POT STICKER DUMPLINGS

PREPARATION: 30 MINUTES

COOKING TIME: 10 MINUTES

# PORK AND CORIANDER POT STICKER DUMPLINGS

## INGREDIENTS

- 250g NZ pork mince
- 2 cups finely chopped Chinese cabbage
- ½ tbsp salt
- 1 tbsp ground garlic
- 2 tbsp ground ginger
- 2 tbsp soy sauce
- 3 tbsp sesame oil
- Small bunch coriander, roughly chopped
- 1 cup water
- 1 packet wonton or dumpling wrappers

## DIPPING SAUCE

- Equal parts soy sauce, sesame oil and chilli paste, and 1 large spring onion, sliced.

## METHOD

- 1 Mix together the cabbage, pork, garlic, ginger, soy sauce, sesame oil and coriander.
- 2 Place a small amount of pork filling in the middle of each dumpling wrapper, folding them over to form a half moon shape.
- 3 Starting at one end, fold and pinch the wrapper tightly together, continuing until the dumpling is completely sealed. Set them aside to rest for about 15 minutes.
- 4 In a pan, heat some oil until it's hot. Fry one side of the dumplings until golden brown. Carefully pour in 1 cup of water and cover with a lid immediately - allowing the top side of the dumplings to steam. Once the water is evaporated, let the bottom side crisp up.
- 5 Remove from the pan and serve with dipping sauce.

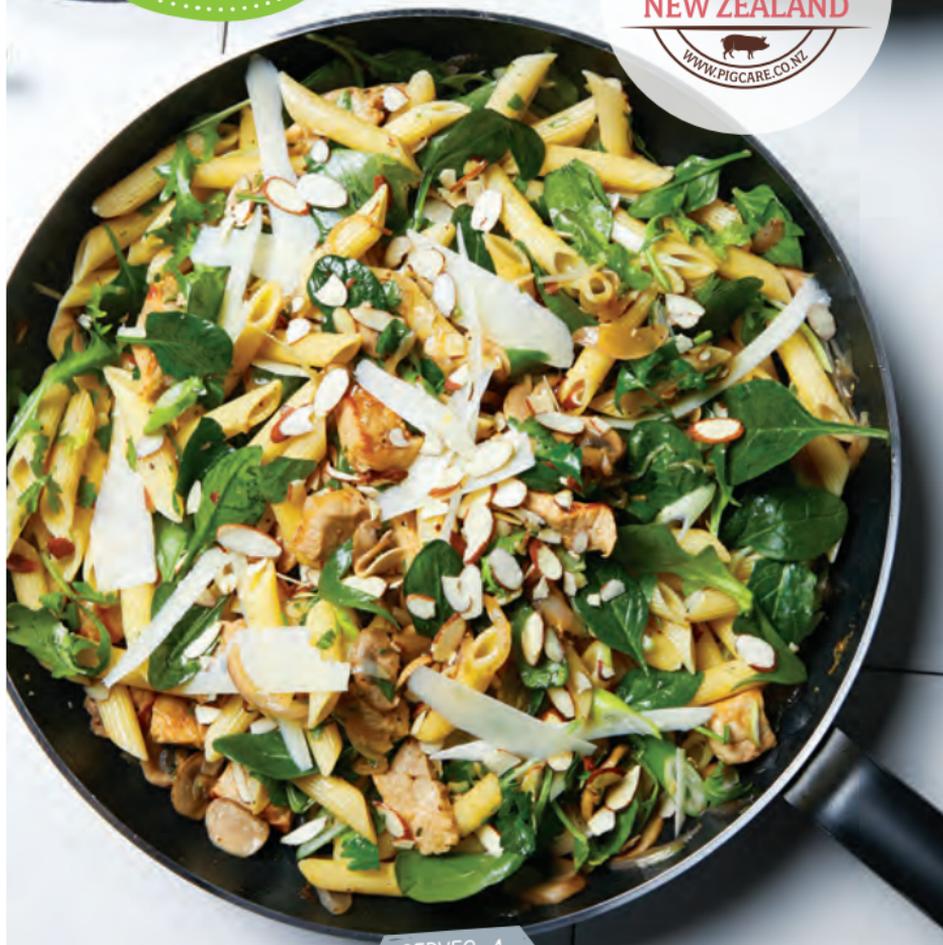


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# ≡ PORK AND ROCKET PASTA ≡

PREPARATION: 10 MINUTES

COOKING TIME: 20 MINUTES

# PORK AND ROCKET PASTA

## INGREDIENTS

500g diced NZ pork  
375g dried penne pasta  
– or 1 packet  
1 red onion, sliced  
3 cloves garlic, minced  
300g button mushrooms, sliced  
Juice and zest of 1 lemon  
3 tbsp olive oil  
½ cup flat leaf parsley, chopped  
1 cup rocket leaves  
1 cup baby spinach leaves  
2 tbsp toasted slivered almonds  
2 spring onions, sliced  
Salt and pepper

## METHOD

- 1 Bring a large pot of salted water to the boil, and boil penne according to packet instructions.
- 2 While the pasta cooks, heat a small pan to medium heat and toast the slivered almonds until just brown, and set aside.
- 3 Heat some oil in a large fry pan over medium-high heat, and fry the onion and garlic until golden, then add the mushrooms and cook until soft. Add the lemon zest, chopped parsley, spring onions and cook quickly to avoid burning. Set mixture aside.
- 4 In a separate pan, cook the diced NZ pork over medium heat for 6 minutes or until golden. Once cooked through, add the pork to the mushroom mixture and toss together.
- 5 Drain the penne and add to the NZ pork and mushroom mixture, stirring until well combined.
- 6 Transfer to a large bowl and add rocket, spinach and lemon juice. Add salt and pepper to taste.



