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From Farm to Fork... Great British Pork



introduction

a brief history...

It all started one morning in June 1998 at home in Nottinghamshire, when Andrew Smith was tucking into a traditional English breakfast, that he decided he was fed up with eating limp, wet-cured bacon that had absolutely no taste or sustenance. He harped back to the 'good old days' when it was dry-cured using traditional methods and although the process took longer, the end product was infinitely more satisfying.

Having been involved in the pig industry for 25 years both in marketing and production, and a 'chance meeting' with a dry curing specialist called Lindsay, Andrew knew that there was a definite 'gap in the market' that they could fill.

Lindsay cured one of Andrew's pigs the old-fashioned way, rubbing in salt, saltpetre and Demerara sugar, before laying it down for a fortnight to cure naturally. The results were marvellous. The bacon tasted like it used to - full of flavour with no white sediment running out into the pan when cooking, unlike the mass-produced brine-injected bacon. Family and friends were given it to try and soon came back asking for more. A few months later '**The Barn Bacon Company**' was created and work began in producing other products such as the company's traditional farmhouse sausages, made to an old recipe using the finest herbs. One of the hams was shown to the manager at Paxton and Whitfield of Piccadilly and he thought it to be the finest he had tasted in 30 years!

why a recipe book?

Since the initial success, the company has grown very quickly, taking on new staff and supplying quality restaurants and delicatessens as well as sending hampers to an ever-increasing group of mail order customers around the UK. Many of these customers have told me about the wonderful recipes that they have concocted using **Barn Bacon** products and so I decided it was about time to collate them all in a recipe book for everyone to see!

The Barn Bacon Company has now opened The Barn Butchery at Hardy's Farmshop (Farndon Crossroads, Newark, Notts. 01636 610700). So if you are ever in the locality do drop in to say hello - or even to give us your favourite Barn Bacon recipe.

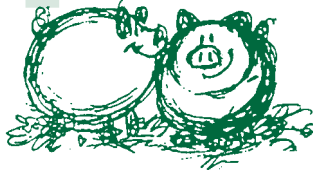
Thank you for all your support - happy cooking.....

james smith



recipe for...

recipe for...



The Barn Bacon Company

ingredients

Take
One man and his wife
Two encouraging sons
A clutch of enthusiastic friends

Add liberal quantities of
Imagination
Enthusiasm
Courage
Expertise
Efficiency

Season with
Hope
Good Humour
Determination
Charm.....

Combine all these ingredients and leave to rise.
When the mixture is ready, tell the world and prepare for action.

margaret young



bacon

the bacon buttie

Just as croissants are in France, the 'Bacon Buttie' is in England. I know of many a vegetarian who has been 'weaned' back onto meat by the smell of bacon cooking! There are of course many ways of preparing the bacon buttie but Jessica reckons this is the best:

Serves 4

450g (1lb) dry cured rindless middle **Barn Bacon**

2 large handfuls of mushrooms thinly sliced

8 slices thick fresh white bread

1 tablespoon olive oil

ketchup (optional)

newspaper

coffee

Heat the olive oil gently in a frying pan and then add the bacon. Add the sliced mushrooms after a few minutes. Cook slowly until almost crispy. Place in between bread (add ketchup if preferred), grab newspaper, coffee, go back to bed and enjoy!

jessica tullberg



bacon

carbonara

A classic pasta dish that I first came to enjoy in Meribel in France. If there was a 'white-out' on top of the mountain we would stay down low at Le Chaussan restaurant and tuck into their famous 'carbonara' served in copper pans. It was the French version of 'ready-brek'!

Serves 4

450g (1lb) beech smoked short back **Barn Bacon**

500 grams penne or spaghetti pasta

1 tablespoon olive oil

5 egg yolks

125 grams parmesan cheese, grated

100ml of crème fraîche

Cook the pasta in salted boiling water until al dente. Whilst this is going on, gently heat the olive oil in a frying pan and add the smoked bacon. Cook until crispy, remove from pan, chop up and put on a plate to one side.

