

PORKSTAR™



SECRET RECIPES

INTERNATIONAL PORKFEST

WIN A UK CULINARY
EXPERIENCE
VALUED AT \$10,000

REGISTER TO WIN

International Festival of Pork

28 March, 2011 – 30 April, 2011

APRIL WILL MARK A MONTH-LONG CELEBRATION OF THE INTERNATIONAL PORK FESTIVAL, SHOWCASING PORK IN ITS MANY CULTURAL CULINARY GUISES.

The PorkStar team is giving chefs the chance to win a trip to London with two return economy air fares, five nights accommodation, a dinner for two at St. John Restaurant, and the chance to meet legendary owner and Nose to Tail aficionado Fergus Henderson (depending on Fergus's availability at the time of travel).

The International Festival of Pork will be supported by TV and radio commercials around the country throughout the month of April to heighten consumer interest. Four PorkStars will be the faces and voices of this promotional push showing the different cultural possibilities with pork dishes. Among them will be Nino Zoccali from Pendolino Restaurant, Lauren Murdoch from the new Felix Bistro, Masterchef finalist Alvin Quah and Boy's Weekend's Miguel Maestre now of Aperitif.

Get on board! It's Easy!

To be part of the International Festival of Pork, chefs just need to register and include a special pork dish for the month and promote it through your menu, specials board and via your wait staff.

A national team of mystery diners will be seriously eating-out that month and they will be giving on-the-spot \$50 awards to wait staff who offer the pork promotion for the month of April.

Just think of a pork dish from any country around the world and register at:

porkfest@australianpork.com.au

HOW TO REGISTER

1. To REGISTER provide your:

- Restaurant/Establishment Name
- Chef name or nominated entry contact
- Restaurant address
- Phone number
- Email Address
- Dish name and pork cut you will be featuring on your menu for the month of April.

2. EMAIL your registration details to: porkfest@australianpork.com.au

Registrations close 31 March, 2011. Please note, only one entry per establishment will be accepted.

3. PROMOTE your nominated Pork Special/s for the month of April and enjoy the celebration of the International Pork Festival... oh, and keep an eye out for our Mystery Diners. Terms and conditions Permit Number:

Entry into the prize draw is limited to one entry per establishment. Entries close 31 March, 2011.

For full terms and conditions go to: <http://www.pork.com.au/global-elements/events/foodservice/terms--conditions-porkfest-prize.aspx>

NSW Permit No. LTPS/11/1515

VIC Permit No. 11/279

ACT Permit No. TP11/544

SA Permit No. T11/289



Left to right: • Saskia Beer - Black Pig, Barossa • Chui Lee Luk - Claude's, Sydney • Bethany Finn - Urban Bistro, 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



FAMOUS PORKSTARS



There's a common link between these eight celebrated and gastronomically diverse chefs. They're all PorkStars. From intimate fine dining to huge events, these PorkStars utilise the pig from nose to tail - and everything in between. Be a PorkStar. www.porkstar.com.au



A STAR IS BORN

The notion of PorkStars was born of acknowledging the unsung Rock Stars of the kitchen whose work with pork was the stuff of legends. Six years since the PorkStar inception, the ranks of talented PorkStars has swelled with culinary pork heroes emerging from around the country.

Through these ambassadors of pork championing the unmatched versatility of this glorious beast, pork has become restaurant patrons sought-out menu choice.

While pork is best positioned to return a greater profit than other meats, I think it is simply a lot more fun and satisfying to cook with.

No other animal gives us so much scope, with every bit of the pig having a dish to suit, be it the prime cuts or the delectable nasty bits - I'm yet to find a chef that does not like those precious nasty bits.

I could bang on about the cut-for-cut dollar comparison benefits compared with other proteins, but frankly all of you PorkStars know that working with and serving pork is about the delights the sweet flesh offers rather than any dollar benefit you can achieve.

Pork is the staple ingredient of so many cuisines from Asia to Europe - a veritable International Festival of Pork. Please enjoy these recipes



by your fellow PorkStars and thank you for your ongoing support of the magical beast!

Mitch Edwards



THE PORKSTARS

- 4 Adrian Richardson
 - 6 Colin Fassnidge
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ADRIAN RICHARDSON

Crackling wrapped rolled loin of pork

By Adrian Richardson,
La Luna Bistro

SERVES 8-12

INGREDIENTS

- › 2.5 kg pork loin
- › 2 tbsp salt
- › 1 tbsp freshly ground black pepper
- › 6 garlic cloves, thinly sliced
- › 1/4 cup fresh thyme leaves
- › 1/4 cup fresh sage leaves
- › 1/2 cup parsley leaves
- › 1/4 cup olive oil

METHOD

Open out the pork loin and lay it, skin-side down, on your work surface. Rub in one tablespoon of the salt and all the pepper, then scatter on the garlic and fresh herbs. Roll the loin up into a long log shape and tie securely with butcher's string at 5cm intervals. You can prepare the pork to this stage up to two days in advance. The herbs and seasonings will permeate the flesh and add extra flavour. When ready to cook, preheat the oven to 220°C and place the pork on a rack inside a large roasting tin. Rub all over with oil and season with the rest of the salt. Roast for 20 minutes, then lower the oven temperature to 175°C and roast for one hour. The pork is cooked when the internal core temperature reaches 72°C. Transfer the cooked pork to a hot dish and leave it to rest for 30 minutes in a warm spot. Remove the string and carve into slices, each with a crisp layer of crackling. Serve with Cabbage, Apple and Tarragon Salad.

Courtesy of Meat by Adrian Richardson.



“This is a great dish for serving lots of people. Because the bone is removed and the loin rolled, it slices easily and economically. The pork stays moist, and everyone gets the same amount of crackling. It is also a really easy dish to reheat, and will taste just as good. Have your butcher bone the loin and keep enough of the belly flap to wrap around the meat to make a roll.”



