

Ginger pork chow mein

Preparation time:
10
minutes

Cooking time:
15
minutes

Serves:
4

Ingredients:

500g lean pork mince	200ml oyster sauce
2 tablespoons oil	200ml chicken stock
400g stir fry vegetables	1 teaspoon ginger, grated
2 cloves garlic, finely chopped	2 spring onions, sliced
200g hard chow mein noodles	2 eggs, lightly beaten

Cooking instructions:

- Heat 1 tablespoon of oil in a large wok over a high heat and brown pork mince in batches. Remove and set aside.
- Heat the remaining oil and stir fry garlic and ginger and stir fry vegetables 3–4 minutes. Remove and set aside.
- In a clean wok over a medium heat, add 1 tablespoon oil. Add the 2 lightly beaten eggs and roll around the wok until a thin layer. Take off the heat when almost cooked and let cool slowly in the wok. Pour the omelette out of the pan onto a chopping board and let cool. Slice thinly and set aside.
- Return the wok to the heat, add the oyster sauce, chicken stock and ginger to the wok and stir to combine. Add the noodles to the sauce and cook for 1 minute until the noodles loosen.
- Return the pork mince and vegetables to the wok, toss to combine.
- Serve hot garnished with spring onion and sliced egg omelette.

NOTES:

This recipe can easily be varied by changing the sauce or adding alternative spices.



Ham and pineapple scrolls

Preparation time:
60
minutes

Cooking time:
15
minutes

Serves:
12

Ingredients:

4 cups self raising flour
1 pinch salt
7g dried yeast
1 teaspoon sugar
1 ½ cups warm water
1 tbs olive oil

¼ cup pizza sauce
1 cup pineapple pieces, drained
150g Australian leg ham, chopped
1 cup grated matured cheese
1 egg yolk to glaze

Cooking instructions:

- 1 Preheat your oven to 190 °C.
- 2 In a bowl, sprinkle the yeast over the combined warm water and sugar and allow the mixture to sit in a warm place until the mixture foams. This should take approximately 10–15 minutes.
- 3 In another bowl, sift the self-raising flour and salt into a large mixing bowl and make a well in the centre.
- 4 Pour the yeast mixture into the well and stir in the olive oil. Mix together, adding a little extra water as needed to form a soft dough.
- 5 Turn the dough out onto a floured board and knead for 3–4 minutes.
- 6 Roll the dough into a large rectangle that is approximately the size of an A3 piece of paper (30x42cm) and 1 cm thick.
- 7 Spread the dough with pizza sauce evenly over the entire surface.
- 8 Sprinkle the surface with pineapple pieces, ham and grated cheese.
- 9 Roll the dough into a large pinwheel shape.
- 10 Cut the dough into 3–4cm wide pieces and place each piece into a large shallow baking dish close together.
- 11 Cover the scrolls with greased cling film and allow the scroll to sit in a warm place until double in size (approximately 30 minutes).
- 12 Glaze the scrolls with beaten egg yolk and place in the pre-heated oven for 12–15 minutes, until the scrolls are golden and cooked.
- 13 Serve hot or cold with soup or for lunch with ham and salad.

NOTES:

Pineapple can be replaced with marinated olives or sundried tomatoes.



Homestyle meatloaf

Preparation time:
15
minutes

Cooking time:
45
minutes

Serves:
4-6

Ingredients:

600g lean pork mince
1 onion, finely chopped
2 small zucchini, grated
1 carrot, peeled and grated
1 cup fresh breadcrumbs
(2–3 slices bread)

1 egg
1 teaspoon oregano
2 tbs Worcestershire sauce
1 lemon, zested
½ cup dry breadcrumbs

NOTES:

Meatloaf can also be flavoured with hot salami, bacon or your favourite spice blends. Include other vegetables or add some extra fibre with lentils, beans or chick peas.

To serve:

Steamed vegetables
Cranberry sauce

Cooking instructions:

- 1 Preheat the oven to 180 °C.
- 2 In a large bowl, combine the pork mince, onion, zucchini, carrot, fresh breadcrumbs, oregano, egg, seasoning, Worcestershire sauce, HP sauce and lemon zest. Mix well.
- 3 Shape the mixture into a large cylinder shape and roll in baking paper. Use the paper to shape the meatloaf into a triangle.
- 4 Sprinkle the meatloaf with dry breadcrumbs on all sides.
- 5 Bake the meatloaf uncovered in the pre-heated oven for 40 minutes until golden and firm to touch. Allow to rest 10 minutes prior to slicing.

- 6 Serve with steamed vegetables and cranberry sauce.

Honey BBQ pork ribs

Preparation time:
10
minutes
(marinating time
24 hours)

Cooking time:
20
minutes

Serves:
4

Ingredients:

1 kg baby back ribs or spare ribs
1 cup honey
1 cup smokey BBQ sauce
3 tablespoons seeded mustard
½ cup pineapple juice

To serve:

Warm potato salad
Grilled sliced apple

Cooking instructions:

- 1 Combine the honey, BBQ sauce, seeded mustard and pineapple juice in a small saucepan and heat over a low heat and let it simmer. Stir after 5 minutes.
- 2 Pour marinade into a large bowl and cool.
- 3 Add the ribs to the marinade and marinate ribs for up to 24 hours.
- 4 BBQ ribs on the pre-heated BBQ basting and turning frequently for 20 minutes until ribs are cooked and golden brown. Alternatively, ribs can be cooked in the oven. Simply transfer the ribs and marinade to a baking dish and roast in a pre-heated oven at 200 °C for 20 minutes, basting occasionally until ribs are golden and cooked.
- 5 Serve hot over warm potato salad with grilled sliced apple.

NOTES:

These ribs are also delicious made with sweet chilli sauce in place of BBQ sauce.



Honey sesame pork

Preparation time:
10
minutes

Cooking time:
15
minutes

Serves:
4

NOTES:

Boost your vegetable intake by serving with stirfried green vegetables.

Ingredients:

500g pork leg, diced
2 tablespoons rice flour
Salt and pepper
¼ cup cornflour
½ cup self-raising flour
1 egg
150ml soda water, chilled
oil for shallow frying
1/3 cup honey, warmed
2 tablespoons toasted sesame seeds

To serve:

Steamed rice
Spring onions

Cooking instructions:

- 1 Place the pork into a large plastic bag with the rice flour, salt and pepper. Shake well to thoroughly coat pork.
- 2 Combine the cornflour and self-raising flour in a small bowl. Make a well in the centre and whisk in the egg, along with enough soda water to make a thin batter.
- 3 Heat the oil in a deep frying pan over a medium-high heat and shallow fry the pork in two batches until pale golden and crisp. Remove and drain on absorbent paper. Repeat with remaining pork.
- 4 Arrange the pork on a serving platter and drizzle with warmed honey and sprinkle liberally with toasted sesame seeds.
- 5 Serve immediately, garnished with spring onions and steamed rice.

Grilled pork steak with wild mushroom pasta

Preparation time:
5
minutes

Cooking time:
20
minutes

Serves:
4

Ingredients:

4 lean pork loin steaks
2 cups uncooked pasta
2 tablespoons olive oil
2 cloves garlic, finely chopped
3 tablespoons fresh sage leaves, sliced
150g mixed fresh mushrooms

200g sour cream
½ tablespoon tomato paste
Salt and pepper

To serve:

Parmesan cheese and chopped herbs to garnish

Cooking instructions:

- 1 Cook the 2 cups uncooked pasta as per normal and let cool.
- 2 Preheat the griddle pan for 1–2 minutes over a medium heat.
- 3 Place the pork steak in the griddle pan and cook for 6 minutes, turn the steak and cook for a further 2 minutes. Remove steak from the pan and rest in a warm place for 2 minutes.
- 4 Heat olive oil in a non-stick pan over a medium heat and sauté the garlic, sage leaves and mushrooms for 3–4 minutes.
- 5 Add the freshly cooked pasta, sour cream and tomato paste and gently stir through the mushrooms. Season with black pepper.
- 6 Serve the sliced pork loin steak over the wild mushroom pasta and garnish with Parmesan cheese and chopped herbs.

NOTES:

Pork loin steak may be replaced with pork scotch fillet steak, pork fillet medallions or pork leg steaks.