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# ≡ NZ PORK AND BLACK BEANS ≡

PREPARATION: 20 MINUTES

COOKING TIME: 10 MINUTES

# NZ PORK AND BLACK BEANS

## INGREDIENTS

- 2 tbsp Shaoxing rice wine
- 1 tbsp sesame oil
- 2 tsp cornflour
- 3 tbsp soy sauce
- 400g NZ pork fillet, sliced into 1cm discs
- ½ bunch spring onions, sliced
- 2 green peppers, sliced
- 5 garlic cloves, thinly sliced
- 1 long red chilli, sliced
- 5cm piece ginger, sliced into matchsticks
- 2 tbsp peanut oil
- 1 tbsp Asian chilli oil
- 1 tsp dried chilli flakes
- 1 tsp soft brown sugar
- 2 tbsp Asian fermented black beans
- 1 tbsp sesame seeds, toasted

## METHOD

- ① In a bowl, combine rice wine, sesame oil, cornflour and 1 tbsp of soy sauce. Add pork and set aside.
- ② Heat a large pan and add peppers to slightly char. Add 1 tbsp of peanut oil and stir to coat. Leave for 1 minute then transfer to a plate and set aside.
- ③ Remove pork from marinade, then carefully add to the hot pan. Stir-fry for 4 minutes, then transfer to a plate and set aside.
- ④ Add remaining peanut oil as well as chilli oil to the pan before adding garlic, dried chilli flakes, ginger and spring onions (leave one spring onion aside). Stir-fry for 30 seconds, then stir in sugar, 3 tbsp of water and remaining soy sauce.
- ⑤ Bring to the boil, return the pork and peppers then add the black beans and stir-fry for 3 minutes. Serve with rice, sesame seeds and spring onion.



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# ≡ PORK FRIED RICE ≡

PREPARATION: 20 MINUTES

COOKING TIME: 20 MINUTES

# PORK FRIED RICE

## INGREDIENTS

300g NZ pork schnitzel,  
cut into strips or diced

1 small onion, diced

1 tsp honey

1 tsp sesame oil

1 tsp soy sauce

1 tsp dark soy sauce

¼ tsp white pepper

4 cups cooked rice  
– day old is best

1 tbsp oil

2 eggs – cooked into  
a simple omelette or  
scrambled.

1 cup bean sprouts

2 spring onions, sliced

Salt to taste

## METHOD

- ① In a bowl, combine the honey, oil, soy sauce, dark soy sauce and white pepper, and mix well. Set aside.
- ② In a wok, or large deep pan, fry the onion in oil until soft, then add the pork and fry until cooked – around 5-6 minutes.
- ③ Add the cooked rice to heat through, and stir in the sauce to coat. Add the cooked eggs, fresh bean sprouts and spring onions, and serve immediately.



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SERVES 4

# GOAN PORK CURRY

PREPARATION: 5-10 MINUTES

COOKING TIME: 1 HOUR + 10 MINUTES

# GOAN PORK CURRY

## INGREDIENTS

500g NZ pork shoulder steak, diced  
3 tbsp olive oil  
1 large onion, chopped  
2 cloves garlic, crushed  
1 tsp ground ginger  
½ tsp ground cinnamon  
1 bay leaf  
1 tbsp tamarind paste  
½-1 tbsp curry powder  
1 tbsp desiccated coconut  
150ml plain low fat unsweetened yoghurt  
1 tbsp sugar  
Freshly ground black pepper  
2 tbsp fresh coriander  
1 green chilli, deseeded and chopped (optional)

## METHOD

- 1 Heat oil in a large heavy based pan. Add onion and fry until soft.
- 2 Add garlic, ginger, cinnamon and bay leaf and stir fry for 5 minutes.
- 3 Add pork and cook until brown all over.
- 4 Stir in curry powder, tamarind paste, coconut and yoghurt. Cover and cook over a low heat for about 1 hour or until the pork is tender, stirring occasionally.
- 5 Add sugar and pepper to taste.
- 6 Just before serving, sprinkle the coriander and green chilli over the curry.



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SERVES 4-6

≡ PORK, KUMARA AND CASHEW PIE ≡

PREPARATION: 30 MINUTES

COOKING TIME: 30 MINUTES

# PORK, KUMARA AND CASHEW PIE

## INGREDIENTS

1kg NZ pork shoulder,  
diced  
25g butter  
2 onions, chopped  
4 cloves garlic, crushed  
2 tbsp chopped thyme  
Pinch of chilli flakes  
1½ tsp fennel seeds  
½ cup white wine  
1 cup chicken stock  
700g kumara, peeled  
and diced  
1½ cups spinach, chopped  
¾ cup unsalted cashews,  
chopped  
½ cup parsley, chopped  
1 block puff pastry

## METHOD

- 1 Preheat oven to 150°C. Season pork with salt and pepper, then brown off in a pan with some oil over medium heat. Set aside.
- 2 Using the same pan, reduce heat, then add butter and onions. Cook for 10 minutes then add garlic, thyme, chilli, fennel seeds and wine. Bring to a boil.
- 3 Mix the pork, stock, kumara and wine sauce in a casserole dish, cover, then bake for 3 hours. Remove from oven, stir in spinach, spring onions, cashews and parsley, then set aside.
- 4 Turn oven up to 220°C. Line a greased pie dish with thinly rolled pastry. Add the pork mix and top with a pastry lid. Brush with egg wash, seal edges, then cut two holes in the lid to allow steam to escape. Bake for 30 minutes.



