WIN A TRIP TO CHINA

CELEBRATE CHINESE NEW YEAR WITH NEW ZEALAND PORK, BACON AND HAM
Chinese New Year is the most significant annual holiday in China, with families gathering from all over the world to share delicious food, like dumplings, noodles, stir-fries and desserts.

At New Zealand Pork, we think it’s important to celebrate New Zealand’s diverse culture, so we’ve put together some simple and tasty Asian-inspired pork recipes to help you celebrate.

Get the gang together, enjoy some great food and wish each other a happy and prosperous year ahead. There’s recipe ideas to suit everyone, like pot sticker dumplings, caramelised pork belly and sweet and sour pork.

Try something different, learn something new and experience Chinese culture with fresh and tasty New Zealand pork, bacon and ham.

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NZ PORK STIR-FRY

Need a quick and easy weekday meal that’s packed with flavour and fresh ingredients? Then try our super quick and tasty NZ pork stir-fry! It’s a simple as 1, 2, 3.

1. Heat some oil in a wok until smoking hot, then add a tsp of chilli flakes and 3 tsp each of crushed garlic and ginger. Fry for 2 minutes or until fragrant, then add 400g of thinly sliced NZ pork fillet. Fry for 5 minutes.

2. Add the veggies: we recommend using 1 cup each of broccoli, carrot and sugar-snap peas, 1 finely sliced red capsicum and a bunch of roughly chopped asparagus.

3. Season with 4 tbsp of light soy sauce, 4 tbsp Shoaxing wine, 2 tbsp sweet soy sauce and 2 tsp sesame oil before serving with fresh bean sprouts and steamed rice.

Serves 4
1 Place cubed pork in a bowl and season with salt, sugar and soy sauce. Mix in egg white, cover and place in the fridge for 1 hour.

2 In a wok over medium heat, blacken the green pepper then add the celery and red onion. Cook until the vegetables are tender. Remove from heat and set aside.

3 In a large deep pan or deep-fryer, heat 3 cups of vegetable oil to 185°C.

4 Coat pork in cornflour. Fry the pork in the hot oil for about 10 minutes - until evenly browned. Drain pork on paper towel and set aside.

5 To make the sauce, mix the water, salt, sugar, apple cider vinegar, ketchup and soy sauce in a large saucepan over high heat. Bring to the boil then stir in the cooked pork, vegetable mixture and contents of pineapple can. Bring sauce to a boil before stirring in 2 tbsp cornflour and 1/4 cup of water to thicken. Cook for a further 5-10 minutes until shiny and thick.

6 Serve with steamed rice.

SWEET AND SOUR PORK

PREPARATION: 20 MINUTES + 1 HOUR TO MARINATE
COOKING TIME: 30 MINUTES
SERVES 4

INGREDIENTS

- 500g NZ pork shoulder cut into 2cm cubes
- 1 tsp salt
- 1/4 tsp white sugar
- 1 tsp soy sauce
- 1 egg white
- 1/2 cup cornflour
- 3 cups vegetable oil plus 1 tbsp
- 3 celery stalks, sliced
- 1 green pepper, cubed
- 1 red onion, cut into wedges
- 1 cup water
- 1/4 tsp salt
- 1/4 cup white sugar
- 1/2 cup apple cider vinegar
- 1/4 cup ketchup
- Juice and contents of 1 can pineapple chunks (225g)

SWEET AND SOUR PORK

Serves 4
Preparation: 20 minutes + 1 hour to marinate
Cooking time: 30 minutes

In a large deep pan or
deep-fryer, heat 3 cups
of vegetable oil to 185°C.

Coat pork in cornflour.
Fry the pork in the hot oil for
about 10 minutes - until evenly
browned. Drain pork on paper
towel and set aside.

To make the sauce, mix the
water, salt, sugar, apple cider
vinegar, ketchup and soy sauce
in a large saucepan over high
heat. Bring to the boil then stir
in the cooked pork, vegetable
mixture and contents of
pineapple can.

Serve with steamed rice.
CARAMELISED PORK BELLY

SERVES 4

PREPARATION: 20 MINUTES   COOKING TIME: 1½ HOURS

METHOD

1. Place the stock ingredients in a large pot over high heat and bring to the boil. Taste and adjust the flavour as required.

2. Add the pork belly and simmer on a low heat for 1 hour. Remove from the heat and remove the pork belly. Set aside on a plate to rest.