COLIN FASSNIDGE

Pig's ear schnitzel with corn and crab salad

By Colin Fassnidge,
Four in Hand Dining Room

INGREDIENTS

Pig's ear

- » 6 pig's ears
- » 1 carrot
- » 1 onion, roughly chopped
- » 2 stalks celery
- » 1 bay leaf
- » 2 cloves of garlic, crushed
- » 100ml port
- » 600ml chicken stock

METHOD

Sweat down vegetables in a large-based pot, add the port and bring to the boil. Add the pig's ears and chicken stock and bring to the boil. Cover with glad bake and foil and place in a low oven (150°C) for about four hours or until soft. Let the ears cook a little, then drain off stock. Lay ears flat on baking paper between two trays, press with a weight and leave overnight. Remove the next day and trim into triangle shapes. Set up a crumbing station – flour, egg wash, crumbs – and crumb the ears twice each, then deep fry for about three to four minutes until golden brown.

Ginger jelly

- » 2 kaffir lime leaves
- » 1 x 4cm knob of fresh ginger
- » 5 gelatine leaves
- » Salt

METHOD

Bring all ingredients to the boil and infuse for four to five minutes. Pulse in a blender, then strain. Soak gelatine in cold water, then dissolve in hot ginger mix. Set in a container overnight.

Corn

- » 1 cob of corn

METHOD

Cut corn off the 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 in a pan, place these along with the basil into a blender and pulse slowly, then add the oil. Strain through a fine sieve, add lemon juice and season to taste. Mix the crab and the dressing and season.

Apple sauce

- » 5 apples
- » 40g butter
- » Dash water
- » 1 vanilla bean

METHOD

Peel and core apples, place them in a heavy-based pot with butter and vanilla, put on a low heat and cover. Cook for 20 minutes or until they are soft, then blend until smooth.

To serve

Mix the corn and crab together with the vierge dressing and lightly season. Arrange on a plate and garnish with baby basil leaves. Once the pig's ear is cooked, place on top of salad, put a small dollop of apple sauce on top, and a few spoons of ginger jelly around the dish.

A portrait of Martin Boetz, a man with short hair and a watch, sitting against a dark background. A pink rectangular box is overlaid on the image containing his name.

MARTIN BOETZ

Caramelised pork hock with chilli vinegar

By Martin Boetz, Longrain

SERVES 6-8

INGREDIENTS

- › 2 pork hocks
- › Vegetable oil for deep-frying
- › 1 quantity Master stock (see below)
- › Crisp-fried eschallots
- › Coriander leaves
- › Red chilli, julienned
- › 1/2 quantity chilli vinegar (see below)

Caramel

- › 500g (1 lb) palm sugar, crushed
- › 1 stick cassia bark
- › 1 star anise

Chilli vinegar

Makes 1 cup

- › 2 large red chillies, finely sliced into rounds
- › 200ml (7 fl oz) white rice vinegar
- › Combine the chillies and vinegar and mix well.

Master stock

Makes 2 litres (8 cups)

- › 8 cloves garlic, peeled
- › 15 white peppercorns
- › Vegetable oil
- › 1/2 cup Chinese cooking wine
- › 1/2 cup thick sweet soy sauce
- › 1 cup oyster sauce
- › 1 stick cassia bark
- › 3 star anise
- › 1 cup light yellow bean soy
- › 8 cups Chicken Stock
- › 2 x 4cm piece ginger, peeled and chopped

METHOD

Pound the garlic and peppercorns to a paste. Fry in a little oil until it smells crisp and nutty. De-glaze with the cooking wine, then add the rest of the ingredients. Bring to the boil, and skim off any scum and excess oil. Simmer for 20 minutes, then strain, discarding all the solids. Use the stock to cook your pork hock. Strain the stock after each use and



refresh with more ginger and spices each time you use it. Heat the oil in a wok until just smoking and deep-fry the pork hock, one at a time, until golden brown, four to five minutes. Remove from the oil and drain well on absorbent paper. Bring the Master stock to the boil in a large heavy-based pan. Add the pork hocks and simmer for one-and-a-half to two hours over medium heat. To test for readiness, the pork hocks should be quite soft to the touch. Remove the hocks from the stock and cool. Reserve one cup of the braising liquid for the sauce. When cool, grab the hock bone and twist – the whole bone should come out, leaving only the meat. Push the hock together to form a dense mass and refrigerate until set and firm, three to four hours. To make the caramel, place the palm sugar in a heavy-based pot and add a splash of water to help it melt. Allow the sugar to caramelise, then stop the cooking by adding the reserved braising liquid, cassia bark and star anise to give it a good flavour. The caramel should be quite savoury and not too runny – a honey-like consistency. If too runny, keep reducing the stock until a sauce consistency. Check the seasoning: if it's too sweet, add 100 ml (3 1/2 fl oz) of fish sauce to cut the sweetness. Cut the pork hock into bite-sized pieces. Reheat the previous oil in a wok and deep-fry the meat until crisp and golden, five to six minutes. Drain on absorbent paper.

To serve

Place in a bowl and pour over the warm caramel. Garnish with some crisp-fried eschallots, coriander and chilli. Serve with chilli vinegar on the side.

Recipe © Martin Boetz, Longrain Modern Thai Food,
Published by Hardie Grant Books.

HADLEIGH TROY



Pork, quince and kohlrabi

By Hadleigh Troy, Restaurant Amuse

SERVES 6

INGREDIENTS

- » Pickled vegetables
- » 1 kohlrabi (peeled, halved and cut into wedges)
- » 3 carrots (sliced into rounds)
- » 1 cauliflower (cut into small florets)

Pickling juice

- » 250g water
- » 150g white wine vinegar

Vegetables

Prep vegetables and add to pickling juice. Bring to boil then cover and leave for four hours.

Quince

- » 1 whole (peeled, seeded and cut into wedges)
- Place in pickling juice then simmer until cooked through

Pork cheek

- » 6 whole cheeks (silver skin cleaned off)
- » ½ onion
- » 1 carrot
- » ½ stick celery
- » ¼ fennel
- » 3 cloves garlic
- » 5 sprigs thyme
- » 1 fresh bay leaves
- » 10 black peppercorns
- » 2L chicken stock
- » 100ml white wine

METHOD

Seal cheeks in a hot pan. Remove and then add vegetable into the pan and stir until caramelised, de-glaze with white wine. Simmer until liquid is dissipated. Add pork cheeks, herbs, peppercorns then cover with chicken stock, simmer for four hours. Once braised, leave to cool, then strain and reduce leftover cooking liquid by half and reserve for dish.

