

# PORC BLASUS

[wythnosporc.cymru](http://wythnosporc.cymru) | [porcweek.wales](http://porcweek.wales)

[porcblasus.cymru](http://porcblasus.cymru)



**Menter Moch Cymru**

Developing the pig sector in Wales  
Datblygu'r sector moch yng Nghymru



# HOW FAR IS YOUR FORK FROM OUR PORC?

It's closer than you think.  
Find out where your nearest porc  
producer or retailer is on our map  
or our interactive online directory:  
[porcblasus.cymru/where-to-buy](http://porcblasus.cymru/where-to-buy)



# It's Porc from Wales Week 2022, and it's time to celebrate our brilliant artisan porc producers and retailers!



With a passion for porc, and astute attention to detail, our producers create an exceptional product. They don't just produce porc, they live and breathe it, and are always looking at new ways to create the best product they can. So, with this in mind, how do you prepare and cook porc with the respect it deserves?

We've got it covered for you in this booklet. Here you'll find our handy 'know your porc cuts' guide, which offers tips on how to cook each cut, and also the lowdown on porc's health benefits.


We are delighted to be working with leading Welsh food bloggers again this year who have invented their own flavours and dishes using Porc Blasus. Check out their recipes on the following pages (and on their social media channels during the week). You'll be amazed how versatile this fantastic meat is.

If that doesn't 'tackle' your taste buds, we've teamed up with restaurateur-turned-broadcasters, Sam and Shauna (of Hang Fire Southern Kitchen fame), and rugby legend Scott Quinnell. Watch the exclusive recipe video to see if Scott can 'pass' as a porc pro or will he get a (spare) ribbing? And, if you're feeling inspired, why not 'try' making the recipes yourself?

Also, don't miss our competition during the week where you could win one of three £100 gift vouchers for you to spend at your local Porc Blasus producer or retailer. It's easy to enter. Simply follow our social media pages or sign up to our e-newsletter. Good luck!

Remember to follow our channels below throughout the week so that you can see for yourself how tasty, versatile and close to your fork our porc really is.

[wythnosporc.cymru](http://wythnosporc.cymru)  
[porcweek.wales](http://porcweek.wales)

 [PorcBlasus](https://www.facebook.com/PorcBlasus)

 [porc\\_blasus](https://www.instagram.com/porc_blasus)

 [Porc\\_Blasus](https://twitter.com/Porc_Blasus)



# It's time to hog the limelight

Wales is famed for its Welsh Lamb and Welsh Beef, but did you know that porc is also a thriving industry?

Wales benefits from small scale, artisan producers who love what they do and do it to a very high standard, generally keeping pigs in small herds and creating a happy environment for the animals. This means animal welfare is therefore very high. Pigs here are often reared for longer, allowing them to mature until they're just right.

Our producers care deeply about how their pigs are kept and keep a watchful eye on their progress and welfare. They get satisfaction out of seeing the animals born; watching them grow, and how the pigs enjoy the environment that they provide for them.

Traceability and sustainability are inextricably linked factors that are also at the forefront of our producers' minds. Our more traditional, Welsh farms often have shorter supply chains which helps support local businesses, and is ultimately better for the environment. And despite being steeped in tradition, our producers are not afraid of innovation - here you can try anything from charcuterie to artisan salami, and a whole lot more.



**Here's what a few of our producers had to say in their own words on some of the key characteristics of the industry in Wales...**



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**“Supporting your local farmers ensures you know where your food comes from.”**

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“The best thing about us is that we can tell you which field a pig was born in, which one's the mother, who's the father, who's the brother, and we can tell you exactly what it's fed on. We're giving you the whole life story because nothing on this farm has been brought in, apart from the original three pigs.”



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“Our pigs are fed a UK sourced soya-free diet. They love eating the grass in the summer and munching the silage in the winter, helping you reduce your food miles and us with our sustainability.”

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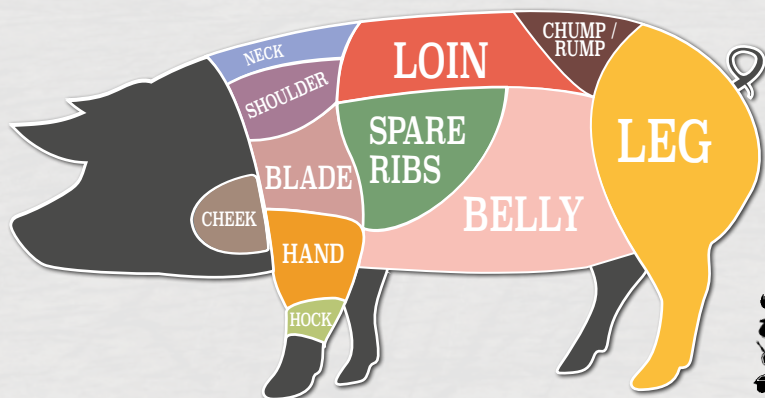
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**“Delicious, sustainable, free-range.”**

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“Everything here is done within a 10-15 mile radius. We use a local slaughterhouse and we source local ingredients wherever possible – everything is local, so there's a lovely feel to it.”