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# ≡ PORK MEATBALL SPAGHETTI ≡

PREPARATION: 20 MINUTES

COOKING TIME: 20 MINUTES

# PORK MEATBALL SPAGHETTI

## INGREDIENTS

- 500g NZ pork mince
- 1 packet dried spaghetti
- 3 cloves garlic, finely chopped
- ½ cup flat leaf parsley leaves, finely chopped
- Grated zest of 1 lemon
- 1 tbsp tomato paste
- 1 egg

## SAUCE

- 1 onion, diced
- 3 cloves garlic, diced
- 2 cups tomato passata or tomato purée
- 2 tbsp flat leaf parsley stalks, finely diced
- 1 cup vegetable stock
- 1 tsp sugar

## METHOD

- 1 Sauté onion, garlic and parsley stalks in a pot with some oil, then add stock and simmer for 5 min. Add tomato purée and sugar, season with salt and pepper then simmer for 10 min. Set aside.
- 2 Combine pork, garlic, parsley leaves, lemon zest, egg and tomato paste in a bowl. Roll mixture into meatballs and set aside.
- 3 Heat some olive oil in a pan and fry meatballs for 8 minutes, turning every two minutes.
- 4 Place meatballs in the same pot holding the sauce, and simmer for 20 min over low heat.
- 5 Serve with cooked spaghetti, grated parmesan and parsley leaves.



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# ÷ PORK PARMIGIANA ÷

PREPARATION: 40 MINUTES

COOKING TIME: 30 MINUTES

# PORK PARMIGIANA

## INGREDIENTS

- 4 x NZ pork leg steaks, 1-2 cm thick
- Few sprigs fresh basil, leaves and stalks separated, stalks chopped
- Olive oil
- 4 cloves garlic, diced
- 1 onion, diced
- 2 cups pasatta or tomato purée
- 2 cups breadcrumbs
- 1 tbsp fresh thyme leaves, finely chopped
- ½ cup grated parmesan
- 1 cup grated mozzarella
- Finely grated zest of 1 lemon
- 2 eggs, whisked
- Salt and pepper
- 1 tsp sugar
- 1 cup plain flour

## METHOD

- ① Heat a deep pan or pot to medium heat and sauté the garlic, onion and basil stalks in a little olive oil until soft. Add the tomato purée and sugar, and simmer over low heat for 20 minutes. Season with salt and pepper and set aside.
- ② In a large bowl, combine the breadcrumbs with lemon zest, finely chopped thyme and half the grated parmesan.
- ③ Lay three plates out on your bench top, and place the flour on one, the whisked eggs on another, and the breadcrumb mixture onto the third.
- ④ One by one, dip the NZ pork steaks into the flour, then egg and then breadcrumbs, remembering to coat all sides of the pork during each stage.
- ⑤ Heat olive oil in a deep pan over medium-high heat, and fry for 4 minutes on each side until golden brown.
- ⑥ Preheat the oven to 180°C.
- ⑦ Place the NZ pork steaks in a baking dish and spoon over the tomato sauce. Sprinkle over the grated mozzarella, remaining grated parmesan and basil leaves, and bake for 20-25 minutes.



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# ≡ NZ PORK STIR FRY ≡

PREPARATION: 10 MINUTES

COOKING TIME: 10 MINUTES

# NZ PORK STIR FRY

## INGREDIENTS

400g NZ pork fillet,  
finely sliced  
3 tbsp vegetable oil  
1 tsp chilli flakes  
3 garlic cloves, finely diced  
1 knob ginger, finely diced  
1 cup small broccoli pieces  
1 cup sugar snap peas  
1 red pepper, finely sliced  
1 cup bean sprouts  
1 bunch asparagus, sliced  
1 carrot, finely sliced into  
matchsticks

## TO SEASON

4 tbsp light soy sauce  
4 tbsp Shaoxing wine  
2 tbsp kecap manis  
– sweet thick soy sauce  
2 tsp sesame oil

## METHOD

- ① In a wok, heat the vegetable oil until really hot and fry the chilli flakes, garlic and ginger for 2 minutes.
- ② Add the sliced pork and fry until cooked – about 5 minutes.
- ③ Add the broccoli, carrot and asparagus and fry until soft. Add the red pepper and snap peas and fry for a further 2 minutes.
- ④ Add the seasoning sauces and bean sprouts, then toss together and serve immediately.



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SERVES 4

# ≡ PULLED PORK MAC AND CHEESE ≡

PREPARATION: 45 MINUTES

COOKING TIME: 5¼ HOURS

# PULLED PORK MAC AND CHEESE

## INGREDIENTS

- 1.8kg boneless NZ pork shoulder
- 1 onion, sliced
- 1 carrot, roughly chopped
- 1 bottle of ginger beer
- 1 cup BBQ sauce

## MAC 'N' CHEESE

- 450g elbow macaroni
- 2 tbsp butter
- 2 tbsp flour
- 2 cups milk
- 4 cups grated cheese
- 1 tbsp parsley, chopped

## METHOD

- 1 Add pork, onion and carrot into slow cooker. Pour in ginger beer and cook on low for 5 hours. Remove and shred with two forks, place back in slow cooker and add BBQ sauce.
- 2 Preheat the oven to 180°C. Bring a pot of salted water to the boil, cook macaroni according to instructions. Drain and set aside.
- 3 Melt butter in a frypan over medium heat. Whisk in flour, then slowly mix in the milk until smooth. Reduce heat and whisk until the sauce becomes thick. Stir in the cheese, cook until melted, then turn off heat and add the macaroni.
- 4 Pour the pasta into a greased casserole dish and top with pulled pork, grated cheese and parsley. Bake for 15 minutes.



