

PORK STARTM



SECRET RECIPES

VOL 4

Left to right:

- Janni Krystis – *Chef Legend* • Alessandro Pavoni – *Ormezzio, Sydney*
- Matt Dempsey – *Gladioli & Tulp, Regional Victoria* • Ben Williamson – *Gerard's Bistro, Brisbane*
- Mark Jensen – *Red Lantern on Riley & Red Lantern, Sydney* • Hamish Ingham – *Bar H, Sydney*
- Duncan Welgemoed – *Bistro Dom, Adelaide* • Scott O'Sullivan – *Red Cabbage, Perth*



Eight gastronomic heroes in any language. Inspired by cuisines and cultures spanning the world. The common thread uniting these culinary globetrotters? Pork, of course. Be a PorkStar and get some Pork on your menu! www.porkstar.com.au

Over the years there has been much said in praise of the pig - and all that it deliciously offers for the table.

Before Homer Simpson famously declared the pig as a 'wonderful, magical animal...', whimsical poet Ogden Nash said:

*The pig, if I'm not mistaken
Gives us ham and pork and bacon*

Arguably the crossroads of porcine perceptiveness came from George Orwell's Animal Farm when it was declared: 'Four legs good, two legs

bad'. But it is when that motto morphed to: 'Four legs good, two legs better' - that perhaps we can see the literary emergence of the PorkStar. And today, standing proudly on their own two feet in this nation's kitchens, are princes and princesses of pork. . .the PorkStars of this wide brown land.

A growing army of culinary pork alchemists are joyously flying the pork banner in dining rooms at every level of Australian foodservice. From the veteran hands who have always known the versatility of pork's rich and rewarding flesh to

the young guns pushing the epicurean envelope, pork tap dances perfectly to every technique and style.

Volumes could be written about the magic of pork and its plated genius. But instead we have settled to bite off a tasty and inspiring chunk of PorkStar brilliance in these few pages. Enjoy the winning offerings from some of Australia's best chefs.



MITCH EDWARDS

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Pork sirloin marinated in bean curd paste, chargrilled and served with a Vietnamese slaw

SERVES 4

INGREDIENTS

- ★ 4 200g pieces of pork sirloin
- ★ 2 tbsp lemongrass chopped
- ★ 2 tbsp pickled bean curd
- ★ 1 tbsp tamari
- ★ 1 tbsp chopped white of shallot
- ★ 1 tsp chopped pickle chilli
- ★ 1 tsp garlic minced
- ★ 1 tbsp vegetable oil

METHOD

Mix all the ingredients in a bowl. Add the pork sirloins to the bowl and rub the bean curd mixture over the sirloin to coat well. Marinate for a minimum of 1 hour. For best results marinate overnight.

CABBAGE SALAD

INGREDIENTS

- ★ 300g of sliced white cabbage
- ★ 24 finely sliced red onion rings
- ★ 20 perilla leaves
- ★ 20 mint leaves
- ★ 12 handfuls of Vietnamese mint leaves
- ★ 2 tsp fried garlic
- ★ 4 tsp of garlic oil
- ★ 3 tbsp of sweet fish sauce
- ★ 2 tbsp of crushed roasted peanuts
- ★ 2 tbsp fried Asian red shallots
- ★ 2 finely sliced bird's eye chilli

METHOD

Mix all of the ingredients except the fish sauce, peanuts, shallots and chilli in a bowl and set aside.

BEAN CURD DRESSING

INGREDIENTS

- ★ 2 tbsp of bean curd
- ★ 1 tsp tamari
- ★ 1 tbsp castor sugar
- ★ 50ml of water
- ★ 50ml vegetable oil

METHOD

Whisk all the ingredients together in a bowl and set aside.

TO SERVE

Char grill the pork sirloins for approximately 4 minutes each side or until medium done, set aside and rest for four minutes. Meanwhile dress the salad with the sweet fish sauce. Reheat the pork and slice it into 1cm-wide slices and arrange on serving plates. Mix well and place the cabbage salad evenly on top of the sliced pork. Drizzle a tablespoon of bean curd dressing over each salad and garnish with the roasted peanuts, fried shallots and chilli.



MARK JENSEN

Red Lantern (on Riley and Crown)



JANNI KRYSTIS

Chef Legend

Salad of pig's ears, tongue, testicles and bitter greens

SERVES 6

PIG'S TESTICLE

- ★ 1 pig's testicle (350 to 400g)
- ★ flour
- ★ egg
- ★ breadcrumbs
- ★ butter

METHOD

Brine testicle in salt water in fridge overnight. Dry and remove the outer muscle with scissors. Make an incision on the outer skin and gently ease the inner part out, cut it in half and remove the inner vein. Wrap and refrigerate.

PIG'S EARS AND TONGUE

- ★ 3 pigs ears
- ★ 1 pig's tongue pickle
- ★ 1 onion, roughly chopped
- ★ ½ small stick celery, roughly chopped
- ★ 50g ginger, roughly chopped
- ★ 6 cloves garlic, peeled
- ★ 5 star anise
- ★ flat leaf parsley

METHOD

Remove any hairs from ears and wash thoroughly. Combine ingredients in a saucepan with enough water to cover. Bring to the boil, reduce heat and simmer for 2-3 hours. Cook until you can pierce skewer through the ear cartilage. Leave in the cooking liquid until cool enough to handle. Scrape skin off the cartilage and keep warm. Cut cartilage in half, stack all the pieces on top of each other, wrap tightly in plastic film and refrigerate with a weight on top. For the tongue, remove the skin, wrap in a plastic film and refrigerate. Chop one tablespoon of



flat-leaf parsley, season and mix through with warm skin from the ears. Form into a sausage shape, wrap tightly in plastic film. Refrigerate.

SALAD INGREDIENTS

- ★ 3 tbsp small salted capers, blanched
- ★ 6 cornichons, julienned
- ★ 1 telegraph cucumber, peeled and sliced
- ★ 6 golden shallots, finely sliced
- ★ Salt and freshly ground black pepper
- ★ Bitter salad greens
- ★ Dijon mustard vinaigrette

TO FINISH

Thinly slice tongue and cut ear cartilage into paper-thin shavings and add to bowl. Slice the pig's ear skin into thin discs; add to the bowl. Add capers, cornichons, cucumber shallots and bitter greens. Add vinaigrette to moisten and toss salad gently, then season. Thinly slice testicle, season then dip slices into flour, egg and breadcrumbs. Pan-fry in butter. Place salad on plates and garnish with hot testicles.

DANIEL WILSON

Huxtable and Huxtaburger



Slow-roasted kaiserfleisch with maple and mustard, soft-boiled eggs, cornichons and sorrel

INGREDIENTS

- ★ 1kg kaiserfleisch
- ★ 100ml maple syrup
- ★ 2 tbsp whole grain mustard
- ★ 4 eggs
- ★ ½ cup cornichons, halved lengthways
- ★ 1 bunch sorrel leaves, washed

METHOD

Preheat oven to 100°C. Remove the skin from kaiserfleisch then place the skin upside down in roasting dish and place kaiser on top. Mix maple syrup and mustard together then smear over the kaiser and cover with foil. Poke large holes in the foil then place in the oven for 10 hours. Cook eggs in simmering water for five minutes then refresh in iced water. Once cool, peel and set aside in fridge. In the morning remove kaiser from tray and gently shred into large chunks. Reserve the roasting juices. Place kaiser on a platter and then halve the eggs and arrange whimsically. Distribute the cornichons evenly and scatter sorrel cress. Finally drizzle the roasting juices over.

Suckling pig, parsnip purée, fermented red cabbage and fennel seeds

FOR THE SUCKLING PIG INGREDIENTS

- ★ 1 whole suckling pig, bone in, 8-10kg

METHOD

Chop the head and trotters off. Vacuum-seal each piece without oil. Sous vide at 62°C for 12 hours.

