

PORK
AUTUMN/WINTER
RECIPES

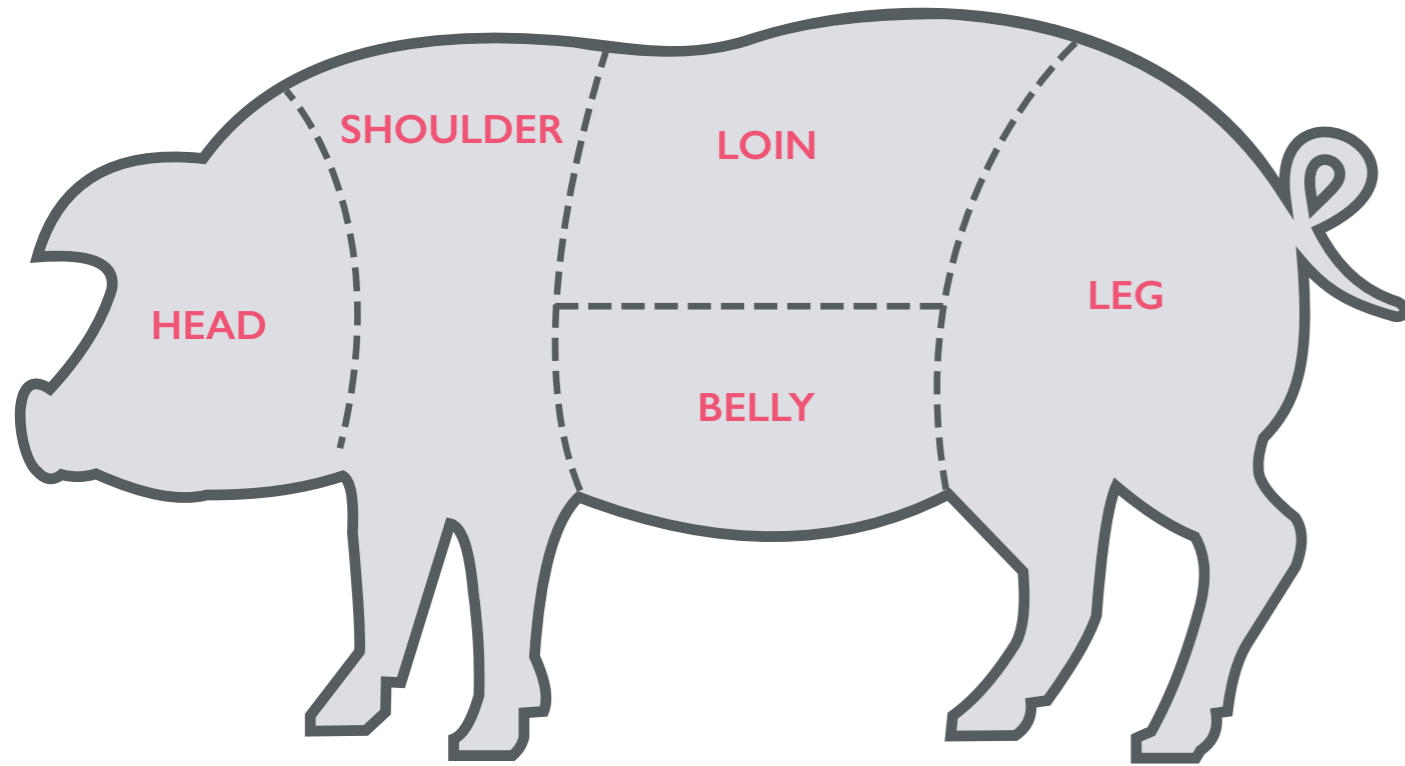


Get some Pork on your menu
for an outstanding bottom line



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Know your pork cuts



ANY PART

Pork Mince
Sausages

HEAD

Head
Cheek
Ears

SHOULDER

Scotch Fillet Steaks
Pork Scotch
Schnitzel
Pork Hock
Diced Pork
Trotter

LOIN

Loin Steak/Medallion
Fillet
Loin Chop
American Style Ribs
Pork Loin Rack
Loin Cutlet
Boneless Loin Roast

BELLY

Pork Belly
Rolled Pork Belly
American Style Ribs

LEG

Pork Hock
Schnitzel
Leg Steak
Easy Carve Leg
Boneless Leg Roast
Rump Steak
Round/Knuckle
Stir Fry Strips
Diced Pork
Tail
Trotter

It's time you
cashed in on one of
Australia's favourite meats



Pork Katsu Sandwich

Fun facts (profitable ones) about Australian pork:

- ✓ It's such excellent value and not just on price.
- ✓ Meaning you can offer greater value while making greater margins. Boom.
- ✓ Pork is now Australia's most popular meat (besides chicken) from ribs to burgers to bacon*.
- ✓ Make pork your menu hero!



cost

Note for all recipes:
Cooking times and temperatures may vary with kitchen facilities and appliances. Desired doneness and the recipes should be noted as a guide only.