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SERVES 4

# ÷ PULLED PORK PIZZA ÷

PREPARATION: 4 HOURS

COOKING TIME: 15 MINUTES

# PULLED PORK PIZZA

## INGREDIENTS

1kg NZ pork shoulder  
Olive oil  
1 tbsp crushed fennel seeds

### **Pizza dough**

2 cups flour  
30ml olive oil  
1 tsp dried yeast  
 $\frac{3}{4}$  cup warm water  
Pinch of sugar and salt

### **Pizza toppings**

1 cup Passata or tomato purée  
1 small wheel of brie, or other soft cheese  
Small bunch fresh thyme

## METHOD

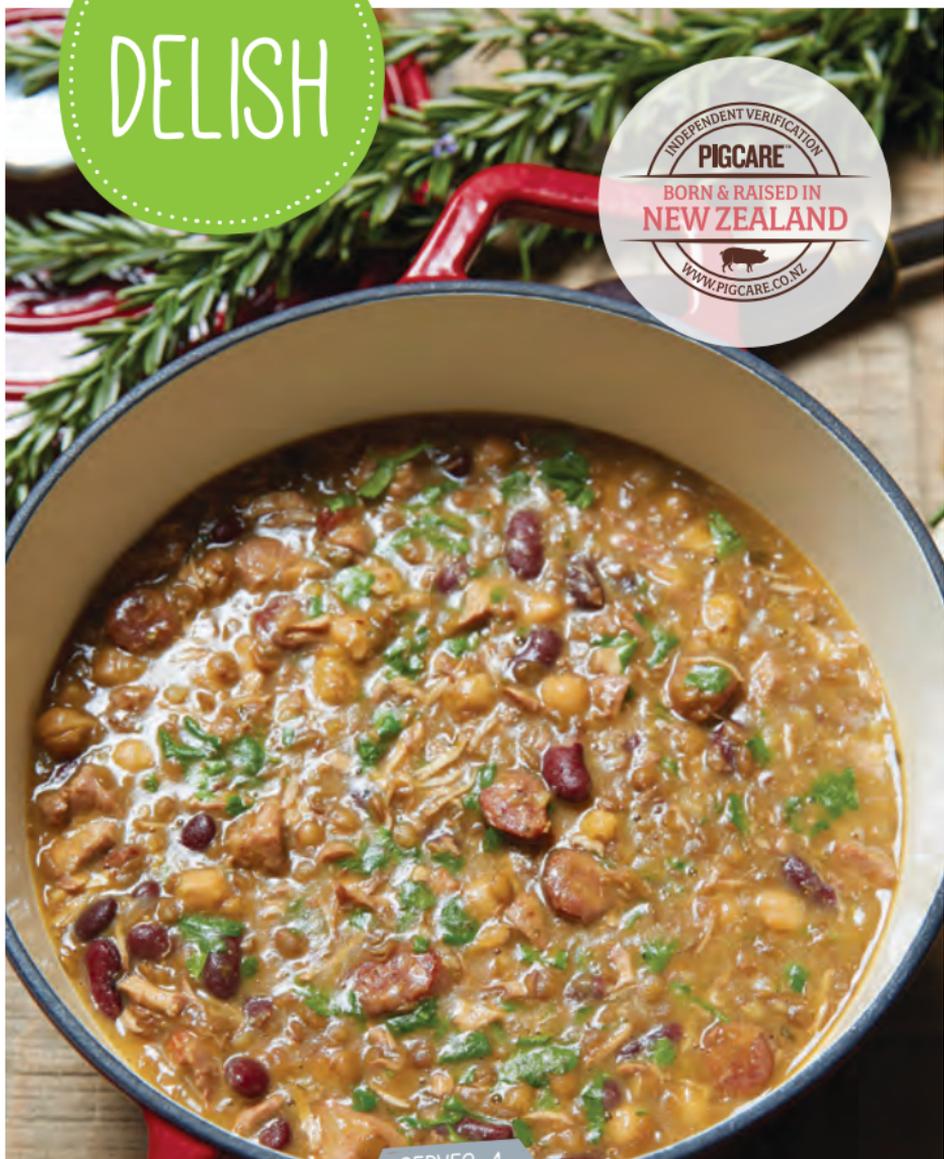
- 1 Preheat oven to 160°C. Coat pork with oil and rub in salt, pepper and fennel seeds. Place in roasting dish and cook for 4 hours. Remove from oven and pull apart using two forks. Set aside.
- 2 Combine yeast, sugar and warm water in a jug. Set aside for 5 minutes.
- 3 Combine flour and salt in a bowl, then mix in yeast mixture and olive oil. Knead for 10 minutes on a lightly floured surface.
- 4 Grease a bowl and place dough inside. Cover with plastic wrap and leave in a warm spot for an hour.
- 5 Tip the dough onto a lightly floured surface, cut in half, then roll each half into thin pizza bases.
- 6 Cover the bases in tomato purée, pulled pork, cheese and thyme. Season with salt and pepper, then bake in a hot oven for 12 minutes.

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DELISH



SERVES 4

# ÷ RICH AND HEARTY PORK STEW ÷

PREPARATION: 5-10 MINUTES

COOKING TIME: 1¼ HOURS

# RICH AND HEARTY PORK STEW

## INGREDIENTS

500g NZ pork leg rump steaks, diced  
2 tbsp olive oil  
2 small chorizo sausages, diced  
2 onions, peeled and chopped  
2 tsp minced garlic  
1 cup red wine  
1 tsp rosemary sprigs (or dried rosemary)  
2 cups chicken stock  
1 x 400g tin of chickpeas  
1 x 400g tin of red kidney beans  
½ cup of parsley, chopped  
2 tsp corn flour  
2 tbsp water

## METHOD

- 1 Preheat oven to 170°C.
- 2 Heat the oil in a pan and add the pork to brown on all sides. Place in a casserole dish.
- 3 Add the diced chorizo sausage to the casserole dish.
- 4 Place the onion and garlic into the pan and cook until the onion is soft.
- 5 Add the red wine, chicken stock, chickpeas, kidney beans and bring to the boil. Pour mixture over the pork.
- 6 Add the rosemary and cover.
- 7 Place in the oven for 1 hour, or until the pork is tender.
- 8 Mix the corn flour and water together to make a paste. Mix into the stew, and cook for a further 5-10 minutes.
- 9 Stir through parsley to serve.