FOR THE SUCKLING PIG STOCK INGREDIENTS

- ★ 2.5 kg roasted suckling pig bones
- ★ 3 apples mirepoix
- ★ 10g ginger sliced
- ★ 150g celery mirepoix
- ★ 400g onion mirepoix
- ★ 150g carrot mirepoix
- ★ 1 bay leaf

METHOD

Set the oven on 180°C and roast the suckling pig bones until completely brown. Put all the ingredients together in a deep tray and cover with water. Close with cling wrap properly. Cook on steam oven at 80°C for 5 hours. Strain the liquid through a Superbag and leave it to cool down in a plastic container overnight. The day after, remove the fat from the surface and reduce until a glaze. Cool down and keep in a container.

FOR THE FERMENTED RED CABBAGE INGREDIENTS

- ★ A quarter red cabbage
- ★ 100g red wine vinegar
- ★ 70g water
- ★ 40g sugar
- ★ 5g salt

METHOD

Slice the cabbage in the cutting machine at n°10, discarding the big slices. Put all the ingredients except the cabbage in a pot and warm till sugar and salt is melted. Cool down. Put the sliced cabbage and the pickled liquid together and vacuum seal at maximum pressure. Leave it to rest for 5 minutes and strain the liquid.

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FOR THE PARSNIP PURÉE INGREDIENTS

- ★ 500g parsnip
- ★ 125g butter
- ★ Extra virgin olive oil and water

METHOD

Peel the parsnip, cut in quarters. Cut in fine slices. Put the parsnip and butter together in the pressure cooker, and cook for seven minutes. Once it is cooked, rest for five minutes without opening. Blend the parsnip in the Thermomix at maximum power until smooth. Add olive oil and water to make it thinner. Cool down in a bowl with ice below, stirring until completely cold.

FOR THE FENNEL SEEDS

- ★ 10g fennel seeds

METHOD

Toast fennel seeds in dry oven at 140°C for 5 minutes. Blend into a fine powder.

To serve

Plate as seen in photograph.

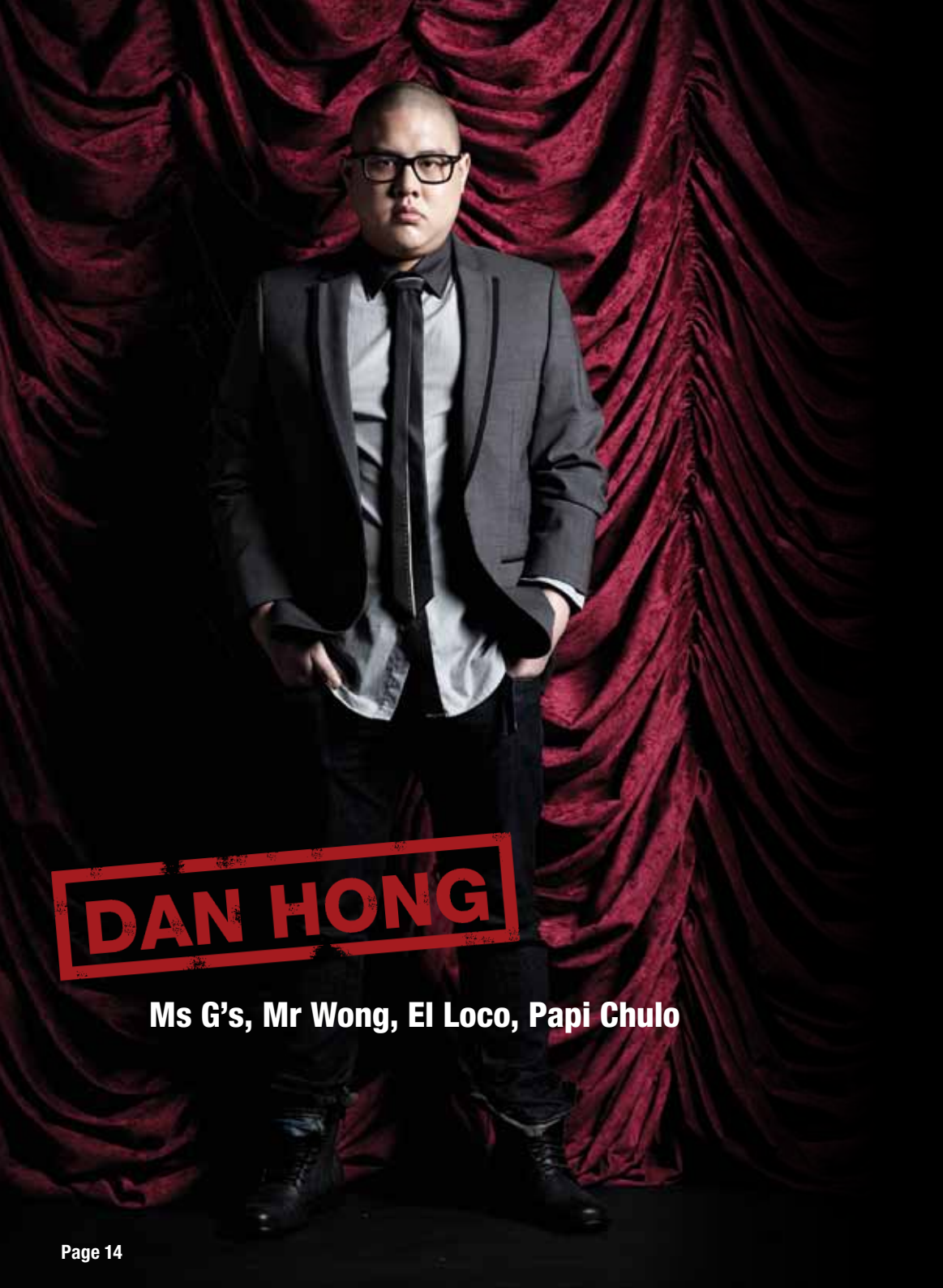


ALESSANDRO PAVONI

Ormeggio at the Spit



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DAN HONG

Ms G's, Mr Wong, El Loco, Papi Chulo

Mini pork banh mi

SERVES 8

PICKLING LIQUID

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

PORK BELLY

Place pork belly into the masterstock, bring to a boil, and then reduce to a simmer for 3-4 hours until tender. Line a half hotel pan with go-between and place the pork belly on the pan skin side down, carefully not to damage the skin or flesh. Cover with another piece of go-between, put another half hotel pan on top, and then press over night with heavy objects.

PICKLED CARROTS AND DAIKONS

In a large mixing bowl, combine 500ml water, 500g caster sugar, 25g salt, 1L vinegar, then whisk vigorously until sugar and salt is completely dissolved.

Place the three julienned carrots and 1 julienned daikon in a container, then cover with pickling liquid and refrigerate for a week.

PORK LIVER PATE

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

METHOD

Drain and wash the pork livers thoroughly under running cold water and cut out all veins and dice into 2cm chunks. Heat veg oil in a large pan, add the liver, making sure not to crowd the pan and do not stir. Add garlic and deglaze with xiao xing and cook out the alcohol. Quickly remove the partially cooked livers, place in a robot coupe or food processor with cold butter cubes and blitz until all is incorporated - season with fish sauce and white pepper to taste. Cover and chill.



SRIRACHA MAYONNAISE

Combine 65g Sriracha, 375g Japanese mayonnaise, one teaspoon of Knorr liquid seasoning and whisk until incorporated.

PICKLED CUCUMBERS

Thinly slice 6 Lebanese cucumbers on a mandoline, sprinkle generously with salt, gently work the salt in until liquid begins to extract out of the cucumber, cover. After half hour, wash the salt of the cucumber under cold water.

ASSEMBLY

Using the meat slicer, slice the Cha Luo as thinly as possible, reserve. Cut the pressed pork belly into slices 1.5cm thick, and then cut into portions around the same diameter as the bread rolls. Cook the pork portions in a deep-fryer at 175c until golden and crispy. Cut the bread rolls in half, on the bottom half, spread the chilled pork liver pate generously, top with a few slices of cha luo, then with the fried pork, then pickled cucumbers, pickled daikons and carrots, coriander leaves, then lastly a generous dollop of sriracha mayonnaise and close with roll top.