In a bowl, mix the egg yolks, crème fraîche and HALF the parmesan. When the pasta is cooked, drain it and immediately toss it with the warm, crispy smoked bacon and the egg mixture. The trick is NOT to put the pasta back on heat again otherwise you will get scrambled eggs! The residual heat from the pasta is enough to cook the egg mixture.

Serve straight from the pan and add plenty of freshly ground pepper and the remaining parmesan to taste. This dish goes very well with a large green salad with Tullberg dressing (see gammon steak recipe on page 13)

james smith



bacon

grilled cheese medley

This is another recipe which reminds me of days on the ski slopes and stopping off for a lunchtime 'Tartiflette'. Sylvia has adapted this to her own English version and probably enjoys it as a lunch break after a hard morning's gardening!

Serves 3 - 4 as a light lunch or snack

225g (½lb) dry cured **Barn Bacon** -chopped

225g (½lb) onion - sliced

60g (2oz) butter

1 tablespoon olive oil

1 green or red pepper - sliced

675g (1½lbs) potatoes, boiled and sliced.

180g (6oz) grated cheese

Gently heat the olive oil and butter in a frying pan and add the onion. Cook until translucent. Add the bacon and pepper and cook gently for 5 to 10 minutes, then add the potatoes and cook for a further 5 minutes, stirring occasionally. Sprinkle with the grated cheese and place under hot grill until brown.

Serve with a large green salad and then continue your skiing or gardening wherever you may be!!!

sylvia peach



bacon

grilled tiger prawns wrapped in bacon with a chive and lemon butter sauce

Whenever I have the chance to go back up North to visit the parents, we will invariably have a meal at the Caunton Beck pub. This is their rather special recipe!

Serves 6 - 8

60 medium sized 'de-shelled' Tiger Prawn tails
60 pieces of rindless dry cured streaky **Barn Bacon** cut into 2" lengths
60 cocktail sticks
Salt and freshly ground pepper

And for the sauce....

juice of 1 lemon	3 medium shallots finely chopped
225g (½lb) unsalted butter	3 twists of black pepper
1 dessert spoon white wine vinegar	3 dessert spoons of dry white wine
2 dessert spoons of double cream	a small bunch of chives finely chopped

Lay out the bacon and place a prawn on top, roll up and secure with a cocktail stick.

Sauce

Using a heavy stainless steel pan, take a walnut sized piece of butter and gently cook the shallots with 3 twists of black pepper, add the white wine vinegar and reduce totally. Then add the dry white wine and reduce totally. Add lemon juice and reduce by $\frac{3}{4}$, then add the cream and bring to the boil. Lower heat and gently whisk in the remaining butter in walnut sized pieces, but do not boil the sauce as it will separate. Check seasoning and strain through a fine sieve and keep warm. Then add the chives just before serving.

Grill prawns under a hot grill until the bacon is brown and crispy, remove cocktail sticks. Place on serving plates and pour over the chive and lemon butter sauce. Serve with hot new potatoes and green beans.

the caunton beck



bacon

bacon roly-poly

Our friends 'the Browns' who live down in Cambridgeshire run a hardworking farm at Fenton Hill. This recipe sent in by Wendy is probably just the ticket as a tasty lunch-time snack to feed 'the men' before returning to the fields.

Serves 4

240g (8oz) suetcrust pastry
450g (1lb) dry cured **Barn Bacon**
1 onion skinned and chopped
1 egg (beaten)
1 level tsp sage
3 twists of black pepper

First of all fry the bacon gently until almost crispy and chop finely. Roll pastry out into an oblong (12" x 6"). Mix the bacon, onion, sage, pepper and beaten egg together. Spread the filling over the pastry to within ½ inch of the edges. Damp the edges and roll up like a Swiss roll. Wrap in greaseproof paper and seal well. Steam for 2 - 2½ hours.