DELISH



SERVES 4

# ≡ SATAY PORK SKEWERS ≡

PREPARATION: 20 MINUTES

COOKING TIME: 20 MINUTES

# SATAY PORK SKEWERS

## INGREDIENTS

- 600g diced NZ pork
- 8 long bamboo skewers
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp brown sugar
- 3 tbsp crunchy peanut butter
- 2 tsp sweet soy sauce
- 1 tsp dried chilli flakes
- 1 cup coconut milk
- 1 tbsp dark soy sauce
- Hot water for consistency
- 1 small bunch coriander

## METHOD

- 1 Separate the coriander leaves from the stalks, and finely dice the stalks, keeping the leaves for garnishing.
- 2 Heat a deep pan to medium heat and fry the onion and the garlic until soft. Add the brown sugar and cook until caramelised (about 5 minutes).
- 3 Add the remaining ingredients (including the coriander stalks) to the pan and stir until well combined. Cook on a low-medium heat for a further 10 minutes, and season with salt if desired. Take off the heat and set aside.
- 4 Take the diced NZ pork and thread three to four pieces onto each skewer. Heat some oil in a fry pan on high heat, and fry the pork skewers for 10 minutes, turning half way through. Alternatively, grill the pork skewers in a 180°C oven for 10 minutes or until cooked.
- 5 Drizzle the satay sauce over the skewers, and serve with rice and fresh coriander leaves.



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# ≡ NEW STYLE SCOTCH EGGS ≡

PREPARATION: 30 MINUTES

COOKING TIME: 10 MINUTES

# NEW STYLE SCOTCH EGGS

## INGREDIENTS

8 country style or herb  
NZ pork sausages  
Salt and Pepper  
6 eggs  
Small bunch of chives  
Small bunch of parsley  
2 tsp hot English mustard

## CRUMB MIX

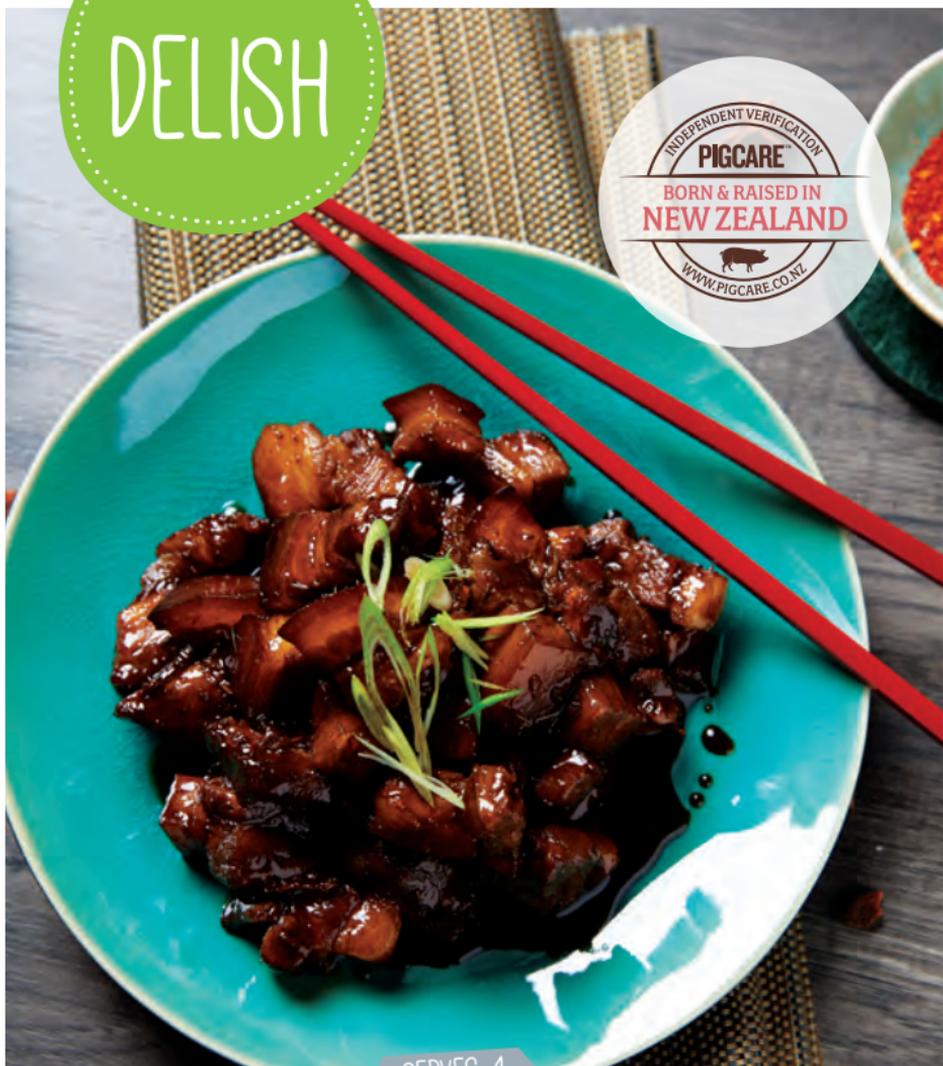
½ cup fine breadcrumbs  
2 eggs  
½ cup flour  
Vegetable oil for deep  
frying

## METHOD

- ① Heat oil in a deep fryer or pot to 150°C (enough to deep-fry the eggs).
- ② Soft boil 6 eggs (about 4 mins) and cool in cold water. Peel and set aside.
- ③ Lay out three shallow bowls for crumbing. Breadcrumbs in one, beaten eggs in another and flour in the third.
- ④ Squeeze the sausage meat from their casings into a large bowl. Mix in the herbs and mustard. Season with salt and pepper.
- ⑤ Divide the mixture into 6 even sized balls, then flatten them into 1cm thick discs. One-by-one, place a soft-boiled egg on top of a piece of pork mix and mould the meat around the egg to encase it.
- ⑥ Roll the sausaged eggs in the flour, then egg and then crumbs. Fry the scotch eggs in the hot oil for 6-7 minutes, turning occasionally.
- ⑦ Drain on a rack or with paper towel, and when cool, cut in half lengthways and serve with pickles and dijon mustard.