Head to toe pig terrine, crispy ear, nashi pear salad

PIG'S HEAD

INGREDIENTS

- ★ 1 split pig's head
- ★ 2 carrots
- ★ 1 large onion
- ★ 2 sticks celery
- ★ 2 tbsp juniper berries
- ★ 2 tbsp chilli flakes
- ★ 2 star anise
- ★ 2 cinnamon sticks
- ★ 2 bay leaves
- ★ 6cm chunk of ginger roughly chopped
- ★ 2 tbsp coriander seeds
- ★ 1 tsp black pepper corns
- ★ 1 bunch of rosemary
- ★ 1 bunch of thyme
- ★ 2L apple juice
- ★ Water to cover head
- ★ Salt and pepper

METHOD

Place both half heads in a large pot. Roughly chop all vegetables and add to pot along with all herbs and spices. Cover with juice and top up with water until head is completely submerged. Bring to the boil and then turn down to a fast simmer, skimming off any impurities that rise to the surface. Simmer for approximately two hours until cheeks are easily pierced with a knife, and meat comes away from the skull easily. Let head cool in stock before picking meat. When picking all meat, avoid the tongue, brain and skin as well as too much fat. Add a ladle of the hot reduced ham hock stock and check seasoning. Cover with cling film until needed.

HAM HOCKS

Same ingredients and cooking process as the pig's head but add the following ingredients too -

INGREDIENTS

- ★ 4 smoked ham hocks
- ★ 2 tsp hot English mustard
- ★ 1 tbsp Dijon mustard
- ★ 50 mls sherry vinegar
- ★ Fresh cracked black pepper to taste

METHOD

Once cooled pick hock off the bone and add to a mixing bowl with mustards and vinegar. Add one ladle of reduced stock, season and cover with cling film.

PIGS EARS

INGREDIENTS

- ★ 12 pigs' ears
- ★ 150ml port
- ★ 150ml red wine
- ★ 300ml apple juice
- ★ 300ml ginger beer
- ★ 2 cinnamon sticks
- ★ 3 star anise
- ★ 4 peppercorns
- ★ 50g fresh roughly chopped ginger
- ★ ½ bunch of sage roughly ripped

METHOD

Cover pigs' ears with all ingredients in a pot and bring to the boil, cover with foil and place in oven at 120°C until ears are tender. Let cool in the stock and place ears between two lined trays, put in the fridge with a weight on top to press them flat. Once ears are set, put aside enough for 2 portions per serve to be sliced, crumbed and deep fried. All remaining ears add to terrine.

BUILDING THE TERRINE

Along with the head, hock and ear meat you will need black pudding. We make our own, but you can source product if you wish. It's all about mixing the colours of meat and layering it evenly in a mould. Line a loaf tin with cling film, leaving enough overhang to wrap the terrine. Continue building layers until it is just above the top of the mould, wrap cling film around and place a weight on top for an even press overnight.

Slice terrine, serve at room temperature with crumbed pig's ear & nashi pear salad.



CARLA JONES

4Fourteen

JAKE NICOLSON

Blackbird



Slow-cooked suckling pig with pumpkin, molasses, smoked potato, rainbow chard and black pudding

SERVES 10

REQUIREMENTS FOR THE DISH

- ★ Suckling pig cut into rectangle fingers 120g
- ★ Pumpkin and molasses puree
- ★ Smoked cooked kipfler potatoes
- ★ Rainbow chard
- ★ Apple and brandy sauce
- ★ Black pudding (crumbled for garnish)
- ★ Garlic flowers for decoration

FOR THE SUCKLING PIG

Using a sharp boning knife, remove the legs, shoulders and the head. Completely remove all the bones from both legs and shoulders, reserve the bones for sauce. Remove the skin from the legs and shoulders then remove as much fat and sinew as possible. Run a sharp boning knife down against the rib set and the backbone to completely remove all meat from the bones. Place the leg and shoulder meat into the belly area where the meat is quite thin to form a neat square. Season the flesh with salt and pepper before cutting in half in order to Cryovac. Cook the suckling pig in a water bath at 65°C for 24 hours. Once cooked, remove from bag and press between baking trays under heavy weight for 12 hours. Once cool cut into desired size.

FOR THE PUMPKIN AND MOLASSES PUREE

- ★ 1kg butternut pumpkin sliced fine (no skin)
- ★ 2 tbsp butter
- ★ 4 tbsp liquid molasses
- ★ 4 tbsp extra cold butter

METHOD

Place pumpkin and butter in a heavy-based pan, cover and cook on a low heat until cooked through. Blitz in a food processor until smooth. Add knobs of cold butter to emulsify. Pass through a fine sieve, add molasses and season.

FOR THE APPLE AND BRANDY SAUCE

- ★ 600ml stock
- ★ 4 apples (rough chopped)

- ★ 50ml brandy
- ★ 4 sticks thyme
- ★ 4 shallots (peeled and sliced)
- ★ 6 peppercorns
- ★ 1 clove garlic
- ★ Oil for frying

METHOD

Sauté the shallots until golden, add garlic and 3 rough chopped apples, deglaze with brandy. Add peppercorn, thyme and cover with stock, reduce until sauce consistency, skimming occasionally. For service, heat the sauce, add fine diced apple, seasoning with lemon juice and salt if required.

FOR THE BLACK PUDDING

- ★ 1L pig's blood
- ★ 250g oats
- ★ 250g pork mince
- ★ 250g back fat
- ★ 2 apple
- ★ 2 onion
- ★ 400ml apple juice
- ★ 1 tsp quarter spice
- ★ Salt to taste
- ★ Brandy to deglaze

METHOD

Blitz oats in the blender for a short time, soak oats in blood for two hours. Sweat down onion and apple until dry then deglaze with brandy. Chill. Combine pork mince with blood and onion mix then season. Cook at 96°C in a bain marie for 40 minutes then check to see if firm. Once cool refrigerate until required.

TO SERVE

Caramelize the suckling pig skin-side down until golden before placing in the oven at 160°C for approximately 8 minutes or until heated through. Meanwhile in a hot saucepan warm potatoes, chard leaves, stem and crumbled black pudding, season to taste. Warm the pumpkin puree and serve on warm plates, finish with sauce and garlic flowers.

BBQ pork neck, pickled mushrooms, walnut and nasturtium

SERVES 4-6

CHAR SIU BBQ SAUCE

INGREDIENTS

- ★ 25g grated ginger
- ★ 4 grated garlic cloves
- ★ 4 tbsp hoisin
- ★ 4 tbsp light soy
- ★ 4 tbsp tomato sauce
- ★ 4 tbsp Shaoxing wine
- ★ 4 tbsp honey
- ★ 80g palm sugar

METHOD

Combine all ingredients together in a pan and bring to the boil, then leave to cool.

PORK NECK

INGREDIENTS

- ★ 2kg pork neck

METHOD

Place the pork neck in a vacuum bag with a cup of char siu, seal and cook in a water bath at 80°C for 12 hours. Take the pork out of the bag, place in a large bowl and shred the meat finely, adding char siu to taste. Wrap the pork neck meat in cling film to resemble a sausage, place into fridge for 6 hours. Slice neck meat into 4-6 portions and cook in a frying pan with olive oil for 2-3 minutes. Bring the char siu mix to the boil, take off heat and add the pork. Roll the pork neck until coated.

PICKLED SHIMEJI MUSHROOMS

INGREDIENTS

- ★ 1 punnet of shimeji mushrooms
- ★ ½ cup of white balsamic
- ★ ½ cup of water
- ★ 1 teaspoon salt

METHOD

Break up the mushrooms and trim the bottoms. Place into a bowl. In a saucepan, bring vinegar, water and salt to the boil, pour over mushrooms.

WALNUT CRUMB

INGREDIENTS

- ★ 2 cups of walnuts
- ★ 2 tbsp light brown sugar
- ★ 2 tbsp maple syrup
- ★ 1 tbsp olive oil
- ★ Pinch of salt

METHOD

Place walnuts into a bowl. In small saucepan, bring sugar, maple, olive oil and salt to a boil then pour over walnuts. Combine and spread mixture on a tray lined with greaseproof paper and bake in the oven at 150°C for 8 minutes. Cool mixture completely and then pulse in a food processor.

