

Tartiflette

Serves 4 to 6

Ingredients

2lb (800g) mashed potatoes
1-2 tbsp (15-30ml) olive oil
1 large onion, finely chopped
8oz (250g) smoked streaky bacon, chopped
8oz (250g) chestnut mushrooms, sliced
8oz (250g) black pudding, skin removed and chopped into small pieces
5oz (150g) Cheddar cheese, coarsely grated
7fl oz (200ml) full-fat crème fraîche
Paprika
Black pepper
2tbsp (30ml) chopped parsley to garnish

Boil potatoes until tender, drain and mash • Spread on buttered ovenproof dish, and cover with $\frac{1}{2}$ of the crème fraîche • Heat oil in non-stick frying pan, add onion and cook over high heat for 3 minutes • Add bacon and black pudding and cook on lower heat for about 15 minutes • Add mushrooms and cook further 3 minutes • Scatter the contents of the pan over the potatoes and sprinkle with grated cheese • Pour rest of the crème fraîche over mixture and season with paprika and black pepper • Cook in preheated oven 400°F, 200°C, Gas mark 6 for approx 15 minutes • Garnish with parsley and serve hot.

Serving suggestion

Serve with carrots and peas.

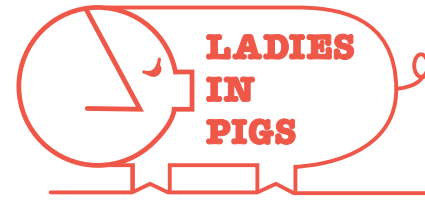
NB: This could all be cooked in non-stick pan, so oven not needed.

Sausages with Honey and Tarragon

Ingredients

Pork sausages - preferably chipolatas
Runny honey
Dried tarragon

Dry fry the sausages until cooked • Drizzle sufficient honey over sausages while stirring to coat them • Sprinkle with tarragon and toss them until coated to taste • Serve immediately with vegetables of your choice • Can also be served on cocktail sticks for a finger buffet.



Moroccan Style Mince

Serves 4 to 6

Ingredients

1lb (450g) lean minced pork
4oz (100g) onions, finely chopped
2tbsp (30ml) oil
2 cloves garlic, chopped
1tbsp (15ml) medium curry paste
Zest of one lemon
1oz (25g) tomato purée
10fl oz (300ml) stock
1 small red pepper cut into strips
3oz (75g) ready-to-eat apricots, quartered
Pepper to taste

Fry chopped onions in oil until softened • Add pork and fry briefly • Add garlic and curry paste, stirring continuously to prevent burning • Add lemon zest and tomato purée, stirring, and cook for 2 minutes • Pour on stock and simmer on a low heat for 8–10 minutes • Add red pepper and continue to cook for about 25 minutes until the meat softens • As the liquid reduces to a syrupy consistency, add apricots and cook for a few minutes to soften, and season with pepper if required.

Serving suggestion

Serve with cous cous, rice, pasta or use as filling for jacket potato.

For more mouth-watering recipe ideas contact:
Ladies in Pigs, Pippin House, Blossom Lane,
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Green Pea and Bacon Chowder

Serves 4

Ingredients

1 onion, finely chopped
8oz (225g) bacon or uncooked ham, cut into small pieces
1oz (25g) butter
8oz (225g) potatoes in ½" (1.25cm) diced cubes
2tbsp (30ml) flour
1pt (600ml) chicken or pork stock
1pt (600ml) milk
8oz (225g) peas
2oz (50g) Cheddar cheese, grated
Fresh chives and single cream to garnish
Pepper to taste

In a large saucepan fry the onion and bacon or ham together in the hot butter until golden • Stir in the potato and cook for 2 minutes • Add the flour stirring and cook for 1 minute, then gradually add the stock and milk • Bring to the boil, cover and simmer for 20–25 minutes until pork and potato are tender • Add the peas and just bring back to the boil • Cook for further 10 minutes if using fresh peas.

Serving suggestion

Serve chowder topped with grated cheese, snipped chives and swirl of cream • Accompany with buttered oat cakes or brown rolls.

Caribbean Pork Casserole

Serves 6

Ingredients

1lb 8oz (675g) collar, hock or shoulder of pork, cubed
1 onion and 1 green pepper, chopped
8oz (225g) pineapple in natural juice made up to ¼pt (150ml)
2tbsp (30ml) tomato purée
2tbsp (30ml) soft brown sugar
1tbsp (15ml) cornflour blended in 2tbsp (30ml) water
½tsp (2.5ml) ground ginger
1tbsp (15ml) oil
3tbsp (45ml) soy sauce
2tbsp (30ml) sherry
2tsp (10ml) mustard

Heat oil in pan and fry onion and green pepper • Add pork and other ingredients, stir well and bring to the boil • Transfer to casserole, cover and cook in oven for 1½ hours at 325°F, 170°C, Gas mark 3 • If using an Aga cook for 3 hours in simmering oven.

Serving suggestion

Serve with rice or mashed potato.



Sausage Meat Pasta

Serves 4

Ingredients

1lb (450g) sausage meat
Olive oil
3 cloves garlic, crushed
2 x 14oz (420g) cans of chopped tomatoes
2tbsp (30ml) sundried tomato paste
1tsp (5ml) dried basil
1tsp (5ml) sugar
12oz (325g) fusilli pasta (spiral shaped)
Pepper
2oz (50g) grated Parmesan
3tbsp (45ml) parsley, chopped

Heat oil in pan and add garlic and sausage meat - mash down well and brown • Add chopped tomatoes, tomato paste, dried basil and sugar and bring to the boil • Cover and cook for 30 minutes • Meanwhile cook pasta until almost cooked • Remove sauce from hob and stir in the pasta, adding half the cheese • Scatter with parsley and rest of cheese • Serve with green salad.

NB: This meal is inexpensive and a real winner for flavour, and the sauce can be made ahead of time and kept in the fridge for 3 days and up to a month in the freezer.

Thai-Style Pork

Serves 4

Ingredients

1lb (450g) pork strips, steaks or fillet cut into strips
2 cloves garlic, crushed
1tbsp (15ml) oil
1 red pepper, sliced into matchsticks
1 lime, zest and juice
½" (1.25cm) root ginger, grated
5fl oz (150ml) coconut cream
Pepper to taste
1tbsp (15ml) chopped fresh coriander

Mix together the pork, garlic and ginger • Cover and refrigerate for at least 30 minutes • Heat the oil in a pre-heated pan and add the pork, and cook until lightly browned on all sides • Season lightly and add the red pepper and cook for about 2 minutes • Add the coconut cream and reduce slightly • Add the lime zest and juice and finish with the chopped coriander.

Serving suggestion

Serve with saffron rice.

WARNING: This recipe may contain nuts.

