

PORKSTAR™



SECRET RECIPES

VOL 2



FAMOUS PORKSTARS

When it comes to PorkStars, this magnificent seven and their masterful command with pork, it is no wonder gluttony is one of the seven deadly sins. This sinful seven's diverse gastronomic and cultural backgrounds are the envy of others when it comes to creating culinary magic. Their lustful pork dishes are the first word in imagination and temptation. There is no better time to get some pork on your menu. Be a PorkStar.
www.porkstar.com.au

PORKSTARTM

Left to right:
• Pablo Tordesillas - *Ortiga, Brisbane* • Darren Robertson - *Table Sessions, Sydney* • Jake Nicolson - *Circa, The Prince, Melbourne*
• Dan Hong - *Ms G's + Lotus + El Loco, Sydney* • Brent Savage - *Bentley Restaurant & Bar, Sydney*
• Peter Manifis - *Incontro + Beluga Claremont, Perth* • Shaun Presland - *Saké Restaurant & Bar, Sydney*





Welcome to the second edition of PorkStar Secret Recipes! As we enter the seventh year of PorkStar, it is with extreme gratitude that I thank all porcine loving chefs for their unwavering passion for the magical beast. We continue to celebrate talented culinary heroes as PorkStars as they delight and inspire us with their exploration of the pig from nose to tail.

We are seeing every cut of pork represented to delighted patrons with dishes reflecting the rich international history of the pig both traditionally as well as cross culturally and in extreme modern cuisine.

Around three quarters of all restaurants in Australia now serve pork with the volume of pork making up a higher percentage of the total protein purchase than the spend, which just highlights that pork is great value compared to other meat

proteins, but you guys already know that. In fact the sales of pork compared to menu share are even higher making it clear that if it is on a menu, the word has got out and dining patrons are ordering it more than ever!

Regardless of sales, I still struggle to find a chef who is not overtly passionate about pork, be it the prime cuts or the devilishly good nasty bits, the humble pig has just got so much scope.

Please enjoy and explore these recipes by your fellow PorkStars and thank you again for your ongoing support of the magical beast!

Mitch Edwards

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PORKSTAR

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THE TRUTH

about Australian pork

Let's start with some home grown facts.

Pig breeds in Australia are classified into two categories - white breeds (Large White, Yorkshire and Landrace) and coloured breeds (Large Black, Berkshire, Duroc and Hampshire).

Whether housed indoor or outdoor a pig spends more time resting than any other domestic animal. They are unable to perspire and lose heat through their mouths, much like a dog panting.

Their ideal growing temperature is 20 to 22 degrees Celsius. That is why Australia, with its harsh and extreme climate, is not necessarily the most ideal place for outdoor pig farms. However, those farms that do specialise in free range do so skilfully managing the environment and the welfare of the animals under their care.

On the issue of animal welfare, the Australian pork industry has clearly demonstrated its flexibility to 'what the customer wants' when in late 2010 the industry announced the voluntary phase out of sow stalls by 2017.

Sow stalls are the metal pens that separate pregnant female pigs preventing them from fighting. The industry listened and recognised the negative perceptions the continued use of these stalls had with their customers.

This voluntary phase out by Australian farmers is a world first. Europe intends to limit the use of stalls

to four weeks by 2014 but not phase them out all together while the US and Canada have no plans to cease using the stalls.

It is a long held myth that all pigs are housed in sow stalls. This is incorrect. It is only pregnant female pigs that were managed in this manner. The rest of the pigs grown from birth to finishing weight are managed in groups of varying sizes. For intensive production systems this could be in housing ranging from large eco shelters to pens of smaller numbers.

In the case of out-door production systems this could mean outdoor enclosures of varying sizes, depending on the carrying capacity of the soil, with shelter sheds for protection from climate extremes. There is no one steady fast system for raising pigs, it is done in conjunction with the environment and the best welfare for the animals first and foremost in mind.

The particular space allowance for pigs is strictly managed under the industry Model Code of Practice for the Welfare of Animals (Pigs). The Code emphasises, whether the farm is intensive

or extensive (free range), those people in charge of the animals have a responsibility for the day-to-day care and needs of the animal. The Code also gives farmers, regulators/ inspectors (RSPCA) and the community a guide as to what is an acceptable practice for the management of pigs. On-farm operations and standards are audited annually, by independent auditors, through the farms Quality Assurance system. In pork's case APIQ (Australian Pork Industry Quality Assurance Program). To better understand the varying ways pigs are grown in Australia visit - www.aussiepigfarmers.com.au.

All 'fresh' pork is Australian. All imported pork allowed into Australia meets with strict quarantine laws and must be cooked in licensed premises before it is released for consumption. No raw imported pork is released for consumption. Labeling laws in Australia have been ambiguous and misleading for a long time. There are three sure-fire ways of identifying Australian pork in small-goods: it has a label that states 'Product of Australia'; it has a bone in it; or it has the hot pink

PorkMark Australian pork label which is a guarantee it is made from Australian grown pork.

Innovative Australian pork producers take their environmental custodianship of the land extremely seriously. It is the first agriculture industry under the federal government's Carbon Farming Initiative (CFI) to have its CFI methodology accepted.

Australian pork farmers are placing a cap over the top of their manure ponds and capturing the methane gas to convert it into reusable energy in the piggery. By adopting these progressive practices Australian pork farmers are demonstrating they are environmentally responsible, it also makes our pork different from our competitors overseas. This CFI methodology milestone demonstrates we are listening to what our consumers are saying when reducing carbon emissions.

When thinking of what to place on your menu you can't go past Australian pork - welfare friendly, environmentally responsible and QA'd to guarantee quality.

Get some Aussie pork on your fork!

Whole Roasted
Suckling \$36



COLIN FASSNIDGE

Four in Hand Dining Room

Pig's head terrine

INGREDIENTS

- 1 pig's head, split down the middle
- 1L port
- 1L red wine
- 1L clear apple juice
- 2L chicken stock
- 100g fresh ginger (roughly chopped)
- 2 sticks cinnamon
- 4 star anise
- 1 bunch sage (roughly chopped and bruised)
- 2 carrots
- 2 sticks of celery
- 2 onions

METHOD

Roughly chop carrot, celery and onion for mirepoix. In a dry pan, roast off cinnamon and star anise until aromatic. In a deep tray put split head, cover with all the liquid, add mirepoix, roasted spices and chopped ginger and sage. Bring to the boil and cover tightly with foil. In a low oven (about 100°C), cook overnight until tender. Let it cool in its stock. While still warm, remove head from liquid and pick off all the meat.

TERRINE MIX

- Meat from one pig head
- 100g cornichons (chopped)
- 100g baby salted capers (washed and chopped)
- 1 bunch of flat leaf parsley (roughly chopped)
- ¼ bunch sage (roughly chopped)
- Salt and pepper to taste
- 30ml of red wine vinegar

METHOD

Mix all ingredients together and season to taste (you may not need all of the vinegar). Press the mix into a tray lined with cling film and cover completely. Put another tray on top of the terrine and lightly press with a heavy object. To serve, cut the terrine to the desired size, then add butter, a crushed garlic



clove and a sprig of thyme to a medium hot pan. Once butter is foaming, add terrine and colour on one side. Garnish with baby red radish leaves.

CRAB, CORN AND APPLE PUREE

CORN

Cut corn off one cob. Heat a pan with oil, add corn and season and toast lightly until soft to bite.

CRAB

- 500g crab meat
- 500ml olive oil
- 1 bunch basil
- 250g coriander seeds
- 50ml lemon juice

METHOD

Toast coriander seeds then place into a blender with basil and pulse slowly. Add the oil. Strain and add lemon juice. Mix the crab, dress & season to taste.