Northern Italian pork lasagne

Preparation time:
5
minutes

Cooking time:
20
minutes

Serves:
6

Ingredients:

250g lean pork mince
250g lean beef mince
1 tablespoon oil
1 onion, finely chopped
1 clove garlic, finely
chopped
40g tomato paste
400g diced tomato
500g tomato passata (pasta
sauce)
8 fresh lasagne sheets
500g ricotta cheese
3 eggs
½ cup Parmesan cheese,
grated
Freshly ground black pepper
to taste
6 eggs
12 slices Australian leg ham
1 cup mozzarella cheese,
grated



Cooking instructions:

- 1 Preheat oven to 180 °C.
- 2 Heat oil in a large saucepan and brown pork and beef mince well. Add onions, garlic and tomato paste. Cook for a further 2 minutes.
- 3 Add the diced tomatoes and tomato passata. Reduce heat and simmer for around 20 minutes. Remove from heat and cool.
- 4 Whisk together the ricotta, eggs and Parmesan cheese until well combined.
- 5 Spoon a third of the meat sauce into the base of a 30cm x 15cm deep baking dish. Top with 2 sheets of lasagne overlapped to fit dish.
- 6 Spread a third of the ricotta cheese mixture over the pasta and top with the second third of the meat sauce. Top with another layer of pasta sheets.
- 7 Spread pasta with another third of the ricotta mixture. Break the eggs randomly over the ricotta mixture. Place folds of ham over the eggs and top with another layer of pasta sheets. Spread over the remaining meat sauce and dollop with the remaining ricotta cheese mixture. Finish with grated mozzarella cheese.
- 8 Bake lasagne in a pre-heated oven at 170 °C for 45 minutes. Cool for around 10 minutes prior to slicing and serving.

NOTES:

Meat sauce may be prepared well ahead of time and used cold to prepare lasagne.

Pork and grilled vegetable lasagne

Preparation time:
10
minutes

Cooking time:
60
minutes

Serves:
4-6

Ingredients:

600g lean pork mince
1 onion, finely chopped
2 cloves garlic, finely chopped
1 carrot, peeled and finely diced
800ml tomato passata (pasta sauce)
100g tomato paste

1 cup chicken stock
¼ cup fresh chopped herbs (oregano, basil, parsley)
Salt, pepper and sugar to taste
600g char-grilled vegetables (capsicum, sweet potato, parsnip, pumpkin, zucchini)

400g ricotta cheese
8 sheets lasagne pasta
400ml Béchamel sauce (white sauce)
100g mozzarella cheese

To serve:

Basil leaves to garnish

Cooking instructions:

- 1 Preheat oven to 180 °C.
- 2 Heat half the oil in a large frying pan over a high heat and brown the mince well in two or three portions. Remove and set aside.
- 3 Add the remaining oil to the pan and sauté the onion and garlic for 2–3 minutes. Add the carrot and sauté for a further 1 minute.
- 4 Return the pork to the pan along with tomato passata, tomato paste and stock. Simmer for 20 minutes, stirring occasionally.
- 5 Add the fresh herbs and season with the salt and pepper. Add a little sugar to sweeten. Remove from the heat and cool slightly.
- 6 Grease a large deep oven proof dish and spoon in half of the
- 7 Top the lasagne sheets with half the vegetables and ricotta cheese, cover with two sheets of lasagne.
- 8 Spoon over the remaining Bolognese sauce and top with two sheets of lasagne. Cover the lasagne with the remaining vegetables and ricotta cheese.



- 9 Finally top the vegetables with the remaining pasta sheets, pour over the Béchamel sauce and spread evenly.
- 10 Sprinkle with grated cheese and bake in the

pre-heated oven at 180 °C for 40 minutes until golden brown and bubbling.

- 11 Serve hot, garnished with fresh basil leaves and crisp garden salad.

NOTES:

This lasagne may be prepared well ahead of time and refrigerated for two days or frozen for up to three months.

Pork and wild mushroom fettucine

Preparation time:
15
minutes

Cooking time:
15
minutes

Serves:
4

Ingredients:

500g lean pork fillet, sliced
2 tablespoons olive oil
2 cloves garlic, finely chopped
250g mixed mushrooms, sliced
½ cup chicken stock

¼ cup white wine
200ml light cooking cream
¼ cup continental parsley, chopped
400g fresh fettucine, cooked and drained
Shaved Parmesan
Ground black pepper

Cooking instructions:

- 1 Heat a little oil in a large frying pan and sauté the garlic for 2 minutes. Add the pork strips a few at a time and brown well for 2–3 minutes. Remove and set aside. Cook remaining strips.
- 2 Return the pan to the heat and sauté the mushrooms for 3–4 minutes. Stir in the chicken stock, white wine and simmer for 2 minutes.
- 3 Return the pork strips to the pan, then stir in the cream.
- 4 Toss through the herbs and cooked fettucine.
- 5 Season with black pepper and serve garnished with shaved Parmesan cheese.

NOTES:

Mushrooms may be replaced with spinach leaves and pine nuts.



Chipotle marinated pork steak with char grilled vegetables and smoked chilli mayo

Cooking time:
30
minutes

Serves:
4

Ingredients:

4 lean pork loin steaks
1 tablespoon oil

Marinade rub:

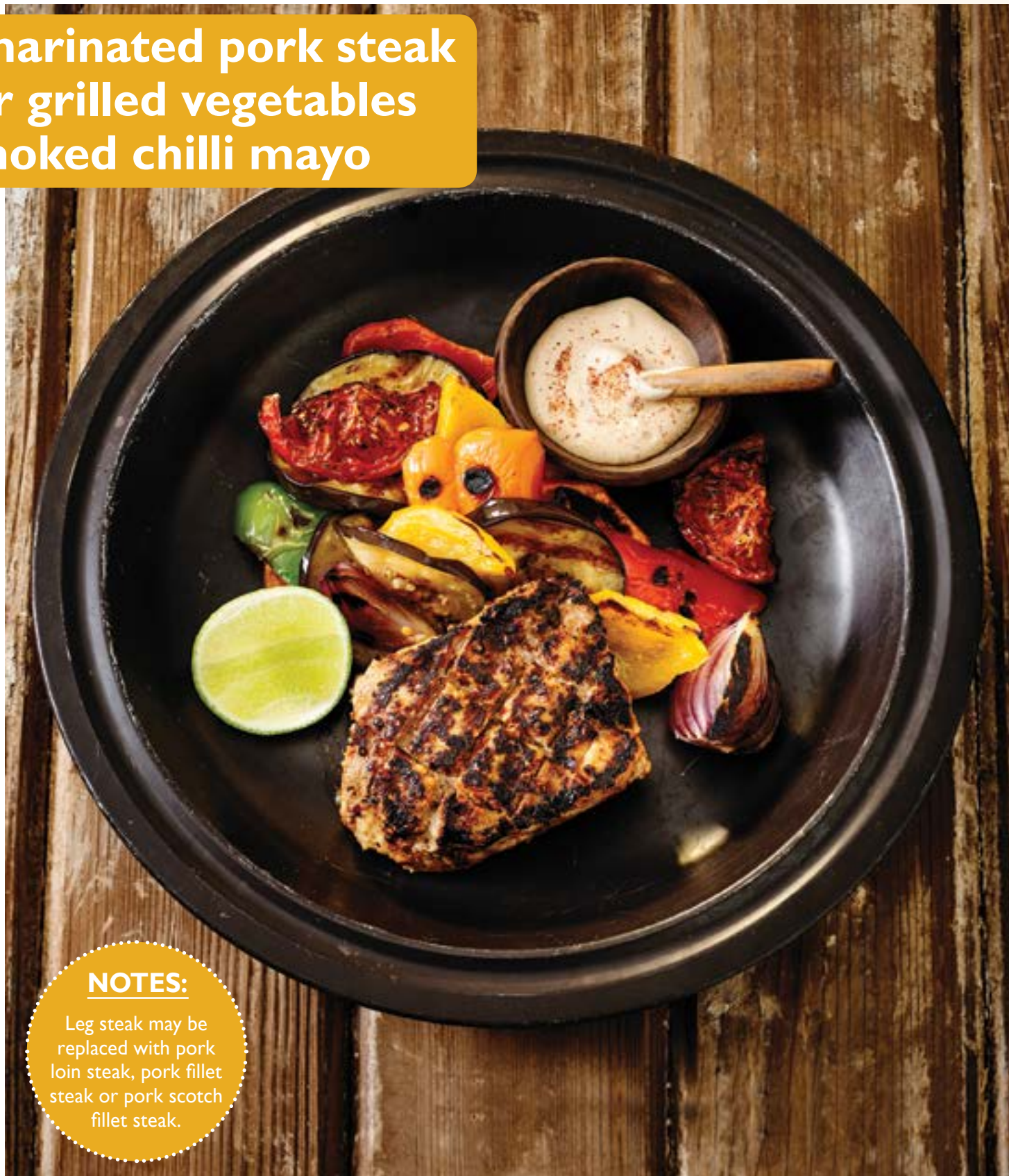
1 tablespoon flaked sea salt
1 teaspoon chipotle chilli powder
1 tablespoon smoked paprika
½ teaspoon cumin seeds
1 tablespoon taco seasoning

Vegetables:

800g vegetables (Corn, sweet potato, tomato, red onion, capsicum, eggplant, squash)
1 tablespoon oil

NOTES:

Leg steak may be replaced with pork loin steak, pork fillet steak or pork scotch fillet steak.