TO SERVE

Make a root vegetable puree and spoon onto centre of plate. Place pork neck on top and scatter pickled mushrooms on top of pork. Add walnut crumb, decorate with the nasturtiums.



SCOTT O'SULLIVAN

Red Cabbage Food & Wine

RAYMOND CAPALDI

Hare and Grace



Warm chocolate, broken crackling, pork fat ice cream

SERVES 4

4 SERVES OF CHOCOLATE SPONGE CAKE - Recipe not provided

WARM CHOCOLATE GANACHE

- ★ 600g Michel Cluizel dark chocolate, chopped
- ★ 5g microplane orange rind
- ★ 1 cup thickened cream

METHOD

Place chocolate and cream in a glass or ceramic microwave-safe bowl. Microwave on medium (50%) for 2 to 3 minutes, stirring every 30 seconds with a metal spoon, or until smooth. Stand at room temperature until thickened. Keep warm without splitting. If it splits add a little warm water.

BROKEN CRACKLING

- ★ 5 sheets of pate a brique
- ★ 20ml pork fat
- ★ 20ml maple syrup

METHOD

Preheat the oven to 160°C. Warm the pork fat and maple syrup together, brush on to one sheet, then repeat for all 5 sheets, pressing each sheet on top of one another. Then place sheets on a Silpat mat and another on top, press with a tray and weight on top, bake in oven until a golden brown. Once cooked, place on a wire rack to cool down.

PORK FAT ICE CREAM

- ★ 225g caster sugar
- ★ 1 tbsp honey
- ★ 250g creme fraiche
- ★ 250g soft pork fat
- ★ 6 egg yolks



- ★ 2g agar agar
- ★ 0.1g xanthan powder
- ★ 200ml milk

METHOD

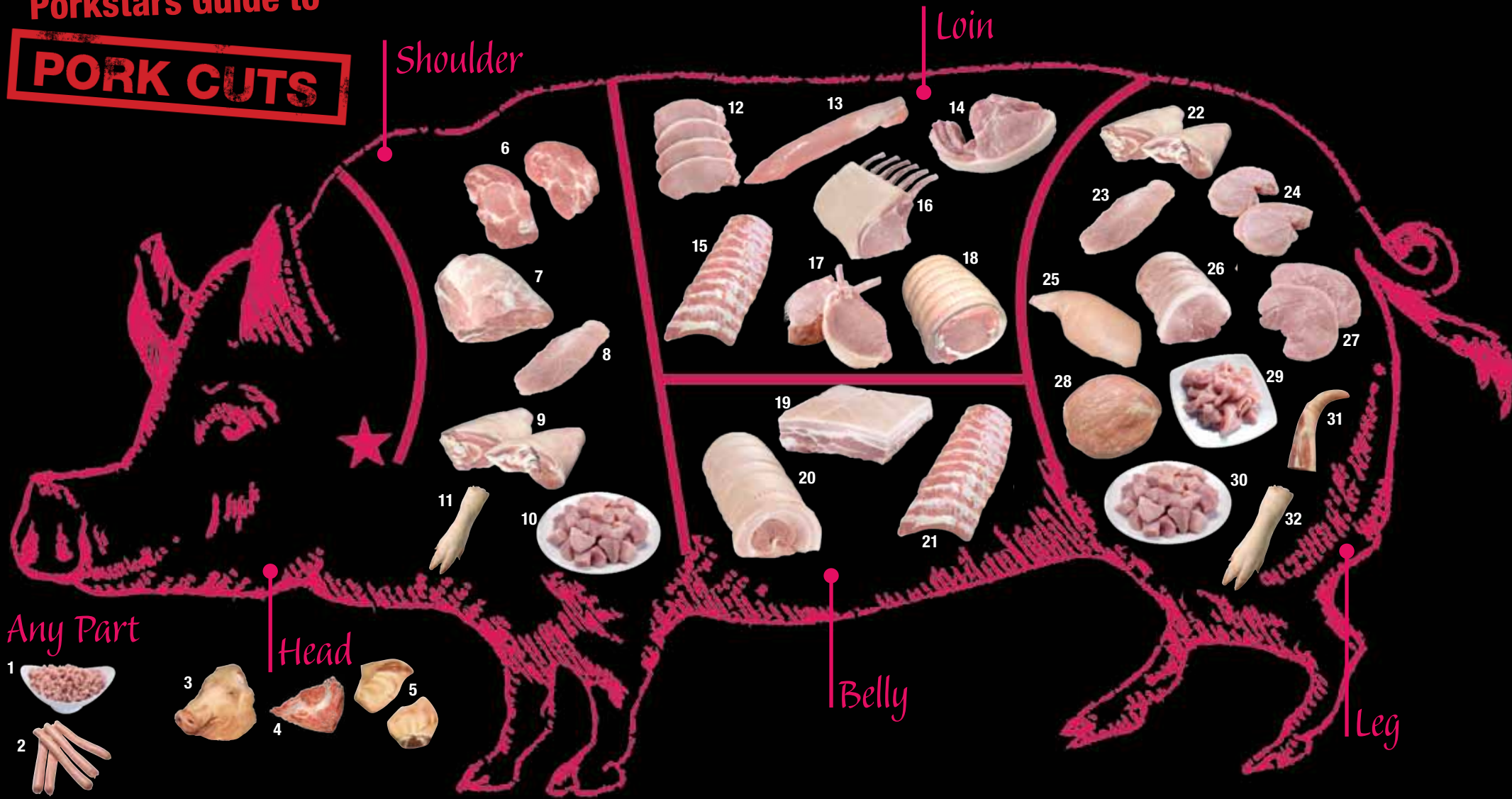
Add the sugar and honey, then blitz into a liquid. Place the creme fraiche and pork fat in a mixing bowl. In a cold saucepan, lightly whisk the egg yolks, and then mix with the milk. Cook for 10 minutes or until the mixture thickens, but not above 80°C. Add agar agar and xanthan powder, then immediately pour it onto the creme fraiche and pork fat to cool it. Whisk both together. Place into Pacojet or churn in an ice cream machine according to the maker's instructions.

TO SERVE

Place hot ganache on the plate, place a piece of chocolate sponge in the middle, then place the quenelle of pork fat ice cream. Break the pork crackling and plate up as pictured.

Porkstars Guide to

PORK CUTS



ANY PART
1: Mince
2: Sausages

HEAD
3: Head
4: Cheek and Jowl
5: Ears

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

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

BELLY
19: Belly
20: Rolled Belly
21: American Style Ribs

LEG
22: Hock
23: Schnitzel
24: Leg Steak
25: Easy Carve Leg
26: Boneless Leg Roast
27: Rump Steak

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

'Pork fillet'

Living high on the hog

"Living high on the hog" is one of many porcine phrases that pepper the English vernacular. But like all these porky sayings there is a logical basis for it.

The most tender cuts of pork come from the ribs and loin. The higher up the 'hog' the more tender they are. Historically these premium cuts fetched a higher price and were reserved for those who could afford them. And the highest and most delicate of all pork cuts is the pork fillet (or tenderloin). This is the muscle that runs along the beast's spine from the first rib to the leg. These muscles are not the animal's buff, hard working muscles but instead, are muscles that are used for maintaining posture, rather than walking, running, digging or chewing. Hard working muscles like shank and shoulder require slow gentle cooking to make them tender – but not so with the fillet that has been described as the jewel of the pig.

While the pork fillet is very lean it also has more elongated and looser muscle structure that makes it tender and delicate and adaptable to most cooking styles.

Consumers love pork fillet. It's one premium cut that they understand. They understand that it sells at a premium price. They understand that it is highly versatile and that there is resounding family satisfaction with every mouthful. Empty dinner plates are premium in a household.

Those same tenets emphatically apply to foodservice customer satisfaction. The customer knows it will be excellent and they will enjoy it – and will know it isn't a cheap cut and will expect to pay accordingly. And for the diet conscious they will know it is leaner than chicken breast ...and infinitely more interesting to eat.

From a health perspective, lean cuts of pork are high in protein, low in fat and have more

B-vitamins (thiamin, niacin, B6 and B12) than most other meats. The Australian Pork Limited cheeky, pork-on-your-fork advertising campaign has constantly emphasised how 'porking' people has proven weight-loss potential.