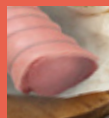
# Know your porc cuts



## COOKING TECHNIQUES

- Barbecuing & grilling
- Roasting
- Frying & stir-frying
- Slow cooking

### Loin joint



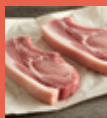
### Loin steaks



### Loin rack



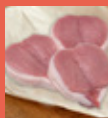
### Porc chop



### Tenderloin



### Valentine steak



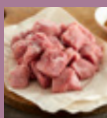
### Shoulder steak



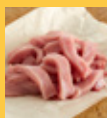
### Shoulder joint



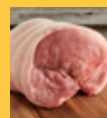
### Diced porc



### Stir-fry strips



### Leg joint



### Leg daubes



### Belly joint



### Belly slices



### Collar joint



### Collar steak



### Spare ribs



### Chump / Rump steak



## SECTION OF THE CARCASE

**SHOULDER** The shoulder produces a very tender, succulent joint which is suitable for either roasting or slow cooking.

**LEG** A wide range of roasting joints is produced from the leg. The meat is often divided into separate muscles from which a range of steaks and stir-fry strips are prepared for quick cooking.

**LOIN** The loin is a very versatile and lean cut of meat. All cuts from the loin are suitable for grilling or frying.

**BELLY** Cuts are fatty and as such offer great taste and tender meat.

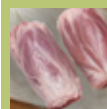
**NECK** The neck (or collar) produces delicious meat which can be slow cooked to allow intramuscular fat to melt - keeping the meat moist and tender.

**CHUMP** The chump end is positioned at the rear of the loin. Chump steaks (sometimes called rump) are boneless, wider and leaner than those from the loin.

**HOCK** Lean meat with a high proportion of connective tissue can be found in the shank. Cuts from this area are suitable for slow cooking methods such as stews, casseroles, soups and stocks.

**MINCE** Porc mince is produced using forequarter meat.

### Hock



### Mince from various cuts





# Bacon wrapped porc faggots with sage and onion gravy

Kacie Morgan

📷 therarewelshbit

**Serves:** 8

**Prep time:** 30 minutes

**Cook time:** 1 hour 30 minutes

## Ingredients

550g minced belly or shoulder porc  
250g pig's liver, finely chopped  
16 streaky bacon rashers  
170g sage and onion stuffing mix  
¼ tsp salt  
¼ tsp freshly ground black pepper  
½ tsp freshly ground mace or ¼ tsp nutmeg  
½ tsp dried thyme  
½ tsp sunflower oil, for oiling the dish

## For the sage and onion gravy:

½ tbsp sunflower oil or 25g butter  
2 sprigs of fresh sage, leaves removed and set aside  
1 large yellow onion, peeled and finely sliced  
1 tsp soft brown sugar  
450ml beef stock  
½ tbsp balsamic vinegar  
½ tbsp Worcestershire sauce  
1½ tbsp plain flour

## Method

1. Preheat the oven to 180°C / 160°C fan / Gas 4.
2. Prepare the sage and onion stuffing mix according to the packet instructions, and set aside.
3. Finely chop the pig's liver by pulsing in a food processor or mincing by hand. Combine this with the minced porc.
4. Add the stuffing, salt and pepper, ground mace, and thyme, and mix to combine, using your hands to ensure the ingredients are well-mixed.
5. Form the mixture into eight large, round balls, around the size of a tennis ball.
6. Wrap each faggot in two unsmoked, streaky bacon rashers.
7. Lightly oil an oven dish or roasting tray, and arrange the faggots on the tray. Now make the gravy, which will be baked in the oven with the faggots.
8. Start by heating the oil or butter in a non-stick frying pan and fry the sage leaves for 3-4 minutes, until crispy, before carefully removing from the pan with a slotted spoon and setting aside.
9. Fry the sliced onions over a low to medium heat for around 10 minutes, until golden and softened. Add the sugar and continue cooking for a further 4-5 minutes, until caramelised.
10. Add the beef stock to the pan, followed by the balsamic vinegar and Worcestershire sauce. Allow to simmer for a further 2-3 minutes.
11. Mix the flour with a tablespoon of cold water to form a smooth paste. Add this to the pan, stirring through and allowing to bubble away until the gravy has thickened slightly.
12. Remove the pan from the heat and pour the onion gravy into the dish, covering the faggots. Cook in the oven for an hour or so, or until cooked through.
13. Serve your faggots with creamy mashed potato and mushy or garden peas, in a pool of rich sage and onion gravy, garnished with crispy sage leaves.



