



## Slow Cider-Roasted Pork Belly

Serves 4 - 6

- 2kg bone in pork belly, scored
- 1 onion roughly chopped
- 1 leek roughly chopped
- 1 carrot roughly chopped
- 1 apple roughly chopped
- 1 head garlic, smashed
- 1 can/bottle dry cider
- 2 tbsp cider vinegar
- 500ml chicken stock
- 1 tbsp fresh chopped sage or 1 tsp dry sage

Preheat oven to 140°C. Put onion, leek, carrot, apple and garlic at the bottom of a roasting pan and place belly pork on top. Generously season with salt and pepper putting extra salt over the belly. Mix together cider, cider vinegar, chicken stock and sage and pour into the pan (not over the belly - the skin needs to be dry). Cover roasting pan tight with foil and bake for 4-6 hours (whatever suits your schedule!)

Remove belly pork and pour everything else through a sieve, pressing the vegetables squeezing out all the beautiful juice. DO NOT THROW THE JUICE AWAY! Turn oven up to 210°C.

Place belly back in roasting pan and make sure skin is very dry. Sprinkle some more salt over the skin and blast for 30 minutes. If you prefer you can do the slow cooking part in advance, saving the belly and the juice in the fridge to finish off later - whatever suits you.

Whilst the belly is in the oven, simmer the reserved juice until it is of a consistency to your liking - I generally simmer it until it has about halved in volume, season to taste. Serve with roast potatoes and seasonal greens with the beautiful juice drizzled over the top. Heaven on a plate.



## Sweet Chilli Roasted Gammon

Serves a hungry family and more!!

- 1 horseshoe gammon (approx 3-4kg) - this method is specific to Anna's Happy Trotters gammon, if using other, the gammon may require soaking beforehand to remove excess salt, etc.
- 2 tbsp honey
- 2 tbsp sweet chilli sauce

Leave the gammon in the vacuum bag - if not vacuumed, ask the butcher to vacuum it for you. Simmer in a large pan filled with water over a low heat for 3-4 hours (still in the bag).

Remove from pan and bag and place ham in a roasting pan. Remove the skin from the ham, leaving as much fat on as possible. Score the fat in a criss-cross pattern.

Mix the honey and sweet chilli sauce together then spread all over the gammon.

For an extra crunch and sweetness you can sprinkle demerara sugar over the top of this too.

Bake in oven at 180°C for 10-15 minutes until coating has browned.



## Dad's Omelette (or "Bolland Mess" as he calls it)

Serves 1

No image available - presentation isn't dad's forte

- 2 large Yorkshire chook eggs
- 12 large Yorkshire mushrooms
- 3 tbsp Yorkshire rapeseed oil
- 3 large rashers AHT Bacon
- Non-stick pan
- Very hot hob
- Fire extinguisher
- Risk assessment

Place frying pan on ~~hot~~ VERY hot hob - heat until pan glowing red. This guarantees a massive plume of smoke when next step is undertaken.

Pour rapeseed oil into pan.

If wife in vicinity prepare to repel insults, verbal abuse, obscenities and even physical violence as she sees her kitchen enveloped in thick acrid smoke.

Break mushrooms into small pieces and place in pan - and watch as even more smoke "mushrooms" into the kitchen.

Cut bacon into small pieces with scissors - scissors should preferably be clean but it does not really matter as at a temperature in excess of 500°C, most germs are killed outright. Drop bacon into pan and watch again as the bacon fat evaporates in a wonderful cloud of smoke.

Once the bacon and mushrooms are fully cooked it is now time to add the egg. You should have prepared the egg by whisking (having removed the shell) but may have forgotten to do this. (I often forget but not to worry - the bacon and mushroom can be left blackening whilst you prepare the egg).

Pour the egg on top of the now "fully cooked" bacon and mushroom and stir well to create a homogenous mix of egg, bacon and mushroom. The stirring should be done with a utensil suitable for use with a non-stick pan. However, if such a utensil is not available feel free to use a fork. This will damage the non-stick lining on the pan but by this time the effect of the heat will probably have wrecked the pan anyway - or so you will be firmly told by the kitchen manager (aka the Mrs). The sight of a non-stick pan being scraped vigorously with a fork is likely to infuriate the kitchen manager to levels previously never experienced.