Serve with parsley sauce.

wendy brown



sausages

bangers 'n mash

There are probably hundreds of different versions of this classic British heart-warming dish and I reckon I have tried most of them! However I think it was with the invention of Wiltshire Tracklements' 'onion marmalade' that the best recipe has now been found.

Serves 4

900g (2lb) traditional **Barn Bacon** bangers
900g (2lb) potatoes
1 jar Tracklements' onion marmalade
glug of red wine

Boil the potatoes with skins on and when ready mash with plenty of butter, milk and black pepper. Whilst this is happening bake the sausages in the oven until almost done. Drain off the fat and put the onion marmalade on top. Finish in the oven for 5 minutes, place the sausages on the mashed potato and deglaze the pan with a glug of red wine for a brilliant onion gravy.

Serve with red cabbage and peas.

Tracklements

(Tracklements' onion marmalade is available in most good delicatessens)

Chloe's alternative:

If you can get hold of any russet apples, cut them in wedges and fry in the pan with the sausage juices. Then deglaze the pan with a little cider for the gravy.

chloe wenban-smith



sausages

apple and red cabbage sausage casserole

Margaret has probably been one of my father's most loyal customers buying from **The Barn Bacon Co's.** mail order hamper delivery service from day one. I think we can therefore assume that she has had the most experience at experimenting with my father's goods!

Serves 4

900g (2lb) traditional **Barn Bacon** bangers

1 red cabbage (chopped)

2 onions (sliced)

2 cooking apples (cored and sliced)

pinch of cinnamon and ginger

teaspoon of demerara sugar

red wine

balsamic vinegar

beef stock

two tablespoons of tomato puree

Brown sausages gently in a frying pan and leave to one side. Add a knob of butter to the pan and gently fry the red cabbage, onions and apples. Turn all ingredients over well so that they become coated in the oil. When slightly softened add cinnamon, ginger, salt, pepper and brown sugar. Turn contents of casserole over to gently amalgamate. Add Sausages.

Now add wine, vinegar and stock so that the cabbage and sausages are just covered. Add tomato puree and mix well. Bring gently to the boil and simmer until cabbage is very tender.

Serve with plenty of mashed potato, peas and carrots.

This casserole, like most stews, casseroles and sauces, improves if reheated.

margaret young



sausages

cocktail sausages in thyme and honey

Always a winner at parties and weddings. Take round a large dish of these and you can't fail to impress!

Serves 20

1350g (3lbs) **Barn Bacon** cocktail sausages
runny honey
dried Thyme

Throw all the ingredients into a roasting tin and put into a 180°C oven for approx 20/30 mins, shaking the tin occasionally so that each sausage is coated in sticky deliciousness. Once the sausages are cooked, leave to cool for a couple of minutes and hand round (with or without sticks) to hungry guests!

geb tullberg

porkie peachy's pasta perfection!

In Tim's own words this dish does not require any culinary skills or talent!

Serves 4

900g (2lbs) traditional **Barn Bacon** bangers
450g (1lb) beech smoked short back **Barn Bacon** (chopped up)
garlic
sweet chillies
tin of plum tomatoes
onions
any mix of Lea and Perrins : tarragon : herbs of various descriptions
(whatever is lying around really!)
fresh tagliatelle

Simply oven cook the bangers and prepare the sauce (frying the smoked bacon, onion, garlic and adding the chillies, tin of tomatoes and herbs). Chop up the bangers and bung them in the sauce and then pour this over oodles of fresh tagliatelle. After eating sink into large comfy sofa and drift off into a contented 'nosh induced' slumber.

tim peach



sausages

toad-in-the-hole

When was the last time you had toad-in-the hole? Probably ages ago, so now is the time to give this 'comfort-style' food a crack again. Simon has provided us with his 'infallible' pudding batter mix - so there should be no excuses!

