

# PORK TENDERLOIN 3 WAYS



## ROLLED TENDERLOIN

### Ingredients:

- Bisley Lane Farm Pork Tenderloin
- Spinach
- Mushrooms
- Bisley Lane Farm Streaky Bacon

### Method:

Slice the tenderloin almost in half so you can bash it thin using a rolling pin.

Place wilted spinach and sliced cooked mushrooms (with or without garlic) on top of your tenderloin. Season with salt and pepper. Roll up and secure with cocktail sticks if necessary.

Wrap slices of streaky bacon around the tenderloin removing any cocktail sticks used to secure and reuse to secure if required.

Place in a moderate oven for 40 minutes or until the inside temperature reaches 63 degrees celsius.

## STIR FRY

### Ingredients:

- Bisley Lane Farm Pork Tenderloin
- Stir fry vegetables of choice
- Rice
- Olive oil
- Soy Sauce

### Method:

Cook your rice, strain and leave to dry and cool.

Dice your tenderloin and vegetables into 1-2cm pieces. Soak the tenderloin in 2/4 tablespoons of soy sauce (dependent on how much meat you're using)

Get some olive oil to a high temperature in a wok/frying and fry off your meat. Add vegetables adding soy sauce if required.

Add rice at the end and combine.

## MEDALLIONS

### Ingredients:

- Olive oil and butter
- Bisley Lane Farm Tenderloin
- Shallots
- Chesnut mushrooms
- 1 clove of garlic
- 1 tbsp plain flour
- 100ml madeira or sherry
- 400ml chicken stock
- 4 sprigs thyme
- ½ tbsp wholegrain mustard
- 100ml double cream

### Method

Heat the oil in a frying pan and fry the pork on each side for 2-3 mins until golden brown. Set aside on a plate.

Melt the butter in the pan and, when foaming, fry the shallots and mushrooms over a medium heat for 10 mins. Add the garlic and cook for another 1 min. Stir through the flour and cook for another 2 mins. Whisk through the madeira and boil for 2 mins. Stir through the stock until the sauce is lump free. Add the thyme and mustard and season to taste.

Return the pork to the pan and simmer uncovered for 5-7 mins or until the pork is cooked through. Stir through the cream and heat again until simmering. Serve with creamy mashed potatoes and wilted greens.

# PORK SHOULDER 3 WAYS



## ROAST PORK

### Ingredients:

Bisley Lane Farm Rolled Pork Shoulder

### Method:

Pat the meat dry and generously rub in salt to the rind

Place in a 200 degree preheated oven for 20 mins. Turn the heat down to 175 and continue to cook for a further 45 mins per kilo. Remove from oven and rest. If crackling is not crispy return to oven on high heat for a further 10 mins. Serve with roast potatoes, vegetables and gravy.

### Method:

Preheat the oven to 180C/350F. Sprinkle the herbs and spices onto a chopping board. Roll the pork joint in the spice mix so that all the meaty sides are covered.

Add 2 tbsp of the oil to a large oven-proof pan and heat over a medium-high heat. Add the pork and sear the meat on all sides, except the rind side.

Add the garlic and stock to the pan. Bring to the boil, pop a lid on and place in the oven to cook for 4-5 hours - until the meat is tender and will flake with a fork.

Take out of the oven and remove from the pan. Place on a chopping board and remove and discard the rind. Shred the meat using two forks. Heat the remaining oil over a high heat in a large frying pan and add the pork plus a pinch of salt and pepper.

Fry, turning a few times during cooking, until golden brown (about 6-8 minutes). You may need to do this in two batches, depending on the size of your pan. Serve with flatbreads, tzatiki, tomato and red onion

## GREEK GYROS

### Ingredients:

- ½ tsp celery salt, 1 tsp ground cumin, ½ tsp garlic salt, 2 tsp ground coriander
- 1 tsp dried oregano, 1 tsp dried thyme
- 1 tsp paprika, 1 tsp salt and pepper
- 2kg Bisley Lane Farm boneless rolled pork shoulder joint with rind
- 3 tbsp vegetable oil
- 4 cloves garlic - peeled and minced
- 3 cups hot chicken/pork/vegetable stock

## SLOW COOKER PORK SHOULDER

### Ingredients:

- 2 tbsp olive oil
- 1.5kg piece Bisley Lane Farm pork shoulder
- 250ml white wine
- 250ml chicken stock
- 4 bay leaves
- 2 sprigs of rosemary
- 1 tsp black peppercorns
- 1 garlic bulb

### Method:

Remove the fat from the pork shoulder. Season the pork with salt and pepper then heat the oil in a large frying pan over a medium to high heat. Brown the pork shoulder on all sides then transfer to a slow cooker. Add all the other ingredients, then cook on low for 6-8 hours until the meat pulls apart when pressed with two forks.

Remove the meat, place on a plate and shred it with two forks. Remove the herbs from the sauce and squeeze the garlic cloves out of their skins back into the pot. Put the meat back into its sauce for wonderfully tender and moist slow cooker pork. Serve as an alternative to your Sunday roast with roasted new potatoes, or with a big green salad, mustard and warmed baguettes.