Garnish

- » Homemade black pudding – roasted
- » Pea sprouts
- » Witlof
- » Carrot tops
- » Crispy pig's ear

NINO ZOCCALI

Mezzalune di maiale con guanciaie brasato e asparagi – Handmade half-moon pork mezzalune ravioli with braised pork cheek, asparagus and crisp pancetta

By Nino Zoccali, Pendolino

SERVES 6

INGREDIENTS

- › 270g braised pork belly, minced
- › 5g of prosciutto, minced
- › 6 slices of prosciutto (for crisp garnish)
- › 6 pork cheeks
- › 200g pork belly
- › 120g parmesan, grated
- › 330g dry ricotta
- › Salt and pepper, to taste
- › 6 spears asparagus, sliced
- › 250ml pork jus
- › 700g fresh pasta dough
- › Olive oil

METHODS

Ravioli stuffing

Thoroughly combine pork mince, prosciutto mince, parmesan, dry ricotta, and season with salt and pepper. This can be kept in the fridge until required.

Preparing pork cheeks, belly and pancetta

Clean the pork cheeks and season well with salt and pepper. Slice pork belly into lardon fingers. Brown in olive oil. Cook the pork cheeks and belly sous vide with the beef jus by placing in a steamer until tender. Once cooked, remove from bag. Strain and retain the cooking liquid.

Crisp the pancetta slices between two flat trays in the oven. Put some weight on the trays to keep it very flat.

Making the mezzalune

Using a pasta machine, roll your pasta very thin. Cut out circles 10cm in diameter. Spoon a small amount of mix in the centre, brush the edges with a small amount of water and fold over to make a semi-circle. Make sure the edges are sealed firm. Make six mezzalune per portion. These can be made a



few hours in advance. Keep them as a single layer in the fridge, covered in cling film.

TO SERVE

In salted boiling water, cook the mezzalune for three to four minutes (depending on the thickness of the pasta). The pasta should be tender. Add the sliced asparagus after about one minute. Have the pork cheeks and belly warmed and the cooking liquid hot (this will be your sauce). Strain the mezzalune and lay neatly in a bowl. Arrange the cheeks and belly on top and sprinkle over the asparagus. Pour over a generous amount of sauce and lay the crisp pancetta on top.

FERGUS HENDERSON



Warm and damp pig's head salad

Fergus Henderson, St John Restaurant, London

INGREDIENTS

- › Pig's heads, shaved
- › 2 carrots
- › 2 celery sticks
- › 2 leeks
- › 2 whole heads of garlic
- › Zest of 2 lemons
- › 2 onions
- › Bundle of fresh thyme
- › Rosemary and parsley stalks
- › Peppercorns in a muslin pouch
- › Bottle of white wine
- › Sea salt

For the salad

- › Radishes
- › Carrots
- › Spring onions
- › Fresh berlotti beans
- › Red wine vinegar

METHOD

Cover the heads and all of the above ingredients in water. Bring the pot to a gentle simmer. You want a completely giving head, with no resistance when pulling cheeks from the bone. This could take three hours or longer, so keep checking your heads.

While this is going on, prep your salad veggies. Carrots: peel and then slice them lengthways with the peeler.

French breakfast radishes: chop the greens off, leaving a tuft. Keep the greens for the salad if you're happy, if not, then bring out the rocket.

Spring onions: thinly slice them, cut straight across. Then cook your berlotti beans (if you don't have any butter beans will suffice).

Back to our head: remove it from the broth, strain, put half back to gently reduce. Pick the flesh off the skull, cut into forkable size, then return it to the broth.

Now on to the construction of the salad (for one person):



In a pan with some of the reduced broth and a spot of red wine vinegar, add the radishes, sliced carrots and chunks of head, just for a moment. Take the pan off the heat, add three beans (so it's just a bean moment not a bean salad...), the spring onions and radish leaves (or rocket). Toss and serve immediately.

WARREN TURNBULL



Crispy pork belly, cashew nut caramel and pickled watermelon

By Warren Turnbull, District Dining

SERVES 8

INGREDIENTS

- › 2kg pork belly
- › Vegetable oil, for frying
- › 3 tbsp toasted cashews
- › 1 tbsp fish sauce
- › 2 tbsp water
- › 60g palm sugar
- › 3 cloves of garlic
- › 1 cup ginger
- › 1 red chilli
- › 2 kaffir lime leaves
- › 2 tbsp lime juice

Pickled watermelon

- › ¼ watermelon, diced into 2cm cubes
- › Pickled pumpkin, diced into ½ cm cubes
- › Daikon, diced into ½ cm cubes
- › Spring onion, finely sliced
- › 1tsp black sesame seeds
- › Baby shiso
- › Baby coriander
- › 100ml rice wine vinegar
- › 100g brown sugar

Pork

Remove skin from pork belly. Put pork in a steamer for one hour or until the pork is cooked through. Test by inserting a skewer into the meat to see if the juices run clear. Place pork in fridge to cool. Once cooled, slice pork into desired sized pieces.

Cashew nut caramel

Place palm sugar and water in saucepan and bring to boil. Cook till a light caramel colour. In a food processor, blitz the cashews till they resemble a fine crumble. In a blender, blend garlic, ginger, chilli, fish sauce and lime.

Pickled vegetables

Place the rice wine vinegar, brown sugar and water in a pot, and heat till sugar dissolves. Leave to cool. Blanch the pumpkin and daikon, then place in pickling liquor.

TO SERVE

Heat vegetable oil to 180°C and place pork in oil until crispy. Toss cooked pork in cashew caramel to season. Mix watermelon, pumpkin, daikon, spring onion and sesame seeds together with a pinch of salt. Garnish pork belly by spreading the salad over it, then finish with shiso and baby coriander.





BETHANY FINN

Pork buns

By Bethany Finn, Urban Bistro

INGREDIENTS

- » ½ kg of pork belly (Berkshire or red hog pork belly)

Curing salt for pork belly

- » 100g sea salt
- » 50g sugar
- » 2 cloves garlic
- » 2 sprigs thyme
- » 1 sprig rosemary
- » 1 small bay leaf
- » 6 juniper berries
- » 2 white peppercorns

METHOD

Pound all curing salt ingredients together using a mortar and pestle to form a coarse, aromatic powder. Makes around 150g. Rub it all over the pork belly, refrigerate and allow to cure for 12 hours. Wash the curing salt off the belly, place into deep sided tray, cover with one litre of hot chicken stock. Cover with silicon paper and foil, seal the edges and braise for three hours at 165°C until soft to the touch.