Serves 4

900g (2lbs) traditional **Barn Bacon** bangers
beef dripping (or oil)

'Infallible' batter mix:

120g (4oz) plain flour
pinch of salt and pepper
3 eggs
½ pint of full fat milk

Mix the milk and eggs first, then gradually add the flour and finally the salt and pepper. A hand-blender is good for this or magi-mix using the pulse button. Rest for ½ hour in the fridge.

Put the beef dripping (or oil) in a baking tin. Thinner baking tins are better as the batter becomes larger and crispier. When the fat (or oil) is hot add the sausages and allow to brown a little.

Now pour in the 'infallible' batter mix and cook in the oven for 30 - 40 mins. **DO NOT** open the oven door at any point as Yorkshire puddings can be a bit temperamental when rising. Remove from oven when golden and crisp.

Serve with mashed potatoes, greens and onion gravy, (for quick onion gravy mix tracklements onion marmalade with a glug of red wine in a saucepan over a low heat)

simon garrett



gammon

gammon steaks

barbecued gammon steaks with salad and tullberg dressing

Without wanting to get into the debate as to whether gammon steaks should be served with pineapple or not (I prefer a fried egg myself), this is a great recipe to do in the summer as an alternative to the ubiquitous sausages and burgers to be found on the nation's barbecues. With a fresh green salad and the famous Tullberg dressing this is delicious, very quick (if you have a gas barby!) and easy to prepare.

Serves 4

4 **Barn Bacon** gammon steaks (smoked/unsmoked)
large bowl of mixed green salad
small jug of Tullberg dressing

Tullberg dressing

teaspoon of salt
teaspoon of sugar
large teaspoon of French wholegrain mustard (or similar)
two tablespoons of balsamic vinegar
four tablespoons of olive oil

First mix the salt, sugar and mustard together in a small jug. Then add the balsamic vinegar and the olive oil and stir vigorously. Dip your finger in and have a little taste. Add more balsamic or oil depending on how you like it.

Barby the gammon steaks, chop up and throw into large bowl of green salad and tomatoes. Add the Tullberg salad dressing and toss.

Serve with hot ciabatta bread or new potatoes and enjoy eating outside while you can!

james smith



gammon

ham gammons

traditional baked and glazed whole ham

I have heard of many different ‘funky’ new ways of how to cook a ham gammon (one of which actually involved boiling the gammon in coca-cola!) but I challenge anyone to beat the taste of my mother’s traditional recipe!

1 whole **Barn Bacon** ham gammon (weighing 12-15lbs)
3 heaped tablespoons of english mustard
3 heaped tablespoons demerara sugar
about 24 whole cloves
approx $\frac{3}{4}$ pint of fresh orange juice and cider/apple Juice
2 large pieces of extra width foil and a large roasting tin.

First of all soak the ham in a large container (clean bucket will do) so that the whole joint is covered in cold water. Leave for half an hour and then rinse.

Now preheat the oven to 160°C (gas mark 4). Place one sheet of foil lengthways in the roasting tin and the other piece widthways.

Place the ham in the middle of the foil. Pour orange juice mixture over ham.

Bring the widthways piece of foil up to the centre and fold the edges over twice to weld them together. The ham needs air to circulate round it during cooking, so the less foil that actually touches it the better. Now bring the lengthways piece of foil to join the rest and fold the edges over all round. The ham should now be sitting in a ‘sort-of’ tent of foil.

Next place the tin in the oven and bake it for 20 minutes per pound, calculate when the last 30 minutes of cooking time will be and at that point remove it from the oven.

Turn the heat right up to 220°C (gas mark 8). Now open the foil and move the ham onto a work surface. Make 3 or 4 horizontal incisions in the skin and with a knife carefully remove the brown skin in strips, leaving as much fat behind as you can.



gammon

ham gammons

cont....