Pork fillet is the cut for all seasons. Developing menus for each season is an exacting and important process. It reflects the thinking and direction of a venue's kitchen and where the chef is going with the flavours and textures that are seasonably available. While the rich, lip-smacking, slow-cooking and basting for other pork primals and secondary cuts are staples of the cooler months, the fillet is a lighter more delicate offering for hotter months and lighter dishes. But when the mercury starts to sink the fillet puts on its overcoat and is equally at home on a winter



STEVE CLARKE

menu. Pork fillet is the ultimate pork utility player. From entrees to mains, from salads to roasts, from grills to stir fries, its subtlety of flavour both complement and enhance. Stuffed, seared, marinated, smoked...the rewards are numerous. No other pork cut can substitute for another cut from any animal: pork fillet Wellington, tonkatsu, schnitzel, tonnato, parmigiana, involtini . . . the possibilities are endless.

Stephen Clarke, chef and owner of multi-award winning WA restaurant, Clarke's of North Beach, is a strong advocate of the importance of pork fillet holding a place on his menu.

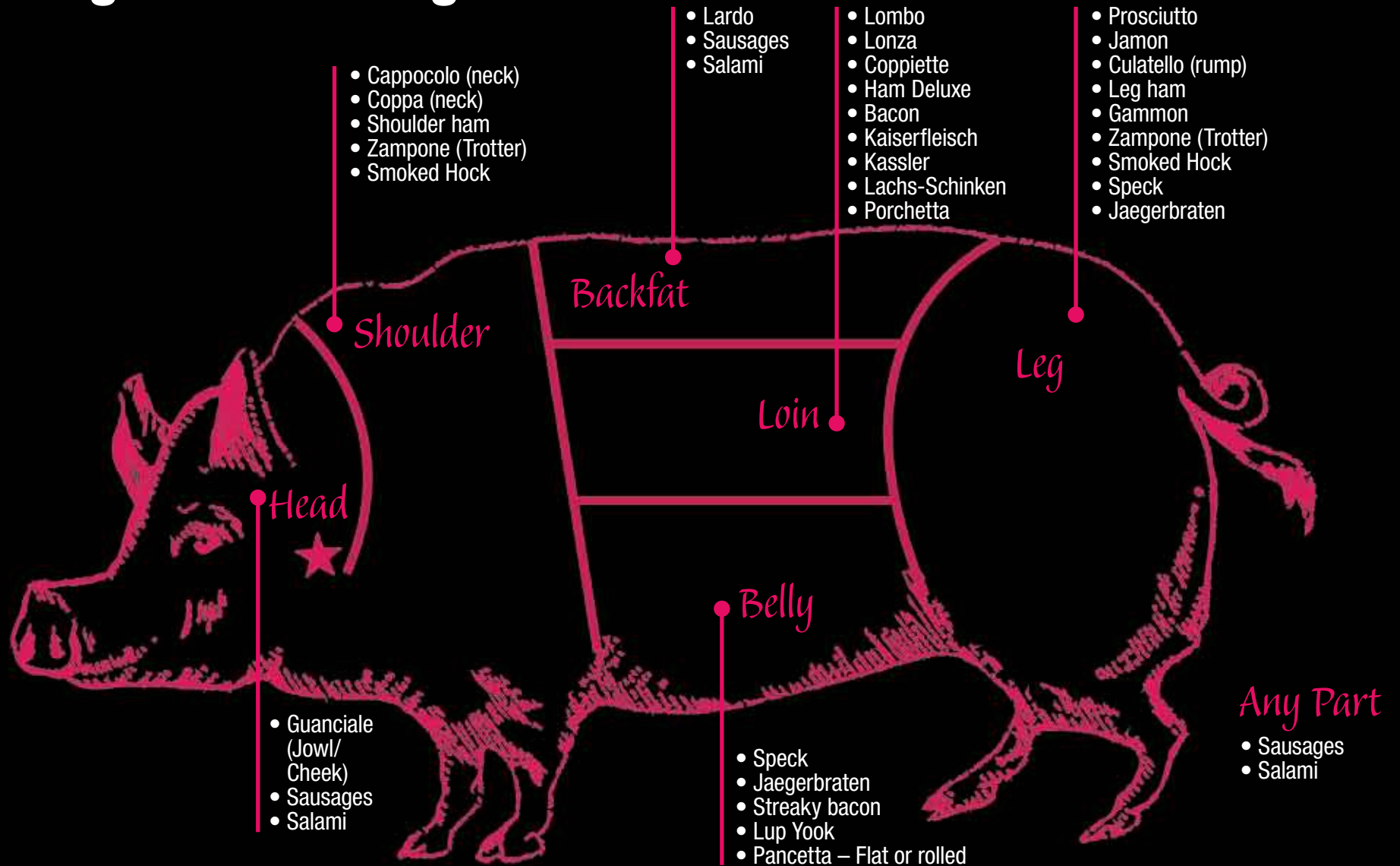
"Many of my diners are passionate about the luscious and indulgent joy the naughtier pork cuts like pork belly deliver," says Clarke.

"Likewise there are the same number of diners seeking carnivore joy who just won't come at the fattier meats. The Pork Fillet offers these diners a succulent juicy flavoursome protein option without dropping to standard boring and run of the mill so called lean meats, dare I say the 'C' word... chicken. Smart diners know that pork fillet is leaner than almost every other protein, BUT without sacrificing flavour – it is a menu must have that allows my dining offer to remain inspirational to my patrons regardless of their desire to eat a dish that is not overtly fattening."

Visit the PorkStar website - www.porkstar.com.au for Stephen Clarke's recipe for Pork fillet, boudin noir, crisp shoulder, pancetta, muscavels, almonds, hazelnuts and puff wild rice (pictured left).



Porkstar guide to smallgoods



Roast loin of yoghurt-fed suckling pig, stuffed trotter and double cream

INGREDIENTS

- ★ 200g pork loin (trimmed and skin scored)
- ★ 2 boned and braised pig's trotter (preferably from the front legs)
- ★ 100g of smoked and pickled ham hock (cooked until soft in a light vegetable stock)
- ★ 2 tbsp of chopped parsley
- ★ 2 tbsp of chopped shallots
- ★ 1 tsp sherry vinegar
- ★ 2 eggs
- ★ 200g panko
- ★ 100g flour
- ★ 250ml double cream
- ★ 4 tablespoons of cultured buttermilk