Pork filling for bun

Allow to cool before handling. Take the pork belly and cut into smaller pieces, use the back of the fork to shred the meat, mix with a little sriracha chilli sauce, fish sauce and lime juice to taste.

Pork bun dough

- » 1 tablespoon plus 1 teaspoon active dry yeast
- » 1 1/2 cups water, room temperature
- » 4 1/2 cups baker's flour
- » 6 tbsp sugar
- » 3 tbsp skim milk powder
- » 1 tbsp River Murray salt
- » ½ tsp baking powder
- » ½ tsp baking soda
- » 80g lard, room temperature

METHOD

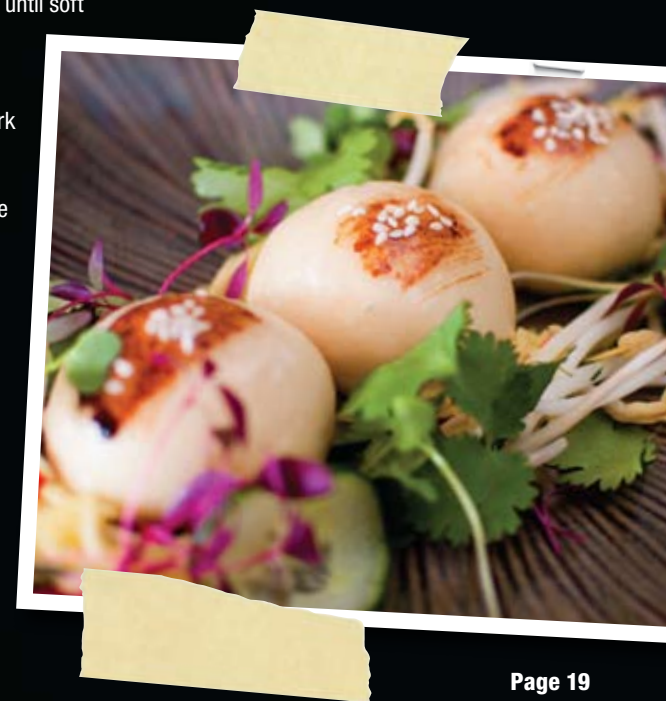
Combine the yeast and water in the warmed bowl with a dough hook.

Add the flour, sugar, milk powder, salt, baking powder, baking soda, lard and mix on the lowest speed possible for nine minutes.

Lightly oil a bowl, place the dough in it, cover with plastic, leave in a warm place to rise, for one hour 20 minutes or until double in size.

ASSEMBLING

Roll into 25g balls, fill with chilled pork bun mix and sit them on squares of silicon paper. Brush with a little dark soy and sprinkle sesame seeds on top. Allow to prove for seven minutes before cooking. Cooking time is seven minutes in the steamer. I serve a little salad of green mango, cucumber, bean sprout, chilli, lime leaf, coriander and mint with a splash of rice vinegar mixed with a pinch of sugar. This makes a nice crisp salad to go with the pork buns.





IAN CURLEY

Pork cotoletta with Italian coleslaw

By Ian Curley, European Group

SERVES 4

INGREDIENTS: THE PORK

- » 4 x 260-280g pork cutlets (rind off)
- » 3 large free range eggs
- » 80ml milk
- » 60g (about ½ cup) plain flour
- » 160g panko (Japanese) breadcrumbs
- » 20g (1 tbsp) freshly grated parmesan cheese
- » 20g (¼ bunch) parsley leaves, picked and washed, finely chopped
- » Zest of 1 lemon
- » Sea salt and freshly milled black pepper
- » 120ml canola oil
- » 80g unsalted butter
- » 4 large lemon wedges

METHOD

Use a meat tenderizer to flatten each pork cutlet. You want the meat to be no more than 10mm thick. Beat the eggs and milk together with a pinch of salt and a couple of turns of the pepper mill. Mix the crumbs with the lemon zest, parsley and parmesan; add a pinch of salt and a couple of turns of the pepper mill. Lightly dust the cutlets in the flour, then coat them with the egg, then coat them with the crumbs, taking care to press the crumbs on firmly. Place the crumbed cutlets on a tray in the fridge until you are ready to cook them. When you are ready to cook, heat two large frypans (or cook them in two batches in one large frypan, if that's all you have, keeping the cooked cotolettas warm in a low oven while cooking the second batch). Add the oil and heat until a few crumbs sizzle when dropped in. Add the butter, and as it is melting add the cotolettas and cook until golden brown, for about three to four minutes. Carefully turn them over and give them another three to four minutes, until they are golden brown. Remove them from oil/butter and place them on an ovenproof tray lined with absorbent kitchen paper in a low oven. At this stage you can toss together the coleslaw and divide it up onto the four plates. Paint a stripe of Dijon



mustard across the plate. Serve the cotolettas next to the coleslaw and garnish with the lemon wedges.

For the coleslaw

- » 300g cabbage cut into fine julienne
- » 40g (½ bulb) baby fennel, thinly sliced on a mandoline (vegetable slicer)
- » 20g (½ of a small) red onion, thinly sliced
- » 40g (2-3 small) radishes, sliced thinly sliced on a mandoline
- » 20g (¼ bunch) basil leaves, picked and washed
- » 20g (¼ bunch) mint leaves, picked and washed
- » 20g (¼ bunch) parsley leaves, picked and washed
- » 20g (1 tbsp) tiny salted capers, rinsed in cold water, drained
- » 20g (1 tbsp) freshly grated parmesan cheese
- » 20g (¼ bunch) watercress, picked and washed
- » 80g baby peas, podded and blanched
- » 10ml (2 tsp) chilli oil
- » 40ml (2 tbsp) freshly squeezed lemon juice
- » 80ml (4 tbsp) extra virgin olive oil
- » Freshly milled black pepper to taste, and a generous pinch of sea salt