3. In a deep fry pan, mix 1 cup of stock with the brown sugar and cook over a medium heat until caramelised. Add the fish sauce, rice wine vinegar and lime juice and bring to the boil, reducing to a thick consistency.

4. Cut the pork belly into thin slices and place on a plate.

5. Drizzle over caramelised sauce and garnish with sesame seeds, red chilli and coriander.

INGREDIENTS

- Stock
  - 6 litres water
  - 3 garlic cloves, sliced
  - 1 knob ginger, sliced
  - 1 handful green onion ends
  - 1 cinnamon stick
  - 2 star anise
  - 375ml light soy sauce
  - 375ml Shaoxing wine
  - 75g Chinese rock sugar

- Meat
  - 1kg NZ pork belly

- Stock
  - 3 garlic cloves, sliced
  - 1 knob ginger, sliced
  - 1 handful green onion ends
  - 1 cinnamon stick
  - 2 star anise
  - 375ml light soy sauce
  - 375ml Shaoxing wine
  - 75g Chinese rock sugar
  - 1kg NZ pork belly
  - 1 tbsp rice wine vinegar
  - 300g brown sugar
  - 1 tbsp fish sauce
  - 2 tbsp lime juice
  - Handful fresh coriander leaves
  - 1 long red chilli, deseeded and sliced
  - 1 tbsp black sesame seeds

CHINESE PANTRY STAPLES

Make sure you have these staples tucked away in your pantry for the perfectly seasoned pork meal. They all serve a different purpose and will give an authentic touch to all of your Asian-inspired dishes.

- SALTY
  - Light Soy Sauce

- SOUR
  - Rice wine vinegar

- NUTTY
  - Sesame oil

- SWEET
  - Shaoxing Wine

- FISHY
  - Oyster Sauce

- FRAGRANT
  - Five Spice
Located along the southern coastline of China, Guangzhou is the country’s third largest city and is acclaimed as the food capital of China. It is home to beautiful culture, avant-garde architecture, and tasty traditional Cantonese foods like Yum Cha and sweet and sour pork. The city is also China’s busiest trade and transport hub, making it one of the most well-connected regions in the world for business, travel and tourism.

As the gateway to southern and mainland China, Guangzhou is a vibrant and colourful city. With lots to do, see, shop and eat, it’s the perfect place to experience modern China.

Today, China Southern Airlines operates over 2000 daily flights to 208 destinations in 40 countries – including Europe, Asia, Africa and the Americas, taking you to more of your favourite destinations. So, if you’re looking to experience modern China, or want to stop-over somewhere different like Guangzhou, Shanghai or Beijing, China Southern Airlines will get you there onboard their brand-new series of Boeing 787 Dreamliner aircraft – offering spacious seating and cabins, world-class comfort and outstanding service.

Book your flight today and experience a journey beyond your expectations with China Southern Airlines.

Visit www.csair.com/nz for the latest flight schedules

Visit pork.co.nz to enter
PORK AND CORIANDER POT STICKER DUMPLINGS
SERVES 4
PREPARATION: 30 MINUTES  COOKING TIME: 10 MINUTES

INGREDIENTS

- 250g NZ pork mince
- 2 cups finely chopped Chinese cabbage
- ½ tbsp salt
- 1 tbsp ground garlic
- 2 tbsp ground ginger
- 2 tbsp soy sauce
- 3 tbsp sesame oil
- Small bunch coriander, roughly chopped
- 1 cup water
- 1 packet wonton or dumpling wrappers

DIPPING SAUCE

Equal parts soy sauce, sesame oil and chilli paste, and 1 large spring onion, sliced.

METHOD

1. Mix together the cabbage, pork, garlic, ginger, soy sauce, sesame oil and coriander.
2. Place a small amount of pork filling in the middle of each dumpling wrapper, folding them over to form a half moon shape.
3. Starting at one end, fold and pinch the wrapper tightly together, continuing until the dumpling is completely sealed. Set them aside to rest for about 15 minutes.
4. In a pan, heat some oil until it’s hot. Fry one side of the dumplings until golden brown. Carefully pour in 1 cup of water and cover with a lid immediately – allowing the top side of the dumplings to steam. Once the water is evaporated, let the bottom side crisp up.
5. Remove from the pan and serve with dipping sauce.
Chilli Pork Fried Noodles