APPLE SAUCE

- 5 apples (peeled and cored)
- 40g butter
- 1 vanilla bean

METHOD

Place apples in a pot with butter and vanilla, on a low heat and cover. Cook until soft, blend until smooth.

APPLE JELLY

- 3 large granny smith apples (chopped)
- 250ml of clear apple juice
- 4 leaves of English spinach
- Lemon juice to taste
- Salt

METHOD

Blend apples, juice, spinach in a blender for one minute, pass through a fine strainer, add salt and a touch of lemon juice. For 200ml of juice add one titanium gelatin leaf. Heat a small amount of juice, but do not boil, have the gelatin soaking in cold water until it softens, add to warm juice, then add dissolved gelatin and juice mix back to the cold juice to set jelly.

CHUI LEE LUK

Claude's

Finger sandwiches of pig's cheek

BRIOCHE LOAVES

- Cut into slices 1cm thick

POACHED PIG'S CHEEK

Aromatic stock made of caramelised onion, carrot, celery. Season with some salt so there's taste to the mirepoix and the stock will have salt to impart to the meat. Add garlic, thyme, bay, black peppercorn and some white wine. Let reduce until syrupy, then add brown chicken stock. Bring up to simmering, then add pig's cheek. Poach until tender, but not too soft (about two hours). You can do so in oven at 160°C, covered. Let sit in stock until room temp, then take out of stock.

Slice thinly, as you would with pancetta or prosciutto.

BLACK FUNGUS RELISH

INGREDIENTS

- 4 eschalots, finely minced
- 2 cloves garlic, grate with microplane
- 1 tbsp sugar
- Butter
- Noilly Prat
- 200ml cheek poaching liquid
- 100g black fungus, finely diced

METHOD

Create a dry caramel with the sugar in a heavy base pan. Add eschalot, let it cook out a little, then add the garlic. Quickly add some butter to the pan while off heat. Let the caramel dissolve and add dash of Noilly Prat.

Add poaching liquid. Let reduce until syrupy.

Add the fungus, but don't cook for too long as it will lose its texture. Season with salt and black pepper. The end result should be like a paste and salty enough to accompany the pigs cheek.

TO SERVE

Spread the relish on the slices of brioche (approximately 2.5cm by 8cm), place slices of the cheek on top, sandwich together. Cut into finger sandwiches.





Slow cooked pork neck with shiitake mushrooms and purple congo potato puree

PORK NECK

METHOD

Take one pork neck and remove excess fat, then cut into six portions. Season with olive oil, salt and pepper, then place individually into vacuum pack bags. Cook in a water bath at 59°C for 3.5 hours. Set aside.

BABY GLOBE ARTICHOKE AND SHIITAKE MUSHROOMS

- 12 baby globe artichokes
- ½ brown onion, chopped
- 1 carrot, chopped
- 1 stick celery, chopped
- 2 cloves garlic
- 3 bay leaves
- 1.5L water
- 300ml white wine
- 50ml white wine vinegar
- 5 sprigs thyme
- 20 black peppercorns
- 1 lemon
- Salt
- 1 punnet shiitake mushrooms, sliced
- 30ml extra virgin olive oil

METHOD

In a large pot combine the water with onion, carrot, celery, garlic, bay leaves, thyme, peppercorns, white wine, white wine vinegar and the zest from the lemon. Bring to the boil. With the remaining skin into a separate container with water to clean artichokes. Remove the outer leaves of the artichokes, cut the tips off, and peel the stems. Place into the lemon water until all artichokes are prepared. Drain, and place into the pot with other ingredients. Return to boiling, then simmer for six minutes. Remove from heat and allow to cool. Separate the artichokes and cut into halves. In a medium saucepan, heat oil and add sliced shiitake mushrooms. Cook at a medium heat for three minutes. Combine with globe artichokes and keep in a warm place ready to serve.



PURPLE CONGO POTATO PUREE

- 500g purple congo potato
- 3 cloves garlic – finely grated
- 1 orange - zest
- 40ml chardonnay vinegar
- 80ml extra virgin olive oil

METHOD

Peel potatoes and cut into even sized pieces. Place in a medium saucepan and cover with water. Bring to the boil. Turn down to a simmer until pieces are cooked. Once cooked, strain and place into a food processor with remaining ingredients. Blend into a smooth puree, and pass through a fine sieve. Set aside.

VEAL AND WALNUT JUS

- 150ml veal jus
- 20ml walnut oil
- 18 walnuts – roasted

METHOD

In a small saucepan, heat the veal jus. Combine the walnut oil and whole roasted walnuts. Set aside.

TO SERVE

Spoon puree onto the plate, place the pork neck on top. Drizzle with walnut jus. Top with globe artichokes, shiitake mushrooms and garnish with salad burnet.



LAUREN MURDOCH

Felix

Grilled pork neck with fresh figs and spinach salad

SERVES 6

INGREDIENTS

- 6 portions of pork neck at 220g each (1.5cm thick)
- 1/2 tsp crushed coriander seeds
- A little vegetable oil for grilling

SALAD

- 6 fresh figs
- 300g baby spinach leaves
- 1 bunch of chives, cut into 1cm lengths
- 1/2 bunch chervil, picked
- 1/2 bunch flay leaf parsley, leaves roughly chopped
- 2 eschalots, sliced
- 1 witlof
- 1 red witlof
- 100g pistachio nuts, lightly toasted and roughly chopped

DRESSING

- 40ml red wine vinegar
- 1 tsp honey
- 2 tsp seeded mustard
- 60ml extra virgin olive oil
- salt and black pepper

METHOD

Season the pork with crushed coriander seed, season with salt and ground pepper and brush with a little vegetable oil. Place on a medium hot grill and cook on each side for 2-3 minutes. Place above or next to the grill to keep warm and rest for 10 minutes. To make the dressing, combine the vinegar, honey and seeded mustard in a bowl. Season with a little salt and ground pepper and whisk in the extra virgin olive oil. Set aside.

TO SERVE

Mix the spinach leaves with the herbs and sliced eschalots. Dress the salad with most of the dressing and arrange on the plates. Cut the figs into quarters and put on top of the salad. Sprinkle with the chopped nuts. Slice the pork into three slices each and place on the plate. Drizzle with the rest of the dressing.





SASKIA BEER

Black Pig, Barossa

Roast suckling pig forequarter

SERVES 4-6 PEOPLE

- 1 2-3kg suckling pig forequarter on the bone
- 5g Quatre Epice
- ½ bunch of thyme
- 2 quarter segments of preserved lemon
- 1 x fresh lemon
- 1 Quarm garlic
- 50ml olive oil
- 50ml verjuice
- 60g sea salt
- 500ml chicken stock
- 2 bulbs witlof
- 1 bunch rocket
- 1 head of radicchio
- 1 shallot
- Vinocotto



METHOD

Start this recipe one day in advance. Score the skin on the suckling forequarter carefully. Plunge the joint into a pot of boiling water for two minutes or so until the skin is completely scalded (you will notice a distinct whitening and firming of the skin). Place forequarter on a wire rack inside a baking tray and leave uncovered in the fridge overnight to dry the skin out.

About 6-8 hours before cooking, mix your salt and quatre epice together. Rub the seasoning mix firmly into the skin – making sure you massage it in between the score marks. Leave out of the fridge to get to room temperature. Cut your quarm of garlic in half and rub the ends into the skin as well – and rub joint with olive oil and the juice from the preserved lemon and scatter with thyme sprigs. After 6-8 hours, pre-heat your oven to 140–160°C and place the shoulder in to roast for approximately three hours. Once the flesh is soft to the touch – strain the fat from the pan into a separate container and reserve. Add chicken stock to the base of the pan and return to the oven – this time at 250°C.