DELISH



SERVES 4

# SHANGHAI STYLE BRAISED PORK BELLY

PREPARATION: 10 MINUTES

COOKING TIME: 1 HOUR

# SHANGHAI STYLE BRAISED PORK BELLY

## INGREDIENTS

- 400g NZ pork belly
- 2 tbsp vegetable oil
- 1 tsp sesame oil
- 1 tbsp Chinese rock sugar
- 3 tbsp Chinese cooking wine
- 1 tbsp light soy sauce
- ½ tbsp dark soy sauce
- 2 cups water
- 2 tsp sesame seeds, toasted
- 1 spring onion, finely sliced
- 1 lime, cut into wedges

## METHOD

- 1 Bring a large pot of water to the boil, and blanch the pork belly for 3-5 minutes.
- 2 In a wok over low heat, add both the oils and sugar, cooking until the sugar has slightly melted. Add the pork and increase the heat to medium. Cook the pork on all sides until lightly brown.
- 3 Turn the heat back to low and add the cooking wine, light soy sauce, dark soy sauce and water. Cover with a lid and simmer on low for about 45 minutes to an hour - until the pork is fork tender.
- 4 To prevent burning the pork throughout, add a little water every 5-10 minutes.
- 5 Serve sliced with fresh spring onion and lime wedges.

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SERVES 4

# SLOW ROASTED STICKY PORK RIBS

PREPARATION: 20 MINUTES + 1½ HOURS TO MARINATE

COOKING TIME: 2½ HOURS

# SLOW ROASTED STICKY PORK RIBS

## INGREDIENTS

- 800g NZ pork spare ribs
- 1/3 cup hoisin sauce
- 2 tbsp soy sauce
- 1 tbsp dry sherry
- 2 tbsp brown sugar
- 5cm-piece ginger, cut into matchsticks
- 2 garlic cloves, crushed
- 1 tsp Chinese five spice
- 1 cinnamon stick
- 2 whole star anise

## METHOD

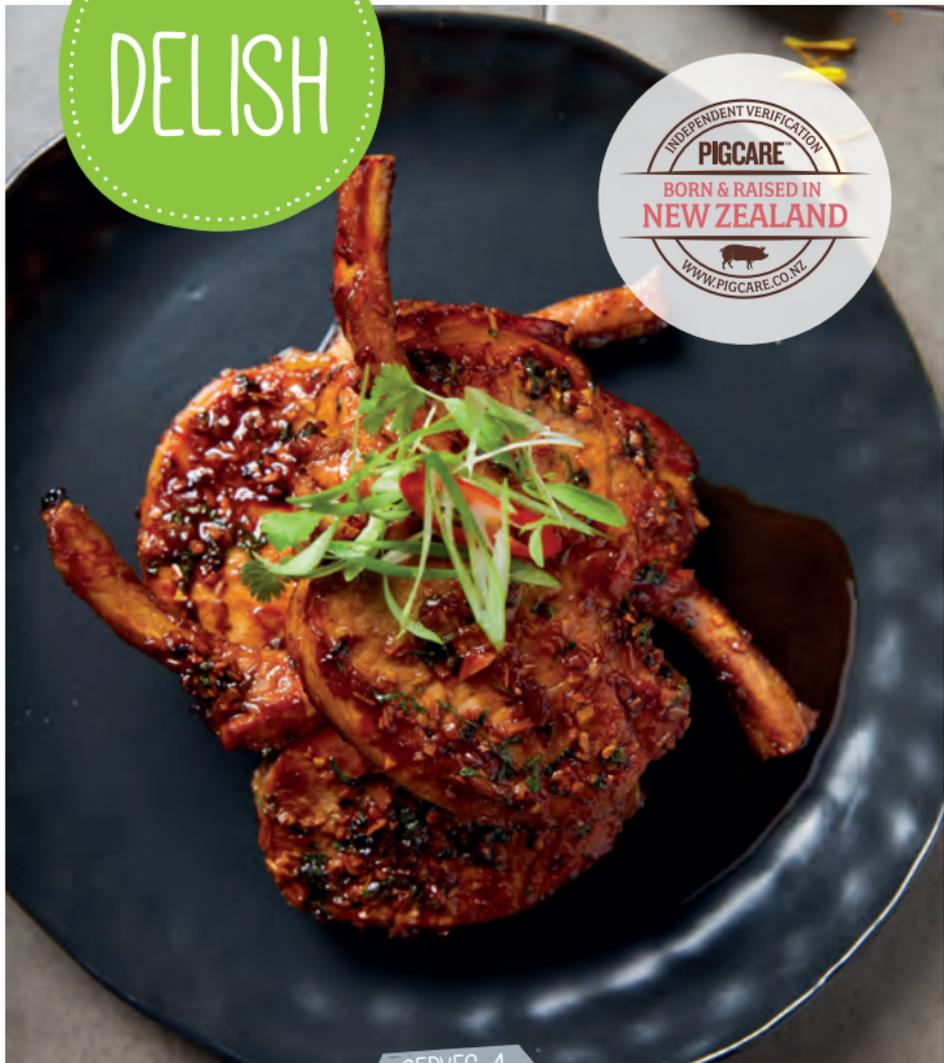
- 1 Combine the hoisin sauce, soy sauce, sherry, sugar, ginger, garlic, Chinese five spice, cinnamon and star anise in a shallow bowl. Add the pork and turn to coat. Place in the fridge for 1 hour to marinate.
- 2 Preheat the oven to 140°C.
- 3 Transfer the pork mixture to a shallow roasting pan and arrange in a single layer. Roast for 2 hours, turning occasionally.
- 4 Baste and roast the pork for a further 30 minutes, or until the pork is very tender.