To score the fat simply make cuts crossways and lengthways forming a diamond pattern, then stud a clove into each diamond shape. Now spread the mustard all over and finally press the sugar in using your hands or a palette knife.

Discard the cooking foil and pour juices from the pan into a jug.

Place the ham back in the roasting tin and return to the oven for a final 30 minutes until the surface has a glazed golden crust.

Allow to rest for 45 minutes before serving and use the juices in the jug to make a delicious gravy.

Serve with jacket potatoes or mash and greens.

Christine smith

nb. I find a 5lb ham gammon an easier size to cook with - simply half the ingredients - it will easily feed 8 people for dinner and any left over is of course great for sandwiches !



pork fillets

fillet wrapped in smoked bacon with mustard sauce

This is probably my favourite recipe in the book. I have used it several times myself already because it is simple, quick and fantastically delicious! Annie runs her own business 'Cordon Bleu Catering' down in Kent and seems to have a knack for producing excellent food without too much fuss.

Serves 4-6

2 **Barn Bacon** pork fillets
450g (1lb) beech smoked short back **Barn Bacon**
jar of your favourite mustard
1 tub of crème fraîche
white wine (not the good stuff!) or apple juice.

Take each length of pork fillet and wrap it with the smoked bacon (rind removed). Roast this in the oven for about 45 mins until cooked through, then remove from the roasting tin and allow to rest.

Put the pan over the heat on the hob and work the juices with some white wine or apple juice, then season and add two teaspoons of your favourite mustard and a couple of tablespoons of crème fraîche. You may want to add more crème fraîche and mustard here if you want more sauce.

Carve your fillets and serve with the sauce and mash and veg. Yum yum!!

annie mowl



pork fillets

pork fillets

pork fillets with banana and curry

Ok, I know it's a wacky sounding recipe but trust me it is absolutely delicious! Cheryl served this dish to a large group of people at an International Food & Wine evening and it won much appraisal.

Serves 4-6

2 **Barn Bacon** pork fillets
2 bananas
curry powder
gruyere cheese
1 large tub of cooking cream
salt and pepper

Cut pork fillets into pieces about 3cms thick and brown them in a frying pan. Slice bananas lengthways in half and fry them in a fair amount of butter. Mix the cream with salt, pepper and a small amount of curry powder to taste.

Layer the pork fillets and the bananas in a well-buttered casserole dish. Pour the cream mixture over the layers and top with grated gruyere. Bake in the oven on a low heat for 30 - 40 mins - be careful not to let the cream boil.

Serve with rice or jacket potatoes.

A variation on this is pork fillets with parma ham, cream and gruyere. Follow the recipe as above leaving out the bananas and the curry powder.

cheryl smith



pork fillets

pork fillets

granny smith's stuffed pork tenderloin

When I initially asked my father's customers what their creations had been with his **Barn Bacon** products, most people either wrote to me or sent an e-mail but granny smith (in true granny smith style) sent me two cookery books written in French in 1933 and 1934 when she was at finishing school in Switzerland! It has taken a few weeks to decipher them but I eventually found a recipe which I was not only able to translate (!) but also involved pig as opposed to swan, rook, raven etc...!

Serves 4-6

2 **Barn Bacon** pork fillets
450g (1lb) dry cure streaky **Barn Bacon**
50g (1½ oz) butter
salt and pepper
a length of string

For the stuffing

3 breakfast cupfuls wheatmeal breadcrumbs
2 teacups hot water
1 egg (beaten)
½ teaspoon salt
½ teaspoon black pepper
grated nutmeg
2 teaspoons dried sage
1 teaspoon mixed herbs
1 large onion (finely chopped)
1 oz butter
4 tablespoons dripping
½ teacup chopped fresh parsley



pork fillets

pork fillets

cont....

Preheat the oven to 180°C

Leave the fat on the tenderloin as this will help keep it moist. With a sharp knife, split it in half lengthways and, using a rolling-pin, batter the two halves to flatten and widen them slightly. Season with salt and pepper.