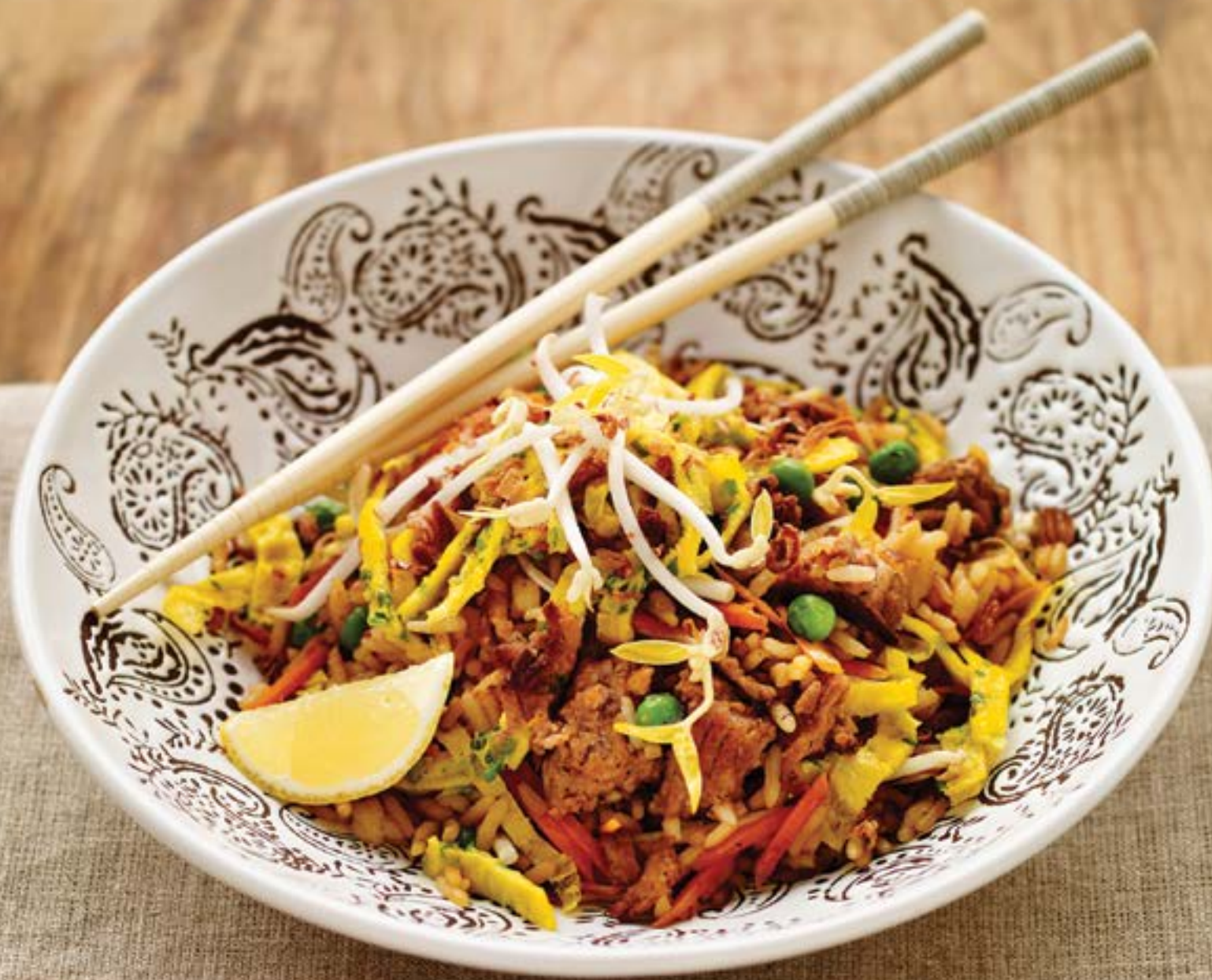


Mayo:

1 cup quality mayonnaise
2 tablespoons tomato paste
1 lime, zested & juiced
¼ teaspoon smoked chipotle chilli powder
¼ teaspoon paprika
Lime cheeks to serve

Cooking instructions:

- 1 Brush the pork leg steak with a little oil. In a small bowl combine the sea salt, chipotle, smoked paprika, cumin seeds and taco seasoning. Sprinkle the seasoning over the leg steaks and rub well. Allow to marinate for 20 minutes.
- 2 Pre-heat the griddle pan for 1–2 minutes over a medium heat. Brush the pan with a little oil.
- 3 Place the pork steak in the griddle pan and cook for 6 minutes, turn the steak and cook for a further 2 minutes. Remove steak from the pan and rest in a warm place for 2 minutes.
- 4 Place the prepared vegetables into a large bowl with the oil and toss well to coat.
- 5 Return griddle pan to the heat and grill the vegetables (half at time) for 3–4 minutes on both sides. Remove, set aside and keep warm. Repeat with remaining vegetables.
- 6 Combine the mayonnaise ingredients in a small bowl and whisk well. Spoon mayonnaise into individual serving pots.
- 7 Serve pork leg steak on a warm serving plate with char grilled vegetables and chipotle mayonnaise. Garnish with lime cheeks.



Pork nasi goreng

Preparation time:
5
minutes

Cooking time:
15
minutes

Serves:
4

NOTES:

This fried rice is also delicious made with leftover roast pork.

Ingredients:

500g lean pork mince	1 small pinch saffron powder
1 tablespoon oil	4 cups cooked long grain rice, cold
1 clove garlic, finely chopped	1 cup bean sprouts
1 carrot, peeled and grated	
½ cup green peas, frozen	
2 tablespoons kecap manis/ sweet soy sauce	
1 tablespoon oil	
½ teaspoon sesame oil	
3 eggs, beaten	To serve:
3 spring onions, finely chopped	Fried shallots
	Lemon wedges

Cooking instructions:

- 1 Heat oil in a large wok over a high heat and brown mince well. Leave the mince in chunky pieces.
- 2 Add the garlic, carrot, peas and kecap manis to the wok and stir fry for 3–4 minutes. Remove and set aside.
- 3 Heat a little of the oil in the clean wok and pour in the combined egg, spring onions and saffron powder and cook into a large thin omelette. Remove and set aside.
- 4 Add the remaining oil and sesame oil to the wok and stir fry the rice for 3–4 minutes to heat through. Return the egg to the rice and stir fry to combine.
- 5 Return the pork mixture to the wok and toss through. Finally, add the bean sprouts and cook for 1 minute.
- 6 Serve pork fried rice garnished with fried shallots and a wedge of lemon.

Pork and mushroom risotto

Preparation time:
5
minutes

Cooking time:
40
minutes

Serves:
4-6

Ingredients:

300g pork leg strips, wide cut
2 tablespoons olive oil
2 cloves garlic, finely chopped
2 cups Arborio rice
4 cups hot chicken stock
½ cup white wine
1 tablespoon olive oil
200g Swiss brown mushrooms

1 onion, finely chopped
½ cup continental parsley, finely chopped
¼ cup chives
¼ cup Parmesan cheese
50g butter, diced
Salt and pepper

To serve:

Parmesan cheese
Balsamic vinegar

Cooking instructions:

- Heat 1 tbs of oil in a large frying pan and brown pork strips in small batches. Remove and set aside. Repeat this with mushrooms until just cooked.
- Heat remaining tablespoon of oil and sauté the garlic and onions for 2–3 minutes. Add the rice and cook a further 2 minutes.
- Stir in the white wine until absorbed. Add the hot stock and on a low heat stir slowly until all the stock has been absorbed.
- Stir in the pork and mushrooms until combined.
- Add the parsley chives, parmesan and butter. Season to taste with salt and pepper.
- Serve hot, garnished with Parmesan cheese and a drizzle of balsamic vinegar.

NOTES:

Cold risotto is delicious rolled into balls, crumbed and shallow fried until golden.

Grilled pork banh mi

Preparation time:
10
minutes

Cooking time:
15
minutes

Serves:
4

Ingredients:

4 pork scotch fillet steaks
1 tablespoon oil
Salt and pepper
4 crispy bread rolls (lunch size)
8 small cos lettuce leaves
1 small cucumber, sliced thinly
4 spring onions, halved
Sprigs of fresh mint
Sliced chilli to taste
4 tablespoons quality mayonnaise
4 tablespoons sweet chilli sauce

Cooking instructions:

- 1 Brush the pork scotch fillet steak with a little oil and season with salt and pepper.
- 2 Preheat the griddle pan for 1–2 minutes over a medium heat.
- 3 Place the pork steak in the griddle pan and cook for 6 minutes, turn the steak and cook for a further 2 minutes. Remove steak from the pan and rest in a warm place for 2 minutes.
- 4 Cut the bread rolls 3/4 through, spread the base with mayonnaise. Layer the salad over the base.
- 5 Slice the pork steak into 3 pieces and place over the salad in the roll. Drizzle with sweet chilli sauce.
- 6 Serve warm.