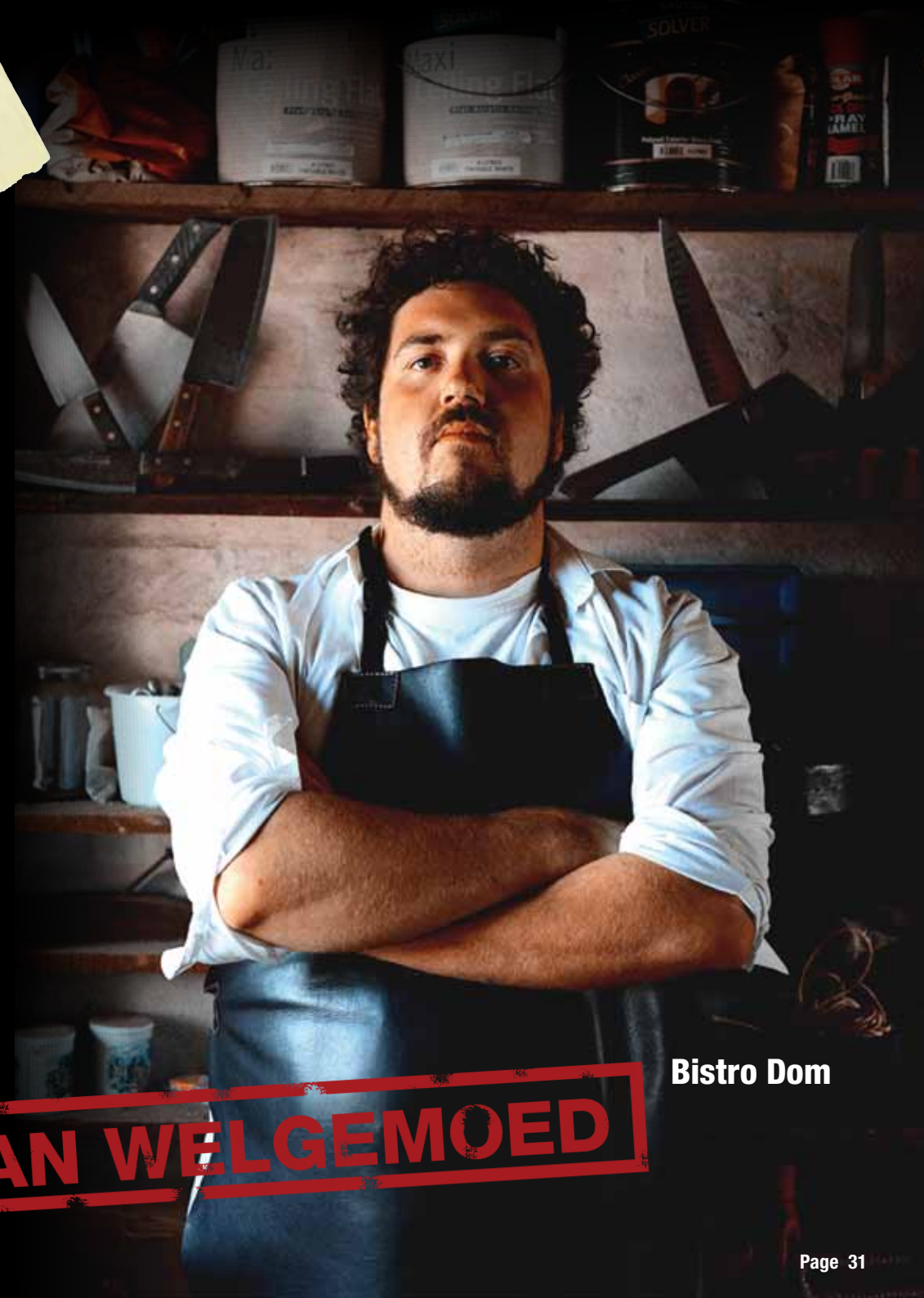
METHOD

Combine the cultured buttermilk with the double cream, store in an airtight jar and leave for 24 hours or until thick. Add the shallots, parsley, sherry vinegar and seasoning to the braised ham

hock. Lay the trotter skin out on a sheet of cling film and place the ham hock mix through the centre of the trotter. Roll the cling film into a tight sausage shape making sure you let any excess air escape. Tie the ends and chill. Once chilled cut into portions and dip in flour, egg and panko and set aside.

Heat a pan up to medium heat, season the loin and pan-fry skin-side down until golden, flip the loin over and add 65g butter, spoon the foaming butter over the meat and cook for another 3-5 minutes on low heat or until firm.

Rest for 10 minutes. Drop the trotter into oil heated to 180°C and fry until golden. Drain and season. Serve the loin and trotter with a dollop of the cream, a squeeze of lemon and steamed young vegetables.



Bistro Dom

DUNCAN WELGEMOED



HAMISH INGHAM

Bar H

Pork buns

INGREDIENTS

- ★ 1kg free range pork shoulder
- ★ 5L water
- ★ 3 cups Chinese cooking wine
- ★ 2 cups dark soy
- ★ 1 cup light soy
- ★ 1 ½ cups white sugar
- ★ 1 cup ginger roughly chopped
- ★ 10 garlic gloves crushed
- ★ 1 bunch green shallots roughly chopped
- ★ 3 cinnamon quills
- ★ 8 star anise whole
- ★ 1 orange zest removed

BUN DOUGH

- ★ 460ml warm milk
- ★ 80g fresh yeast
- ★ 760g plain flour
- ★ 100g sugar
- ★ Pinch of salt

METHOD

Place all ingredients (except pork) in a stock pot and bring to a simmer, cook for about 15-20 minutes to get some flavour. Place the pork in the simmering stock for 1-2 hours or until cooked. It is a good idea to place a piece of baking paper over the top of the pork as this helps keep it submerged. Once the pork is cool, pull into pieces and season with a little stock so the meat is just moist. For the bun dough, warm the milk to blood temperature, add the sugar, salt and yeast then add to the flour and mix to form a dough. Knead the dough for 5 minutes then let it rest for 20 minutes or until it doubles in size.

For the buns divide the dough into 40g balls and roll out till it forms a circle about 6cm in size. Place some of the pork mix into the centre and then form into a bun shape. Steam for 8 minutes or until cooked. Serve immediately.





MATT DEMPSEY

Gladioli and Tulip

Pork belly, mustard, kohlrabi, fried cheek

SERVES 4

- ★ 4 120g portions cooked pork belly
- ★ Crackle
- ★ Fried pork cheek
- ★ ½ kohlrabi
- ★ 4 caramelised pear wedges
- ★ Beer mustard
- ★ Turnip rounds
- ★ Picked mustard cress
- ★ Horseradish yoghurt

FOR THE PORK

Cure the pork belly in rock salt for 3 hours, or brine in 5 per cent salt solution for 24 hours. Wash thoroughly. Cook the pork sous vide for 12 hours at 80°C. Press until cooled. Once cooled, remove the skin and portion.

To make the crackle, boil the skin for approximately 4 hours. Remove from the pot then scrape with a spoon to remove excess fat. Dehydrate at 70°C for 3 hours. To finish, deep fry at 200°C very quickly. It should puff vigorously. Season and reserve until required.

FOR THE PORK CHEEK

Follow the recipe for the belly up to the cooking stage. Once cooked, chill in the fridge. Once the pork is completely cold, slice as finely as possible. Deep fry at 160°C until fully cooked and crunchy.

FOR THE KOHLRABI

- ★ 100g water
- ★ 200g white vinegar
- ★ 100g white sugar
- ★ ½ kohlrabi

METHOD

Finely slice the kohlrabi on a meat slicer or mandoline then place in a bowl. Bring the other ingredients to the boil then pour over the kohlrabi. Cling wrap then allow to pickle for 1 hour. These will keep in the fridge covered for 2 weeks.

FOR THE PEAR

Cut the pear into wedges removing the core. Lightly coat with sugar then glaze with a gas blowtorch.

FOR THE BEER MUSTARD

- ★ 1 bottle dark ale
- ★ 200g brown sugar
- ★ 200g malt vinegar
- ★ 80g high quality seeded mustard

METHOD

Bring the sugar, vinegar and beer to the boil. Lower the heat then simmer until the mix thickens into syrup. Remove from the heat then stir through the mustard. Allow to cool.

TO SERVE

Sear the belly in a pan over low heat then finish by re-warming in the oven until hot. Garnish the serving plate with some beer mustard then place the pork on. Arrange the pear by the side then garnish with the shaved turnip, crackle, fried cheek and mustard cress. Neatly dot some horseradish yoghurt on.





SASKIA BEER

Barossa Farm Produce & The Black Pig

Chinese-spiced Berkshire pork loin

INGREDIENTS

- ★ 1kg piece Berkshire pork loin (raised outdoors)
- ★ 15g salt
- ★ 3g Chinese five spice
- ★ 2 star anise cloves
- ★ 1 clove garlic – crushed
- ★ 30ml sesame oil
- ★ Water to boil with 2 tbsps salt

METHOD

Boil a pot of water big enough to submerge the loin. Add salt. Blanch the pork loin for 5 minutes. Dry overnight in the cool room/fridge – uncovered – to dry out, preferably on a rack. Coat with sesame oil. Mix the salt, spice and star anise together and coat thoroughly. Leave for a minimum of four hours and maximum of four days depending on intensity required. Cook for 45 minutes at 220°C. Rest for 45 minutes before carving. Serve with salad accompaniments such as coriander, ginger, chilli, soy and rice wine, or simply with rice and bok choy.



