

*Churston Traditional*

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# **FARM SHOP**

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## CHURSTON FARM SHOP RECIPES JULY 2018

Pork is the flavour this month: not through any particular association with July but just because there is some extremely good value pork around at the moment and it would be a shame not to take advantage of it.

The recipes also illustrate the huge versatility of pork, which is something amateur and professional cooks alike are always grateful for. Pulled pork, in particular, has now become hugely fashionable and this method of preparing it will give a brilliant result every time.

### PULLED PORK BLADE

Ingredients. One piece pork blade weighing around a kilo, two garlic cloves, one large onion, two large sprigs rosemary three sprigs of thyme, one bay leaf, two tablespoons olive oil, two tablespoons honey, sea salt, freshly-ground black pepper.

Method. Heat the oven to 160C gas mark 3, chop the onion and garlic and sweat them with the herbs in the oil in a casserole large enough to hold the meat for about five minutes then away from the heat add the meat, 500ml of water and the honey, cover and place in the oven for four and a half hours. Remove the lid and cook for a further hour and a half. Transfer to a serving dish, pull apart with two forks, drizzle with a little olive oil and serve with a green salad and plenty of crusty bread.

### ONE-POT PORK

Ingredients for four. Four pork loin chops, one, onion, peeled and roughly chopped, three tablespoons oil, four teaspoons Dijon mustard, 300ml each strong dry cider and chicken stock, salt and freshly-ground black pepper, 100g each baby carrots, baby turnips, and new potatoes, one small butternut squash, peeled, seeded and in chunks, four tablespoons double cream, chopped fresh parsley.

Method. Heat two-thirds of the oil in a pan and brown the chops on both sides. Spread with the mustard then place in a flameproof dish. Heat the remaining oil in the same pan and fry the onion gently to soften, but not brown. Transfer to the flameproof dish. Pour in the cider and stock and season. Cover the dish loosely with foil (or a lid), then simmer on the lowest heat for around 30 minutes. Blanch the carrots, turnips, potatoes and squash in lightly salted boiling water. Drain and add to the dish. Cover and simmer for another 15 minutes, or until the chops and vegetables are cooked through and the sauce is reduced. Remove three tablespoons of stock and stir it in the cream. Return to the dish and heat through. Serve sprinkled with chopped parsley.

### PORK FILLET WITH BEANS AND LARDONS

Ingredients for four. 500g frozen baby broad beans, defrosted, 800g piece of pork fillet-, 100g bacon lardons, preferably smoked, two sprigs of thyme, 250ml chicken stock made with a capsule, tablespoon olive oil, two tablespoons paprika, sea salt, freshly-ground black pepper.

Method. Drop the beans and thyme into a pan of boiling water, simmer for two or three minutes then drain. Dry-fry the lardons over a moderate heat until crisp. Warm the stock, add the beans, simmer for three minutes then add the lardons, salt and plenty of black pepper and leave over the lowest possible flame for a further two minutes. For the pork, roll the entire fillet in paprika, cut into half-inch slices then pan-fry in sunflower oil for ten minutes, turning frequently. Arrange some slices of pork on each plate and spoon over some of the beans, bacon and cooking liquid.

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