NOTES:

Pork scotch fillet steak may be replaced with pork loin steak, pork leg steak or pork fillet medallions.

Pork Bolognese pot pie

Preparation time:
25
minutes

Cooking time:
20
minutes

Serves:
4

Ingredients:

2 tablespoons olive oil	1 cup chicken stock
800g pork and veal mince	¼ cup freshly chopped herbs (oregano, basil, parsley)
1 onion, finely chopped	Salt, pepper and sugar to taste
2 garlic cloves, finely chopped	2 sheets puff pastry
1 carrot, peeled and finely diced	1 egg, beaten
800ml tomato passata (pasta sauce)	150g vintage tasty cheese, grated
100g tomato paste	

Cooking instructions:

- 1 Heat half the oil in a large frying pan over a high heat and brown the mince well in two or 3 portions. Remove and set aside.
- 2 Add the remaining oil to the pan and sauté the onion and garlic for 2–3 minutes. Add the carrot and sauté for a further 1 minute.
- 3 Return the pork mince to the pan along with the tomato passata, tomato paste and stock. Simmer for 20 minutes, stirring occasionally.
- 4 Add the fresh herbs and season the sauce with salt and pepper. Add a little sugar to sweeten the tomato sauce. Remove from the heat and cool slightly.
- 5 Cut each sheet of pastry into 4 squares and brush one side with the beaten egg, sprinkle with grated cheese then top with another square of pastry. Press firmly to secure each piece.
- 6 Fill individual pots with the Bolognese sauce and top with a square of pastry. Secure edges, brush with egg and sprinkle over a little more grated cheese. Cut a small steam slot and bake in the preheated oven at 200 °C for 15–20 minutes until golden brown.

NOTES:

Chorizo sausage, mushrooms or chilli may also be added to this sauce for a delicious difference.

San choy bau



Preparation time:
10
minutes

Cooking time:
10
minutes

Serves:
4-6

NOTES:

San choy bau is also delicious flavoured with plum and hoisin sauce.

Ingredients:

1 tablespoon oil
500g lean pork mince
2 cloves garlic, finely chopped
1 teaspoon ginger, finely grated
2 tablespoons oyster sauce
2 tablespoons soy sauce
1 x 220g can water chestnuts, chopped
3 spring onions, finely chopped
1 cup bean sprouts
10–12 large lettuce leaves, trimmed (Iceberg or Butter)

To serve:

Roasted peanuts and fried shallots

Cooking instructions:

- 1 Heat oil in a wok or frying pan and brown the pork, garlic and ginger for 3–4 minutes.
- 2 Stir in the oyster sauce, soy sauce, water chestnuts and simmer, stirring for 2 minutes.
- 3 Trim the lettuce leaves into cups.
- 4 Stir in the spring onions and bean sprouts.
- 5 Spoon pork mixture in the lettuce cups and garnish with chopped peanuts and fried shallots.

Swedish meatballs

Preparation time:
20
minutes

Cooking time:
10
minutes

Serves:
12

Ingredients:

250g pork mince
250g beef mince
 $\frac{3}{4}$ cup bread crumbs
1 egg
 $\frac{1}{2}$ teaspoon allspice
1 hand full parsley, finely chopped
1 lemon zested
Salt and pepper to season
Oil to shallow fry
200ml red currant jelly

Cooking instructions:

- 1 In a large bowl mix the pork and beef mince, bread crumbs, egg, allspice, parsley, lemon zest, salt and pepper until well combined.
- 2 Shape the mixture into 12 even sized balls.
- 3 Heat the oil in a large non-stick frying pan over a low heat.
- 4 Cook the Swedish meatballs slowly turning carefully to ensure they keep their round shape for 10 minutes.
- 5 Serve meatballs with red currant jelly as an appetiser or on a bed of mashed potato with steamed vegetables as main course.

NOTES:

Delicious served either hot or cold.

Sausage rolls

Preparation time:
20
minutes

Cooking time:
25
minutes

Serves:
12

Ingredients:

500g lean pork mince
300g pork sausage mince
1 onion, finely chopped
1 carrot, peeled and grated
¼ cup parsley, chopped

1 egg
2 tablespoons barbeque sauce
¼ teaspoon black pepper ground
6 sheets puff pastry
1 egg, beaten

To serve:

Tomato sauce

Cooking instructions:

- 1 Preheat oven to 210 °C.
- 2 In a large bowl mix together the lean pork mince, onion, carrot, parsley, egg, barbeque sauce and black pepper until well combined.
- 3 Place the mixture into a piping bag fitted with a large plain nozzle. If a piping bag is not available, use a strong clean plastic bag and cut off one corner to act as a piping bag.
- 4 Cut each pastry sheet into two halves. Pipe the pork mixture along one edge of the pastry. Brush the other edge with a little egg. Roll to enclose the filling and place on a baking tray fold side down. Repeat with remaining mixture and pastry.
- 5 Cut each roll in half and brush with beaten egg.
- 6 Bake the sausage rolls in the pre-heated oven at 210 °C for 20 minutes until puffed and golden. Cool on a wire rack.
- 7 Serve warm with tomato sauce.

NOTES:

Cut the rolls into smaller segments prior to cooking for a great party food or snack.



American style pork burger

Preparation time:
15
minutes

Cooking time:
15
minutes

Serves:
4

Ingredients:

700g lean pork mince
1 onion, finely chopped
½ bunch parsley, roughly chopped
1 small carrot, peeled and grated
1 egg
100ml smokey BBQ sauce
2 slices bread, torn
4 tablespoons milk
Oil for cooking

4 seeded hamburger buns, toasted
½ cup quality mayonnaise
½ cup American mustard
2 ripe tomatoes, sliced
Lettuce leaves

To serve:

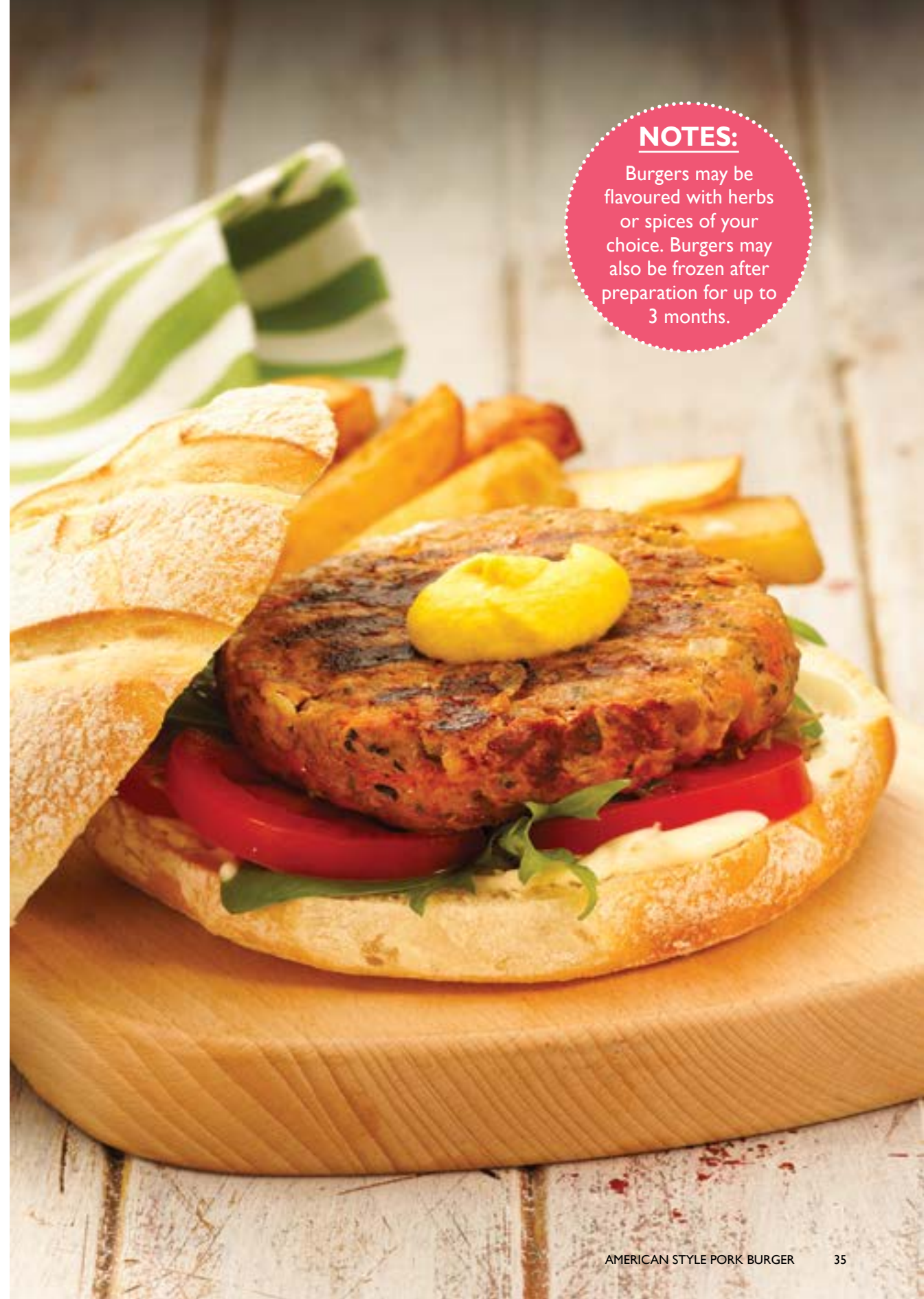
4 dill pickles
Chunky chips

Cooking instructions:

- 1 Place the pork mince, onion, parsley, carrot, egg and BBQ sauce into a large bowl.
- 2 In a small bowl combine the bread and milk and allow to soak for 5 minutes. Mash with a fork.
- 3 Combine the bread mixture with the pork and combine well (you may need to use your hands for this). Season with salt and pepper.
- 4 Shape mixture into large 150g–200g patties, depending upon the size of the roll and the appetite of the guests.
- 5 Place the burgers onto the pre-heated griddle plate and cook on a medium heat for about 5 minutes each side or until cooked through.
- 6 Serve on a toasted bun with mayonnaise, American mustard, sliced tomato and lettuce. Serve garnished with a dill pickle and a bowl of chunky chips.

NOTES:

Burgers may be flavoured with herbs or spices of your choice. Burgers may also be frozen after preparation for up to 3 months.



Australian ham and pineapple pizza

Preparation time:
15
minutes

Proving time:
30
minutes

Cooking time:
25
minutes

Serves:
2

Ingredients:

3 cups bread flour (can use pizza flour)
extra flour for kneading
¼ teaspoon salt
1 tablespoon olive oil
7g dried yeast
1 teaspoon sugar
300ml warm water
120ml pizza sauce
1 small tin of pineapple pieces
300g Australian leg ham, sliced
1 cup pizza cheese or mozzarella, grated

Cooking instructions:

- 1 Preheat your oven to 200 °C.
- 2 In a large bowl combine the bread flour, salt and olive oil.
- 3 In a small bowl mix together the dried yeast, sugar and warm water. Allow mixture to sit in a warm place until it forms a sponge.

- 4 Make a well in the centre of the flour and pour in the yeast mixture and olive oil. Mix until a soft sticky dough is formed.

- 5 Sprinkle a little extra flour on a work surface and knead the dough 2–3 minutes until smooth. Place the dough into a clean, oiled bowl and cover with cling film. Prove in a warm place until dough has doubled in size.

- 6 Turn the dough onto a

floured surface and knead 2–3 minutes. Cut the ball of dough in half. Roll dough to the desired thickness and place onto a greased pizza or baking tray.

- 7 Spread a little pizza sauce over each pizza base. Top with fresh pineapple pieces and

sliced ham. Sprinkle over the cheese.

- 8 Bake in the pre-heated 200 °C oven 18–20 minutes until golden and bubbling.

- 9 Cut into serving sized pieces and serve immediately.



NOTES:

Pizza dough may be made ahead of time and proved in the refrigerator overnight.

Australian ham burger

Preparation time:
5
minutes

Cooking time:
10
minutes

Serves:
4

Ingredients:

4 brioche buns
400g Australian leg ham, sliced
4 slices medium Swiss cheese (Jarlsberg)
4 large dill pickles, sliced length wise
½ cup quality mayonnaise
2 tablespoons seeded mustard
2 teaspoons olive oil

Cooking instructions:

- 1 Heat a griddle pan over medium heat and grill the brioche rolls until golden and warmed through. Remove and set aside.
- 2 Use the oil to grill the sliced ham on the griddle for 2 minutes on each side. Turn off the heat and stack the ham into 4 portions and top with Swiss cheese.
- 3 Spread the base of each roll with seeded mustard and the top of each roll with a good dollop of mayonnaise.
- 4 Transfer the grilled ham and cheese onto the base of each roll, top the cheese with a sliced dill pickle.
- 5 Replace the top of the bun and serve immediately.

NOTES:

This burger can also be made with fat toast or your favourite bread roll.





Preparation time:
10
minutes

Cooking time:
5
minutes

Serves:
4

Pork schnitzel burger with chips

Ingredients:

4 lean pork leg steaks	¼ cup dill mayonnaise or mustard to serve
½ cup plain flour	4 slices Swiss cheese
Salt and pepper to season	4 slices pancetta, crisp
1 egg, beaten	1 cup baby rocket leaves
¼ cup milk	
2 cups Panko bread crumbs	
1 lemon, zested	
Oil to shallow fry	
4 soft bread rolls, sliced in half	

To serve:

Hot chips

Cooking instructions:

- 1 Flatten pork steaks to an even thickness.
- 2 Combine the flour, salt and pepper. Dust pork steaks with the seasoned flour.
- 3 Combine the egg and milk and dip the pork steaks into the mixture. Let any excess drip away.
- 4 Combine Panko crumbs and lemon zest well on a large flat plate, press pork steaks firmly into the mixture and coat well on both sides.
- 5 Heat oil in a large frying pan and shallow fry until golden for 2 minutes on each side. Drain well on absorbent paper.
- 6 Spread the cut rolls liberally with mayonnaise on the top and bottom. Place rocket on the base, cover with the pork schnitzel and top with cheese and pancetta. Replace the top and serve with golden hot chips.

NOTES:

Schnitzels may be prepared ahead of time and refrigerated on a tray covered with a baking sheet. Do not cover with cling film as this makes the crumbs soft.

Bacon and egg tarts

Ingredients:

4 rashers Australian bacon
4 eggs
20g butter
1 onion, finely chopped
½ cup cream
Salt and pepper
2 sheets puff pastry
100g mozzarella cheese, cubed

To serve:

Tomato relish
Garden salad leaves

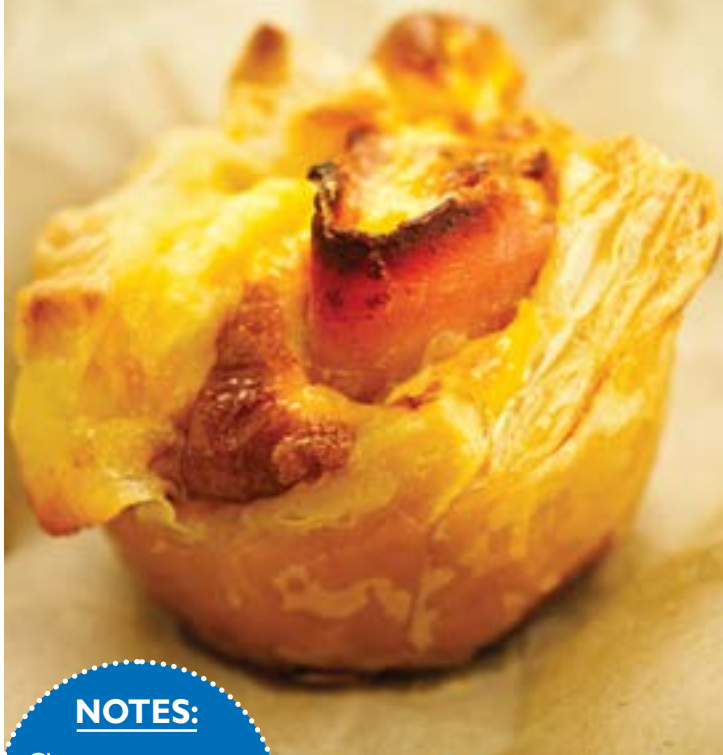
Cooking instructions:

- 1 Preheat oven to 210 °C.
- 2 Trim the Australian bacon of rind and cut each rasher into 2 pieces.
- 3 Melt butter in a small pan and sauté the onion over a medium heat for 2–3 minutes. Remove and cool.
- 4 Break the eggs into a small bowl and add the cream. Use a fork to gently blend together but do not beat. Season with salt and pepper.

Preparation time:
5
minutes

Cooking time:
20
minutes

Serves:
8



NOTES:

Cherry tomatoes or spinach leaves can be added to these tarts for a delicious difference.

- 5 Cut each sheet of puff pastry into 4 equal squares and place into greased muffin pans.
- 6 Arrange the 2 pieces of bacon in each pastry case, place a few squares of mozzarella into pastry case.
- 7 Pour the egg mixture slowly into each pastry case.
- 8 Bake the tarts in the pre-heated oven and bake for 12–15 minutes until pastry is puffed and golden. Allow to cool for 5 minutes in the tin prior to removing tarts.
- 9 Serve hot with tomato relish and fresh garden salad leaves.

NOTES:

Moroccan seasoning can be replaced with mild curry or lime and chilli seasoning.