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DELISH



SERVES 4

# SOY, HONEY AND GINGER PORK CUTLETS

PREPARATION: 10 MINUTES + 1 HOUR TO MARINATE

COOKING TIME: 10 MINUTES

# SOY, HONEY AND GINGER PORK CUTLETS

## INGREDIENTS

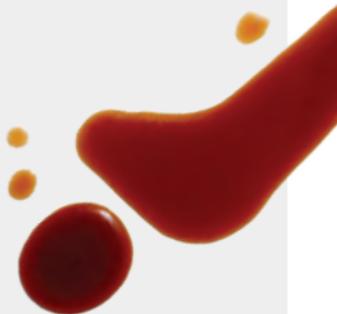
4 large NZ pork cutlets  
1 tsp sesame oil  
1 tbsp vegetable oil

## MARINADE

2 tbsp honey  
2 tbsp soy sauce  
2 garlic cloves, finely diced  
Knob of ginger, finely diced  
½ tsp chilli flakes  
1 tbsp kecap manis  
(sweet soy sauce)  
Juice 1 lime  
Small bunch coriander,  
finely chopped

## METHOD

- 1 To make the marinade, mix all of the ingredients in a small bowl. Add the pork and leave in fridge for 1 hour.
- 2 Heat the oils in a grill or pan until smoking hot and add the pork until charred and cooked – about 4 minutes either side.
- 3 Add the marinade and cook on low until thick and sticky.
- 4 Serve pork with fresh coriander leaves, sesame seeds and sticky marinade sauce.



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SERVES 6-8

## ≡ STICKY PORK BELLY ≡

PREPARATION: 10 MINUTES    COOKING TIME: 3 HOURS PLUS 10-15 MINUTES FOR CRACKLING

# STICKY PORK BELLY

## INGREDIENTS

- 1.8kg NZ pork belly, boned
- 1 tsp flaky salt
- ½ cup thick tomato puree
- ¼ cup maple syrup
- 1 tbsp sweet soy sauce
- 1 tsp hot chilli garlic sauce

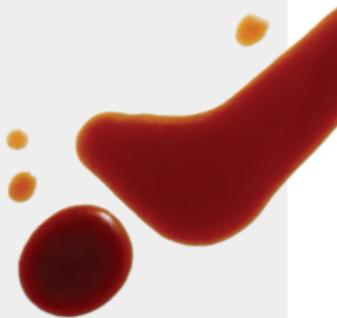
## METHOD

- 1 Preheat the oven to 150°C.
- 2 Using a sharp knife, score the pork belly skin just through at about 5mm intervals. Rub skin with a little oil then with the flaky salt. Turn the belly over.
- 3 Mix together the tomato puree, maple syrup, soy and chilli sauces. Keep aside a small amount as a dipping sauce. Rub the rest into the belly meat. Place pork belly skin-side-up on an oven rack sitting over a similarly sized roasting dish, with a little water in it to catch any drips. Cover pork with foil and place in the oven to cook for 3 hours.
- 4 Once the meat is soft and tender, remove from the oven and remove the foil.
- 5 Turn the oven to grill. When the grill is very hot, place pork back to get the skin crackling. Keep an eye on it so it doesn't burn.

**Cut into thick pieces and serve with steamed Asian greens.**

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SERVES 8

## ÷ SWEET AND SOUR PORK ÷

PREPARATION: 20 MINUTES + 1 HOUR TO MARINATE

COOKING TIME: 30 MINUTES

# SWEET AND SOUR PORK

## INGREDIENTS

500g NZ pork shoulder,  
cut into cubes

1 tsp salt

¼ tsp white sugar

1 tsp soy sauce

1 egg white

2 green onions,  
finely sliced

½ cup cornflour

3 cups vegetable oil

### Sauce

3 celery stalks, sliced

1 green pepper, cubed

1 onion, cut into wedges

1 cup water

¼ tsp salt

¾ cup white sugar

⅓ cup apple cider vinegar

¼ cup ketchup

½ tsp soy sauce

Juice and contents 1 can  
pineapple chunks (225g)

## METHOD

- 1 In a bowl, season pork with salt, sugar and soy sauce. Mix in egg whites and green onions, cover and place in fridge for 1 hour. Remove from fridge and coat in cornflour.
- 2 In a large deep pan, heat the vegetable oil to 185°C. Fry pork for 10 minutes. Drain on paper towel and set aside.
- 3 In a greased wok, cook celery, pepper and onion until tender, then remove and set aside.
- 4 To make the sauce, mix the water, salt, sugar, apple cider vinegar, ketchup and soy sauce in a large saucepan. Bring to the boil then stir in the pork, vegetables and contents of pineapple can.
- 5 Bring to boil then stir in 2 tsbp cornflour and ¼ cup water to thicken. Cook for another 5 minutes. Serve with steamed rice.



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SERVES 4

# ÷ THAI STYLE PORK PATTIES ÷

PREPARATION: 15 MINUTES

COOKING TIME: 20 MINUTES

# THAI STYLED PORK PATTIES

## INGREDIENTS

- 400g NZ pork mince
- ½ tsp salt
- ½ tsp fish sauce
- 1 tbsp fresh ginger, grated
- 2 spring onions, chopped
- 1 tbsp sweet chilli sauce
- 1 egg, beaten
- Small bunch coriander, chopped
- ½ tsp sesame oil
- 1 small red chilli

## METHOD

- 1 Combine all the ingredients together in a large bowl. Divide the mixture into 8 small patties and set aside.
- 2 In a pan, heat a little oil and cook the pork patties over a medium heat for 6 minutes on each side.
- 3 Serve with sweet chilli sauce on rice or in a burger.