Finally scrape out the resulting Bolland Mess and place on a pre-heated plate. The pre-heated plate should have been in the oven at maximum heat for about 10 minutes to ensure that the food stays warm whilst you "discuss" things with the kitchen manager. It also means, however, that when you place the plate on the table it does tend to char the table top mildly but the aroma of burning table top all adds to the eating experience.

Alternatively, of course, you may decide to use lower temperatures and ensure that there is no smoke and that the pristine and non-stick condition of the frying pan is maintained by using a utensil designed for use with non-stick pans. This will certainly lead to a more positive gastronomic experience and keep peace with the kitchen manager but may not be quite as exciting.



# anna's happy trotters

## Yorkshire Free Range Pork

[www.annashappytrotters.com](http://www.annashappytrotters.com)

## A selection of porktastic regulars in my household - no frills, no fuss. Enjoy!

I'm not too good at measuring things or following recipes so when it comes to measurements do as you see is fit. I just generally add a bit of this and a bit of that so just follow your instinct a bit with these recipes! And I also flit between imperial and metric measurements - annoying I know, but I like round numbers and if I have to convert things I'll end up with non-round numbers which is no good for my OCD!



If you don't like things hot, just remove the chillies from my recipes - pre child I hated anything spicy and an Indian takeaway was a complete no-no....I now have them on speed dial so spicier the better! If you want a bit of chilli but don't like it too hot simply remove the seeds - easy peasy. Times based on fan oven - convection oven slightly higher (google it or even better get a conversion app on your phone - ain't technology marvellous!)





## Thai Red Pork Curry

Serves 2  
(with potential yummy leftovers)

- 1 pork fillet (approx 400g), sliced into bite sized pieces
- 3 tbsp thai red curry paste
- 1 can coconut milk (400g)
- 1 onion, halved and finely sliced
- 2 garlic cloves, chopped
- 1 chilli, finely chopped
- 2cm<sup>2</sup> ginger, chopped
- Handful unsalted cashews
- 90g mushrooms, sliced
- 90g sugar snap peas
- 90g baby corn

Heat oil in a wok or frying pan on a medium heat. Add onions and stir fry until softened. Add garlic, ginger and chilli and fry for 2-3 mins. Turn up heat and sear pork until seared on all sides. Turn down heat to medium again and add curry paste, mushrooms and cashews. Stir until combined well. Add coconut milk and simmer for 5-10 minutes (depends how thick you want the curry). Finally add the sugar snap peas and baby corn and simmer for 2-3 minutes. Serve with rice.



## Piggy Pizza

Serves 4  
(2 if you have been out drinking and have the munchies)

If you enjoy baking, by all means make the pizza base yourself. If, like me, you're no good at measuring things then buy the pizza base readymade – I have found baking requires accurate measurements and you can't really substitute ingredients when you run out of things and expect baking to work!

- 2 large pizza bases
- 1 onion finely sliced
- 1 tin chopped tomatoes (400g)
- 4 garlic cloves, crushed
- 4 tbsp fresh oregano (or 2 tsp dried)
- 8 rashers cooked streaky bacon (unsmoked or smoked)
- 6 cooked sausages, chopped
- Any leftover cooked pork/ham can go on too
- 1 small tin sweetcorn drained (165g)
- Few sliced mushrooms
- Grated cheese of choice (I like mozzarella but cheddar or similar fine too)

Gently fry onion in a little oil over a medium heat until softened, add garlic, oregano and tomatoes. Bring to a simmer and reduce until it reaches a spreading consistency. Season and allow to cool.

Spread sauce over pizza bases.

Arrange all other ingredients on top – I start with sweetcorn then mushrooms, then the meat, finally sprinkling the grated cheese on top. If you like it cheesy, put loads on, if you're not a massive cheese fan, just pop a little on.

Bake in oven at 200°C for 10-15 minutes – until cheese is nicely browned.



