

## Pork Recipe - Pork Chops with Apple and Port

These chops are baked in a piquant sauce containing fruit, honey, cinnamon, lemon and port, all of which reduces to a spicy syrup. The flavour is quite bold, and rather unusual, and best accompanied by stir-fried cabbage and creamy mashed potatoes.

### Ingredients:

4-6 (600g) pork loin chops (weight after trimming)  
Oil  
Salt and milled black pepper  
15ml flour  
100ml stock or water  
60ml port  
2 Golden Delicious apples, peeled and finely chopped  
50ml sultanas  
1ml ground cinnamon  
15ml lemon juice  
5ml honey

### Method:

Trim rind and excess fat off chops. Heat a dash of oil in a heavy frying pan, and brown chops on both sides. Transfer to baking dish, to fit in a single layer, then season. Add flour to drippings in pan, and stir to absorb juices, then add stock and port and stir until smooth and thick. Remove from stove and add apples, sultanas, cinnamon, lemon juice and honey. Spread this fairly thick mixture over tops of chops and cover securely before baking at 160°C for 1 hour 15 minutes, or until chops are done. Serves 4-6.

Note: Unless otherwise stated, Golden Delicious apples are my preference when cooking. Apart from the appeal of their creamy yellow colour, they hold their shape when cooked and have a delicate sweetness which both enhances sweet and savoury dishes.

## Pork Recipe - Pork with Orange

Seasoned with sage and mustard, simmered in wine and laced with orange, this oven potroast is succulent and delicious. The cut you buy is important as it must be a centre piece leg roast, that is, cut from the middle of the leg. This is a popular cut and easily available.

### Ingredients:

1 x 2kg pork leg roast  
1 large onion, chopped  
5ml dry mustard  
10ml dried sage  
Salt and paprika  
125ml white wine  
250ml water  
25ml orange marmalade  
Coarsely grated rind of 1 orange  
2 bay leaves

### Method:

Remove rind and all the fat from meat, then brown on all sides with onion in a heavy pan just smeared with oil. Place joint in baking dish and set pan aside. Mix mustard, sage and seasoning and sprinkle over meat. Return pan with onion to low heat and add remaining ingredients. Heat, stirring to mix, then pour around pork. Cover, then bake at 180°C for 1 hour 30 minutes. Turn, cover, and cook until done – about 1 hour 30 minutes more. Remove meat to serving platter and keep warm. Skim the gravy, then pour into saucepan and reduce over high heat, or thicken. Adjust seasoning. Serve with small boiled potatoes, stir-fried cabbage and parsleyed carrots. Serves 8.

## Pork Recipe - Pineapple Pork Chops

These chops are a boon to the busy cook. There is no frying involved, they are simply marinated for a few hours and then baked until tender. The only last-minute attention is the reduction of the slightly fruity rich brown syrup.

### Ingredients:

5-6 (700g) pork loin chops (weight after trimming)  
1 large onion, coarsely grated  
2 cloves garlic, crushed  
10 fresh sage leaves, finely chopped or 2ml dried  
1 x 170g can unsweetened pineapple juice  
20ml soy sauce

10ml honey  
50ml sultanas

**Method:**

The chops should be de-rinded and trimmed of excess fat before weighing. Arrange to fit closely in glass baking dish. Sprinkle onion, garlic and sage over. Mix pineapple juice, soy sauce and honey. Pour over chops, cover and leave for about 3 hours, turning twice. Add sultanas and bake, covered, at 160°C for about 1 hour 20 minutes or until tender. Remove chops to serving dish and keep warm. Pour juices into a small saucepan and boil over high heat until slightly reduced and a rich, caramel brown. Pour over chops. Especially good served with rice and tossed with mushrooms and spring onions, and vegetables or a salad. Serves 5

## **Pork Recipe - Chinese-style Spareribs of Pork**

These ribs are first steamed until tender, marinated and then baked – which is not the regular way of dealing with them, but it does save hours of broiling, basting and possible drying out in the oven. They are neither overly sticky nor sweet, but do need to be eaten using fingers, with forks for the Chinese rice (below).

**Ingredients:**

1,2-1,4kg spareribs in one or two pieces  
15ml oil  
1 onion, chopped  
2 cloves garlic, crushed  
50ml soy sauce  
100ml dry white wine  
25ml honey  
1 knob root ginger, peeled and crushed  
15ml brown vinegar  
10ml brown sugar

**Method:**

Steam ribs over simmering water for about 1 hour 30 minutes or until tender. Meanwhile make marinade by heating oil and frying onion and garlic until soft. Remove saucepan from stove and add soy sauce, wine, honey and ginger. As soon as ribs are cool enough to handle, slice lengthways into long strips. Arrange in a single layer in a large glass baking dish and pour marinade over while they are still hot. Leave at room temperature for about 3 hours, turning occasionally. Before baking, sprinkle with vinegar and sugar and then bake at 180° for 30 minutes or until browned. Place ribs on serving platter and surround with rice. Don't forget the finger bowls. Serves 4.

**Chinese Rice Ingredients:**

2 leeks  
25ml oil  
250ml white, long-grain rice  
500ml heated chicken stock  
25ml soy sauce  
250ml mung bean sprouts  
100ml chopped, toasted almonds

**Method:**

Soften leeks in heated oil. Add rice and toss until coated with oil. Add stock and soy sauce, cover and simmer for 25 minutes or until cooked. Fork in sprouts and almonds. Serves 4-6.

## **Pork Recipe - Ginger Glazed Ham**

A change from ham and pineapple, this ham is brushed with a sweet apricot glaze and surrounded with spiced apricots. Serve with a tangy mustard sauce.

**Ingredients:**

1 x 5kg ham  
Beer  
Water  
2 whole, peeled onions each stuck with 3 cloves  
2 whole carrots  
4 bay leaves  
12 peppercorns  
Whole cloves

**Glaze Ingredients:**

1 x 810g can apricot halves  
100ml brown sugar  
7ml ground ginger  
10ml smooth apricot jam

**Method:**

Soak ham overnight in cold water to cover. Next day, remove and wash well. Place in large saucepan and cover with beer and water – the beer makes it especially succulent. Add remaining ingredients, except cloves, then cover and simmer for 4-5 hours or until tender. As soon as it can be handled, remove skin and return ham to liquid to cool. Score ham, insert cloves in squares and bake at 160°C for 45 minutes, basting with the glaze until crisp and golden brown. For the glaze, drain syrup, sugar, ginger and jam in a small saucepan and melt over low heat, stirring. Serves about 20.

**Spiced Apricots Ingredients:**

Reserved apricot syrup from glaze  
4 whole cloves  
1 stick cinnamon  
2ml ground mixed spice  
10ml white wine vinegar  
Reserved apricots  
Maraschino cherries

**Method:**

Make up reserved apricot syrup to 250ml with water, if necessary. Heat syrup, spices and vinegar in a shallow saucepan. Add apricots, hollows down, and simmer very gently for 5 minutes. Remove from stove and cool apricots in syrup. Place a cherry in each half and arrange around ham.

**Mustard and Sour Cream Mayonnaise Ingredients:**

250ml thick mayonnaise  
250ml sour cream  
30ml French mustard  
5ml lemon juice  
50ml chopped chives  
Pinch each salt and sugar

**Method:**

Stir all ingredients together until well blended, then refrigerate covered, for several hours before serving. Makes about 500ml.