# Porc belly filled cinnamon sugar doughnut with miso peanut butter caramel and apple chips

Llio Angharad and Nicky Batch

@llioangharad    @batchout

## Method

1. Salt the skin of the belly porc and put it in the fridge for an hour. Once ready, wipe the moisture off the joint, then leave it for about 30 minutes to come to room temperature.
2. Preheat the oven to 240°C / 220°C fan / Gas 9.
3. Heat a little oil in a casserole dish and brown the porc on all sides, then remove from the pan.
4. Slice the onion and one apple into disks, and place the disks in the dish to caramelise for a few minutes. Add the garlic and chilli and fry for another minute.
5. Add the porc back into the dish, skin side up. Pour in the cider, chicken stock, honey and cider vinegar. Snap in the cinnamon, star anise and cloves, season with salt and pepper, then put the dish in the oven (make sure the liquid isn't touching the skin or it won't crisp).
6. After 25 minutes, drop the temperature to 160°C / 140°C fan / Gas 3 and cook for another 2 hours, or until the porc is tender and the meat is falling apart. If the rind hasn't gone crispy, put it under the grill until it crisps up.
7. Place the porc onto a dish to rest and scoop out 100ml of the cooking liquor; put this through a sieve to remove any lumps.
8. To make the caramel, heat the sugar and water in a pan over a high heat. Heat for 5-10 minutes until the water evaporates and the sugar starts to turn darker and smell of caramel - be careful not to take it so far that it burns!
9. Take the pan off the heat and stir in the softened butter and the sieved cooking liquor - be careful as it may spit and bubble. If the caramel goes hard in bits, just return it to a gentle heat and stir until it's smooth again.
10. Add the miso and peanut butter to the caramel and stir to combine.
11. Roll your doughnuts in the sugar and cinnamon mixture, and slice in half.
12. Assemble your doughnut by filling with a generous handful of shredded porc, golden onions from the pan, apple skinny fries, crispy porc crackling and a drizzle of the miso and peanut butter caramel.

**Serves:** 6

**Prep time:** 20 minutes + chilling

**Cook time:** 2 hours 45 minutes

## Ingredients

1kg belly porc, skin on  
500ml bottle of Welsh cider  
400ml chicken stock  
3 garlic cloves  
2 Granny Smith apples, one cut into 'skinny fries'  
1 white onion  
2 tbsp honey  
25ml cider vinegar  
1 cinnamon stick  
2 star anise  
5 cloves  
1 whole chilli

## For the miso peanut butter caramel:

2 tsp white miso  
2 tsp peanut butter  
100ml water  
200g golden caster sugar  
50g unsalted butter, softened  
100ml cooking liquor from the porc

## For the doughnuts:

a bag of 6 doughnuts, or follow your favourite doughnut recipe!  
1 tbsp light brown sugar  
1 tsp ground cinnamon





**Serves:** 2

**Prep time:** 25 minutes

**Cook time:** 35 minutes

#### **Ingredients**

2 porc loin steaks  
100g plain flour  
1 tsp garlic salt  
1 tsp black pepper  
1 tsp smoked paprika  
2 large eggs  
50g golden breadcrumbs  
1 tbsp vegetable oil, for frying  
seasonal veg, to serve

#### **For the chips:**

5 large white potatoes  
3 tbsp vegetable oil  
salt and pepper  
1 tsp garlic powder

#### **For the applesauce:**

1 apple, sliced into wedges  
1 white onion, thinly sliced  
200ml vegetable stock  
2 tsp wholegrain mustard  
salt and pepper

# Porc schnitzel with oven-baked chips, mustard and applesauce

Naomi Spaven

📷 littlewelshfoodie

#### **Method**

1. Preheat the oven to 200°C / 180°C fan / Gas 6.
2. Fill a pan with cold water, cut the potatoes into chips and place them in the pan. Bring to the boil and par-boil for 5 minutes, then drain well.
3. Add the vegetable oil to a large baking tray and toss the potatoes in with salt, pepper and the garlic powder.
4. Cook for 30 minutes until crisp and golden. If after 30 minutes they're not crisp enough, give the tray a shake and put them back in for another 5-10 minutes.
5. Whilst the chips are cooking, make the schnitzel and the applesauce. Place the porc loin steaks in cling film and use a pan or rolling pin to flatten them.
6. Make up a bowl of flour mixed with the garlic salt, pepper and smoked paprika. In another bowl, crack two eggs and beat together. In a third bowl, pour in the golden breadcrumbs.
7. Take your flattened porc steaks and dip them first in the flour, then the egg, then the breadcrumbs, until well coated. Repeat with the other steak. Set these aside whilst you make the sauce.
8. For the applesauce, slice the apple into wedges and thinly slice the onion. Fry them together with some oil for 6-7 minutes until starting to soften. Add the veg stock, salt and pepper and wholegrain mustard. Cook until reduced with a gravy-like consistency.
9. Add some vegetable oil to a large frying pan on a medium-high heat and fry the schnitzel for approximately 3 minutes on each side until golden. Set aside on a hot plate covered with kitchen roll to drain any excess oil.
10. Plate up the schnitzel, chips and applesauce and serve with veg of your choice - I personally love this with Tenderstem broccoli and asparagus.





