

Vark wors



VAR KWORS

3kg Varkvleis

30g fyn sout (25ml)

5ml vars gemaalde witpeper

2ml fyn naeltjies

15ml heel koljander

2ml gerasperde Neutmuskaat

150ml asyn

90g derms

METODE:

Skroei eers die koljander, maal en sif dit

Sny vleis in 50mm bloke en meng met res van die bestandele, behalwe asyn en derms

Maal vleis, voeg asyn by en meng liggies maar deeglik.

Sop derms lossies met die mengsel en draai derm elke 10cm om worsies te vorm

Lewer sowat 3 kg

***Nota:** Vir 'n fyner tekstuur word die vleismengsel twee keer gemaal

Jy kan kaas in blokkies van 1cm by sit ongeveer so 250 g is genoeg

Pork belly roast



Ingredients

- 1.3 kg higher-welfare pork belly
- 15 g fennel seeds
- 5 g sea salt
- 100 ml olive oil
- carrots
- celery
- onions
- garlic cloves , skin on
- fresh thyme
- 1 bottle white wine
- 75 g plain flour

Method

Turn oven to the highest temperature you can get it to. Using a Stanley knife score the skin down to the meat (try not to cut the meat), make the cuts very close together (go across the skin). Put the fennel seeds and the Maldon sea salt in a

pestle and mortar and grind till the seeds are smashed and mixed well with the salt.

Pour half the oil over the top of the skin of the pork belly, sprinkle over $\frac{1}{2}$ of the fennel and salt mixture and rub in, pour over the remaining oil and then the seed and salt mixture, now really rub this into the skin so that everything gets inbetween the skin and down onto the meat. Wash the carrots and celery well, cut them into large 2 inch pieces and throw these into the base of your roasting dish. Throw in the whole garlic bulbs, peel and cut the onions into large wedges. Toss in the whole thyme leaves.

Put the seasoned pork belly on top of the vegetables and then put into your very hot oven for 10-15 minutes or until the skin of the belly starts to bubble and is golden brown. Turn the oven temperature down to 170°C/325°F/gas 3 then roast for 1.5 hours. Carefully open the oven door and add into the tray $\frac{3}{4}$ of the white wine, continue cooking for 1 hour. Remove the meat carefully from the oven and test to see if it pulls apart easily. If not put back in the oven until the meat is ready then remove from the oven. Take the meat from the tray and place onto a wooden board and allow to rest while you make the gravy. Put the tray of roasted vegetables directly onto your stove top and on a medium heat add in the flour and stir till thick. Cook for 1 minute then add in the remaining wine. If you sauce is too thick add a little more white wine. Using a potato masher, mash up the vegetables until you have a delicious thick looking sauce. Cook for 2-3 minutes on a low heat. Taste, strain through a sieve keeping all the lovely sauce for pouring over the roasted belly.

Remove the crackling from the top of the belly and break up into pieces, set aside then pull the pork belly apart and enjoy with more vegetables and your home made gravy

Dries se vark



Sticky pork / sweet & sour pork .
Sooo maak ek

Kry v jou appelkoos en perskesap.

Spesery jou vleis soos jy daarvan hou . Ek geruik aromat , swart peper en paprika . (dit werk goed met enige vark snit . Veral rib . As dit gerook is nog lekkerder)

Nou sit jy jou oon aan op 200 grade . Plaas jou oondpan met vleis in die oond.

Dan kerf jy n ui fyn .

Gooi so 250ml sap en die uie in n houer . Mikrogolf dit tot kookpunt .

Gooi dit nou oor jou vleis in die oond .

Nou bak jy daai vleis tot mooi goudbruin en gaar . As jou vleis te droog raak voor dit gaar is voeg nog bietjie sap by .

Daai vrugte geur werk baie mooi met die vark .

Enjoy xxx

Pork and Apple Skewers Recipe



TOTAL TIME: Prep: 15 min. + marinating Grill: 15 min.