Suckling pig with pear, walnuts and Jerusalem artichoke

INGREDIENTS

- ★ Half a suckling pig that was split nose to tail
- ★ Aactiva transglutaminase
- ★ Quality salt
- ★ Garlic
- ★ Thyme

METHOD

De-bone the pig by separating the rib cage from the belly and work around the joints and cheeks to free the spine, ribs and head in one piece. Then cut away both legs to leave you with one rectangular piece of cheek, belly and loin.

De-bone the legs into separate muscle groups and reserve the skin, trotters and bones. Wearing gloves and protective facewear, sieve enough transglutaminase over the flesh side of the belly and loin to evenly coat. Place down the separated leg and shoulder muscle groups to form one even piece from loin to belly. Cover the piece in cling film and weigh down evenly. Allow the transglutaminase to set, under pressure, in the coolroom for at least 6 hours. Remove the weight then season with salt, coarsely crushed garlic and thyme. Marinate for an hour then brush off, pat dry, cut into three even pieces and vacuum pack. Cook in a water bath 80°C for 8 hours. Remove bags and weigh down again in the coolroom. Remove pork from the bags, reserve the jelly and fat and portion into rectangles at around 100g.

FOSSILISED PEARS

INGREDIENTS

- ★ 16 pears
- ★ 40g calcium oxide (fossil powder)
- ★ 2L cold, filtered water

METHOD

Wearing protective gloves, carefully mix the calcium oxide with the water. Peel the pears, leaving the stems attached and add to the calcium oxide solution. Stir from time to time over the course of three hours. Drain and rinse well. Stand upright on a baking tray and steam/bake at



92°C with 10% humidity for 8 hours. Chill and refrigerate in an air-tight container.

JERUSALEM ARTICHOKE PUREE AND SKIN

- ★ 1.5kg Jerusalem artichoke
- ★ 600g full cream
- ★ 600g whole milk
- ★ 250g sugar
- ★ 250g water

METHOD

Cover the Jerusalem artichokes in cold water and bring to the boil. Simmer for 45 minutes to an hour or until tender, then drain and chill the artichokes. When chilled, carefully massage the skins loose between your fingers. Tear one side, then separate the skin from the flesh in one flat piece. Combine the flesh with milk and cream and bring to a simmer for 30 minutes or until the flesh is falling apart. Drain the excess liquid from the flesh then puree. Thin out if required with the excess liquid. Adjust seasoning and pass through a fine chinoise. Refrigerate. Bring the 250g of sugar and water to the boil and add the skins. Simmer for five minutes, remove and drain well. Place skins in dehydrator at 52°C for a minimum of 12 hours. When dry store in airtight container.

WALNUT CRUMB

INGREDIENTS

- ★ 70g garlic oil
- ★ 30g walnut oil
- ★ 80g panko crumbs
- ★ 200g walnuts crushed

BEN WILLIAMSON

METHOD

Combine garlic oil, panko crumbs and walnuts in a heavy-based pot on moderate heat, stir until golden. Season and drain on paper towel.

GARNISH

- ★ Red shiso leaf
 - ★ Pork neck sauce
- (For sauce recipe go to www.porkstar.com.au)

TO SERVE

Heat a little oil in a non-stick pan and add the

portioned pig, skin down and leave to crisp over a low heat for around 5 to 10 minutes. Heat the fossilised pear in a moderate oven and fry the Jerusalem artichoke skin until crisp. Warm the Jerusalem artichoke puree and pork sauce. Swipe a decent amount of the Jerusalem artichoke puree over a warm plate and place down the pork, skin side up. Halve the pear and place down either side of the pork. Spoon the walnut crumb in piles around the pear and spoon over sauce sparingly. Garnish with the fried Jerusalem artichoke skin and shiso leaf.

STEWART WESSON

Flinders Street Project

Free range pork tartare with egg-yolk jam, blackened chilli and sumac lavosh

INGREDIENTS

- ★ 200g free range pork tenderloin
- ★ 60ml white soy
- ★ 50ml kombu juice
- ★ 1 shallot
- ★ 1/8 bunch chives
- ★ 4 white anchovies
- ★ 4 egg yolks
- ★ 100g large red chillies
- ★ 30g sumac
- ★ 1.5 cups all-purpose flour
- ★ 1 tsp table salt
- ★ 1.5 cups milk
- ★ 1 egg
- ★ 25g sumac
- ★ 2 tbsp olive oil
- ★ 200ml Worcestershire sauce
- ★ 6 fresh bay leaves
- ★ 4g agar agar

METHOD

Clean the pork tenderloin by removing any fat or sinus, then place inside a vacuum seal bag and add 50ml white soy and 50ml kombu juice, then seal and marinate for 2 hours.

FOR THE EGG-YOLK JAM

Add the egg yolks and 10ml white soy to a bowl and whisk together. Put in a vacuum seal bag then place into a sous vide circulator at 64°C for 30 minutes. Once they are cooked chill the bag down in ice water. Once cool, add the mixture to a bowl and whisk until smooth then place in a piping bag and set aside.

FOR THE BLACKENED CHILLI LAVOSH

Place the chillies on an oven rack and grill over an open flame until all the chillies are black, then while hot add to a blender with the olive oil and blend till smooth. Meanwhile in a kitchen aid mixer, add the flour, salt and 1 egg to the bowl and using the hook, start mixing. After about a minute add the milk, blackened chilli mixture and sumac and mix until smooth and combined and let rest in the fridge for 1 hour. Once rested, roll out using a pasta machine using the smallest setting on the machine, then place on trays. Brush with milk and sprinkle with sumac and sea salt and bake at 180°C for 15 minutes or until crispy. Next add the Worcestershire, fresh bay and 100ml water to a pot and bring to the boil, then add the agar agar and whisk until combined. Steep for 20 minutes. After that pour the thinnest layer possible on to a flat tray and set in a fridge.

FOR THE PORK

Remove from the marinade and cut into 5mm slices and add to a bowl. Finely dice the shallot and chop the chives and add to the bowl, then cut the anchovies into small pieces and add to the bowl. Now mix well and season with white pepper.

TO SERVE

Place a small pile of the tartare mix just off centre of the plate and cover with the very thin Worcestershire jelly and then top with the blackened chilli lavosh. Then pipe some of the egg-yolk jam and garnish the plate with society garlic flowers.





Pulled pork sliders

INGREDIENTS

- ★ 2.4kg pork shoulder

DRY RUB

- ★ 3 tbsp paprika
- ★ 1 clove crushed garlic
- ★ 1 tbsp brown sugar
- ★ 1 tbsp dry mustard
- ★ 2 tbsp coarse sea salt
- ★ 12 hamburger buns

METHOD

Mix the paprika, garlic, brown sugar, dry mustard and salt together, then rub all over the pork. Cover and refrigerate for at least 1 hour, or preferably overnight. Preheat the oven to 150°C. Put the pork in a roasting pan and add 1/2 cup of water. Roast and baste for about two hours. Then cover with tin foil and continue cooking a further 3.5 hours or until the pork is falling apart. When the pork is done, take it out of the oven and place on a large platter. Allow the meat to rest for about 10 minutes. While it's resting, pour any pan juices into the sauce and cook a further 5 minutes. To "pull" the warm pork, remove any outer skin then use 2 forks. Using 1 to steady the meat, use the other to pull shreds of meat off the roast. Put the shredded pork in a bowl and pour half the

sauce (recipe below) over it. Stir it all up well so that the pork is coated with the sauce.

CIDER-VINEGAR BBQ SAUCE INGREDIENTS

- ★ 250ml cup cider vinegar
- ★ 100g cup mild mustard
- ★ 100g tomato sauce
- ★ 75g cup brown sugar
- ★ 2 cloves crushed garlic
- ★ 1 tsp salt
- ★ 1 tsp cayenne pepper
- ★ 1/2 tsp black pepper

METHOD

While the pork is cooking, make the BBQ sauce. Combine the vinegar, mustard, tomato sauce, brown sugar, garlic, salt, cayenne pepper and black pepper in a saucepan over a medium heat. Simmer gently, stirring, for 10 minutes.

TO SERVE

Spoon the pulled pork mixture onto the bottom half of each hamburger bun and top with some coleslaw, salad, mustard and remaining BBQ sauce on the side.