Slice your preserved lemons and take the zest and juice from the fresh lemon.

Leave in the oven long enough for the skin to get a burnish brown colour – you can crackle the skin if you wish, but I prefer not to – or at least not completely – as the soft chewy texture of the pork skin and the soft luscious meat are the point of the exercise!

Take the roast out and deglaze with the 50ml of verjuice and scatter your sliced preserved lemons over it and the fresh zest and the juice of half the lemon – rest for approximately 30 minutes.

While the meat is resting, make a quick dressing using the rest of the olive oil, the juice of half a lemon, a pinch of salt and add vinocotto to taste. Thinly slice the shallot and add to the salad dressing.

Rinse the lettuces and separate them in a bowl. Serve the roast whole on a platter and take to the table to carve. Either serve with the juices as they are, or you could thicken them if desired – sprinkle the roast with some fresh thyme.

Serve with a witlof, radicchio and rocket salad.



ALEX HERBERT
Bird Cow Fish

Salt brined roasted pork loin with creamy red cabbage, apple & sourdough gratin

• Salt brine: *Adapted from Judy Rodger's at Zuni Café*

INGREDIENTS

- ½ pork loin, approximately 2kgs
- 2.5L water
- 135g gris salt
- 140g sugar
- 6 bay leaves
- 5 juniper berries, crushed
- 3 dried chillies
- 1.5 tbsp fennel seeds
- 1.5 tbsp coriander seeds
- ½ head of garlic

METHOD

Bring one litre of the water to the boil with the salt, sugar and the aromatics. Add remaining water and allow to cool completely before adding the meat. Marinate for 24 hours. Trim skin of pork loin and set aside. Roll the loin in string and brine for 24 hours in the fridge. Remove the pork from brine and allow to dry off before roasting. The day before roasting, score and then blanch the pork skin in boiling water. Spread out on a rack (upon a tray) and refrigerate over night. Remove the loin from the fridge one hour prior to cooking. Preheat the oven to 220°C and roast the loin until the juices just run clear and an inserted skewer is hot to the lip. The time taken will depend upon the thickness of the loin. At the same time, roast the skin on a wire rack on a baking tray until crisp. Rest the loin for at least a third of the time that it took to cook. Carve and serve with the crackling.



CREAMY RED CABBAGE, APPLE & SOURDOUGH GRATIN INGREDIENTS

- 1 red cabbage, cut into eighths
- 3 granny smith apples, peeled and quartered
- 100g unsalted butter
- 50ml verjuice
- 2 cups of torn sourdough croutons cooked until crisp in 250mls olive oil
- 1L thick cream (reduced to 750mls with 2 bay leaves, one head of garlic cut in half, strained)

METHOD

Cook the cabbage in salted water until soft. Saute the apples in the butter until softening and caramelized and then deglaze with the verjuice. Choose a baking tray that will snugly fit all the ingredients. Lay out the cabbage, apple and crumbs in the tray nice and evenly and season with salt and pepper. Cover with the cream and bake at 180C for 45 minutes.



JAKE NICOLSON

Circa the Prince

Pork cutlet and cheek, smoked potato & black pudding, black cabbage, pumpkin

SERVES 4

BRINE FOR THE ROASTED RACK

- 1L water
- 100g salt
- 5 juniper berries
- 5 thyme sticks
- ½ bulb garlic
- 12 peppercorns

METHOD

Bring water to the boil with all ingredients. Allow to cool before placing in the fridge. Clean the bones of the rack using a boning knife. Place the rack into the brine for two hours. To roast the pork, season the rack well with salt. Heat a little olive oil in a heavy based pan and seal the skin of the rack until golden brown. Place the rack into the oven at 160°C and cook for 30 minutes (core temperature 60-65°C). Rest skin side up for 10 minutes before carving for service.

PIGS CHEEK

- 5 pigs cheeks
- 100g shallots, peeled and halved
- 1/2 leek, thickly sliced
- 1 carrot peeled and cut into chunks
- 1 celery peeled and cut into chunks
- 1 clove garlic
- 2L brown chicken stock
- 4 thyme sticks
- 1/2 tsp black peppercorns
- 1 bay leaf
- flour for dusting
- olive oil for frying

METHOD

Season cheeks and dust with flour, heat some olive oil in a pan and seal the cheeks until golden on both sides. Remove from the pan and set aside. Add the shallots, leeks, celery and garlic and fry gently until lightly browned. Return the cheeks to the pan and pour enough brown chicken stock to cover. Add the



peppercorns, bay leaf and thyme and bring to a simmer. Cover with a lid and cook in oven at 140°C for four hours, stir every hour. Once the cheeks have become soft and gelatinous, remove from the liquor and allow to cool. Pass the cooking liquor through a fine sieve and reduce. Season with salt and pepper.

SMOKED POTATOES, BLACK CABBAGE AND BLACK PUDDING

- 200g black cabbage - blanched
- 100 black pudding – crumbled
- 4 Kipfler potatoes - cooked in water and peeled
- 100g smoking chips (hickory)
- 40g butter

METHOD

Place potatoes into a small bowl that fits inside a large pot. Place the large pot on the stove and heat until very hot, add the smoking chips into the dry base and place the bowl of potatoes inside, cover with a lid and allow to smoke over the flame for five minutes. Turn the flame off and leave pot to cool. Cut the potatoes into bite size pieces, warm a little butter in a small pan, add the black cabbage and the crumbled black pudding, season with salt and pepper to taste.

TO SERVE

Serve with a pumpkin puree. Place this on the plate alongside the black pudding, smoked potatoes and black cabbage, rest pork rack on top, the pork cheeks to the side and the reduced cooking liquor.



DAN HONG

Ms G's, Lotus and El Loco

Mini pork Banh Mi

Serves 8

PICKLING LIQUID

- 1L white vinegar
- 500ml water
- 500g caster sugar
- 25g salt

PORK LIVER PATE

- 800g pork livers, soaked in milk overnight
- 500g butter
- 125ml xiao xing (chinese cooking wine)
- 3 cloves garlic, thinly sliced
- White pepper
- Fish sauce
- 2tbsp vegetable oil for frying

PORK BELLY

Carefully lower the pork belly (1.5kg, rib bone out, skin on) into a masterstock, bring to the boil, then turn down to a gentle simmer for 3-4 hours, or until tender. Line a half hotel pan with go-between on the bottom. Lift out the pork belly very carefully since the pork is very soft at this point. Place the pork on the tray skin side down. Cover with another piece of go-between, put another half hotel pan of same size on top, then press overnight with heavy objects.

PICKLED CARROTS AND DAIKONS

In a large mixing bowl, combine water, sugar, salt, vinegar, then whisk vigorously until sugar and salt is completely dissolved. Place the three julienned carrots and one julienned daikon in a container, then cover with pickling liquid. Leave in the fridge for approximately one week before use.

PORK LIVER PATE

Drain and wash the pork livers thoroughly under running cold water. Cut out all the veins from the livers and dice into 2cm chunks. Chop the cold butter into small cubes. In a large frying pan, heat up two tablespoons of vegetable oil, add the liver, making sure not to crowd the pan; if necessary, cook in small batches. Do not stir. Add the thinly sliced garlic, the liver should be partially cooked, but not completely, deglaze with xiao xing and cook out the alcohol. Quickly remove the partially cooked livers, place in a food processor, blitz with

cold butter cubes, until all is incorporated. Season with fish sauce and white pepper to taste. Place in container, cover with a go-between on the surface, then chill in the fridge on the top-shelf to cool quickly.

SRIRACHA MAYONNAISE

In a large mixing bowl, combine 65g sriracha, 375g Japanese mayonnaise, and one teaspoon of Knorr liquid seasoning, whisk until incorporated.

