

*Churston Traditional*

# **FARM SHOP**

*Where you'll find the West Country's finest food and drink...*

## CHURSTON FARM SOP RECIPES MAY 2018

San Francisco's Tenderloin district is probably the only city area in the world to be named after a cut of meat. It all dates back to the days when the city police were in the habit of soliciting favours from traders for making sure the streets where their premises stood were properly patrolled at night.

And from the local butchers a piece of tenderloin – traditionally the choicest and most expensive cut of pork – was the going rate.

Things have changed. Pork tenderloin, or fillet, is no longer a luxury item. Its price has dropped in recent years and many more of us now buy tenderloin, partly for its flavour, partly because there is absolutely zero waste and partly – and perhaps most importantly – for its versatility.

Schnitzels were originally made using veal but really flavoursome, outdoor-reared pork gives an even better result, and on the basis that winter will end before we've all forgotten how to use a barbecue here are two ideas to add some excitement to your outdoor eating this summer.

### SCHNITZELS

Ingredients for four. 700g pork tenderloin, 175g home-made white breadcrumbs, tablespoon herbes de Provence, one garlic clove, two eggs, beaten, two tablespoons flour, butter and oil for frying.

Method. Cut the tenderloin into one-inch chunks, lay these between two pieces of baking parchment and beat into thin slices with a rolling pin. Rub with the cut face of the garlic clove. Place the breadcrumbs and herbs on a baking sheet and toast for eight to 10 minutes in a moderate oven until golden. Allow to cool, place in a processor and whizz until you have fine-textured crumbs. Heat a large knob of butter in a frying pan and add a dash of olive oil. Dip the slices of pork into the flour, then the egg, then the breadcrumbs and fry for a couple of minutes until lightly browned on both sides. Serve with lemon wedges.

### PROVENCAL BROCHETTES

Ingredients for four. One large pork fillet, trimmed, 20 cherry tomatoes, one large red onion, two small courgettes, one large red pepper, two garlic cloves, crushed and chopped, juice of a lemon, three tablespoons olive oil, tablespoon herbes de Provence, sea salt, freshly-ground black pepper.

Method. Place the garlic, lemon juice, oil and herbs in a large bowl. Cut the pork into half-inch rounds and halve them and add to the bowl, turn well to coat, cover with film and refrigerate overnight, turning a couple of times. Place eight wooden kebab skewers to soak in a jug of water. Cut the onion in two transversely, cut each half into four and separate the segments. Cut the courgettes into half-inch slices and the pepper into small chunks. Thread meat and vegetables onto the skewers, always ensuring there is a piece of onion next to a piece of meat, season well and cook for 10 minutes over a medium flame, turning frequently and basting with any remaining marinade.

### PORK SATAY

Ingredients. One large pork fillet, 10 tablespoons coconut milk and one of Thai fish sauce, heaped tablespoon Madras curry powder, tablespoon soft brown sugar, teaspoon salt. For the sauce: 100 peanut butter, tablespoon red Thai curry paste, 250ml coconut milk, 30g caster sugar, two tablespoons vegetable oil, teaspoon salt.

Method. Cut the pork into thin slices and add to a bowl with the mixed coconut milk, fish sauce, curry powder, sugar and salt. Turn well to coat, cover with film and refrigerate overnight, turning a couple of times. Place eight wooden kebab skewers to soak in a jug of water. For the sauce, heat the oil in a pan and fry the curry paste for three minutes, add the remaining ingredients, bring to a boil then allow to cool. Thread the meat slices onto the skewers, ensuring they don't overlap, and cook over a medium flame for three minutes each side - they should be lightly browned. Serve with the sauce as a starter. Or you can turn them into a main course by serving rice and a piquant cucumber salad made by combining small chunks of a cucumber, one finely-sliced red chilli, six tablespoons of cider vinegar, a tablespoon of caster sugar and a teaspoon of salt.