MAKES: 6 servings

Ingredients

3/4 cup barbecue sauce

1/2 cup pineapple juice

1/4 cup honey mustard

1/4 cup packed brown sugar

2 tablespoons soy sauce

2 tablespoons olive oil

1-1/2 pounds pork tenderloin, cut into 3/4-inch cubes

5 medium unpeeled tart apples

Directions

In a large resealable plastic bag or shallow glass container, combine the first six ingredients; mix well. Reserve 1/2 cup for basting and refrigerate. Add pork to remaining marinade and turn to coat. Seal bag or cover container; refrigerate for at least 1 hour.

Drain and discard marinade. Cut the apples into 1-1/2-in. cubes. Alternate pork and apples on metal or soaked wooden skewers.

Grill, uncovered, over medium heat, for 3 minutes on each side. Baste with the reserved marinade. Continue turning and

basting for 8-10 minutes or until meat juices run clear and apples are tender. Yield: 6 servings.

Pork Belly Pot Pie with Apple and Sage



Ingredients

2,5 kg pork belly – most fat trimmed off and de-boned

2 apples – cut in big chunks

2 apples – keep for later

1 big onion – cut in big chunks

a few sprigs fresh sage or thyme (needed for the roast)

100 ml chopped fresh sage

15 ml freshly ground coriander

salt and pepper

125 ml apple juice

30 ml honey

15 ml soy

1 roll Puff pastry

1 egg for egg wash

Method

Preheat oven to 180 C. Place the apple and onion chunks in an oven tray and if you have a cooling rack that fits the roasting pan, place it on top of the apples and onions. Season the pork belly with salt, pepper and coriander and place it on top of the rack. Cover with foil and roast for 2-3 hours until the meat is fork tender. Remove the foil. Mix the soy and honey and brush the pork belly with it. Change the oven setting to "Grill" and brown the meat under the griller. Now use a fork and pull the pork into shreds and keep one side. Pour the juices from the pan into a small pot and reduce, if you do not have enough (about 1 cup) add some stock or apple juice. Mix the reduced pan juices with the shredded pork, add the chopped sage, peel and cut the 2 remaining apples and also add to the pork. Cool the mixture. The apple and sage cook under the pastry "lid"

Preheat oven to 200 C. When the pork has cooled down and transfer to the pot or dish your are going to bake it in. Roll out the pastry to about 2 mm thick. Cut to the size of your pan or pot. Break the egg into a cup, but before you whisk it, use some egg white to paint the edges of your dish or pot to act as glue for the pastry. (As you can see, I did not use enough egg white and my pastry pulled away from the edges of the pot.) Place the pastry on top of the meat and crimp the

edges in whatever pattern you choose. Brush with egg wash and bake until the puff pastry is golden brown and delicious. Serve with sweet green peas and roasted butternut.

Orange Sesame Pork Noodle Bowl



Yield: Serves 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients:

- 2 tablespoons orange juice
- 1 1/2 tablespoons oyster sauce
- 1/4 teaspoon red pepper flakes
- 1 tablespoon sesame oil

2 teaspoons soy sauce
1 tablespoon cornstarch
1/4 teaspoon black pepper
1.5 lbs pork cubes
2 tablespoons olive oil
1 package of rice noodles
1 large carrot, diced
1 yellow onion, diced
1 cup peas
radish slices, garnish
salt and pepper to taste

Directions:

Fill a large bowl with cold water, add the rice noodles to soak for at least 15 minutes. Once the rice noodles have fluffed, drain, and fill a large stock pot with water and bring to a boil. Add the rice noodles and cook for about 5 to 7 minutes. Drain again and set aside.

In a large bowl, combine the first seven ingredients. Add the pork, toss, and set aside. Meanwhile, heat a large skillet to medium high heat and add the olive oil. Next, add the carrot, onion, and peas to the skillet. Saute until the veggies have soften. Then add the pork with all the liquid. Saute for another five minutes until brown. Add the reserved rice noodles to the pan and toss to combine. Turn off the heat. Divide between bowls and garnish with radish slices.