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SERVES 6-8

# VIETNAMESE STYLE HONEY MARINATED PORK CUTLETS

PREPARATION: 20 MINUTES + OVERNIGHT

COOKING TIME: 10 MINUTES

# VIETNAMESE STYLE HONEY MARINATED PORK CUTLETS

## INGREDIENTS

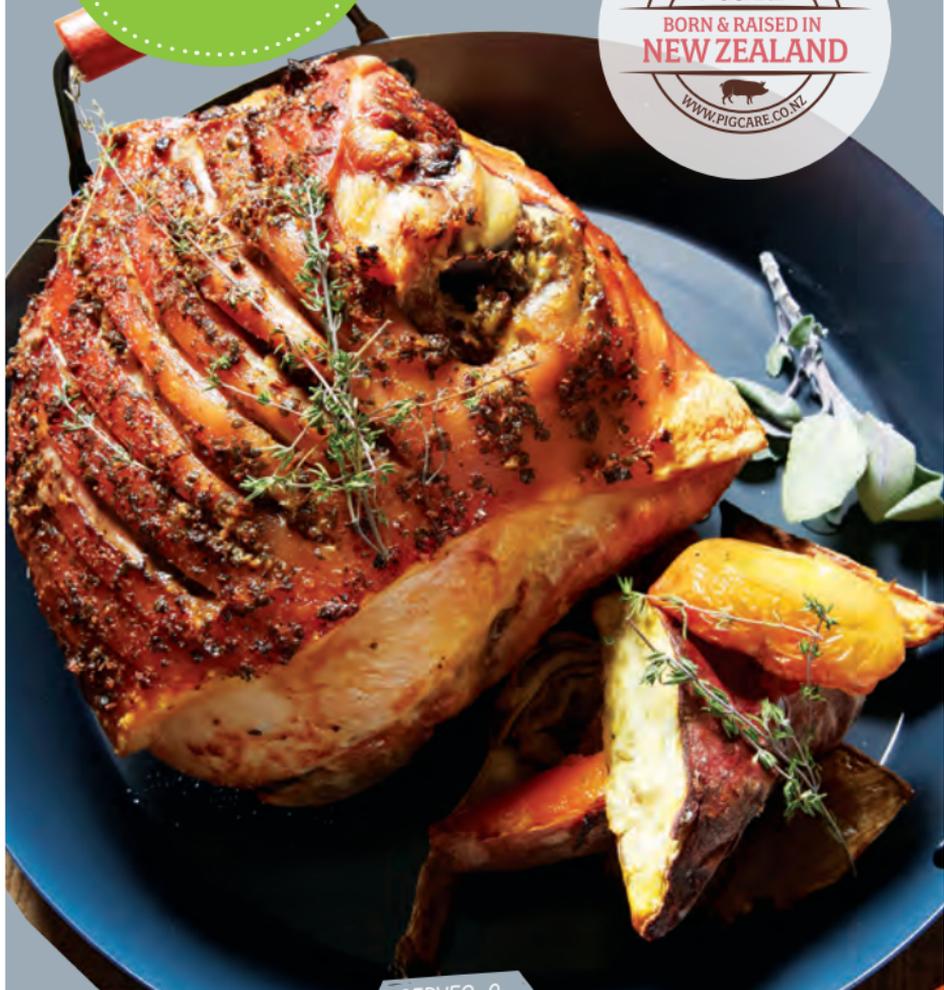
- 4 large NZ pork cutlets
- 4 tbsp oyster sauce
- 4 tbsp fish sauce
- 1 tbsp castor sugar
- 4 garlic cloves, diced
- 1 lemongrass stalk, diced
- 2 spring onions, chopped
- 1 tbsp honey
- 2 tbsp vegetable oil
- Coriander, to serve
- Chilli, to serve

## METHOD

- 1 In a bowl, combine spring onions, lemongrass, garlic, fish sauce, oyster sauce, honey, sugar and oil.
- 2 Add the pork cutlets to the marinade ensuring to coat all sides. Cover and marinate in the fridge overnight, or for at least 3 hours.
- 3 Heat a little oil in a frypan or grill and cook the pork cutlets for 4 minutes on each side.
- 4 Serve whole, or remove the bone and chop into pieces. Sprinkle over freshly chopped coriander and chilli.



DELISH



SERVES 8

## ≡ WINTER ROAST ≡

PREPARATION: 30 MINUTES

COOKING TIME: 3 HOURS

# WINTER ROAST

## INGREDIENTS

2-2.5kg NZ pork roast,  
bone-in and skin-on

1 tbsp fresh sage,  
finely chopped

1 tbsp crushed garlic

1 tbsp fresh ginger,  
finely chopped

1 oven tray full of  
peeled vegetables like  
potatoes, kumara,  
pumpkin, onion,  
parsnip and apple  
halves

1 tbsp flour

1 cup apple juice

Olive oil and salt  
for seasoning

## METHOD

- 1 Preheat oven to 220°C. Score pork skin in straight lines, then rub sage, garlic, ginger, olive oil and salt all over.
- 2 Sit the pork on a rack inside a deep tray, or on top of the tray full of vegetables.
- 3 Roast both the pork and vegetables for 30 minutes before reducing the temperature to 150°C. Cook for a further 2 and half hours.
- 4 Remove the pork and veggies from the oven and pour the roasting juices into a saucepan. Set the pork and veggies aside, covered to retain the heat.
- 5 Add the flour and 1 cup of water to the saucepan with the roasting juices and mix well over a medium heat.
- 6 Once slightly thickened, add 1 cup of apple juice and 2 cups of hot water and continue to cook until thickened. Season with salt and black pepper.



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