

CHEF NETWORK
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IN PARTNERSHIP WITH

BORD BIA
IRISH FOOD BOARD



CHEF & BUTCHER
QUALITY ASSURED PORK
MASTERCLASS SERIES



FEATURING
BUTCHER MICHAEL BERMINGHAM
& CHEF TOM FLAVIN

2026 RECIPE BOOKLET



Mexican Pork Tinga (Serves 6–8)

Ingredients

Pork

- 1.2–1.5 kg pork shoulder or pork collar
- 1 onion, quartered
- 2 bay leaves
- 1 tsp black peppercorns
- Salt
- 1 tsp dried oregano
- ½ tsp ground cumin
- 1 tsp smoked paprika
- 150 ml pork cooking liquor (or light beer)
- Salt & black pepper

Tinga Sauce

- 2 tbsp vegetable oil or pork fat
- 2 large onions, thinly sliced
- 3 cloves garlic, sliced
- 2–3 chipotle chiles in adobo (to taste)
- 400 g tinned chopped tomatoes

To Serve

- Warm tortillas or flatbreads
 - Pickled red onions or cabbage
 - Coriander
 - Lime wedges
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Method

1. Cook the Pork

- Place pork in a pot with onion, bay, peppercorns and a good pinch of salt.
 - Cover with water, bring to a gentle simmer.
 - Cook for **1½–2 hours** until tender but not falling apart.
 - Remove pork, **reserve the cooking liquid**, and shred coarsely.
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2. Make the Tinga Base

- Heat oil in a wide pan.
 - Add sliced onions with a pinch of salt and cook slowly for **15–20 minutes** until soft and lightly caramelised.
 - Add garlic, cook 30 seconds, add chipotle chiles, tomatoes, oregano, cumin and smoked paprika.
 - Simmer for **10 minutes** until thick and rich.
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3. Blend & Finish

- Blend the sauce until smooth (or leave rustic if preferred).
- Return to the pan, loosen with pork liquor or beer.
- Add shredded pork and simmer gently for **10–15 minutes**, seasoning to taste.

You want it **saucy, smoky, slightly spicy**, not wet like pulled pork.



Pork Belly Ramen (Serves 4)

Ingredients

- **1.4 litres** chicken stock
- **300 gr** oven-roasted crispy pork belly
- **400 gr** fresh ramen noodles
- **2 heads** baby bok choy, sliced crosswise into thin ribbons
- **1 tsp** grated fresh ginger (\approx **5 g**)
- **15 ml** soy sauce
- **2 tsp** toasted sesame oil (\approx **10 ml**)
- **4 large eggs**, cooked to your preferred doneness, halved
- Sriracha, to taste
- Spring onions, chopped, to taste
- Fresh coriander, chopped, to taste
- Thai basil, chopped, to taste

Method

1. Bring the chicken stock to the boil.
2. Slice the cooked pork belly lengthwise into **3 mm** slices. Heat a frying pan over medium heat and fry the pork belly until the edges are crisp, about **5 minutes**. Drain on kitchen paper.
3. Add ramen noodles to the boiling stock and cook for **1 minute** (longer if using dried noodles).
4. Add bok choy and grated ginger, return to the boil, and cook for **1 minute** more.
5. Remove from the heat and stir in soy sauce and sesame oil.
6. Divide the ramen and broth between **4 bowls**. Top each with **2 egg halves**, one quarter of the pork belly, and finish with sriracha, spring onions, coriander and Thai basil as desired. Serve immediately.



Spanish Pork Meatballs (Albóndigas)

Meatballs

- 2 slices whole wheat sandwich bread
- **120 ml** whole milk
- **680 g** minced pork
- **100 g** finely grated Manchego or Parmesan
- **15 g** chopped parsley
- **30 ml** olive oil
- 1 large egg
- **10 g** smoked paprika
- **2 tsp** minced fresh garlic (≈ **10 g**)
- **2 tsp** ground cumin (≈ **4 g**)
- **2 tsp** ground coriander (≈ **4 g**)
- Salt and freshly ground black pepper
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Sauce

- **120 ml** dry white wine
- Large pinch saffron threads
- **15 ml** extra-virgin olive oil
- **150 g** yellow onion, diced
- **½ tsp** minced fresh garlic (≈ **2 g**)
- 1 dried bay leaf
- **400 g** tin crushed tomatoes
- **1 tbsp** chopped capers (≈ **15 g**)
- Fresh parsley leaves and toasted flaked almonds, to serve

Method - Meatballs

Preheat oven to **220°C** (fan **200°C**). Lightly oil or line two baking trays.

In a large bowl, combine bread and milk, mashing to form a paste.

Add pork, cheese, parsley, olive oil, egg, smoked paprika, garlic, cumin, coriander, **1 tsp fine salt**, and black pepper. Mix until just combined.

Roll into meatballs about **2.5 cm** in diameter.

Arrange on trays and bake for **12–15 minutes**, until golden and cooked through.

