

HOW TO COOK YOUR ROAST PORK.

Roast without crackling.

- 1 Preheat oven to 180°C.
- 2 Gently sear roast in a hot pan.
- 3 Place in oven and cook for 45 minutes per kg to finish.
- 4 Rest for 5-10 minutes and enjoy!

Roast with crackling.

To help you cook the crispiest crackling, there are three things you need: heat, oil and salt.

- 1 Firstly, preheat oven to 220°C.
- 2 Then pat the surface of the rind dry with paper towel.
- 3 Rub a little oil and salt well into the scored rind.
- 4 Finally, cook for 20 minutes at 220°C (this will begin the crackling process), then turn down oven to 180°C and cook for 45 minutes per kg.
- 5 Rest for 5-10 minutes and enjoy!

Remember, pork is at its juicy best when cooked medium.



What size roast should you choose?

Use this guide to help select your roast.

| | | |
|----------------|-----------------|------------------------------|
| Bone-in roast | 250g per person | 6 people = 1.5 - 1.6kg roast |
| Boneless roast | 200g per person | 6 people = 1.2 - 1.3kg roast |

WITH PORK, SUMMER ENTERTAINING IS A BREEZE.

Pork's becoming the new juicy favourite on the barbeque over the festive season.

How to barbeque pork.

Select a thick cut of pork, around 2.5cm thick.

A good choice is a loin steak, chop or medallion.

- 1 Heat grill/BBQ to a medium hot temperature.
- 2 Cook on each side for approx 3-4 minutes.
- 3 Remove from grill/BBQ and let rest for 3 minutes.

For a little extra flavour, try these two quick and easy marinades.

Festive cherry marinade.

- 1 ½ cup blackcurrant juice
- 2 1 tbsp arrowroot powder
- 3 400g can cherries or 200g fresh cherries, stones removed
- 4 Salt and pepper

Chilli ginger marinade.

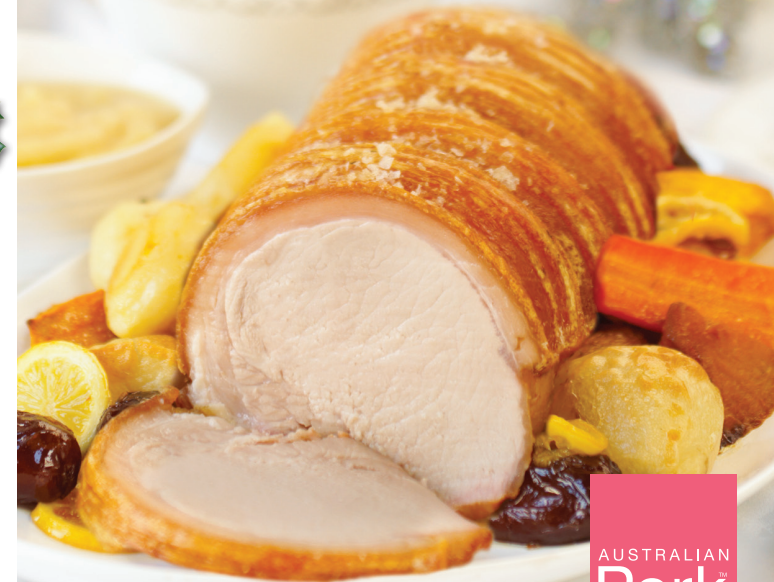
- 1 1 cup soy sauce
- 2 2 tbsp honey
- 3 1 tbsp ginger
- 4 1 tbsp garlic
- 5 ½ tsp chilli (optional)



For more great marinade and steak recipes, visit www.pork.com.au.

You'll also find quick and easy ideas to use any leftover Christmas ham.

A GUIDE TO ROAST PORK AND HAM THIS CHRISTMAS.



GLAZING YOUR HAM.

- 1 Prepare your favourite glaze recipe.
- 2 Remove rind and use a sharp knife to score ham in a diamond pattern.
- 3 Next, place ham scored side up in a large baking pan and brush over glaze.
- 4 Finally, place into a pre-heated oven or hooded BBQ at 180°C for 20 minutes per kg, basting occasionally, until ham is brown and warmed through.

Glaze suggestion 1.

½ cup brown sugar
1 cup BBQ sauce
2 tbsp seeded mustard

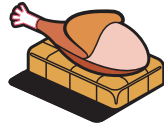
Blend all ingredients in a saucepan over a low heat until well combined.

Glaze suggestion 2.

¾ cup orange juice
½ tsp nutmeg
1 cup honey
1 cup orange marmalade, sieved
¼ cup Grand Marnier or whisky (optional)

Blend all ingredients in a saucepan over a low heat until well combined.

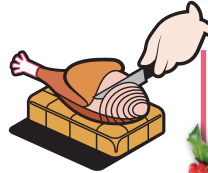
CARVING YOUR BONE-IN LEG HAM.



Note: already glazed your ham? Skip Step 1.

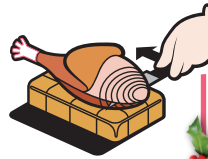
Step 1

Place ham skin side up. Then run a small sharp knife under the rind around the bottom (opposite end to hock) and each side of the ham to about halfway up. Peel the rind back.



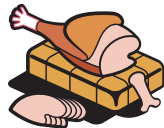
Step 2

Run the tip of the knife around the bone, on the underside of the ham. Begin to slice on a slight angle down to the bone.



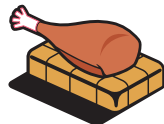
Step 3

Run your knife lengthways along the bone to remove slices. Continue to slice towards the hock.



Step 4

Continue slicing down to the bone, working your way around the ham. When you've reached about a third of the way up, you can remove the bone by making a few short cuts at the joint.



Step 5

To keep your ham fresh, fold rind back over exposed surface, place in a Ham Bag, pillowcase or wrap in a tea towel and store in the fridge.

STORING YOUR HAM.

- 1 Soak a Ham Bag, pillowcase or tea towel in 4 cups of water and 2 tablespoons of vinegar.
- 2 Wring out excess water and place ham in the Ham Bag, pillowcase or wrap in tea towel. Store in coolest part of fridge.
- 3 Re-soak bag in solution every few days or when Ham Bag dries out.

WHAT SIZE CHRISTMAS HAM SHOULD YOU CHOOSE?

Use this table as a guide.

| | | |
|--------------|---------------------|----------------------------|
| Bone-in ham | 200-250g per person | 6 people = 1.5 - 1.6kg ham |
| Boneless ham | 150-200g per person | 6 people = 1.2 - 1.3kg ham |

AUSTRALIAN
Pork

HOW TO KNOW
IT'S AUSSIE.

100% of fresh pork such as roasts, chops and steaks is Australian. But did you know that around 80% of smallgoods such as ham and bacon sold in Australia is made from imported pork? If you want to buy Australian ham and bacon, look for the distinctive Australian PorkMark (pictured above), Product of Australia or buy a bone in ham this Christmas.

For more ideas, go to www.pork.com.au

Get some pork on your fork.