PICKLED CUCUMBERS

Thinly slice six Lebanese cucumber on a mandoline, to about 3mm thickness. Sprinkle generously with salt, then gently work the salt into the cucumber. Continue until liquid begins to extract out of the cucumber, cover. After an half hour, wash the salt off the cucumber under a running cold water.

ASSEMBLY

Using the meat slicer, slice one Cha Luo (Vietnamese pork roll) as thinly as possible, reserve. Cut pork into slices, depending on the size of your roll, the thickness should be around 1.5cm thick, but the size should be around the same as the rolls. Preheat a deep-fryer to 175°C, drop the pork into the deep-fryer, until golden and crispy. Cut white rolls in half, in the bottom half, spread the chilled pork liver pate generously. Top with a few thin slices of cha luo. Top with the fried pork, pickled cucumbers, pickled daikons, carrots, coriander leaves and a dollop of sriracha mayonnaise.





Pear and pomegranate pork belly

CREAMY POTATO PUREE

- 1kg royal blue potatoes
- 500ml full cream
- 200g butter
- 2 cloves garlic, crushed
- 2 sage sprigs

METHOD

Peel potatoes and place in cold water with salt. Bring to the boil and simmer until cooked. Once simmering, in a separate pot combine cream, butter, garlic and sage and heat until ingredients have infused. Once the potatoes are cooked, drain well and mash or mouli. While they are still hot, strain half the cream mixture into the potatoes and mix well. Keep adding the cream until you have reached the right consistency.

PEAR AND POMEGRANATE SALSA

- 2 pears
- 1 vanilla bean
- 1 pomegranate

METHOD

Peel and dice the pears. Heat a frying pan and roast the pears in a small amount of olive oil. Scrape the vanilla bean pod and add the seeds in the pan. Cook for a further three minutes (approximately). Cut the pomegranate in half and take the seeds out.

PORK BELLY

INGREDIENTS

- 1 pork belly (that has been hung for two days)
- salt
- white vinegar

METHOD

Pre-heat the oven to 220°C. Score the pork skin with a sharp knife as thin as you can get it. Sprinkle the skin with white vinegar and salt and rub into the skin. Place the pork belly on a large flat oven tray, then place in the oven for 25 minutes. After 25 minutes has passed, turn the pork belly over and cook for another 25 minutes. Repeat this instruction twice. Remove the pork from the oven and let it rest.

TO SERVE

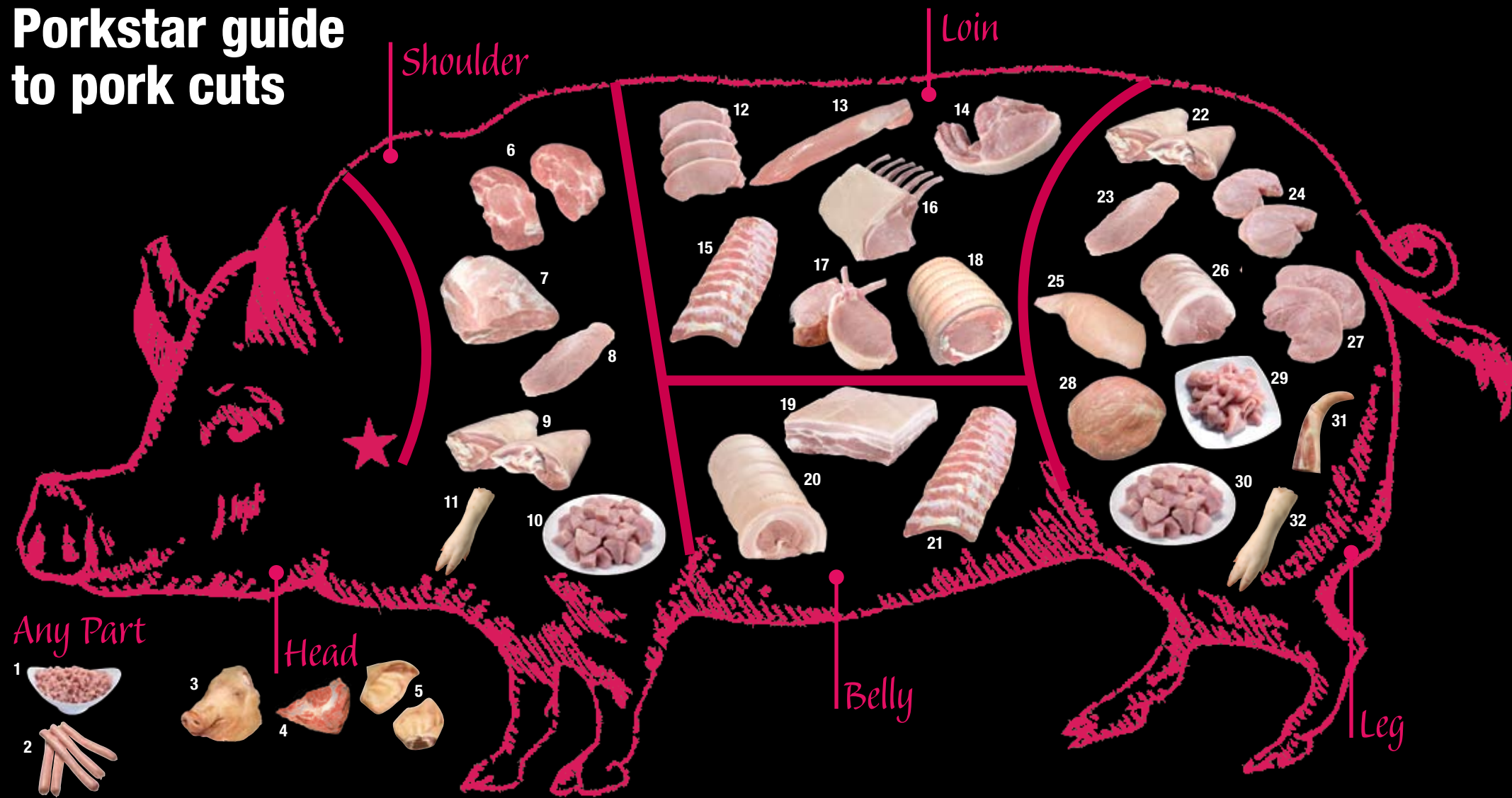
First smear the potato puree on the plate, slice the pork and arrange three slices on the plate, garnish with the salsa.



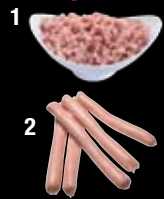
PETER MANIFIS

Incontro and Beluga Clairmont

Porkstar guide to pork cuts



Any Part



- ANY PART**
 1: Pork Mince
 2: Sausages

- HEAD**
 3: Head
 4: Cheek
 5: Ears

Head



- SHOULDER**
 6: Scotch Fillet Steaks
 7: Pork Scotch
 8: Schnitzel
 9: Pork Hock
 10: Diced Pork
 11: Trotter

- LOIN**
 12: Loin Steak/Medallion
 13: Fillet
 14: Loin Chop
 15: American Style Ribs
 16: Pork Loin Rack
 17: Loin Cutlet
 18: Boneless Loin Roast