SERVES 4

PREPARATION: 30 MINUTES  COOKING TIME: 15 MINUTES

INGREDIENTS

- 400g NZ pork steaks or fillet, thinly sliced
- 1 large packet fine dried egg noodles
- 3 tbsp vegetable oil
- 1 tsp chilli flakes
- 3 garlic cloves, finely diced
- 1 knob ginger, finely diced
- 1 cup small broccoli pieces
- 1 cup green beans
- 1 red pepper, finely sliced
- 2 tsp light soy sauce
- 2 tsp kecap manis – sweet thick soy sauce
- 2 tsp sesame oil
- 4 tbsp Shaoxing wine
- 1 cup bean sprouts

METHOD

1. Submerge the noodles in boiling water and leave for 5-10 minutes. Cool in cold water, drain and set side.
2. Heat the vegetable oil in a wok until hot and add the garlic, ginger and chilli flakes. Fry gently for about 2 minutes. Add the pork and continue to fry until cooked through – about 8 minutes.
3. Add the veggies and fry for 2 minutes.
4. Add the drained noodles, then add the kecap manis, soy sauce, sesame oil, and Shaoxing wine and toss through for 2 minutes.
5. Mix in sprouts and serve immediately.

Yum Cha is a traditional Cantonese brunch originating in China’s Guangdong province, and involves Chinese tea and dim sum.

Dim sum is served in small bite-sized portions in bamboo steamers and consists of steamed or fried dishes like dumplings, rolls, buns and cakes filled with meat and vegetables.

Try making your own pork dim sum using our pot sticker dumpling recipe!

For an added kick, try adding some chilli oil.
To make the marinade, mix all of the ingredients in a small bowl. Add the pork and turn to coat. Place in the fridge for 1 hour to marinate.

Preheat the oven to 140°C.

Transfer the pork mixture to a shallow roasting pan and arrange in a single layer. Roast for 2 hours, turning occasionally.

Baste and roast the pork for a further 30 minutes, or until the pork is very tender.

Serves 4

Ingredients

800g NZ pork spare ribs
1/3 cup hoisin sauce
2 tbsp soy sauce
1 tbsp dry sherry
2 tbsp brown sugar
5cm-piece ginger, cut into matchsticks
2 garlic cloves, crushed
1 tsp Chinese five spice
1 cinnamon stick
2 whole star anise

Slow Roasted Sticky Pork Ribs

Preparation: 20 MINUTES + 1 HOUR TO MARINATE
Cooking time: 2 1/2 HOURS

**Soy, Honey and Ginger Pork Cutlets**

PREPARATION: 10 MINUTES + 1 HOUR TO MARINATE
COOKING TIME: 10 MINUTES

**Method**

1. Combine the hoisin sauce, soy sauce, sherry, sugar, ginger, garlic, Chinese five spice, cinnamon and star anise in a shallow bowl. Add the pork and turn to coat. Place in the fridge for 1 hour to marinate.

2. Preheat the oven to 140°C.

3. Transfer the pork mixture to a shallow roasting pan and arrange in a single layer. Roast for 2 hours, turning occasionally.

4. Baste and roast the pork for a further 30 minutes, or until the pork is very tender.

Serves 4

Ingredients

4 large NZ pork cutlets
1 tsp sesame oil
1 tbsp vegetable oil
2 tbsp honey
2 tbsp soy sauce
2 garlic cloves, finely diced
Knob of ginger, finely diced
1/2 tsp chilli flakes
1 tbsp kecap manis (sweet soy sauce)
Juice 1 lime
Small bunch coriander, finely chopped

Marinade

**Method**

1. To make the marinade, mix all of the ingredients in a small bowl. Add the pork and leave in fridge for 1 hour.

2. Heat the oils in a grill or pan until smoking hot and add the pork until charred and cooked – about 4 minutes either side.

3. Add the marinade and cook on low until thick and sticky.

4. Serve pork with fresh coriander leaves, sesame seeds and sticky marinade sauce.
If your pork does not have the born and raised in New Zealand label you don’t know where it comes from. Look for the trustmark label in-store.

NZ Pork has partnered with China Southern Airlines and Christchurch International Airport to give you the chance to win a 10-day trip for 2 to China. Flying direct from Christchurch to Guangzhou, you’ll arrive ready to experience beautiful culture, architecture and tasty Cantonese foods like Yum Cha and sweet and sour pork. This vibrant city offers the opportunity to see, shop and eat the best of modern China. You’ll also travel to some of China’s most famous destinations, including The Great Wall and The Forbidden City.

Visit pork.co.nz and answer one simple question and be in the draw to win this prize – valued at up to $8000.

Hint: you’ll find the answer in our brochure!