# Tomahawk porc chop with nam tok herb salad

Bradley Hughes

📷 bradleyhangrybear

**Serves:** 2

**Prep time:** 25 minutes

**Cook time:** 10 minutes

## Ingredients

1 tomahawk porc chop, rind removed and fat scored

## For the marinade:

2 tbsp Thai light soy sauce

1 tbsp fish sauce

1 tsp caster sugar

## For the salad:

a handful of coriander

a small handful of mint leaves

4 fresh or frozen kaffir lime leaves, cut into very thin strips

2 lemongrass stalks (hard outer layer removed), finely sliced

2 spring onions, finely sliced

3 Thai shallots or small round shallots, finely sliced

1 tsp toasted rice powder (see method step 1)

3 whole Thai dried chillies, for the garnish

## For the salad dressing:

3 limes, juiced

2 tsp palm sugar or soft brown sugar

4 tbsp Thai fish sauce

3 tbsp water

6 dried Thai chillies (see method step 2)

## Method

1. First, prepare your toasted rice powder by dry frying two tablespoons of raw sticky rice in a medium-hot pan until golden brown all over (move the pan often to prevent the rice from burning). If you can't find sticky rice, uncooked jasmine rice will also work for this. Leave to cool before grinding the rice in a pestle and mortar until you get a coarse powder, then set aside.
2. Next, make your dried chilli powder for the salad dressing. Dry fry the dried Thai chillies in a medium-hot pan until dark and toasted. Leave to cool before grinding them in a pestle and mortar until you get a coarse powder, then set aside.
3. Combine the marinade ingredients and coat your porc chop all over. Leave this to marinade while you prepare the rest of the dish.
4. Place all the salad ingredients, except the whole chillies, into a bowl and mix well.
5. Make the dressing by placing all the ingredients into a bowl and stirring to dissolve the sugar. Taste the dressing and adjust the flavours to your preference - the chilli powder is fiery, so add as little or as much as you want (I use a large sprinkle). The dressing should be spicy, sour and salty with a little sweetness coming through. Set this aside until you're ready to dress the salad.
6. Now cook the porc chop. Pan-fry the chop for about five minutes per side until nicely charred, then spend some time cooking the fat on the end of the chop using a pair of kitchen tongs so that the fat melts and caramelises. Once cooked, let this rest for a few minutes on a warm plate, and season with pepper.
7. Now plate up. Finish the salad by tossing together with the dressing until nicely coated. Slice up your chop and serve a large handful of the salad on the side, sprinkling with more of the toasted rice powder and garnishing with the whole chillies. Add a ball of sticky rice and you're ready to enjoy.

# The health benefits

No single food contains all the nutrients we need for good health, so it is important to eat a wide variety of different foods each day.

However, due to it being packed with essential vitamins and minerals, a balanced diet with lean red meat at its core can help keep people of all ages healthy and happy.



Leading scientists recommend we eat up to

**500 GRAMS**

COOKED RED MEAT

**5 PORTIONS**

PER WEEK

How much is enough?

AROUND

**70-100g**  
PER PORTION



Raw, fully trimmed and lean red meat contains less fat than you think.

**4% 6% 8%**



Red meat can play a positive role in weight loss and weight maintenance programmes, with its higher energy density helping you feel fuller and reducing the need for snacking.

Based on the average UK diet

**30% OF OUR PROTEIN**

intake comes from red meat, which is vital for our body's growth, maintenance and muscle recovery!



Studies show that red meat provides us with essential nutrients that help boost our health and wellbeing...

 Eye & skin health <b>VIT A</b>	 Energy release & prevention of fatigue <b>VIT B</b>	 Bone health & immune function <b>VIT D</b>
 Oxygen transport, immune & cognitive function <b>IRON</b>	 Muscle & nervous function <b>MAGNESIUM</b>	 Nail, hair & reproductive health <b>ZINC</b>
 Powerful antioxidant <b>SELENIUM</b>	 Blood pressure control <b>POTASSIUM</b>	