BBQ Moroccan pork sticks with hummus dipping sauce

Preparation time:
15
minutes

Cooking time:
20
minutes

Serves:
4-6

Ingredients:

800g pork mince
3 tablespoons mint leaves, finely chopped
1 carrot, peeled and grated
400g can chickpeas, crushed
1 egg
3 tablespoons Moroccan seasoning
100g pistachio dukkah
200g hummus dip

To serve:

Tabouleh salad
Flatbreads
Tzatziki

Cooking instructions:

- 1 Preheat the oven to 200 °C fan-forced. and coat each skewer in pistachio dukkah.
- 2 In a large bowl combine pork mince, mint leaves, grated carrot, chick peas, egg and Moroccan seasoning. Mix well. **5** Place skewers under a pre-heated fan grill or onto a pre-heated BBQ plate, or cook on medium heat in a griddle pan for 4 minutes each side and finish in the oven.
- 3 Divide mixture into 12 x 100g portions and shape into sausage forms. **6** Serve hot with tabouleh salad, flatbreads, hummus dipping sauce and/or tzatziki.
- 4 Thread Moroccan pork onto 12 skewers



Cheesy crusted pork schnitzel

Preparation time:
15
minutes

Cooking time:
15
minutes

Serves:
4

Ingredients:

- | | |
|---------------------------------|-------------------------------|
| 4 lean pork leg steaks | ¼ cup parmesan cheese, grated |
| ½ cup seasoned plain flour | Oil for shallow frying |
| 2 eggs, beaten | |
| ½ cup milk | |
| 2 cups fresh white bread crumbs | |
| ½ cup tasty cheese, grated | |

To serve:

- Salad
- Lemon wedges

Cooking instructions:

- 1 Place the pork steak between two sheets of baking paper and mallet the pork gently to flatten.
- 2 Dust steaks with seasoned flour and shake off excess.
- 3 Whisk together the eggs and milk in a small bowl.
- 4 Combine the breadcrumbs and cheese in a large bowl and mix well.
- 5 Dip the steaks into the egg mixture then coat steaks evenly in crumb mixture and press firmly.
- 6 Heat 5cm of oil in a large frying pan over a medium heat and shallow fry the schnitzels until they are golden brown. Drain on absorbent paper.
- 7 Serve with salad and a wedge of lemon.

NOTES:

These schnitzels are easily prepared ahead of time and frozen until required.

Chinese pork money bags

Preparation time:
10
minutes

Cooking time:
20
minutes

Serves:
4

Ingredients:

500g lean pork mince
100g green prawn meat,
finely chopped
1 tablespoon oil
100g shredded cabbage
1 carrot, peeled and grated
1 teaspoon ginger, grated
1 clove garlic, finely
chopped
1 teaspoon fish sauce
2 teaspoons dark soy sauce

1 pinch Chinese plum salt
¼ teaspoon white pepper
16 large wonton wrappers
1 egg beaten with 2 table-
spoons water
Oil for frying/stock for
steaming

To serve:

Your favourite dipping sauce

Cooking instructions:

- Heat oil in a frying pan or wok over a medium heat and sauté the cabbage, carrot, ginger and garlic for 2–3 minutes. Remove in a large bowl and cool.
- Combine the pork mince and prawn meat with the vegetable mixture along with the fish sauce, dark soy sauce, plum salt and white pepper.
- Place a spoonful of mixture into the centre of a wonton wrapper and brush edges with beaten egg. Gather the edges to enclose filling.
- If steaming, place wontons into a bamboo steaming basket. Steam over simmering stock for 5–6 minutes. Serve hot.
- If shallow frying, heat 4–5cm of oil over a medium heat to 180 °C. Fry for 5–6 minutes, drain and serve with your favourite dipping sauce.

NOTES:

Pork is also delicious combined with Chinese sausage or crab meat.



Char sui pork fried rice

Preparation time:
10
minutes

Cooking time:
15
minutes

Serves:
4

Ingredients:

400g char sui pork, sliced thinly (see Notes)

5 cups cooked rice

4 Spring onions, finely chopped

1 carrot, peeled and grated

¼ cup green peas

50g bean sprouts

2 tablespoons oil

2 cloves garlic, finely chopped

2 eggs, beaten

30g fried rice seasoning or oyster sauce

5 tablespoons soy sauce

¼ cup fried shallots

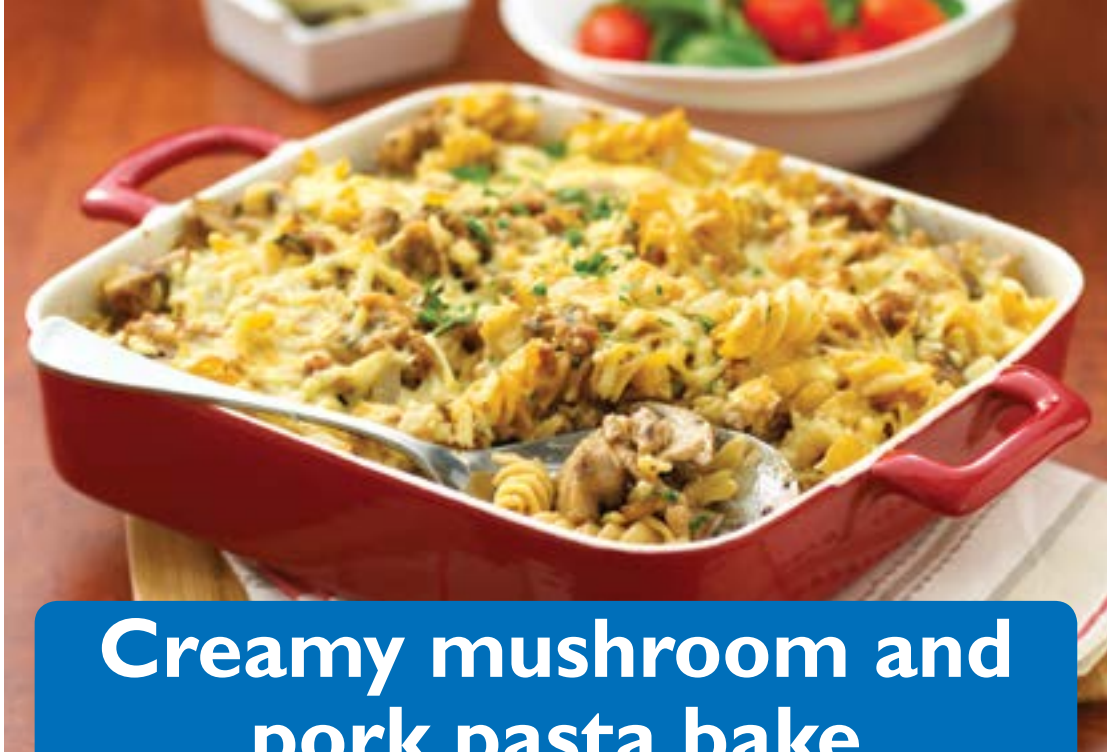
Cooking instructions:

- 1 Heat oil in a large wok and sauté the garlic, spring onions and carrot for 1 minute. Remove and set aside.
- 2 Add the beaten egg to the wok to make a large omelette. Remove and roll.
- 3 Add a little more oil to the wok and fry the fried rice seasoning for 2 minutes.
- 4 Stir in the rice and pork. Stir fry for 3–4 minutes.
- 5 Toss through the vegetables and bean sprouts.
- 6 Season with soy sauce and salt and pepper.
- 7 Serve hot, garnished with the thinly sliced egg.

NOTES:

To make char sui pork, choose pork fillet or scotch and marinate with Chinese red BBQ spice and char sui sauce for 1 hour. Then roast in a pre-heated oven at 200 °C for 20 minutes per 500g.





Creamy mushroom and pork pasta bake

Preparation time:
20
minutes

Cooking time:
40
minutes

Serves:
4-6

Ingredients:

- 600g lean pork mince
- 2 tablespoons oil
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 200g mushrooms, sliced
- 500ml creamy pasta sauce
- ¼ cup parsley, finely chopped
- 4 cups pasta shells, cooked and drained
- 2 cups grated cheese

NOTES:

It is also delicious made with tomato pasta sauce. This dish can be prepared in advance and refrigerated for up to 2–3 days or frozen prior to baking for up to two months.

Cooking instructions:

- 1 Preheat the oven to 190 °C.
- 2 Heat 1 tablespoon oil in a large frying pan and brown the onion, garlic and pork mince well (pork may need to be browned in small batches depending on your pan size). Remove and set aside.
- 3 Heat the remaining oil in the pan and sauté the mushrooms for 4–5 minutes. Stir in the creamy pasta sauce and bring to the boil.
- 4 Combine the pork mince, cooked pasta and mushroom sauce in a large bowl and mix well.
- 5 Spoon pork pasta bake mixture into a deep oven proof dish that has been lightly greased. Sprinkle surface with grated cheese.
- 6 Bake in the pre-heated oven for 40 minutes until cheese is golden and sauce is bubbling. Serve hot with salad.