METHOD

Place all the prepared vegetables, herbs and cheese in a large bowl and toss together. Add the oils, lemon juice, salt and pepper, and toss again. Taste and adjust the seasoning if necessary. Divide between four large plates by piling up the ingredients high, making sure you get all the small pieces that fall to the bottom of the bowl.

steaks, medallions and fillets

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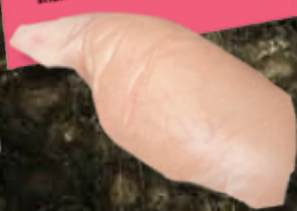


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STEPHEN CLARKE

Braised pork cheek rolled in bran, pork belly and truffle-salted caramel with textures of spring vegetables

By Stephen Clarke, Clarke's of North Beach

SERVES 4

INGREDIENTS

Pork cheek braise

- › 1kg pork cheek
- › 1 clove garlic
- › 2 shallots
- › 1/2 onion
- › 1 stalk celery
- › 40g carrot
- › 10g leek
- › 10g tomato paste
- › 4 star anise
- › 2 litres veal stock

Seasoning

- › Bran, flour, egg wash

Pork belly truffle caramel

- › 40g slow cooked pork belly (shredded)
- › 70g granulated sugar
- › 5g black truffle
- › 2g fleur de sel
- › 5g dried porcini mushrooms

Textures of spring vegetables

- › 4 baby carrots
- › 4 new season asparagus spears
- › 2 baby fennels
- › Micro herb celery (for garnish)

Pea Panacotta

- › 100g garden peas
- › 60ml milk
- › 60ml cream
- › 7.5g agar agar

Fennel puree

- › 200g fennel
- › 200ml milk
- › 100ml cream
- › 10g butter
- › Seasoning



METHOD

Pork cheek braise

Trim the sinew from the pork cheek and prepare the vegetables by cutting into small dice, and crush the garlic. Seal the cheeks to a golden brown. Add a little caster sugar to achieve a great colour to the finished product. Place the meat in the pressure cooker with veal stock. Add the garlic and onions to the same sauté pan, and as you seal the cheeks add in the other vegetables. Colour and add to the pressure cooker with other ingredients. De-glaze with red wine, add to pressure cooker. Cook for 45 minutes.

Pea pannacotta

Heat the peas, cream, milk and strain. Add agar agar and set in a small tube until firm (Will hold to 60°C).

Fennel puree

Wash and peel the fennel, cook in a pan with cream and milk until soft. Add to a blender, season, add a little butter if needed. Strain and reserve until needed.

Pork belly truffle-salted caramel

Heat the sugar to desired colour, add the porcini. Pour onto greaseproof paper. As it cools, add the shredded pork belly and, add shaved truffle. Allow to cool

Vegetables

Bring salted water to the boil, add butter. Cook the spring vegetables. Plate dish and garnish with micro herb celery.

LAUREN MURDOCH

Pork belly and chorizo crepinette with radicchio salad

By Lauren Murdoch, Felix Bar & Bistro



SERVES 6 AS AN ENTRÉE

INGREDIENTS

- » 1kg pork belly, bone out, skin on
- » 100g pig's caul
- » 2 chorizos, peeled and finely sliced
- » 1 tsp crushed fennel seeds
- » 250ml white wine
- » 25ml vegetable oil
- » 1 onion, diced
- » 1 stick of celery, diced
- » 3 cloves of garlic, finely chopped
- » 50g butter
- » 100g toasted bread crumbs
- » 1 tsp each of finely chopped parsley, chives and dill

Salad

- » 1 radicchio, shredded
 - » 1 bunch chives, cut into 2cm pieces
 - » ½ bunch parsley, roughly chopped
 - » ½ bunch dill, picked
 - » 10-15 mint leaves, roughly chopped
- Mix all together.

Salad dressing

- » 20ml balsamic vinegar
- » 1 tsp honey
- » 1 tbsp seeded mustard
- » 60ml extra virgin olive oil

METHOD

Sear the pork belly in a hot pan in the vegetable oil until browned on each side. Transfer to a tight-fitting roasting tray. Deglaze the pan with the white wine, season with the salt and fennel seeds. Cover the pork with a sheet of baking paper and foil. Braise at 150°C for three hours until tender. Allow to cool and shred the meat. Cook the onions, celery and garlic in the butter over a medium heat until soft. Mix into the shredded pork belly. Check the seasoning. Divide into six balls. Mix the fine herbs with the toasted crumbs.

To assemble the crepinettes, lay out the pig's caul, and for each crepinette place one tablespoon of the herbed crumbs in the centre, then the pork belly mix, followed by four slices of the chorizo. Wrap the caul tightly around the bundle. Cook in a hot oven for 20 minutes until golden. Serve with the salad on the side.

DAVID PUGH



Poached pork loin salad with prawn and spicy peanut dressing

By David Pugh, Restaurant Two

INGREDIENTS

1 kg boneless pork loin

Poaching liquor

- » 1 brown onion, thinly sliced
- » 1 carrot, peeled and thinly sliced
- » 200ml dry white wine
- » 1 litre chicken stock
- » 1 tsp sliced ginger
- » 12 black peppercorns
- » 2 dried chillies
- » 2 cloves
- » 1 tbsp honey
- » 6 star anise
- » 6 cloves garlic
- » 6 cardamom pods
- » ½ stick celery
- » 1 bay leaf
- » 50ml dark soy sauce
- » 500ml water
- »» 2 tsp salt

DRESSING INGREDIENTS

- » 50ml lime juice
- » 1 tbsp fish sauce
- » 1 tbsp rice vinegar
- » 1 tsp chilli flakes
- » 1 tsp sweet chilli sauce
- » 1 tsp crushed garlic
- » 1 tsp grated ginger
- » 1 tbsp peanut oil
- » 2 tbsp extra virgin olive oil

SALAD INGREDIENTS

- » 2 spring onions, sliced
- » 30g bean sprouts
- » 30g snow pea sprouts
- » ½ continental cucumber, peeled, halved and sliced
- » 1 red chilli, thinly sliced
- » 12 prawns, cooked and peeled
- » 50g roasted peanuts
- » 18 basil leaves, torn
- » 18 mint leaves, torn
- » 18 coriander leaves, torn
- » 18 cos lettuce leaves, torn

METHOD

Place all poaching ingredients, including pork, into a medium-sized pot and bring slowly to the simmer. Cook for 30 minutes. Remove from heat and cool in stock. Mix dressing ingredients with salad. Remove pork and slice thinly. Toss into salad and divide evenly between six plates and serve.



