

Australian Pork



The Versatile Meat

Australian Pork is deliciously lean and surprisingly versatile to prepare. There is a cut of pork to suit every meal occasion and situation.

There are lean steaks and juicy, full of flavour pork chops for grilling, pan frying or barbequing, legs, shoulders and loins of pork for traditional roasting and very versatile diced pork and pork strips for quick stir fries, kebabs and casseroles.

Use pork mince for a delicious flavour change to spaghetti bolognese, meat balls, lasagna and burgers.

Coat pork schnitzels with seasoned breadcrumbs and cook for 2-3 minutes each side or cut into strips and stir fry for 2-3 minutes for a quick and tasty meal.

Many Australians are under the misconception that pork requires long cooking. This is not so – pork chops and steaks take just 8-10 minutes to cook. In fact if they are cooked any longer they lose their unique succulence and flavour.

The Perfect BBQ Meat

Australian Pork is one of the best meats for barbeques. It is tender and flavoursome and very quick and easy to cook. The many cuts of Australian Pork give endless variety for a family barbeque or for casual entertaining. Grilling is a quick, easy and nutritious way of serving pork, with marinades being an ideal way to give unique flavours and help pork retain its succulence.

Ideal Cuts to BBQ

- Pork Loin Chops
- Pork Loin Medallion Steaks
- Pork Schnitzels (rolled and skewered)
- Pork Forequarter Chops
- Diced Pork (thread onto skewers)
- Pork Mince (made into patties)
- Pork Steaks
- Pork Cutlets
- Pork Spare Ribs

Australian Pork represents not only good taste value, but excellent nutritional value per mouthful. As a result of production techniques over the last 10 years the overall fat content of pork has been reduced between 60% and 65%.

Pork is a white meat and has more of the key nutrients, protein, thiamine, riboflavin, niacin, iron and zinc than either chicken or fish.

Brought to you by Peninsula Bulk Meats

Source of Information: Australian Meat Industry Council, Australian Pork Limited, Meat & Live Stock Australia and Tanner Couch Calendars.