Belly



- BELLY**
 19: Pork Belly
 20: Rolled Pork Belly
 21: American Style Ribs

Loin



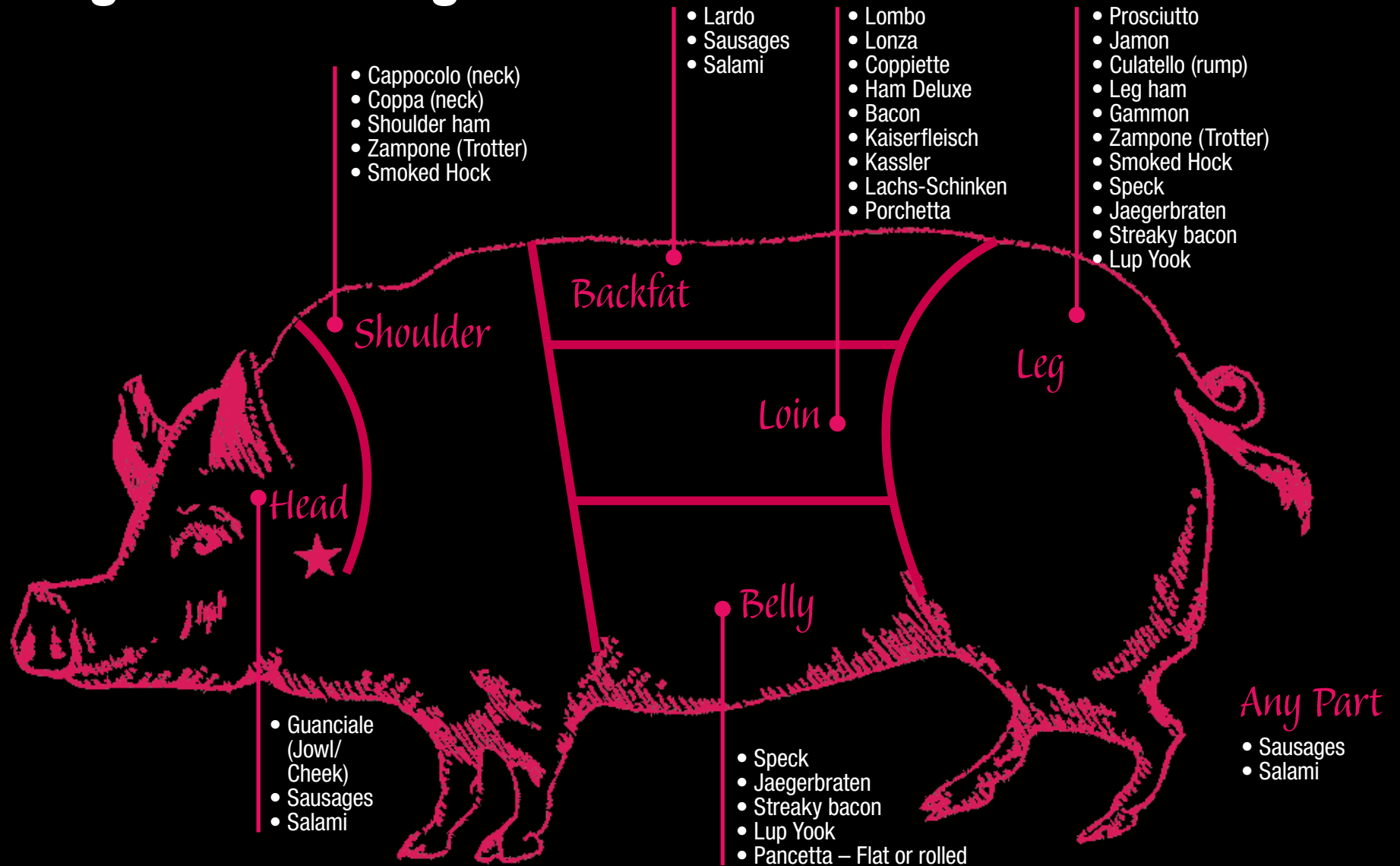
- LEG**
 22: Pork Hock
 23: Schnitzel
 24: Leg Steak
 25: Easy Carve Leg
 26: Bonless Leg Roast
 27: Rump Steak

Leg



- 28: Round/Knuckle
 29: Stir Fry Strips
 30: Diced Pork
 31: Tail
 32: Trotter

Porkstar guide to smallgoods



PHILIP JOHNSON

E'cco

Roast pork belly, caramelised pear purée, potato fondant, silverbeet and pomegranate jus

SERVES 6

- 1.2kg boneless pork belly
- 1.5 tbsp fennel seeds
- ¾ tsp dried chilli flakes
- 30g sea salt
- 250ml (1 cup) jus, demi-glaze or veal glaze
- 1 pomegranate
- Extra virgin olive oil
- 150g young silverbeet stems removed, chopped
- sea salt and freshly ground black pepper

METHOD

Combine the fennel seeds, chilli flakes and sea salt. Using a sharp knife, score the skin of the pork belly. Rub the spice mix over the pork belly so it is completely covered. Sit the pork on a baking tray, cover with plastic wrap, then refrigerate for at least 12 hours to cure pork. Preheat the oven to 200°C. Put a little water in the base of a large roasting tray. Sit the pork belly, skin side up, on a wire rack inside the tray. Roast the pork belly for two hours, or until the centre of the pork reaches 60°C. If the skin isn't crisp enough, cook for a further five minutes under a hot oven grill, being careful it doesn't burn. Rest the pork for 20 minutes before serving. Bring the jus to a gentle simmer, then remove from the heat. Remove the seeds from the pomegranate, discarding any white membrane. Put the seeds in a large bowl and pour over the hot jus. Set aside and keep warm.

CARAMELISED PEAR PUREE

- 400g caster sugar
- 750g pears, peeled, cored and cut into quarters
- 175g unsalted butter, diced and softened

METHOD

Put the sugar and 100ml water in a large pan over medium heat, stirring until the sugar has dissolved. Bring to the boil without stirring until the syrup turns to a dark caramel colour. Immediately remove from heat and very carefully, as hot caramel spits, add the pear. Return the pan to low heat and cook, tossing the pear in caramel until soft. Remove from the heat. Transfer the pear and caramel to a food processor, then gradually add the butter and blend until smooth.



POTATO FONDANTS

- 6 large waxy potatoes, unpeeled, scrubbed
- 300g unsalted butter, diced
- 200ml chicken stock

METHOD

Trim the potatoes so they sit flat upright then cut into fondants using a sharp 5-6cm pastry cutter. Press the butter into the base of a heavy-based saucepan, push the potatoes into the butter then add the chicken stock. Cook on low-medium heat for 10-12 minutes until the butter and stock begin to boil rapidly. Reduce the heat and bring the liquid to a simmer. Cook for a further 20-25 minutes, turning half way through the cooking time. Remove from heat and stand in a warm place for 10 minutes. Gently lift potatoes from the liquid onto a baking tray, transfer to a moderate oven for 5-8 minutes to warm through.

TO SERVE

Heat a heavy-based frying pan, add an extra virgin olive oil and silverbeet. Season and toss briefly until just wilted. Reheat the pear purée in a saucepan over low heat. Divide the silverbeet among serving plates. Place a potato fondant and a spoonful of pear purée alongside. Carve pork and arrange two slices over the silverbeet. Spoon the pomegranate jus around plate.

SHAUN PRESLAND

Sake

Pork belly skewers

PORK BELLY BRINE

- 1.6kg table salt
- 700g white sugar
- 20L water
- 50g Sansho pepper
- 50cm x 20cm sheet Kombu

METHOD

Dissolve salt, sugar and Sansho pepper in water. Add kombu and mix with a stick mixer. Ensure brine is chilled for use.

PORK

- 15kg Pork Belly

METHOD

Add belly to brine and refrigerate overnight. Remove pork from brine and brush off any seasonings. Place brined belly in suitable bags and vacpac on medium.

TO COOK

Steam at 82.2°C for 12 hours. Rest for 10 minutes. Submerge in ice bath pressed between sheet pans to keep flat. Once cold refrigerate until thoroughly chilled. Open the bag and remove the jelly, trim off the skin and excess fat from the top of the slab, trim into a straight edged block.