*ABARES 2021, Agricultural commodities: March quarter 2021.

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Cost per
plate approx
\$4.00*

CRISPY PORK BURGER

INGREDIENTS (Makes 10 Burgers)

- 1.2kg pork scotch, sliced into 120g portions
- 500ml buttermilk
- 5 cups crispy pork mix seasoned flour
- ½ cup chilli glaze
- 1½ cups hot sauce
- 10 burger buns
- 40 slices pickle
- 2 cups shredded white cabbage
- 2 cups finely shaved fennel
- 5 radishes, shaved
- 2 cups rocket leaves
- ½ cup mayonnaise

CHILLI GLAZE

- 2 cups hot sauce
- 2 cups honey
- 125g butter

Combine all ingredients in a saucepan, bring to the boil and set aside.

CRISPY PORK MIX

- 1.5kg potato flour
- 40g onion powder
- 10g garlic powder
- 15g chilli powder
- 40g salt

- 40g ground white pepper
- 50g paprika

Combine all ingredients, store in a sealed container in a dry place.

Method

- 1 Combine buttermilk and 8 tablespoons hot sauce, pour over the pork slices, marinate overnight in refrigerator.
- 2 Make the slaw by combining cabbage, fennel, rocket leaves and shaved radish with ½ cup mayonnaise.
- 3 Remove pork from buttermilk and place directly into crispy pork mix, coating all over.
- 4 Deep fry pork at 160°C until crisp, approx 4-5 minutes. Drain on kitchen paper, season with salt.
- 5 Heat chilli glaze and coat the fried pork.
- 6 Toast buns, add slaw to the bottom half, top with pork, pickles, rocket leaves and then the bun top.



Cost per
plate approx
\$12.00*

KOREAN GLAZED BABY BACK RIBS

INGREDIENTS (Serves 10)

- 8-10 baby back rib rack allow 6-8 bones per person

KOREAN CHILLI MARINADE

- 6 tablespoons gochujang paste
- 6 tablespoons honey
- 1 cup brown sugar
- ¾ cup soy sauce
- 8 garlic cloves, finely chopped
- 5 tablespoons grated fresh ginger
- 4 tablespoons vegetable oil
- 4 tablespoons sesame oil
- 2 tablespoons chilli flakes

GARNISH

- Sesame seeds, toasted
- Spring onion, finely sliced
- Baby coriander leaves

Method

- 1 Using a sharp knife carefully remove membrane from under side of ribs.
- 2 Combine all the marinade ingredients and place in a saucepan and bring to simmer.
- 3 Place ribs on a tray lined with baking paper. Generously coat both sides of ribs with Korean chilli marinade. Cover with foil.
- 4 Place ribs in oven at 160°C for approx 2 hours or until meat is tender.
- 5 Remove foil from ribs, brush with some of the remaining glaze and barbecue/chargrill.
- 6 Cut the ribs between the bones, garnish with sesame seeds, spring onion and coriander leaves.



Cost per plate approx
\$6.50*

PORK VINDALOO

INGREDIENTS (Serves 10)

- 2kg pork shoulder, cut into 2cm dice
- 6 tablespoons vegetable oil
- 3 brown onions, peeled and sliced
- 4 tablespoons grated fresh ginger
- 10 garlic cloves, finely chopped
- 1 teaspoon brown mustard seeds
- 1 teaspoon fenugreek seeds
- 20 fresh curry leaves
- 1 teaspoon ground turmeric
- 2 tablespoons ground cumin
- 2 tablespoons paprika
- 2 teaspoons cayenne pepper
- 2 tablespoons garam masala
- 3 tomatoes, diced
- 180ml cider vinegar
- 2 teaspoons ground coriander

- 3 teaspoons salt
- 2 tablespoons castor sugar

PEACH CHUTNEY

- 2 tablespoons vegetable oil
- 6 garlic cloves, finely chopped
- 30g fresh ginger, finely chopped
- 1 large brown onion, peeled and finely diced
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 teaspoon mustard seeds

Method

- 1 Heat half the vegetable oil in a large deep saucepan over high heat. Add diced pork shoulder and fry until golden. Remove pork from pot, set aside.
- 2 In the same pan over low heat, add remaining vegetable oil, sliced onion, ginger, garlic, mustard seeds, fenugreek and curry leaves. Cook until onions have softened.