Bacon Biltong



1 kilogram Back bacon
4 tablespoons salt
1 tablespoon ground black pepper
1 tablespoon chilli spice
125 millilitres white vinegar

How to make it

1. Place a layer of bacon in a glass dish.
2. Sprinkle with dry spice mix.
3. place next layer of bacon.
4. Spice and repeat till all bacon spiced.
5. sprinkle over vinegar.
6. cover with plastic wrap and rest for 4 hours.
7. Hang to dry, approx 2 days.

Varknek met Sjerriesous



Vryf sout en fyn gemmer in die varknek in.
Braai varknek in botter en olie tot bruin.

Plaas in foelie met 8 halwe uitjies en bak in oond @ 200 grade vir ongeveer 1 en 1/2 tot 2 uur.

Sjerriesous:

2 uie gekap

2.5 ml fyn vars knoffel

Soteer in botter

Voeg die volgende by:

15ml koekmeel by en roer

250ml (1k) sjerrie

250ml (1k) hoenderaftreksel

20ml tamatiepuree

2ml sout en 1ml vars gemaalde peper

10ml suurlemoensap

ongeveer 10 ontpitte, klein gesnyde pruimedante

Laat prut

Voeg al die sous en uitjies van vleis by die sjerriesous en laat goed deurkook

Haal van stoof af en voeg 100ml room by

Roer deur.

Gooi oor gesnyde varknek

Garneer met vars kruie

Sit dadelik voor

Gammon



Hier is 'n heerlike Gammon resep met 'n glaseersel wat dit pragtig laat lyk op enige Kerstafel as jy hierdie Kersfees ook familie en/of vriende onthaal.

(Resep is ideaal vir iemand wat vir die eerste keer 'n gammon wil probeer maak.)

3 kg ontbeende Gammon

1 $\frac{1}{2}$ L vars appel-, pynappel of lemoensap

2 wortels in growwe blokkies gesny

2 uie

Naeltjies

4 Lourierblare

Knoffel na smaak

3 stukke steranys (opsioneel)

12 peperkorrels

Glaseersel

50g donkerbruin suiker

60 ml Dijon mosterd

15 ml appelasyn

2 ml fyn wonderpeper (opsioneel)

1 ml fyn neutmuskaat

10 ml gemmer

Sit die ham in die oondroosterpan, met die vet kant na bo. Voeg sowat 1 $\frac{1}{2}$ liter water of sap by saam met die speserye en groente. Bedek die pan met foelie (blink kant na onder). Bak by 160 grade vir 30 min. per 500 gram.

Skep 125 ml van die sap waarin die ham gekook het in 'n kastrol om die glaseersel te maak. Voeg die res van die bestandele vir glaseersel by en roer oor matige hitte tot die suiker opgelos het. Stel die hitte laer en prut vir 2 minute.

Plaas ham in 'n roosterpan en verwyder die tou wat rondom die ham is. Smeer nou die glaseersel sous bo-oor die ham. Gooi 'n bietjie van die sap mengsel op die boom van die pan en bak vir 30 min..

Haal uit die oond en laat staan vir 10 min. voor jy dit sny

Duiwelsrib



Bestanddele:

Varkribbetjies

1 eetlepel marmite

5 eetlepels suiker

1 eetlepel mielieblom

2 eetlepels asyn

3 eetlepels fyn gekapte gemmerkonfyt

of 2 teelepels gemaalde gemmer

1 huisie gekapte knoffel

Metode:

- Kook ribbetjies stadig in 'n bietjie water totdat die bene uitgetrek kan word.

- Laat die vleis afkoel sodat jy dit kan hanteer en sny dan in vierkante.
- Meng res van die bestanddele en doop vleisvierkante daarin.
- Rangskik in oondpan en braai bokante bruin onder rooster.
- Sodra die bokante mooi bruin is, draai om en bestryk met nog sous en braai weer bruin.
- Dit kan warm of koud bedien word.
- Die oorblywende sous word ook bedien, sodat die stukkies vleis aan 'n stokkie opgelig kan word en weer in die sous gedruk kan word indien verlang.