MATTHEW KEMP



Suckling pig, Savoy cabbage, celeriac and stuffed pigs' tails

By Matthew Kemp, Restaurant Balzac

SERVES 4

Pig's head

- » 1 boned pig's head
- » 1 carrot, diced
- » 4 garlic cloves
- » 50ml Port
- » 1 bay leaf
- » 100ml veg oil
- » 1 onion, diced
- » 1 celery, diced
- » 100ml Madeira
- » 1L veal stock
- » 2 sprigs thyme

METHOD

Lay pig's head, skin on and side down, and season well. Roll in muslin cloth and secure with butcher's twine to create a cylinder. Caramelize root veg in a heavy-based pan with the vegetable oil, add the alcohol and reduce to a glaze. Add the stock and herbs. Bring to boil, add the head, cover with parchment and place in an oven at 140°C for 3.5 hours. When soft and giving, remove from oven. Allow to cool in liquor. Unwrap and roll in clingwrap to form a large cylinder. Place in the fridge to set.

Tail and shank

- » 2 pig's tails
- » ½ onion
- » ½ celery stick
- » 100ml madeira
- » 1 bay leaf
- » 100ml veg oil
- » 100g shank meat
- » ½ carrot
- » 2 garlic clove
- » 1L veal stock
- » 2 sprig thyme
- » ½ Granny Smith

METHOD

Take a heavy-based pan and heat. Add oil, followed by tails and shank meat. Cook until golden all over. Remove and set aside. Using the same pan add diced root veg - cook until golden brown. Add madeira and reduce to a glaze. Return meat, add stock and herbs. Bring to the boil. Cover with parchment and braise at 140°C for two hours. Remove from oven. Leave shanks to cook in liquor. Remove tails. Carefully de-bone. Stuff the tail with diced and sauteed Granny Smith apple then roll in clingwrap to reform the tail shape. Set in fridge for three to four hours. Cut in four, then panee using Panko



Breadcrumbs. Set aside. Drain off the shanks and shred. Pass stock and reduce to sauce consistency. Add a little jus to the shank meat. Set aside. Keep the rest aside to use to sauce the dish.

Pig shank gnocchi

- » 350g potato (sieved)
- » Sea salt
- » Braised shank meat
- » 150g plain flour
- » Ground black pepper

METHOD

Mix all ingredients together, except the meat, and knead to form a dough. Roll out to the thickness of a \$2 coin. Cut into rounds, 8cm across. Fill with the braised shank and fold over to create a semi-circle parcel. Blanche in salted simmering water for two minutes and refresh in iced water. Drain well and set aside.

Rump

METHOD

Make a simple brine, bring ingredients to the boil and simmer for 10 minutes. Chill completely. Immerse rump for 12 hours. Drain well, tie with butcher's twine. Set aside.

To Serve

Slice roasted rump, Gnocchi x 4 (panfried), Braised pig's head, cut into four (panfried), Tails (deep-fried), confit of Cabbage, Jus, Granny Smith apple Solphorino, Celeriac puree and Crackling. Garnish with mustard cress and freshly shaved truffles.

GIOVANNI PILU

Pork cutlets with chicory and cherry jus

By Giovanni Pilu, Pilu at Freshwater

SERVES 4

INGREDIENTS

- › 4 large pork cutlets, in a rack (rind on)
- › ½ bunch chicory
- › 20 fresh cherries, pitted
- › 2 garlic gloves, one crushed and one thinly sliced
- › 1 lemon
- › 1 tsp fennel seeds
- › 1 tsp black pepper
- › 2 tbsp sea salt
- › 1 tsp dried chilli
- › 100ml extra virgin olive oil
- › 1 bunch flat leaf parsley
- › 100ml marsala
- › 1 cup chicken stock

METHOD

For marinade, roast fennel seeds until aromatic. When cool add to blender with black pepper, dried chilli, salt, parsley leaves and the crushed garlic. Add oil to form a paste. Place the rack into an oven tray and coat with the marinade. Cover and refrigerate for 30 minutes. Place the pork into an oven pre-heated to 160°C and roast for approximately 45 minutes. Meat should be just cooked through. Remove from the oven and allow to rest, covered for approximately 15 minutes. Increase the oven temperature to 250°C. Return pork to the hot oven for approximately 10 minutes until the skin becomes crispy. Meanwhile, wash and cut chicory into one-inch pieces. Blanch in boiling salted water for two minutes, or until cooked. Cool in iced water to retain colour. Remove pork rack from tray and keep warm. De-glaze pan with marsala then add pitted cherries, and chicken stock and bring to the boil until sauce reduces. Sauté chicory in a hot pan, with extra virgin olive oil and slices of garlic. Drizzle with lemon juice. Divide chicory amongst serving plates, slice rack into four cutlets and arrange on chicory. Drizzle sauce around each cutlet.



Porchetta

By Brad Jolly, Alchemy

INGREDIENTS

› 2kg pork belly, boneless skin on

Seasoning

- › 4 tbsp ground fennel
- › 1 lemon zest
- › 2 tbsp chopped sage
- › 1 tbsp chopped garlic
- › 2 tsp salt
- › ½ tsp black pepper

