

HOW TO PORK LIKE A PRO

This quick guide provides essential tips on how to choose, prepare and cook lean pork, along with recipe ideas to enjoy its many benefits.



ENJOY THE BEST PORK EVERYTIME

CHOOSE

Opt for meat that is a pink/pale colour. It indicates freshness and quality.

PREPARE

Bring pork to room temperature before cooking, then pat it dry with paper towels. When cutting pork, always cut against the grain, as this will help keep it tender.

COOK

Pork is a red meat; a hint of pink in the middle is perfectly fine (except for mince). Let the meat rest for a few minutes after cooking.

STORE

Store pork in the coolest part of your fridge. If it's not already in a sealed pack, place it on a plate covered with plastic wrap or in a sealed container lined with a paper towel. To freeze pork, make sure it is in airtight packaging and thaw slowly in the fridge before cooking, ideally 24 hours.

Pork is value-packed nutrition

A single 65g serving of cooked, lean pork* is packed with 18g of high-quality protein (containing all nine essential amino acids needed from food sources) which is highly bioavailable (readily absorbed). In addition, pork contains more than half the daily requirements for two B vitamins, thiamin and niacin, and contains pantothenic acid, vitamin B6, phosphorus, selenium and potassium.



MAKE IT PORK

Traditional Bolognese

Did you know traditional bolognese is made with half pork mince, half veal mince?

Porkie Pie

For a delicious twist on Shepherd's pie, switch to pork mince and add a little sage or fennel.

Pork Schnitzel

Simply pound pork loin thin, crumb and pan fry with a dash of Extra Virgin Olive Oil.

Sunday Roast

Impress the family with pulled pork. Rub pork shoulder with herbs and spices, cook on low for several hours and remove separable fat.

BBQ Pork Skewers

Marinate diced pork pieces in lemon juice, crushed garlic and parsley. Skewer, alternating each piece with a vegetable of choice. BBQ.



*The nutrient content claims are based on an in-depth analysis of eight popular, widely ranged lean cuts of pork, which were used to establish a composite average nutrition information panel. All claims are based on this average unless specified otherwise.

Visit www.pork.com.au for the nutrition information panel

Disclaimer: The information in this fact sheet is for educational and general information purposes only. For dietary guidance, please consult an Accredited Practising Dietitian.