## Pork Lasagne

Serves 6

- 500g minced pork
- 4 rashers streaky bacon, chopped
- 1 tsp dried oregano or 2tbsp chopped fresh
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 1 tin chopped tomatoes (400g)
- 7-8 sundried tomatoes, finely chopped
- 2 medium carrots peeled and chopped
- 70g mushrooms sliced
- 1 glass red wine
- Oil
- Salt and pepper
- Lasagne sheets
- Grated cheese of choice, enough to finely cover the top (cheddar, mozzarella, parmesan)
- White sauce - see below

**White sauce** - you can either cheat and buy this readymade, or DIY. When I make it, I tend to make loads then freeze into portions so it's ready to go for any other recipes that require white sauce. Simply melt some butter in a pan, add the same amount of flour and heat for a minute or so, whisking continuously. Gradually add milk, still whisking and simmer until you achieve a fairly thick creamy consistency. Add a little seasoning and pinch of nutmeg and allow to cool. The consistency should be thin enough to pour but thick enough to nicely sit on top of the layers of the lasagne rather than run through whilst cool. Just for this recipe you'll need about 40g of each butter and flour then about 800ml milk. You can substitute a little cream for some of the milk if you want it a bit richer.

Heat the oil in a pan over a low heat and fry the onion, bacon and garlic until onion is softened and bacon has started to brown.

Turn up the heat and add the mince, moving it about, flipping it over and breaking it up constantly until browned.

Pour in the wine and simmer until the wine has evaporated.

Pour in the chopped tomatoes, sundried tomatoes, oregano and some seasoning. Fill the tomato tin half full with boiling water and pour in. Finally add carrots and mushrooms.

Turn down the heat to low and put a lid on to simmer for 20 minutes. Remove lid and simmer for a further 20 minutes to reduce a little, stirring occasionally. Allow to cool.

Grab a large rectangular baking dish/roasting pan (I generally use cast iron as I hate washing up and find cast iron easier)

Spread about 1/3 of the mince mixture over the base of the pan, cover with 1/4 white sauce, then arrange a single layer of lasagne sheets over this.

Repeat this process, finishing up with a layer of lasagne sheets with just the final 1/4 white sauce, then sprinkle with the cheese of your choice.

Bake in the oven at 170°C for 30-35 minutes.

This is a great meal to have ready in the freezer and is as easy to make 4 of these as it is 1. So I generally make 3-4 lasagnes at a go and freeze a few so if I can't be bothered to cook I've got a meal ready in the freezer. You can cook this from frozen too (about 50 minutes at 170°C).



## Sweet 'n' Spicy King Ribbs

Serves 4  
(2 if greedy like me and my fella)

- 4 sheets king ribs (from the shoulder) - get the butcher to cut these into individual ribs if possible, if not DIY – carefully, you don't want blood ruining the flavour of this dish!
- 2 tbsp Cajun spice
- 4 tbsp molasses
- Zest and juice from 2 lemons
- 2-4 garlic cloves (depends if you want kissing later or not!), crushed or chopped – chopped if you can't be bothered to wash up a garlic crusher like me!
- 1 chilli, finely chopped (remove seeds if you don't like it HOT)

Add all ingredients together and marinade the ribs overnight ideally; 1 hr if poss; chuck it all in and hope for the best like me if you have no time! Bake in the oven at 140°C for 1.5-2hrs covered in foil. Remove foil and turn up heat to 200°C, bake for a further 20 mins. If you like a really sweet crunchy coating you can drizzle some honey on just before this. I shouldn't really say this but this recipe works fantastic with beef ribs too!



## Toad in the Hole

Serves 2 - 3

- 6-8 sausages (approx. 400g), whatever flavour you fancy
- Half red onion, finely sliced
- 2 eggs
- 4oz plain flour
- 2 tsp mustard powder
- 4fl oz milk
- 2fl oz water
- Salt and pepper

Preheat oven to 200°C.

Put a little vegetable or rapeseed oil in a 12x8" tin, or similar. Arrange the sausages and onion slices in and around the tin. Bake in the oven for 10 minutes until just starting to colour. Whilst the sausages are baking, whisk the eggs with the flour and mustard. Gradually add the milk and water, constantly whisking until you have a smooth consistency. Season generously. Remove sausages from the oven and pour the batter over the sausages and immediately place back in the oven – the oven needs to stay as hot as possible! Bake for a further twenty minutes until the batter is risen and golden and sausages are cooked through. Serve with mash (I like sweet potato mash), peas and gravy.