Sauce

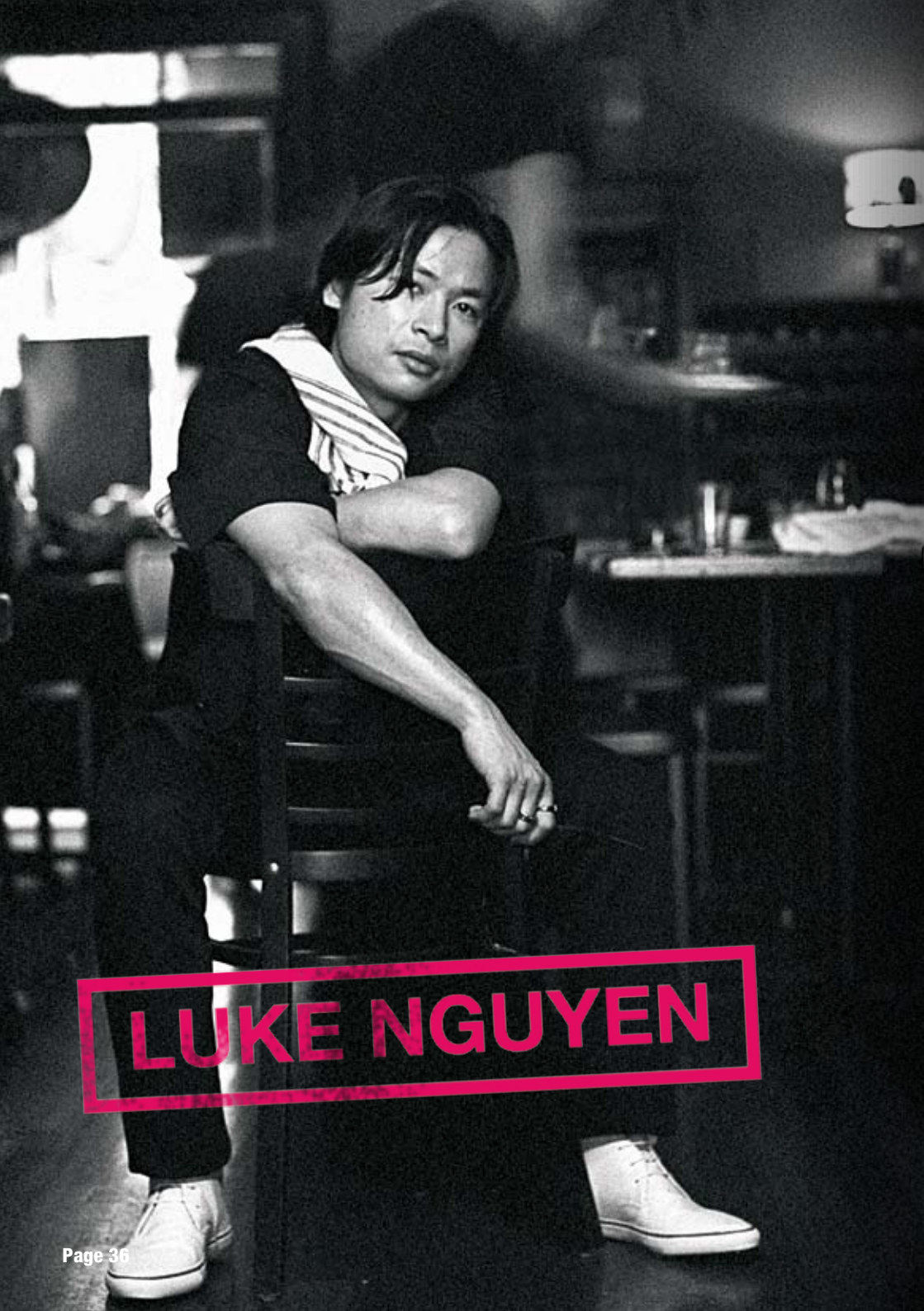
- › 200ml white wine
- › 600ml chicken stock
- › 20g cold butter

METHOD

Combine all seasoning ingredients in a bowl to combine. Rub one side of the pork belly with the seasoning mix. Roll up the pork belly and, using butcher's twine, tie the pork at 5cm intervals. Season pork once again with salt and pepper, then place in a hot oven at 220°C for 30 minutes, then reduce heat to 140°C and continue to cook for a further 90 minutes. Remove pork from oven and allow to rest for 20 minutes before making the sauce. To make the sauce, remove pork from roasting dish and stir wine in roasting dish, scraping down all of the good brown bits. Transfer wine to a saucepan and add chicken stock. Continue to simmer sauce until a light sauce consistency is reached, then stir in cold butter. Slice porchetta and serve with roasting jus and your favourite roast vegetables.



BRAD JOLLY



LUKE NGUYEN

Roast pork – Heo Quay

By Luke Nguyen, Red Lantern

SERVES 4-6

INGREDIENTS

- » 1 kg (2 lb 4 oz) pork belly, on the bone
- » 1 teaspoon five-spice
- » 2 tablespoons annatto oil
- » 1 teaspoon bicarbonate of soda (baking soda)
- » 2 teaspoons cornflour (cornstarch)
- » 2 teaspoons sesame oil
- » 1 bird's eye chilli, thinly sliced
- » Light soy sauce, for dipping

METHOD

Dip the skin of the pork belly briefly into boiled, hot water, taking care to keep the flesh out of the water. Clean the skin by scraping the surface with a knife to remove the outer layer; the skin should be a consistent white colour. Wash the skin, then, using a large sharp knife, score the skin in either parallel lines or a crosshatch pattern.

Combine 1/2 teaspoon of the five-spice, one tablespoon of the annatto oil, one teaspoon salt, the bicarbonate of soda and cornflour in a bowl, and mix well. Rub the mixture evenly over the pork skin. In a separate bowl, combine the remaining five-spice, annatto oil and one teaspoon salt. Mix well, then coat the pork meat with the mixture, massaging it in well. Place the pork in a dish, cover with plastic wrap and place in the fridge to marinate for at least six hours, or overnight.



Preheat the oven to 250°C (500°F/Gas 9). Put the pork in a roasting tin, skin side up, and roast for 20 minutes, then reduce the heat to 150°C (300°F/Gas 2) and roast for a further 10 minutes. Brush the skin with the sesame oil and roast for a further 20-30 minutes, or until the pork is cooked through. Using a cleaver or large heavy knife, chop the pork belly into 2cm (3/4 inch) pieces. Serve with jasmine rice, and a small bowl of sliced chilli and soy sauce for dipping.

Annatto seeds, also known as achiote, are used to add a golden colour to foods such as pork, chicken or rice. Annatto seeds and oil are sold in Asian and Indian markets. If you can only find the seeds, these can be used to make the oil. Heat 1 tablespoon of annatto seeds in a saucepan over low heat with 125 ml (4 fl oz/1/2 cup) of oil. Heat just until the oil begins to simmer; don't overheat or the seeds will turn black. Remove from the heat and set aside to cool, then strain the oil into a jar.

