



Uncaged and hot to trot

The humble pig produces such versatile meat, and free-range porkers are the best way to go.

IT IS time to feature another of our dedicated local producers, as well as my favourite and most versatile animal, the good old pig.

Otway Pork was founded in 1992 and was the first pork producer to gain national accreditation under the RSPCA-approved farming scheme. The pigs are raised outdoors near the Otway Ranges, close to the South Australian border. The parent pigs are free to roam paddocks, wallow in mud and shelter in purpose-built open huts. Unlike intensively bred pork, they never see sow stalls, cages or concrete. The sows give birth in separate straw-based huts.

All this means the animals can follow their instincts, one of the cornerstones of certified free-range and organic farming. They are fed a grain-based diet free of growth hormones and antibiotics.

The final product is beautiful, natural meat, succulent and tender, with the right amount of



Jeremy and Jane Strode

fat. You can taste the difference and enjoy what you are eating.

JEREMY STRODE

PHOTOS: MARCO DEL GRANDE
 STYLIST: JANET MITCHELL

Next week

Caroline Velik's fail-safe macarons.



Slow-roasted pork shoulder, honey and mustard pumpkin

THIS is our favourite way of cooking pork. You must start with a hot oven to get the wonderful crackling.

INGREDIENTS

3.5kg pork shoulder; bone removed
Sea salt
3 tbsp vegetable oil
5 brown onions, peeled and quartered
1 orange, quartered
3 sprigs rosemary
1.5kg pumpkin, washed
20g honey
20g seeded mustard
20ml olive oil
Pepper
200ml white wine

METHOD

- Preheat oven to 220C. Score pork rind in evenly spaced parallel lines. Rub the rind generously with salt, then rub in oil.
- Put onions, orange and rosemary in a roasting tray, place pork on top and bake for 30 minutes.
- Cut pumpkin into eight wedges and discard seeds. Mix honey, mustard and olive oil in a large bowl. Add pumpkin and toss to coat. Season with salt and pepper and place in a baking tray. Bake for 30 minutes or until golden and cooked through. Reserve.

Turn oven down to 160C. Bake pork for three more hours. Remove pork to a carving board and rest in a warm place for 30 minutes. Remove onions to a dish with a slotted spoon and discard oranges. Strain the fat from the baking tray, place on the stove and deglaze with white wine. Simmer to reduce by one-third, season and strain. Cut crackling from shoulder and cut into small pieces. Carve pork across the grain and serve with crackling, pumpkin, onions and pan juices.

Serves 8 or more





Ham hock terrine

TAKING the time to make a terrine is so rewarding and this is the simplest recipe I know

INGREDIENTS

- 5 smoked ham hocks
- 2 carrots, peeled and halved
- 2 brown onions, halved
- 2 celery sticks, washed and halved
- 3 bay leaves
- 4 sprigs of thyme
- 2 heads of garlic, halved
- 1 tsp black peppercorns
- 1 tbsp sea salt
- ½ cup flat-leaf parsley, chopped
- ¼ cup salted capers, washed

METHOD

- Place all ingredients except parsley and capers in a large pot. Cover hocks with cold water, bring to the boil, skim and simmer for about 2½ hours or until the meat falls away from the bone.

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Meanwhile, line a terrine mould with cling wrap, making sure you have about five centimetres hanging over the sides. Remove

hocks from stock and cool. Strain 1½ litres of stock into a saucepan and boil until reduced to half a litre.

Pick meat from the cooled ham hocks, discarding the skin, bone and gristle.

Place a layer of meat in the bottom of the terrine. Sprinkle with capers and parsley and repeat until terrine is full, finishing with a layer of meat. Pour over reduced stock. Fold over the cling wrap and set in the fridge.

The next day, remove the terrine by turning upside down and pulling on the cling wrap to release. Peel off the wrap and cut into 1.5-centimetre slices with a sharp, heated knife.

When terrine slices are at room temperature, serve with grilled bread, pickles and a parsley salad.

Serves up to 10



Pork and fennel sausages with apple and cabbage coleslaw

BUY your sausages from a local butcher — they need our support as much as the specialist producers.

INGREDIENTS

- 8 pork and fennel sausages
- ¾ green cabbage, finely sliced
- ¼ purple cabbage, finely sliced
- ½ head fennel, finely sliced
- Feathery green fennel tops
- 1 red apple, quartered, cored and finely sliced
- 1 tsp fennel seeds, roasted
- 6 tbsp mayonnaise
- 1 lemon, juiced
- Salt and pepper

METHOD

- Preheat an oven or grill. Cook sausages for about 15 minutes.
- Mix remaining ingredients in a large bowl. Serve with sausages.

Serves 4