TO SERVE

Cut the slab of pork into serving pieces and skewer. Grill on char grill (turning once) until golden crispy brown. Finish with your favorite teriyaki or chilli sauce.



CHRISTINE MANFIELD

Universal



Pork and sticky rice balls

INGREDIENTS

- 300g sticky rice
- 500g minced pork
- 1 cup diced water chestnuts
- 1 tbsp minced ginger
- 2 garlic cloves, minced
- 3 red shallots, minced
- 2 tbsp fish sauce
- 1 tsp ground star anise
- 2 tbsp chopped garlic chives

DIPPING SAUCE

- 200ml Chinese black vinegar
- 1 tbsp ginger threads
- 2 tsp sesame oil

METHOD

Soak the rice in cold water for two hours, then drain and lay on flat tray to dry. Mix all ingredients except rice in bowl till combined. Roll into small balls and then roll in the dried rice, pressing to coat evenly. Place on steamer tray lined with paper (with spaces in between balls) and steam for 20-25 minutes until cooked. Mix the black vinegar, ginger and sesame together and serve with steamed pork balls.

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DOMINIQUE RIZZO

Pure Food Cooking

Apple balsamic and basil Pork scotch fillet stuffed with rhubarb, figs and pistachio nuts with fried choko and orange, mint salad

SERVES 6-8

INGREDIENTS

- 1.8kg pork scotch fillet/collar butt
- ½ cup Lirah Apple balsamic
- 8 cloves garlic
- Pinch of salt
- 2 tsp pink peppercorns
- ¼ tsp cinnamon
- Pinch chili flakes
- 10 basil leaves
- ½ cup cream
- ½ cup Lirah sweet apple vinegar
- 1 cup chicken stock

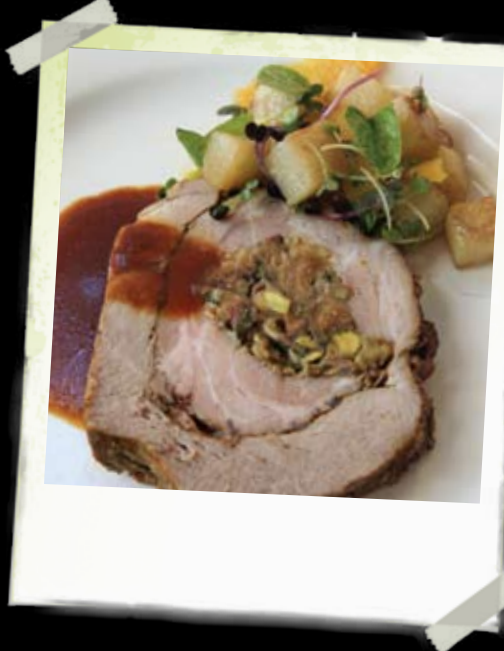
STUFFING

INGREDIENTS

- 1 tbs butter
- 65g prosciutto, chopped
- 1 brown onion, finely diced
- 150g rhubarb, finely diced
- 7 dried figs, diced
- 30g spinach, chopped
- 50g pistachio nuts, shelled and chopped
- ¼ cup fresh breadcrumbs

METHOD

Pre heat the oven to 180°C. Cut along the edge of the scotch fillet to open it up to produce a reasonable flat piece of pork. In a food processor, combine the apple balsamic with the garlic, salt peppercorns, cinnamon, chili and basil. Place the inside of the pork onto a tray and rub a generous quantity of the marinade into the meat, reserving the remainder of the marinade. Allow to marinate for at least one hour in the fridge. Mix the remainder of the marinade with the cream, apple vinegar and the chicken stock and set aside. Melt the butter into a fry pan and add in the prosciutto, fry for a couple of minutes then add in the onions, sweat off for three minutes until



softened. Add in the rhubarb and cook for two minutes, stir through the figs, spinach, pistachio nuts and the fresh breadcrumbs. Season with salt and pepper and set aside to cool slightly. Turn the pork over into a baking tray with the flesh side facing up. Place the stuffing mixture onto the pork and roll up, firmly securing the rolled pork with the kitchen twine. Pour over the remaining marinade with the apple vinegar and cream and bake the pork basting every 15–20 minutes for one hour. Allow the pork to rest before slicing.

FRIED CHOKO, ORANGE AND MINT SALAD

SERVES 4-6

- ¼ cup olive oil
- 3 chokos, peeled, seed removed, cut into eighths
- 2 cloves garlic, thinly sliced
- 2 oranges segmented
- ½ cup picked mint leaves

METHOD

Heat a large fry pan with the oil and fry the chokos for 3-4 minutes on each side until golden, place into a serving bowl. Add a little more oil if needed and fry the garlic for one minute until golden. Add in the orange juice, season with salt and pepper and once off the heat stir through the mint. Pour this over the chokos and serve warm.

DANNY RUSSO

chef consultant

Pork tenderloin “alla cacciatore”

SERVES 4

PORK TENDERLOIN

INGREDIENTS

- 800g pork tenderloin, divided into 4 x 180g portions
- 2 garlic cloves, ½ clove for each portion
- 4 tsp x olive oil, 1tsp for each portion
- 4 sprigs of rosemary
- 4 watertight bags used for sous vide

METHOD

Preheat the water bath to 60°C. Place each pork tenderloin in separate bags with one teaspoon of olive oil, half a garlic clove and rosemary sprig and vacuum seal. Put the bags into the water bath and cook for three hours. Once cooked, remove the bags from the water bath. Remove the pork tenderloins from the bags and place the pork on a resting rack. Place a pan over medium heat. Generously season the pork tenderloins with salt and pepper and then place in the non-stick pan. Allow to colour on all sides.

TOMATO WATER

- 500g tomatoes, very ripe
- 2 garlic cloves
- ¼ bunch parsley stalks
- ¼ bunch basil stalks
- 6 whole black peppercorns
- 1 star anise

METHOD

Place all ingredients in a large mixing bowl and crush by hand, cover and allow to steep for several hours. Drain through an oil filter overnight. Once completed, adjust seasoning, heat and use.

PORCINI POWDER

- 20g dried porcini mushrooms, dehydrated
- 3g sugar
- 10g sea salt, coarse

METHOD

Place dried porcini in a dehydrator until very dry. Then place in a mortar and pestle with the salt and sugar and grind until desired texture.



ROSEMARY FLOWERS

Place one teaspoon of dried rosemary flowers in a non-stick pan over low heat and then place in the warm tomato water, allowing the flavours to combine.

CARROTS

Scrub eight baby golf ball carrots and remove the stalks. Blanch and split in half and set aside.

SPRING ONIONS

Wash and trim four baby spring onions. Blanch and split in half. Using a non-stick pan over medium heat, brown the flat side and set aside.

TOMATOES

Make a small X incision on the bottom of 16 micro cherry tomatoes and blanch quickly, refresh in cold water. Pat dry, lift the skin to the top of the tomato and deep fry the tomato skin until crispy, season.

RED WINE GLAZE

Place 200ml of red wine and 50g of sugar in a saucepan over slow heat and reduce until a thick glaze appears and set aside.

TO SERVE

Place the pork tenderloin in the centre of the plate, the tomatoes, spring onions and carrots around the pork. Pour the warm tomato water over, sprinkle with porcini powder and the red wine glaze.



BETHANY FINN

Urban Bistro

Pork rump, parsnip fritters, apple and parsnip puree and apple foam

SERVES 4

- 1 pork rump approximately 800g
- Sea salt and veg oil

METHOD

Leave rump unwrapped in the fridge for a day or two to allow skin to dry out, score the skin in a cross-hatch design and rub with sea salt and a little veg oil. Roast in a hot oven at 190°C for 15 minutes, allow to rest before carving.