Country roasted pork

Preparation time:
15
minutes

Cooking time:
25
minutes
per 100g

Serves:
6-8

Ingredients:

- 1 small leg of pork, tunnel boned, hock left in tact
- 2 Granny Smith apples, quartered
- 10 sprigs of lemon thyme
- 100ml olive oil
- Flaked salt

To serve:

- Roast vegetables or salad

Cooking instructions:

- 1 Preheat the oven to 220 °C.
- 2 Place the pork leg onto a work surface and score rind using a Stanley knife or scalpel.
- 3 Place the Granny Smith apple quarters and lemon thyme sprigs inside the cavity of the pork leg. Shape leg neatly and place into a large deep baking dish.
- 4 Rub the pork rind with the olive oil and sprinkle over the flaked salt.
- 5 Roast the pork leg in the pre-heated oven for 25 minutes, then reduce oven temperature to 65 °C for remainder of the cooking time.
- 6 Remove the roast from the oven and rest for 10 minutes wrapped in foil prior to serving.

NOTES:

Ask your butcher to remove the bone from your leg roast.

Roast pork fillet waldorf salad with apple cider dressing

Ingredients:

600g pork fillet, trimmed
1 tablespoon lemon
pressed olive oil
Salt and pepper to season

Salad:

2 Granny Smith apples,
cored and diced
3 sticks celery, sliced
2 Red Delicious apples,
thinly sliced
1 red onion, thinly sliced
1 cup walnut halves
¼ cup continental flat
parsley

Dressing:

½ cup egg mayonnaise
¼ cup apple cider
Freshly ground black
pepper

To serve:

Crusty bread

NOTES:

Feel free to use
your favourite apple
variety, noting that
red apples will add
sweetness

Preparation time:
15
minutes

Cooking time:
15
minutes

Serves:
4

Cooking instructions:

- 1 Preheat oven to 180 °C.
- 2 Season pork fillet with salt and pepper. Drizzle with lemon oil and place in an ovenproof dish. Roast pork fillet in the preheated oven for 18–20 minutes. Remove and allow the fillet to rest for 10 minutes.
- 3 In a large bowl, toss together the apples, celery, walnuts, red onion and parsley.
- 4 In a small bowl whisk together the dressing ingredients until well they are combined.
- 5 Slice the pork fillet diagonally.
- 6 Arrange the salad on a large serving platter, top with the roasted pork fillet and drizzle with the dressing.
- 7 Garnish with cracked black pepper and serve with warm crusty bread.

Fluffy ham and spinach omelette

Preparation time:
5
minutes

Cooking time:
10
minutes

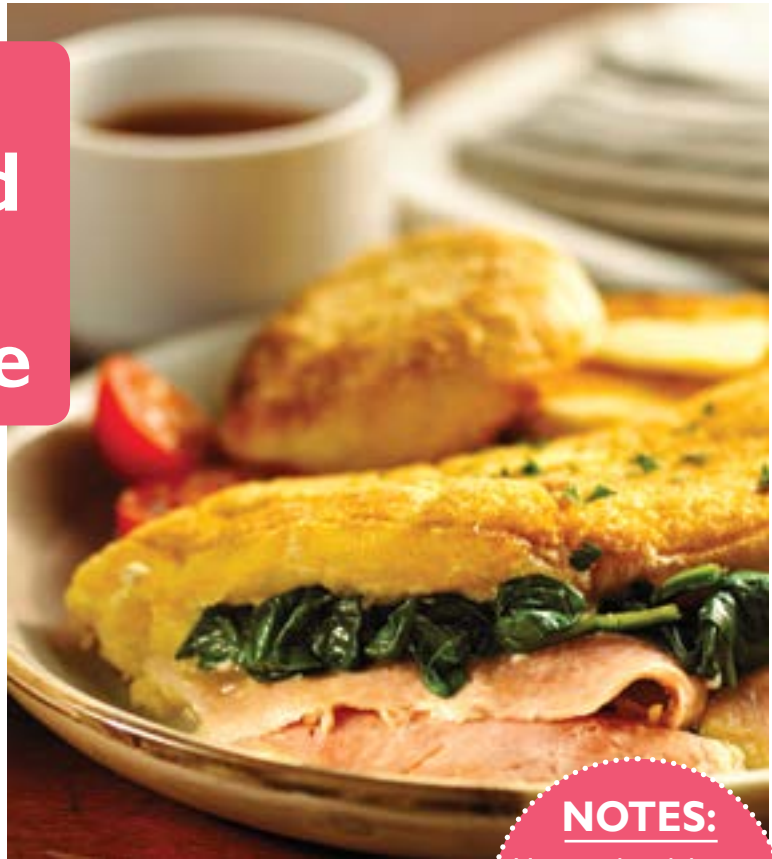
Serves:
1

Ingredients:

50g Australian leg ham, sliced
2 free range eggs
1 tablespoon sour cream
30g butter
50g spinach, blanched
1 tablespoon parsley
20g gruyere cheese
Salt/pepper

To serve:

Toasted English muffins
Tomatoes



NOTES:

Ham is also delicious with cheese, asparagus or tomato added to the omelette

Cooking instructions:

- 1 Separate the eggs and beat the egg whites until stiff but not dry.
- 2 In a separate bowl, beat the egg yolk with the milk until well combined. Pour in the egg white mixture, and fold in with a metal spoon.
- 3 Heat a small fry pan over medium heat and melt the butter until it bubbles and froths.
- 4 Pour in the omelette mix, roll it around in the pan until it forms a

thin layer and cook for 1½ minutes.

- 5 Top with the finely sliced leg ham and spinach then place the pan under a pre-heated grill for 2–3 minutes.

- 6 Fold the omelette in half and gently turn onto a serving plate, garnish with chopped parsley and serve with hot buttered muffins and grilled tomatoes.

French toast with bacon and maple syrup

Ingredients:

8 rashers Australian middle bacon
8 thick slices of day-old brioche or sourdough bread
6 eggs
1 cup cream
½ cup milk
1 teaspoon vanilla extract
Pinch of nutmeg
Pinch of cinnamon
Pinch of sea salt
60g butter
2 tablespoons oil

To serve:

Pure maple syrup

NOTES:

If you like your French toast savoury replace the cinnamon and nutmeg with chives and smoked paprika and a little pepper.

Preparation time:
5
minutes

Cooking time:
15
minutes

Serves:
4

Cooking instructions:

- 1 Preheat oven to 150 °C.
- 2 Grill bacon, turning frequently until crisp and golden. Keep warm in the pre-heated oven until required.
- 3 Whisk the egg, cream, milk, vanilla, spices and salt together until well combined.
- 4 Place the bread into a large shallow dish and pour over the egg mixture. Allow mixture to soak for 2–3 minutes.
- 5 Heat half the butter and oil in a non-stick pan over medium heat for 2–3 minutes.
- 6 Using an egg slide, carefully place the bread into the frying pan cooking two slices at a time. Cook for 3–4 minutes on each side until golden.
- 7 Place the cooked French toast on a wire rack over a baking tray in the oven to keep warm whilst cooking the remaining toast.
- 8 Serve 1 or 2 slices of French toast on each plate, top with crisp rashers of Australian Bacon and drizzle with maple syrup just prior to serving.



Croque Madame

Preparation time:
10
minutes

Cooking time:
20
minutes

Serves:
2

Ingredients:

