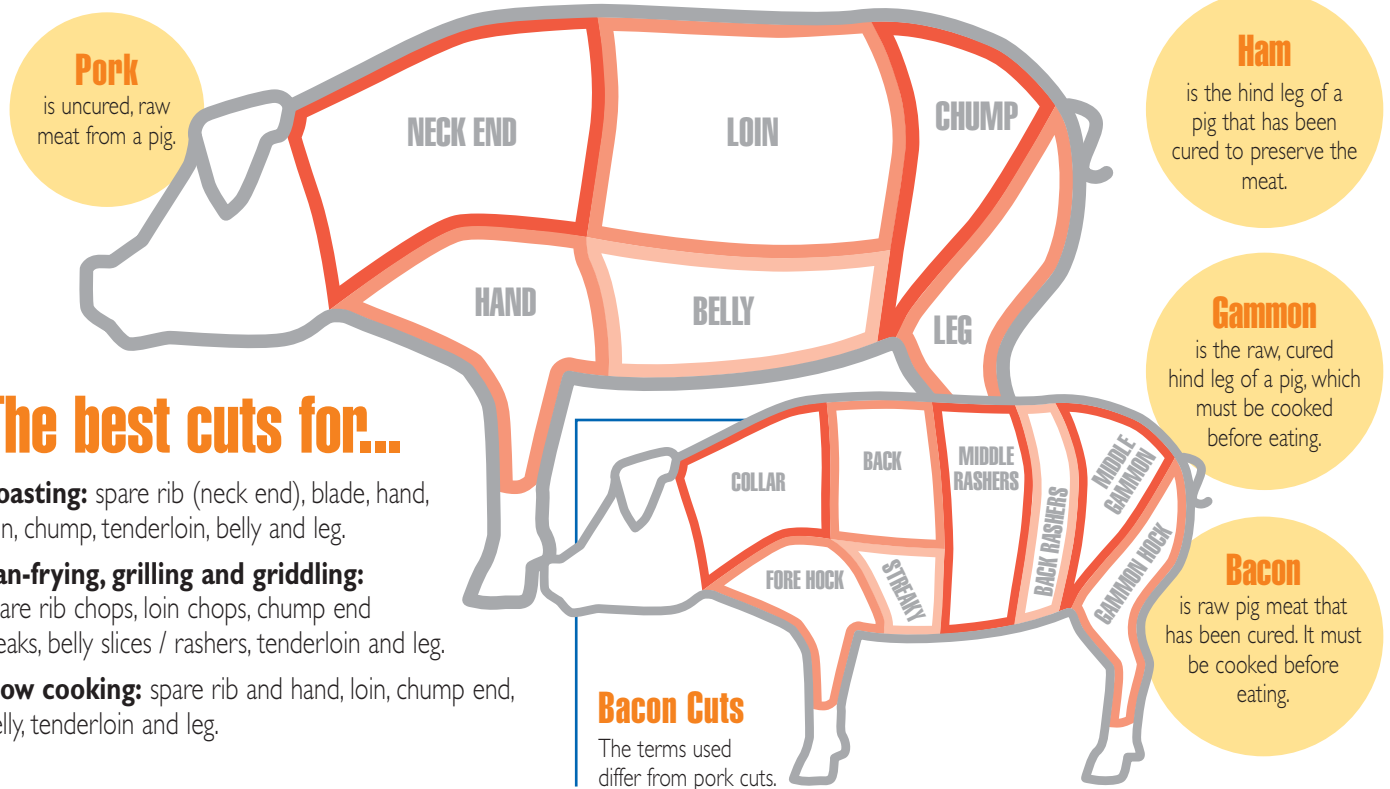


Buying British Pork Bacon and Ham



There are economic and environmental reasons for using different cuts of meat.

As cooking techniques have changed through time some cuts of meat have become 'fashionable'. Using some of the less 'fashionable' and therefore cheaper cuts saves money and helps reduce food wastage. So why not experiment with different cuts of meat and try some of the traditional British dishes below to celebrate our culinary heritage!



The best cuts for...

Roasting: spare rib (neck end), blade, hand, loin, chump, tenderloin, belly and leg.

Pan-frying, grilling and griddling: spare rib chops, loin chops, chump end steaks, belly slices / rashers, tenderloin and leg.

Slow cooking: spare rib and hand, loin, chump end, belly, tenderloin and leg.

Traditional Dishes

Roast Pork with Apples Apples are a classic accompaniment to pork dishes: their affinity comes from the fact that pigs are often found in or near orchards.

Pork Fillet in Mustard Cream Sauce

This dish is associated with the South West – probably because it combines all the best produce from the area: pork, mustard and cream! Pork dishes are often associated with cheese-making areas, and incorporate dairy produce as a result, because the surplus whey from the cheese-making was fed to the pigs.

Fidget Pie A cooked pork, ham or bacon, vegetable and apple pie. Associated with the harvest time, it is made throughout the Midlands and is particularly popular in Shropshire.

Pork Pie The raised crust for a traditional pork pie is moulded by hand around a cylindrical wooden block, later removed to leave space for the filling. They are associated with Leicestershire, particularly Melton Mowbray.

Bedfordshire Clanger The clanger was once a boiled suet roll filled with meat and with a fruit-studded crust. It is now a baked pastry with a suet crust and two fillings. One end is filled with a savoury meat, usually cured pork, and the other with something sweet, often apple.

Gammon with Cumberland Sauce Surprisingly Cumberland Sauce appears to have originated in the South East of England. The recipe is similar to that of Oxford Sauce, which has never been commercialised

London Particular This soup combines bacon and dried peas and is so named because the fog that fell over London was described as 'pea-soupers'.

Sausages There are over 400 varieties of sausages available in Britain today. Many are named after the places they were originally made, for example: Cumberland, Lincolnshire, Gloucester, Oxford, Marylebone, Welsh and Suffolk.

