

Churston Traditional

FARM SHOP

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CHURSTON FARM SHOP RECIPES AUGUST 2018

Read any history of meat cookery and one animal will dominate for its sheer versatility: the pig. 'Nothing left but the grunt' was the old saying which described how virtually every single part of the animal could be prepared and eaten in some way, from the prime cuts of leg, shoulder, loin and fillet by way of the salted hams and bacon joints to the belly, hocks, trotters and ribs (and we have sold a huge amount of those this summer) and on to the offal and intestines (sausage casings or chitterlings).

By the time the head had been turned into brawn, the tail added to a simple pea soup for extra flavour and the trimmings turned into pies there was, indeed, only a large empty space where the pig had once stood.

So here are three different treatments for this often under-appreciated meat, all using different cuts. The first originates from the region around Tours, for years the centre of French pork cookery, where they are known as *rillons*. But beware: they are ever so slightly addictive....

SLOW-COOKED PORK CUBES

Ingredients. Kilo belly pork, 250 lard, one bottle dry white wine, sea salt.

Method. Add two tablespoons of sea salt to 1.5 litres water, mix well, place the pork in a shallow dish, pour the brine over to cover and leave for six hours. Drain, rinse and dry. Cut into inch and a half cubes. Melt a quarter of the lard in a large lidded frying pan over a medium to high heat, add the pork cubes and brown briskly on all sides. Add the remaining lard and the wine, bring to the boil, cover and simmer very gently over the lowest possible heat for two hours, shaking now and then to prevent sticking. Drain thoroughly and dry on kitchen paper. Can be served warm or cold with a salad, or chopped for inclusion in a quiche.

PORK FILLET IN MUSTARD SAUCE

Ingredients for four. One large pork fillet, trimmed, 250ml white wine, one vegetable stock capsule dissolved in 150ml hot water, 400g chestnut mushrooms, 400ml full-fat crème fraîche, Dijon mustard (either smooth or wholegrain), 50ml olive oil, 30g butter, sea salt, freshly-ground black pepper.

Method. Cut the fillet into one-inch slices, season well, heat the butter and oil in a large casserole and brown the slices on both sides over a medium flame. Remove and drain on kitchen paper. Quarter the mushrooms. Pour off any excess fat from the casserole and deglaze with the white wine and stock. Add two-thirds of the crème fraîche and mix in. Using the back of a teaspoon spread a layer of mustard on each slices of pork, return them to the pan, add the mushrooms and season well, cover and simmer very gently for 30 minutes. Finally stir in the remaining crème fraîche, check the seasoning and serve.

QUEBEC-STYLE PORK CHOPS

Ingredients for four. Four large pork chops, one onion and two garlic cloves, both finely-chopped, three tablespoons each maple syrup and tomato ketchup, two teaspoons Worcestershire sauce, sunflower oil, sea salt and freshly-ground black pepper.

Method. In a large bowl mix the onion, garlic, maple syrup, ketchup, Worcestershire sauce and water. Place the chops on a work surface, season well on each side then brush each side with sunflower oil. Heat a large lidded frying pan, add the chops and brown for a minute each side. Pour in the sauce, reduce the heat and simmer very gently over a low flame for 30 minutes, shaking occasionally to prevent sticking.

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