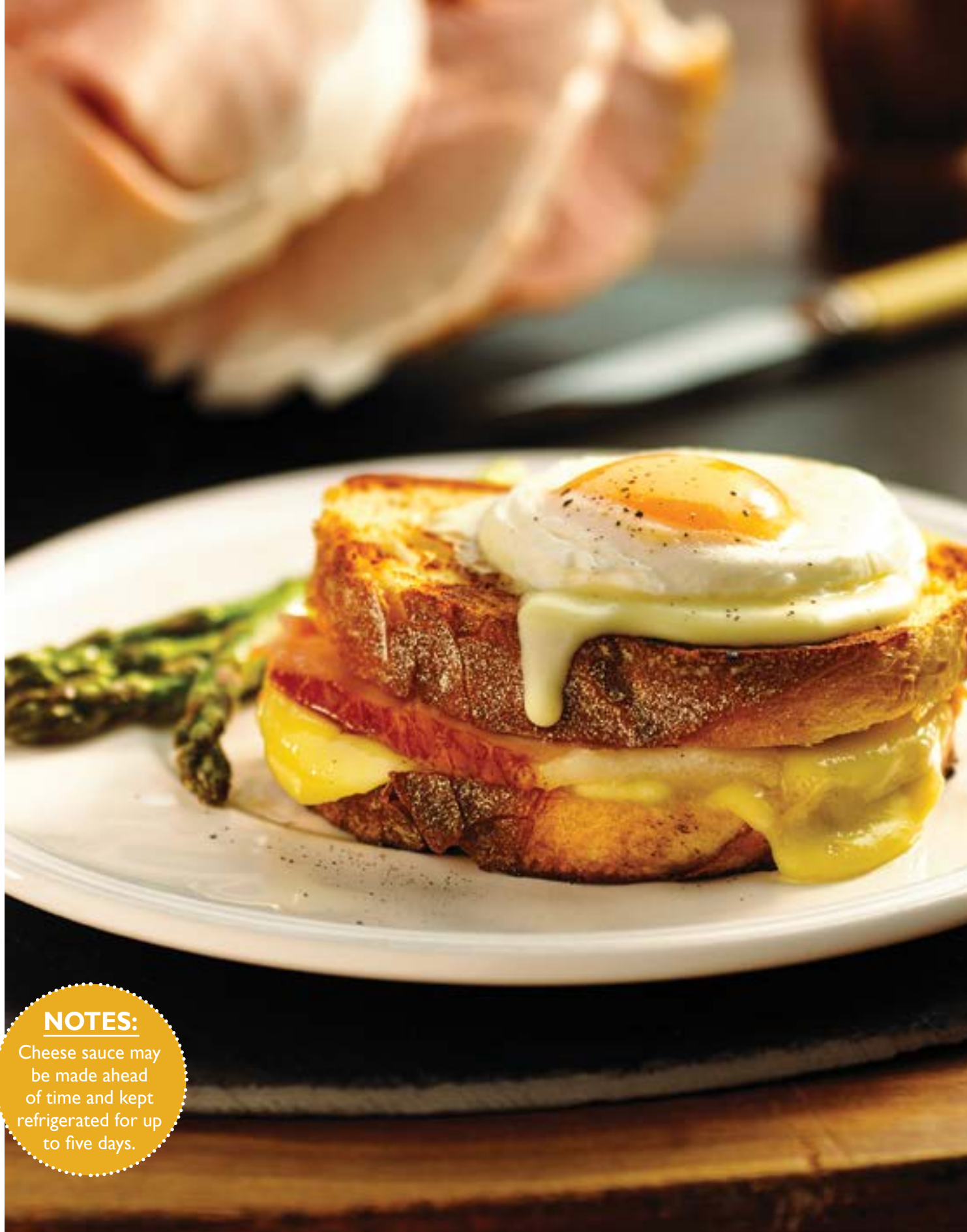
2 thick slices of Australian ham
4 slices sourdough bread
60g butter
30g flour
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup cream
 $\frac{3}{4}$ Gruyere cheese, grated
1 tablespoon Dijon Mustard
40g butter, soft

To serve:

Cracked black pepper
Asparagus spears

NOTES:

Cheese sauce may be made ahead of time and kept refrigerated for up to five days.



Cooking instructions:

- 1 Melt the butter in a small saucepan and stir in the flour. Cook the mixture for 1 minute.
- 2 Remove the pan from the heat and gradually whisk in the milk and cream and combine well. Return the pan to the heat and cook stirring continuously until sauce boils and thickens. Stir in the cheese and season with salt & pepper.
- 3 Spread the sliced sourdough with a little bit of Dijon mustard on one side only.
- 4 Spread the same side with a generous amount of the cheese sauce.
- 5 Top with a slice of Australian ham and cover with the other slice of bread. Repeat with the remaining bread, sauce and ham.
- 6 Spread soft butter over the top of the sandwich.
- 7 Heat a frying pan over a medium heat and gently place the sandwich into the pan butter side down. Carefully butter the topside of the bread.
- 8 Cook the sandwich for 4 minutes on each side until crisp and golden.
- 9 Heat the remaining cheese sauce for 2 minutes.
- 10 Serve the Croque Madame on a plate drizzled with cheese sauce and topped with a poached or fried egg. Garnish with cracked black pepper and steamed asparagus spears.

Best pork burger

Preparation time:
10
minutes

Cooking time:
15
minutes

Serves:
4

Ingredients:

500g lean pork and beef mince

1 onion, finely chopped

2 tablespoons Worcestershire sauce

2 tablespoons tomato sauce

1 egg

6 SAO biscuits, crumbled

Salt and pepper to taste

Oil

12 slices salami

12 cherry tomatoes

4 hamburger buns, toasted

¼ cup mayonnaise

4 slices gouda cheese

Lettuce leaves, washed

Cooking instructions:

- 1 Preheat oven to 180 °C.
- 2 In a large bowl, combine the pork and beef mince, with the onion, Worcestershire sauce, tomato sauce, egg, biscuit crumbs, salt and pepper – mix well. Evenly divide and shape the mixture into 4 large patties.
- 3 Place the salami slices onto a lined baking tray with cherry tomatoes and bake in a pre-heated oven for 12 minutes.
- 4 Heat the BBQ or griddle pan over a medium heat and cook the pork patties for 6 minutes on each side turning carefully.
- 5 Spread the base and crown of the toasted bun with mayonnaise. Cover the base with soft lettuce leaves and a slice of cheese, top with the pork patty, crispy salami and a few cherry tomatoes.
- 6 Serve hot with crunchy fries and tomato sauce.

NOTES:

If you prefer, rashers of Australian bacon can be used instead of salami.



Candied bacon rocky road

Preparation time:
15
minutes

Cooking time:
35
minutes

Serves:
16

Ingredients:

2 tablespoons maple syrup	200g glace cherries
1 tablespoon brown sugar	150g Turkish Delight chocolate bar, roughly chopped
175g rindless bacon rashers	½ cup unsalted roasted peanuts
400g dark chocolate, roughly chopped	
280g white and pink marshmallows, roughly chopped	

Cooking instructions:

- 1 Preheat oven to 180°C/160°C fan-forced. Line a baking tray with baking paper. Combine maple syrup and brown sugar in a small bowl. Place bacon onto prepared tray and brush generously with maple syrup glaze. Bake for 15 minutes. Turn bacon and brush with maple syrup glaze. Bake for a further 15 minutes. Stand and cool. When cold and crisp, finely chop the bacon.
- 2 Grease and line a 26cm x 16cm x 3cm deep baking pan with baking paper. Place chocolate into a large heatproof bowl. Microwave on high in 30 second bursts, stirring with a metal spoon after each burst, until just melted. Stir until smooth. Remove from heat and stand for 5 minutes.
- 3 Stir through marshmallows, cherries, Turkish Delight, peanuts and half of the bacon through the chocolate. Pour into prepared pan and spread evenly. Sprinkle with remaining bacon. Stand at room temperature to set (or refrigerate in hot weather). Cut into squares and serve.

NOTES:

Place any leftover rocky road into an airtight container and store in the fridge for up to one week.

Candied bacon ice cream

Preparation time:
55
minutes

Cooking time:
12
hours

Serves:
6

Ingredients:

2 rashers smoked Australian middle bacon
600ml cream
1 cup milk
100g caster sugar
4 egg yolks
1 pinch salt
¼ teaspoon smoked paprika
4 rashers smoked Australian middle bacon, grilled (for candied bacon)
1 cup brown sugar
½ cup maple syrup

To serve:

Honeycomb

Cooking instructions:

- 1 Cut the rashers of smoked Australian bacon in half and place bacon in a deep heavy based saucepan.
- 2 Whisk together the cream, milk and caster sugar and pour over the bacon.
- 3 Heat the saucepan over a low heat being careful not to boil the milk approximately 5 minutes.
- 4 Allow the mixture to cool slightly and remove the bacon pieces.
- 5 Remove half a cup of the cream mixture and whisk together with the egg yolks, salt and paprika.
- 6 Return the mixture to the saucepan and heat stirring constantly until mixture has thickened and coats the back of the spoon.
- 7 Remove the custard from the saucepan and cool in a bowl. Return the bacon to the bowl and cover with a piece of baking paper to prevent a skin forming.

NOTES:

Freeze the bowl of your ice cream churn 12–24 hours prior to use for best results.

8 Cool in the refrigerator 20 minutes.

9 Whilst custard is cooling prepare the candied bacon. Place the grilled bacon on a tray lined with baking paper and pour the combined sugar and maple syrup. Coat the bacon well with the mixture.

10 Place the tray in a pre-heated oven at 160 °C until the bacon is clear and caramelised (approximately 30 minutes). Remove and place bacon on a wire rack to cool.

11 Remove the custard from the refrigerator. Turn ice cream churn on, slowly pour the custard into the machine.

(If you don't have an ice cream machine, put the custard into the freezer in a freezer-safe bowl and mix every 30 minutes until set).

12 Finely chop 2 of the candied bacon rashers into very small pieces and add the bacon to the ice cream churn and churn for 20 minutes.

13 Remove the ice cream from the churn and place in an airtight container freeze for 12 hours prior to serving.

14 Serve scoops of bacon ice cream with a shard of candied bacon and top with chopped honeycomb.