To make the stuffing, melt the butter in a pan and fry the onion for about 10 mins and put into a bowl that you are about to make the stuffing in. Add the breadcrumbs and pour over hot water. Now add the beaten egg, salt, pepper, nutmeg, sage and mixed herbs. Melt the dripping in the pan and mix in the parsley and then add this to the breadcrumb mixture.

Next spoon the stuffing into one half of the fillet, patting it down to firm it slightly, then place the other half on top. Do this to both the fillets then smear with butter and season with pepper. Cover the top of each fillet with the dry cured streaky bacon and tie with string at about 2 inch intervals to keep it neat and tidy, then transfer, carefully, to a buttered roasting tin. Bake near the top of the oven for 1 hour, then place on a serving dish and keep warm.

Make some gravy by stirring some flour in with the pan juices, add some white wine or cider and let it bubble until syrupy.

To serve, carve the meat into thick slices and pour over the gravy. A garnish of fried apple rings would go very well with it.

granny smith



pork fillets

pork fillets

paprika pork with mushrooms and fried bread triangles

I went to Hungary on a stag-do this year and apart from the usual escapades I ended up coming back with a large tin of their national spice - 'Paprika'. I have been looking for an excuse to use it and Margaret seems to have found the answer for me.....

Serves 4-6

2 **Barn Bacon** pork fillets (sliced)
1 onion (sliced)
1 tablespoon paprika
1 tablespoon flour
½ pint chicken stock
1 tablespoon of sherry or apple Juice
1 tablespoon tomato puree
2 handfuls of button mushrooms
½ pint double cream
white bread

Fry the pork fillet in oil and butter until brown (don't wash the frying pan yet-keep it for the fried bread later!). Then drain on kitchen paper.

In a separate larger casserole pan, fry the onion with paprika and blend in the flour. Add the stock, sherry or apple juice, tomato puree and simmer until thickened. Season, add meat and simmer for 40 - 50 mins.

Then add the button mushrooms and the cream, stir well and simmer a further 5 - 10 mins. During this last bit of simmering fry your bread in the frying pan that was earlier used for the pork fillets and when done cut into triangles.

Decorate your triangles of fried bread on the casserole and serve with mash and greens.

margaret daniels



pork chops

pork chops with appletiser and creamed mushrooms

Another slightly wacky recipe from Cheryl. However once again I highly recommend you try it as the result is a delicious, easy-to-make dish.

serves 4

4 **Barn Bacon** pork chops
2 cans of appletiser
2 large handfuls of button mushrooms
1 tub of crème fraîche
butter

Lightly salt and pepper the pork chops then brown them in a frying pan with a dash of oil.

Add the appletiser - enough to cover the chops and cook slowly, covered, for 20 - 30 mins until the pork is well cooked.

Remove the chops from the pan, increase the heat and reduce the sauce. In separate pan fry the mushrooms in butter and add the crème fraîche. Add to reduced sauce and stir in well.

Pour mushroom sauce over chops and serve with jacket potatoes and veg. This particular dish goes very well with apple juice!

cheryl smith

nb. You can cheat slightly by adding a tin of campbell's cream of mushroom to the reduced sauce instead of frying mushrooms in separate pan etc..



pork chops

pork chops with char siu marinade

Margaret didn't give me a title for this recipe but it reminds me very much of the Chinese marinade that is used for spare ribs (see page 23) which is effectively 'char siu' in style. The combination of flavours used is mouth-watering and if pork fillets are used it is actually very low-fat!

Serves 4

4 **Barn Bacon** pork chops
4 tablespoons soy sauce
2 tablespoons orange juice
2 tablespoons tomato ketchup
2 tablespoons dark soft brown sugar
1 teaspoon ground ginger
small bunch spring onions or shallots thinly sliced

This is quite fun: simply find a large bowl and mix all the above ingredients together, pour over the chops and marinade in the fridge for 6 hours. If you don't have time to marinade just pour the sauce over the chops during grilling.