APPLE AND PARSNIP PUREE

INGREDIENTS

- 3 granny smith apples, peeled and cut
- 6 medium size parsnips, peeled and cut
- 50ml ghee
- 2 tbs of soft brown sugar
- 250ml of apple juice
- 1 cassia stick
- 1 tablespoon of caster sugar

METHOD

Saute apple pieces in a heavy base pan with a little ghee until golden brown, add two tablespoons of soft brown sugar and allow to caramelize, cover with apple juice and one stick of cassia. Turn the flame down to a simmer, allow the apples to cook thoroughly and the apple juice to reduce. Puree and pass through a fine sieve. Cover parsnips with cold water and teaspoon of sugar, cook until tender, puree until smooth, pass through a fine sieve, reserve half of the parsnip for the fritter, mix the other half of parsnip with apple puree.

PARSNIP FRITTER

INGREDIENTS

- 4 eggs
- 1 cup of water
- 100g butter
- 150g plain flour
- 1 tsp sea salt

PARSNIP PUREE

Heat the water, salt and butter until melted, tip all the flour in at once, stir in until combined. The dough will need to be cooked on a low flame for

three minutes, constantly stirring and not allowing the dough to catch on the bottom of the pan. Place the cooked dough into an electric mixer with a paddle attachment. Allow the dough to cool a little before adding one egg at a time until combined, slowly mixing to make a smooth batter, now add the parsnip puree. Add a spoonful of batter to heated oil for a crisp parsnip fritter - I give three per person.

APPLE FOAM

INGREDIENTS

- 250ml apple juice
- 1 cassia stick, 2 star anise
- 3 1/2 sheets of silver gelatin leaf, softened in cold water
- 100ml egg white, very lightly whipped
- Soda syphon two gas charges

METHOD

Infuse apple juice with spices, cool to tepid, add softened gelatin, then add egg white. Pour into syphon and charge with gas.

TO SERVE

Carve the rump into 12 chunky pieces, swipe a spoonful of the apple parsnip puree onto the plate, place three parsnip fritters per person, squirt the apple foam in between the fritters, garnish with apple wafers and baby leaves.





LEIGH MCDIVITT

3 Weeds - The Restaurant

Pork pie

MAKES SIX PIES

INGREDIENTS

- 1kg pork leg meat - diced
- 200g eschalot – diced
- 200g carrot – diced
- 1 head garlic - diced
- 200ml Coopers dark ale
- 400ml chicken stock
- 150ml port
- 2 blood oranges, skin on - diced
- 2 cinnamon quills
- 5g cardamom pods
- 8g fennel seeds
- 5g juniper berries
- 1.5 bunch of thyme
- 1 bunch curly parsley
- 1kg pork skin, fat removed
- 2kg minced duck fat
- 2 tbsp seeded mustard

METHOD

Soak the pork meat in dark ale for two hours. Strain the meat and brown off in a hot frypan. Bring beer to the boil then pour back over the meat and all the diced vegetables. Cover with stock. Make a bouquet garni with all the spice, herbs and blood orange. Reserve one bunch of thyme and one bunch of curly parsley.

Cover the mixture with a lid and braise in oven at 240°C for about four hours, or until tender.

Once cooked, strain the cooking liquor, reserve and place in a large pot. Reduce by two thirds. Discard bouquet mix.

Whilst reducing the cooking liquor, reduce the port to 50ml then add to the reduced cooking liquor.

Add five tablespoons of seeded mustard, one bunch chopped thyme and parsley broken up with your fingers, mix well and season to taste.

Roll mixture into balls weighing 180g.

THE PIE LID

Render the duck fat by adding a little water and cooking over medium heat until all the fats are dissolved. Lay out the pork skin onto a baking tray. Cover with duck fat and cook slowly in the oven at 100°C for five hours, or until it is tender.



Once cooked, strain the fat (this can be re-used) but be careful that you don't rip the skin. Whilst still warm, cut skin using a round cutter a little bigger than the pie mould.

THE PASTRY INGREDIENTS

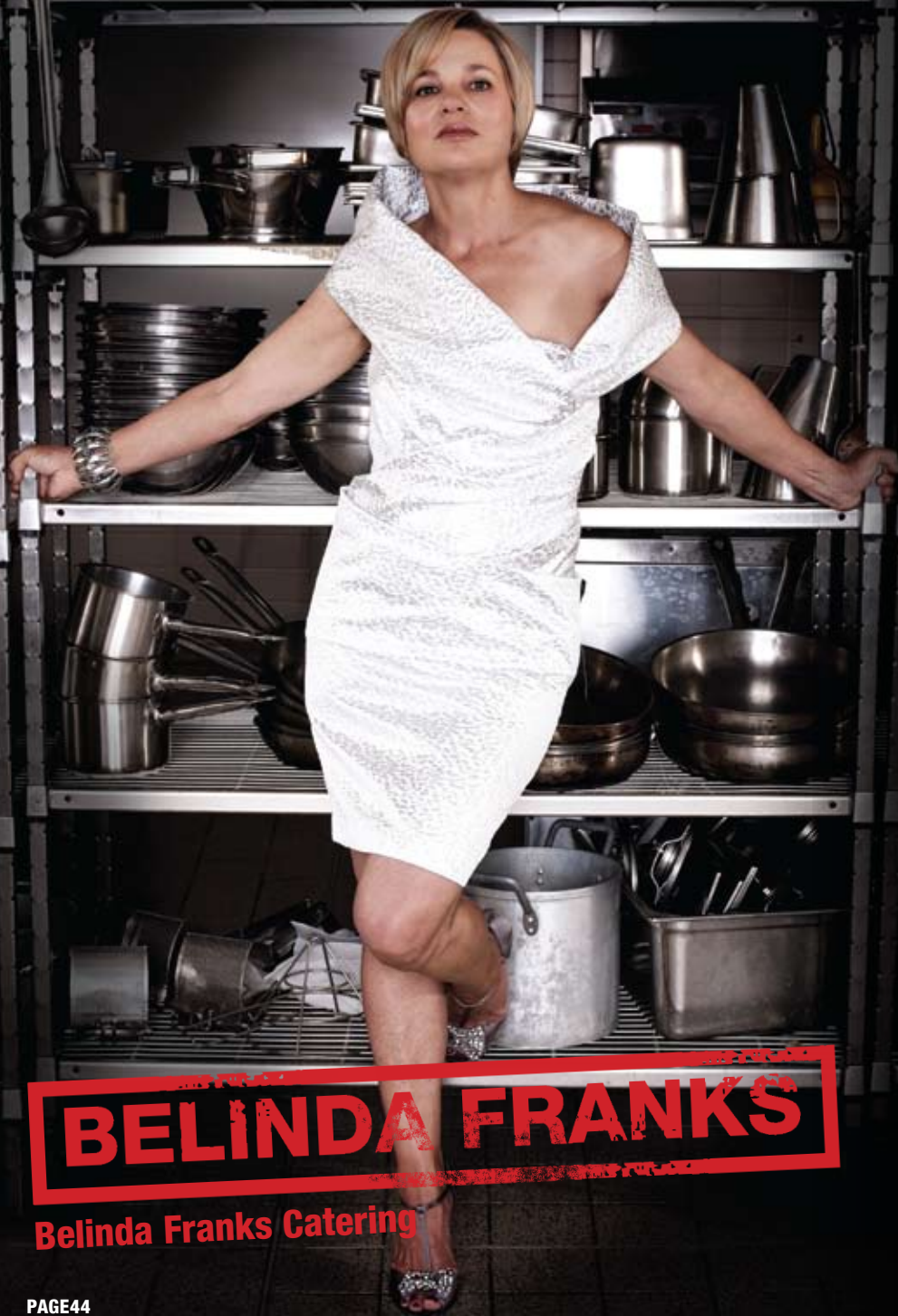
- 500g plain flour
- 400g soft butter
- 200ml sour cream
- 1 tsp of sea salt

METHOD

Sift flour, add salt and place into Kitchen Aid fitted with paddle attachment. Add softened butter and mix slowly until almost combined, switch off Kitchen Aid and add all of the sour cream evenly. Slowly mix together to form a soft dough. Wrap in cling film and rest for at least one hour.