CAMILLO CRUGNALE



Pork Cutlet with pear mustard fruit, broccolini tossed in roasted garlic, and mandarin oil

By Camillo Crugnale, Assaggio Restaurant

SERVES 4

INGREDIENTS

- › 4 x 300g pork cutlets (rind off)
- › 50g honey
- › 2g fresh red chilli
- › 2g fresh minced garlic
- › 2g flat-leaf parsley
- › 5g Dijon mustard
- › 100ml olive oil

METHOD

Preheat oven to 200°C. Layer pork on a bake tray. Mix honey, chilli, garlic, parsley, mustard, olive oil, and baste the cutlets with the marinade. Then bake in the oven at 200°C for 15 minutes, then rest for five to 10 minutes. Return to oven to reheat for five minutes, and serve with mustard fruit and mandarin oil.

Pear mustard fruit

- › 1kg small or baby pears, peeled, stalks left on
- › 400g caster sugar
- › 10 drops mustard essence

METHOD

Halve the pears, cutting through the stalk, then put them in a large bowl and mix with the sugar. Cover with cling film and leave at room temperature for 12 hours. This begins the fermentation process and brings out the juice of the fruit. Remove the pears from the sugar, shaking off any excess. Place in a large dish. Put the sugar and pear juices in a pan, bring to the boil, stirring to dissolve the sugar, and cook for five minutes. Remove from the heat and pour the hot syrup over the pears. Cover and leave at room temperature for 12 hours. Repeat the process of

pouring off and boiling up the syrup three more times – it will take two whole days from start to finish. The pears will release a lot of juice over this time. The final time, measure out your remaining syrup. You'll need to reduce this to a third of its volume, so place it in a pan and bring to the boil. Boil until reduced by two thirds. Add the fruit to the pan, lower the heat, and cook for 20 minutes. Leave the fruit to cool in the syrup. Once completely cold, transfer the pears to sterilized preserving jars. Add the mustard essence to the syrup, then pour into the jars and seal. They will keep, sealed, for up to six months.

METHOD: MANDARIN OIL

Dry the mandarin peels, then grind them. Place into a mason (glass) jar and cover with grain alcohol (even vodka). Shake vigorously for a few minutes. If possible repeat this over a couple of days. Warmed alcohol will help yield more oil. Strain mixture through a coffee filter. Place mixture in a shallow dish, cover with a material that will breathe, and allow alcohol to evaporate. What's left will be mandarin oil.





MANU FIELDEL

Braised pork belly stuffed with black pudding and parsley

By Manu Fieldel, L'Etoile

INGREDIENTS

Pork belly

- » 1 pork belly (bone out)
- » 3 star anise
- » 6 juniper berries
- » 3 cloves
- » 8 black peppercorns
- » 2 tsp fennel seeds
- » ½ bunch of thyme
- » 2 bay leaves
- » 4 garlic cloves (lightly crushed)
- » 250g rock salt
- » 4L chicken or pork stock
- » Butcher's twine
- » Olive oil
- » Black pudding

Parsley stuffing

- » 1 bunch of picked, washed and dried curly parsley
- » 1 loaf of brioche, stale
- » 3 garlic cloves
- » 200ml duck fat, melted and cooled
- » Salt and pepper

METHOD

Parsley stuffing

Place dried brioche and garlic into a Thermomix and blitz. When the brioche has turned into crumbs, add the parsley bit by bit. Your mix should be bright green. Now slowly add the fat. Season to taste.

Firstly cure the belly for four hours. Place the star anise, cloves, fennel seeds, juniper berries and pepper in a dry pan and roast for a few minutes. When cool blend the spices and

salt into a food processor. Rub the pork with some olive oil followed by the spice-salt mix. Now add garlic, thyme and bay leaves. Cover and place in fridge for four hours.

Once the pork has been cured, rinse well under cold water to remove the salt. Drizzle more olive oil over the pork and season with black pepper. Next, remove the skin from the black pudding and place a piece in the centre, the same length of the belly. Put the parsley mix into a piping bag, and place a line of the mix above the black pudding, from one end of the pork to the other. Roll the belly and tie with butcher's twine. Colour the belly in a frying pan over medium heat, then place in a roasting dish and pour the stock half way up the pork. Place some foil over the top and place in a 190°C pre-heated oven, and cook for four to five hours or until the pork is tender. Place in fridge until cool. To serve, cut a thick 200g slice and colour the outside in a frying pan with olive oil and butter over medium heat. Reheat and serve with some artichoke barigoule and braised lettuce.





CHRISTINE MANFIELD

Chilli coconut pork and crispy rice cakes

By Christine Manfield, Universal

INGREDIENTS

- › 250g minced organic pork
- › 3 cups cooked rice, laid on tray and dried overnight, until all moisture has disappeared
- › Vegetable oil, for deep frying
- › 3 dried small chillies, soaked in hot water till softened, then finely chopped
- › 5 garlic cloves, minced
- › 3 small red chillies, minced
- › 5 red shallots, minced
- › 1 tsp freshly ground black pepper
- › 150ml coconut cream
- › 100ml coconut milk
- › 60g palm sugar, shaved
- › 25ml fish sauce
- › 1 tbsp lime juice, strained
- › 2 makrut (kaffir) lime leaves, finely shredded
- › 75g cashews, roasted and ground
- › ½ punnet coriander cress, snipped

METHOD

To prepare the rice crackers, mould the dried rice into small rounds and flatten, using about a tbsp of rice for each cake. Heat oil in deep fryer or large pot to 180°C and deep-fry the cakes a few at a time until crisp and golden. Drain on paper towel and continue until all cakes are fried. To make the chilli coconut pork, heat one tbsp of oil in wok and stir-fry the pork and chopped dried chilli over high heat, stirring so it doesn't clump together. Add the garlic, chilli and shallots and continue to fry for two to three minutes until pork is brown. Add the pepper, coconut cream and milk, and bring to simmering point, then stir in the sugar and fish sauce and cook for another three minutes until sugar has dissolved. Stir through the lime juice and shredded lime leaf.

Taste and adjust seasoning if necessary, then add the ground cashews and remove from heat. Toss through the snipped coriander cress and serve the pork sauce in a bowl on the centre of a larger plate. Stack the rice cakes around it to serve.

Courtesy of FIRE, Christine Manfield, 2008.



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