- 2 teaspoons garam masala
- 1 teaspoon chilli powder
- 9-10 whole peaches, peeled and diced into 2cm
- 1½ teaspoon salt
- 3 tablespoons white vinegar
- 1 cup white sugar

FLAT BREAD

- 350g self-raising flour
- 350g natural yoghurt
- 1 teaspoon salt
- 2 tablespoons olive oil

- 3 Add turmeric, cumin, paprika, cayenne pepper, garam masala, cook over low heat for 5 minutes, stirring continuously.
- 4 Return pork back to the saucepan adding diced tomatoes, cider vinegar, coriander, salt and sugar, cover. Cook gently over low heat for approximately 1½ hours or till pork is tender.
- 5 Serve with peach chutney and warm flat bread.

Peach chutney

- 1 Place vegetable oil, garlic, ginger and onion in a saucepan, cook over low heat until softened. Add cumin seeds, fennel seeds and mustard seeds, continue to cook for a further 3 minutes stirring continuously.
- 2 Add garam masala and chilli powder to saucepan and cook again for approximately 3 minutes on low heat.

- 3 Add remaining ingredients, cook for 15 minutes on low heat.
- 4 Store in airtight sterilised jars.

Flat bread

- 1 Combine all ingredients together. Tip the dough onto a lightly floured bench and knead for a minute or two, till the dough comes together.
- 2 Place the dough in a clean bowl, set aside, allow to rest for 30 minutes.
- 3 Divide the dough in half and cut each half into 5 portions.
- 4 Roll it out each portion to a 12cm round. Fry in the pan for 1-2 minute each side.

*Based on produce costs at time of calculation, from an independent consultant commissioned by APL, January 2022.



Cost per
plate approx
\$10.30*

PORK CUTLET HOLSTEIN

INGREDIENTS (Serves 10)

- 10 x 350g pork cutlets
- 1 cup plain flour
- Salt and pepper, to season
- 3 eggs
- 1 cup milk
- 500g panko breadcrumbs
- 100g parmesan cheese, finely grated
- ½ cup olive oil
- 10 eggs
- 200g butter
- 20 white anchovies
- 2 tablespoons salted baby capers
- Juice of 1 lemon
- Salt to taste
- Lemon wedges to serve

Method

- 1 Place pork between 2 sheets of cling wrap (or baking paper) and flatten with a meat mallet until 1.5 cm thick, leaving bone on.
- 2 In a shallow bowl place flour and season with salt and pepper. In a second bowl lightly whisk eggs and milk together. In the third bowl combine panko breadcrumbs and grated parmesan.
- 3 Crumb each pork cutlet by first dipping into flour, then egg wash, then evenly coat in panko mixture, pressing the crumb to hold. Refrigerate till required.
- 4 Heat half the olive oil in a large fry pan over medium heat. Cook pork cutlets in a couple of batches, avoid over crowding the pan. Cook until crispy golden brown on both sides.
- 5 Remove pork from pan and drain on kitchen paper. Season with salt. Repeat with remaining cutlets.
- 6 Fry eggs in olive oil and place one on top of each pork cutlet. Garnish eggs with 2 anchovies.
- 7 In a separate pan over medium heat, add butter and capers. Cook until butter is nut brown. Add lemon juice.
- 8 To serve, place the pork cutlet, egg and anchovies on a plate, spoon over caper butter, serve with lemon wedges.