GARNISH

The garnish with the pie is pork tail pop corn, fennel sand and fennel tops. Enjoy.



BELINDA FRANKS

Belinda Franks Catering

Red braised pork hock with shiitakes and black vinegar

SERVES 4

INGREDIENTS

- 2 large pork hocks, from the hind quarter
- 60g dried shiitake mushrooms
- 30ml chinkiang black vinegar

MASTER STOCK

- 2L chicken stock
- 375ml dark soy
- 50ml sesame oil
- 320ml shoa xing rice wine
- 250g Chinese yellow rock sugar
- 2 sticks cassia bark
- 5 star anise
- 3 pieces mandarin peel
- 150g ginger, peeled and cut into 5mm thick rings
- 1 bunch shallots, roots removed and cut to 5cm lengths

METHOD

Soak shiitakes overnight in cold water, then remove stems with strong scissors. Bone the hocks, keeping the meat and skin in one piece. Roll each one, wrap with muslin and tie securely with butcher's twine. Place all master stock ingredients into a large pot, bring to a boil and simmer for 30 minutes. Place soaked shiitakes in a small pot and add enough strained master stock to cover. Simmer 30 minutes. Remove mushrooms from stock and allow to cool. Once cool, cut into 5mm slices.

Cook tied pork hocks in remaining master stock at a very gentle simmer for three hours. Remove from stock and allow to cool completely. Strain about two litres of master stock and reduce slightly in a clean pot. Reserve remaining master stock (you can mix in the mushroom stock as well) for next time.

When cold and set hard, untie and unwrap hocks. Deep fry them at 180°C for about five minutes, until skin is golden brown and starting to bubble. Be careful, they will spit!

Return fried hocks and sliced shiitakes to the reduced master stock to heat through and re-soften the skin.

When ready to serve, thickly slice the hocks and top with sliced shiitakes and some reduced stock. Drizzle with black vinegar. Serve with Chinese greens and steamed rice.



PABLO TORDESILLAS

Ortiga

Mar y montaña of pig trotter and oyster with stinging nettle picada

MAKES 10 SERVES

INGREDIENTS

- 2.5kg of fresh whole pig trotters, clean of any hairs
- 2 peeled carrots
- 2 peeled onions
- 1 large leek washed and halved
- 4 celery sticks
- 2 heads of garlic, cut in half
- 4 bay leaves
- 1 bunch of thyme
- 20 black peppercorns
- 15 litres white chicken stock
- 10 very fresh (unshucked) oysters

METHOD

Preheat oven to 100°C. Place pig trotters in a large pot and cover with cold water. Slowly bring to boil. Regularly check and skim off any impurities that rise to the surface. Once the water comes to boil, drain and rinse the pig trotters under cold water. In a large gastronome, place the trotters, carrots, onions, leek, celery, garlic, bay leaves, thyme and peppercorns. Cover with the hot stock just above level. Place silicone paper over the top and then seal the gastronome with tin foil twice. Cook in the preheat oven for six hours. The trotters should be cooked through but still have a nice pink colour. Retain one litre of the stock to be used later for the sauce. Allow the trotters to cool down then go through the pig trotters several times, removing all the bones or cartilages. Season with salt and pepper and place them in a square container. Ensure that the meat is very compact and then press down on it lightly so it forms a block. Place in the refrigerator to set. Once set, remove from container and cut into rectangular strips approximately 4cm wide. Place one slice on the top of another to form a cross-like shape.

Shuck the oysters and drain over a paper towel. Place the oysters in the middle of the crossed slices and fold the strips over the oyster clockwise. Once folded, place on the plate that you will be serving them on.

THE SAUCE

- 15 eschalots, sliced
- 4 cloves of garlic, sliced
- 200ml of muscatel
- 200ml of white wine
- 1L of the pig trotters cooking liquor
- 1L of veal glaze
- 8 sprigs of thyme

METHOD

Place the shallot and garlic in a saucepan over medium heat and sweat off until caramelised. Deglaze with the muscatel and white wine. Reduce until you have a syrup-like consistency. Add the stocks, bring to simmer and keep reducing until the desired consistency is reached. Infuse with the thyme sprigs, then pass the sauce.

THE PICADA

- 1 small clove of garlic
- 90g one day old bread cut in cubes and fried in evoo
- 90g of fried stinging nettles leaves
- 90g of roasted and peeled hazelnuts
- 80ml extra virgin olive oil

METHOD

In a pestle and mortar crush the garlic into a paste, add the fried bread. Continue to pound until a paste is once again formed. Add stinging nettles and work them into the paste. In a separate mortar, place the hazelnuts and lightly crush them so that their texture remains. Now add these to the stinging nettle paste and add olive oil and salt.

TO SERVE

Place the trotters in a hot 190°C for 30 seconds just to activate the gelatine in the trotters then place a tablespoon of the picada next to the pig trotter and oyster parcel and dress with a tablespoon of the sauce.





DARREN ROBERTSON

Three Blue Ducks & TheTableSessions

Pig's tail and burnt onion custard, smoked potato and watercress

PIGS TAIL AND BURNT ONION CUSTARD

INGREDIENTS

- 4 pigs tail bones
- 2L water
- 5ml shiro dashi
- 3 medium white onions
- 2 eggs

METHOD

Cut the onions into four, roast at 180°C with a little olive oil for 45 minutes, or until charred. De-bone the pigs tails. Place the bones into a pot with the onions, cover with water and cook for three hours. Strain off through filter paper and reduce to 200ml. Season with shiro dashi, salt and white pepper. Whisk two eggs in a bowl and casually add the pork stock. Stain and then pour into ramekins. Steam for 10 minutes until just cooked.

SMOKED POTATO

- 500g desiree potatoes
- apple wood chips
- 500ml full cream milk
- Soy
- Salt and pepper
- grapeseed oil
- watercress
- 4 eschalots
- 1 lemon
- Olive oil

METHOD

Roast potatoes in their skins on 180°C for 45 minutes. When cooked, cut the potatoes in half and pass through a drum sieve. Place into a large bowl. Fill a smoking gun with apple chips and smoke the potatoes for 15 minutes. Place the milk in a heavy based pan and reduce by half. Add the reduced milk to the potato, this should now be a piping consistency. Add a little salt and pepper.

ROASTED PIG'S TAILS

Salt and grate a little lemon zest over the skin side of the de-boned tails and refrigerate for two hours. Brush off the salt, then in a medium pan add a little grapeseed oil and place the tails skin side down. Press the tails down with a heavy weight, slowly cook for 20-25 minutes, until the skin is crispy and the meat is cooked. Remove from the pan then in the same pan caramelize the halved eschalots. Season the tails and then carve into bite-size pieces. Dress the watercress with a little lemon juice and olive oil. The dish is now ready to plate.





FAMOUS PORKSTARS

Left to right:

• Saskia Beer - Black Pig, Barossa • Chai Lee Luk - Claude's, Sydney • Bethany Finn - Urban Blizm, Adelaide • Alex Herbert - Bird Cow Fish, Sydney
• Belinda Franks - Belinda Franks Catering, Sydney • Dominique Rizzo - Pure Food Cooking, Brisbane • Lauren Murdoch - Felix, Sydney • Christine Manfield - Universal, Sydney



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