DON HANCEY

Panorama Catering

RICHARD OUSBY

Stokehouse



Guanciale and butter milk carbonara

GUANCIALE INGREDIENTS

- ★ 4 pig jowls (skin on cheek and glands removed)
- ★ Small bunch of thyme
- ★ 500g rock salt
- ★ 50g brown sugar
- ★ ½ head garlic

METHOD

In a Robot Coupe, blend all ingredients except the jowls until nicely combined. In a small container begin with a layer of salt followed by jowl, salt, jowl and so on. Close container and refrigerate for 1 week, mixing and twisting during this time. The jowls will be firm to touch when they are ready. Place the jowls in ice water to purge for six hours. Cut a small hole in the jowl and thread through some twine and tie into a loop. Now you need to hang the guanciale for about four weeks.



BUTTERMILK CARBONARA INGREDIENTS

- ★ 120g handmade egg pasta
- ★ 60g guanciale thinly sliced
- ★ 2 shallots fine chopped
- ★ 2 cloves of garlic thinly sliced
- ★ 50ml extra virgin olive oil
- ★ sea salt
- ★ 60g pecorino finely grated
- ★ 1 tsp crushed black pepper
- ★ 2 egg yolks
- ★ 100ml cultured butter milk

METHOD

Thinly slice the guanciale on a meat slicer or with a sharp knife. In a large pan, sweat the guanciale, shallots and garlic with the olive oil. Cook the pasta in a large pot of salted water until al dente. Mix the egg yolks and buttermilk together. In a large bowl mix together the hot pasta, egg mix and guanciale mix. Season with the cracked pepper, salt and pecorino.



NINO ZOCCALI

Pendolino and La Rosa



Costate Di Maiale - Aunty Maria's 10 Hour Slow Cooked Pork Short Ribs with Steamed Roman Beans & Dry Broad Bean Puree

PORK RIB BRAISE INGREDIENTS

- ★ 140g brown onions diced
- ★ 1.4kg pork ribs
- ★ 16g crushed garlic
- ★ 120ml white wine
- ★ 4 leaves of fresh sage
- ★ 600ml Neapolitan sauce base
- ★ 50ml extra virgin olive oil
- ★ 600ml meat stock
- ★ 6g fine sea salt
- ★ 18ml fish sauce

METHOD

Set your oven on 100C. Portion pork ribs into six 220g pieces then place in a fry pan with 10mls of olive oil until they are a nice golden brown colour. In the same pan sauté the onion and garlic until soft and transparent, then add the white wine reducing until almost completely evaporated, continue by pouring in the stock, Neapolitan sauce, fish sauce, salt, pepper and bring to the boil. Place the caramelised ribs into a deep baking dish and pour the stock over it. The ribs should be completely covered. Add sage leaves to finish. Cover with foil and place in oven for 10 hours until nice and tender. Set aside.

BROAD BEAN PUREE

- ★ 250g dried broad beans
- ★ 38g carrots diced
- ★ 75g potatoes diced
- ★ 125ml cream
- ★ 15g salted butter

METHOD

The dried broad beans must be soaked in cold water for 24 hours prior to cooking. Drain the broad beans in a colander and rinse them. Then place them in a deep pot with the carrots, potatoes, 5g of salt and then cover completely with cold water. Place on the stove top on full heat and cook until the broad beans are completely cooked. Place the cream, butter and a pinch of salt and in a small pot and heat up until the butter has melted. Strain the cooked broad beans in a colander and transfer broad beans mixture in a food blender gradually adding the cream together until you have a smooth puree. Check the seasoning.

FLAT BEANS

- ★ 240g Roman flat beans cut into diamonds
- ★ Pinch of salt to taste
- ★ Pinch cracked pepper
- ★ Extra virgin olive oil to taste
- ★ ½ a garlic clove, crushed

METHOD

Steam the flat beans in boiling until just cooked, but are still a vibrant green colour. Once steamed, place in a small mixing bowl with the olive oil, salt, pepper and crushed garlic.

TO SERVE

Place the puree on the plate. Add a piece of braised pork rib and ladle some sauce over the top. Add the steamed Roman beans. Finish with olive oil and baby parsley.

TWICE COOKED PORK BELLY, APPLE PUREE, PICKLED MANDARINS, RADICCHIO, CELERY, WATERCRESS, PISTACHIOS

INGREDIENTS

- ★ 1.6 – 1.8kg pork belly
- ★ 200g rock salt
- ★ ¼ bunch thyme
- ★ ¼ bunch rosemary
- ★ 1 clove garlic
- ★ 6L olive oil

APPLE PUREE

- ★ 1kg apples (granny smith)
- ★ 1 lemon (juiced)
- ★ 100g castor sugar

MANDARINS

- ★ 3 mandarins
- ★ 300ml mandarin juice
- ★ ¼ tsp coriander seeds
- ★ ¼ tsp Szechuan pepper
- ★ 1 bay leaf
- ★ ½ tsp black peppercorns
- ★ 1 star anise
- ★ 1 tbsp castor sugar
- ★ 20ml chardonnay vinegar

GARNISH

- ★ ½ head celery
- ★ ½ head radicchio
- ★ ¼ bunch watercress
- ★ ¼ bunch parsley
- ★ 20g pistachios (roasted and halved)

METHOD

Pre-heat oven to 110C. Place rock salt, rosemary, thyme and garlic in a blender. Spread the mix over the meat side of the pork belly, place back in the fridge and marinate for one hour. Wash the salt off with cold water and pat dry. Place baking paper on the bottom of a large tray, then the pork belly skin side up on top. Cover the pork with olive oil and place another sheet of baking paper on top. Cover with foil and place in the oven for 3 hours or until the meat is tender. Remove from the oven and allow to cool. Get a large flat tray

ready and cover with go-between. Place the pork on the tray, then another piece of go-between on the pork and another tray on top. Put in the fridge with some weight on top to press overnight. Meanwhile, in a saucepan add all the ingredients for the apple puree. Peel and dice apples and place in the liquid. Cook until tender, then strain. Place in the blender and blitz until smooth. Pass through a chinois and put in the fridge until ready to use. Peel and segment the mandarins then place in some boiling water for 30 seconds and refresh in iced water to stop the cooking process. Remove the outer membranes and any seeds. In a small pot add the remaining ingredients and bring to the boil. Allow to infuse for five minutes and strain onto the mandarins. Place in the fridge until ready to use. Once the pork has been pressing for 24hours, remove from the fridge. Place on a large chopping board and cut the edges to make square. Cut 180g portions.

TO SERVE

Heat a large oven proof pan and add some olive oil. Place the pork belly portions skin side down and leave on until golden (be careful as the pork belly will spit fat). Once the pork skin is golden, place the pan into the oven for about eight minutes. On large plates place a spoonful of apple puree, using the back of the spoon make a smear with the puree across the plate. Place the pistachios (roasted and halved) around the puree. Remove the mandarins from the pickling liquid and place 5-6 pieces around the puree. For the garnish you will need leaves from the watercress, parsley, radicchio and celery. Wash all the leaves and spin dry. Place all the leaves in a bowl and using the pickling liquid and olive oil dress the garnish and sporadically place around the puree and mandarins. Once the pork belly is hot, remove from the oven and put back on the stove to make sure the skin is crisp. Place in the middle of the garnish, sprinkle with sea salt and serve.



RICHARD PTACNIK

Otto Ristorante

Left to right:

- Colin Fassnidge - *Four in Hand, 4Fourteen, Paddington Arms, Sydney* • Stewart Wesson - *Public, Adelaide*
- Daniel Wilson - *Huxtable & Huxtamburger, Melbourne* • Richard Dusbj - *S. Pellegrino & Acqua Panna Young Chef of the Year 2012*
- Damian Heads - *Pony Restaurants, Sydney & Brisbane* • Analiese Gregory - *Quay, Sydney*
- Don Hancey - *Panorama Catering, Perth* • Raymond Capaldi - *Hare & Grace, Melbourne* • Richard Ptacnik - *Otto, Sydney*

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- (c) A chef whose pork creations always have diners' salivating
- (d) A love of the pig from nose to tail and everything in between

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