Serve with jacket potatoes and veg. It is also something which is very tasty on the barby in the summer.

margaret young



spare ribs

spare ribs in char siu marinade

This is of course very similar to the recipe used for Margaret Young's pork chops but here we have a couple of different ingredients. I tried this variation with spare ribs in the summer and had to put it in this book!

Serves 6

1 pack **Barn Bacon** spare ribs (usually 1½ lbs in weight)
4 tablespoons soy sauce
2 tablespoons tomato ketchup
3 tablespoons hoi sin sauce
2 tablespoons sweet sherry
2 tablespoons honey
2 tablespoons soft brown sugar
1 teaspoon sugar

As for margaret's pork chop recipe, simply mix all the above ingredients in a bowl and pour over the spare ribs. Leave covered in the fridge for 6 hours, or longer if you have the time.

These are an all-time favourite on the barby - I don't serve them with anything other than a roll of kitchen paper as they can be a bit messy to eat!

james smith



burgers

pork and apple burgers

pork and apple burgers with blue cheese sauce and mash

These pork and apple burgers have been extremely popular as they are thick and succulent as opposed to many of the mass produced beef burgers which are like dried bits of leather. Of course in the summer the pork and apple burgers are great on the barby but in the winter try this recipe:

serves 3 - 4

4 **Barn Bacon** pork and apple burgers

450g (1lb) blue cheese (any will do but I prefer gorgonzola)

small tub of crème fraîche

Grill the burgers slowly - make sure they are cooked well-through. Meanwhile break up the blue cheese into small chunks and melt on a low heat in a frying pan. Gradually add the crème fraîche and mix in until you have a yummy sauce. You could add a little milk if you want to make the sauce a little thinner - it depends on the type of cheese you use.

Put a dollop of mashed potato on each plate with a burger on top and pour over the blue cheese sauce.

Serve with peas and spinach.

james smith



casseroles

pork casseroles

gascon pork casserole

I know that Chloe spent a lot of time in France during university and so I guess this must be where she picked up the following recipe:

Serves 6 - 8

900g (2lbs) **Barn Bacon** diced pork
450g (1lb) dry cured streaky **Barn Bacon**
bag of new potatoes (cut into ½ cm slices)
1 large onion (cut into rings)
thyme
bay leaves
garlic
Juniper berries (optional)
glug of white wine, cider or apple juice

Season the diced pork and brown in frying pan with a little oil. Turn the oven on to 160°C - gas mark 4.

Layer the ingredients as follows:

Potatoes and onion, thyme, salt and pepper, bay leaves, garlic, berries

Seasoned, diced pork, nicely browned

Potatoes and onion, thyme, salt and pepper, bay leaves, garlic, berries

Add strips of the dry cured streaky bacon over the top, then pour over some white wine, cider or apple juice (you could de-glaze the pan you browned the pork in first, to get all the goodies and add to casserole). Cover with greaseproof paper and the casserole lid and cook in the oven for about 3 hours.

Serve with hunks of fresh bread and a good salad with a walnut dressing.

chloe wenban-smith



casseroles

pork casseroles

pork in cider with apples

Another recipe from the crew at Caunton Beck. This is a great casserole for the winter season and is a little quicker to make than 'conventional casseroles'.

Serves 6

900g (2lbs) **Barn Bacon** diced pork
1 medium onion (diced)
½ pint sweet cider
2 apples
½ teaspoon sage
seasoning
60g (2oz) flour

Sweat onions off in a saucepan with some oil. Add the diced pork with sage and cook off for 5 minutes on a moderate heat until meat is sealed.

Add flour and cook out for 5 minutes, stirring occasionally. Then slowly add the cider stirring all the time, followed by ½ pint of water.

Leave to cook without lid on for 20 mins. Peel, core and slice your apples and place in casserole after 10mins and season accordingly.