**Based on produce costs at time of calculation, from an independent consultant commissioned by APL, January 2022.*



Cost per
plate approx
\$40.00*
Servers approx
4 people

PORK TOMAHAWK

INGREDIENTS (Serves 10)

- 3 x 1.5kg pork shoulder tomahawks
- 6 sprigs fresh rosemary, leaves removed
- 6 garlic cloves, crushed
- 150ml olive oil
- Sea salt
- 3 lemon cheeks
- 30ml extra virgin olive oil for finishing

CHIMICHURRI

- 3 eschallots, peeled and finely diced
- 2 long red chilli, deseeded and finely chopped
- 10 garlic cloves, crushed
- 1½ cup red wine vinegar
- 2 teaspoons sea salt
- 1 cup coriander, chopped
- ¾ cup parsley, chopped
- 4 tablespoons dried oregano, crushed
- 1½ cup, extra virgin olive oil

Method

- 1 Combine rosemary leaves, garlic & olive oil together and generously rub over the pork tomahawks on both sides. Refrigerate for a couple of hours before grilling.
- 2 To make the chimichurri mix all ingredients together, taste and adjust seasoning.
- 3 Preheat the chargrill to medium to high heat.
- 4 Remove the tomahawks from the fridge and let them sit at room temperature, covered, for about 20 minutes before grilling.
- 5 Season the tomahawks with a generous amount of sea salt on both sides and place on the hot grill. Grill the tomahawks for approximately 6 minutes on both sides or until desired doneness.
- 6 Transfer the tomahawk to a cutting board and rest for 10 minutes before slicing.
- 7 Serve with chimichurri, lemon & extra virgin olive oil.

**Based on produce costs at time of calculation, from an independent consultant commissioned by APL, January 2022.*



Cost per plate approx
\$5.40*

HONEY TURMERIC PORK SALAD

INGREDIENTS (Serves 10)

- 1.5kg pork tenderloin, trimmed of sinew

MARINADE

- 8 garlic cloves, crushed
- 9 tablespoons honey
- 3 tablespoons oyster sauce
- 2 tablespoons turmeric powder
- 1½ teaspoons cayenne pepper
- Salt to taste

SALAD

- 700g golden baby beets
- 700g red baby beets
- 500g heirloom baby carrots
- 6 garlic cloves, crushed
- 3 sprigs rosemary
- 2 cups olive oil
- Salt to taste
- 4 cups lettuce (Mache, corn salad, butter lettuce or watercress)
- 1 cup hazelnuts, roasted & chopped
- ¾ cup apple vincotto

Method

- 1 Combine all marinade ingredients in a bowl; add the pork fillet to the marinade. Set aside in refrigerator for 1-2 hours.
- 2 Preheat oven to 180°C.
- 3 To prepare the salad, wash and trim the beets and carrot stalks. Place the beets and carrots on a roasting tray with garlic, rosemary and 1 cup olive oil. Season with salt, roast for approximately 25 minutes or until just tender.
- 4 Sear pork fillets on all sides in a hot pan/grill and place in hot oven, cook for approximately 6 minutes and rest for 5 minutes.
- 5 Slice pork fillet into 1.5cm pieces.
- 6 Toss carrots, beets and lettuce leaves with remaining olive oil and season.
- 7 Place vegetables and sliced pork fillet on a plate. Dress with apple vincotto and garnish with roasted hazelnuts.

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Cost per plate approx
\$6.00*

CIDER BRAISED PORK SHOULDER

INGREDIENTS (Serves 10)

- 3kg pork shoulder
- 400g shallots, peeled and cut into wedges
- 1 fennel bulb, cut into wedges
- 4 garlic cloves, crushed
- 500ml unfiltered apple cider
- 500ml apple cider vinegar
- 2L chicken stock
- ½ teaspoon fennel seeds
- 4 apples cut into quarters, core removed
- Salt and pepper

Method

- 1 Heat oven to 160°C.
- 2 Pat the pork dry with a paper towel and salt the shoulder thoroughly. Brown the pork shoulder on all sides. Set it aside.
- 3 Sauté shallots and fennel for a few minutes, add garlic, cook gently till golden, remove from pot and set aside.
- 4 Deglaze the pot by pouring in the apple cider, apple cider vinegar and chicken stock, add fennel seeds and bring to the boil. Reduce to simmer for 5 minutes. Carefully, place the pork shoulder into the liquid.
- 5 Cover the pot, place in preheated oven.
- 6 After 2 hours in the oven, take the pot out & nestle the apples, fennel & shallots into the pot. Continue to cook in the oven for approximately 2-2.5 hours. The pork should be tender and falling apart.
- 7 Allow to rest before serving.

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