Serve with mash or jacket spuds and greens.

caunton beck



loin of pork

pork roasted with balsamic vinegar

There is nothing like a good Sunday roast and of course there are many ways of cooking your joint, but this is a lovely, decadent version!

Serves 6

4 to 5lb boned loin of **Barn Bacon** pork
2 red onions (sliced)
Handful of shallots
120g (4oz) butter
1 tablespoon chopped rosemary
350ml balsamic vinegar (use your cheapest balsamic!)
60ml red wine
Dash of honey

Preheat the oven to 22°C - gas mark 7. Get a very sharp knife and cut away the rind and most of the fat from the pork joint.

Season the meat, then grill on all sides to seal. Ideally this should be done on a barbecue or cast-iron griddle. (If you don't possess a cast-iron griddle then buy/ask/steal one as they are great not only for this recipe but also for cooking steaks!)

Place a baking dish over a medium to low heat, soften the onion in the butter for 5 mins, then stir in the rosemary. Add the grilled pork and half the balsamic vinegar. Turn the pork so that it is well coated, then put onto the preheated oven.

Roast for about 40 mins: after the first 10 minutes turn the pork and stir the onions once; about 5 mins before the end of cooking, add the remaining balsamic vinegar.

Put the pork on a board on one side to relax for a couple of minutes.

This next bit makes the most delicious gravy: Deglaze the juices and onion in the dish (that the pork has been in) with a little wine, until a concentrated juice.

Slice the pork thinly, and serve with the juices, roast spuds and veg.



spit roast

spit roast pig whole spit roast pig

When I asked my brother for his contribution to the recipe book he said ‘go the whole hog and have a spit roast pig!!’ Not perhaps the perfect dish to serve for 2 on a quiet night in but most definitely a fantastic party piece at any wedding, birthday celebration, bonfire night etc. From my experience pork does actually taste at its best when cooked as a whole pig!

Serves 100

1 **Barn Bacon** pig

100 jacket potatoes or 50lbs new potatoes

lots and lots of hearty green salad (with lashings of Tullberg dressing see gammon steak recipe on page 13)

enough bramley apple sauce for everyone

someone to attend the spit (it’s a long process so preferably someone who is used to night-shifts....)

case of beer (for the spit-roast attendant)

Ask my father Andrew to select a prime pig for your spit-roast (female pigs are more succulent!!), hire the equipment and preferably someone to cook it for you (It takes about 12 to 15 hours)

Meanwhile boil the new potatoes (or bake the jacket spuds) and prepare the salads and bramley apple sauce.

Find two willing strong people to cut the pork and serve to mouth-drooling party guests. Easy!

william smith



thanks

Thanks to all of you who have written, e-mailed and telephoned in with your wonderful **Barn Bacon** recipes. I have really enjoyed reading them and using them myself at home. Now that they are all collated together in this recipe book, the buyers of **Barn Bacon** will be able to woo their respective families, guests or customers with these new gastronomic concoctions!

Please keep the ideas and recipes rolling in - this book is only volume one!

Happy cooking



James Smith

All new recipe ideas and
for all enquires about buying **Barn Bacon** please contact
Andrew Smith or Will Smith, at:



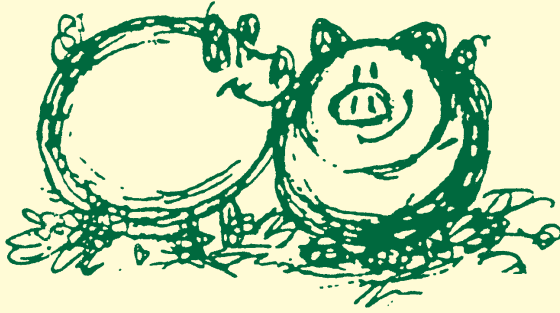
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Recipe Book

*Traditional Bacon and Hams
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for a fuller flavour*