Sauce

Combine wine and saffron in a small bowl; set aside.

Heat olive oil in a large pan over medium heat.

Add onions and cook for **5–6 minutes** until soft and lightly golden.

Add garlic and cook for **1 minute**.

Deglaze with the wine-saffron mixture, add bay leaf, and reduce for **1 minute**.

Add crushed tomatoes and capers, season with salt and pepper, and simmer for **5 minutes**. Remove bay leaf.

Finish

Add meatballs to the sauce and warm through gently.

Serve garnished with parsley and toasted almonds.



Ham Hock & Feta Shakshuka

Ingredients

2 tablespoons rapeseed oil	¼ teaspoon chili flakes, reduce or omit if sensitive to spice
1 large yellow onion, chopped	800 gr chopped tomatoes
1 large red bell pepper or roasted red bell pepper, chopped	2 tablespoons chopped fresh coriander or flat-leaf parsley, plus addition cilantro or parsley leaves for
¼ teaspoon fine sea salt	Freshly ground black pepper, to taste
3 cloves garlic, pressed or minced	5 to 6 large eggs
2 tablespoons tomato paste	200g crumbled feta
1 teaspoon ground cumin	200g shredded ham hock
½ teaspoon smoked paprika	

Garnish

Coriander or flat-leaf parsley
Crusty sourdough bread or pita

Instructions

- Preheat the oven to 180°C. Warm the oil in a large, oven-safe skillet (preferably stainless steel) over medium heat. Add the onion, bell pepper, and salt. Cook, stirring often, until the onions are tender and turning translucent, about 4 to 6 minutes.
- Add the garlic, tomato paste, cumin, paprika and chili flakes. Cook, stirring constantly for 1 to 2 minutes.
- Pour in the crushed tomatoes with their juices and add the coriander. Stir, and let the mixture come to a simmer. Reduce the heat as necessary to maintain a gentle simmer, and cook for 5 minutes.
- Turn off the heat. Taste and adjust seasoning. Use the back of a spoon to make a well near the perimeter and crack the egg directly into it. Gently spoon a bit of the tomato mixture over the whites to help contain the egg. Repeat with the remaining 4 to 5 eggs, depending on how many you can fit. Sprinkle a little salt and pepper over the eggs.
- Carefully transfer the skillet to the oven and bake for 8 to 12 minutes. They're done when the egg whites are an opaque white and the yolks have risen a bit but are still soft. They should still jiggle in the centers when you shimmy the pan. (Keep in mind that they'll continue cooking after you pull the dish out of the oven.)
- Transfer the hot skillet to a heat-safe surface like the stove. Top with the crumbled feta, shredded ham hock fresh coriander, and more chili flakes, if desired. Serve in bowls with crusty bread on the side.



HAM HOCK & PIGS HEAD TERRINE

- 2 [pig's trotters](#)
- 2 [ham hocks](#), on the bone
- 1 [pig's head](#), brined
- 1 pigs tail
- 3 [celery sticks](#)
- 1 [large onion](#)
- 1 [leek](#)
- 2 [carrots](#)
- 2 [shallots](#), peeled and chopped
- 2 [baby capers](#)
- 2 bay leaves
- 1 tsp [black peppercorns](#)
- 1 tsp [coriander seeds](#)
- 50g of gherkins
- 750ml of white wine
- 4 tbsp of white wine vinegar
- 1 handful of [parsley](#), finely chopped
- 3 sprigs of [thyme](#)
- [sea salt](#)
- [black pepper](#), freshly ground
- 2 carrots cut into batons
- 1 celeriac cut into batons

For the nose-to-tail terrine, place the ham hocks, together with the trotters and pigs head into a large saucepan and cover with cold water. Bring to the boil and boil steadily for 10 minutes, skimming off any scum, which floats to the surface. Remove the hocks, trotters and head and discard the water. Return the pork to the cleaned out pan

Make a bouquet garni with the bay leaves, thyme and the parsley stalks (you could also add some sprigs of tarragon if available), add this to the saucepan together with the celery, onion, leek, carrot, coriander seeds, peppercorns and shallots

Pour in the bottle of white wine and 4 tbsp of white wine vinegar, add enough cold water to cover and bring to a simmer. Simmer very gently for approximately 4 hours, or until the meat is tender and the flesh flakes easily

Leave the meat to cool in the liquid and then remove and cover with cling film (the trotters can be discarded). Strain the liquor through a piece of muslin into a clean pan

Taste the liquor: if the flavour is not as strong as you like, bring to the boil and reduce, this will intensify the flavour but also increase the saltiness of the liquor, so if you are happy with the flavour of the liquor there is no need to reduce it. If you do reduce, pass it once again through a clean piece of muslin and into a jug

Cook the carrot and celeriac batons in the cooking liquid until soft, strain & cool. Peel the skin off the hocks and then shred the ham into nuggets, remove the tongue, trim and cut into long strips. Remove cheeks and meat from around the head. Place into a large bowl with the capers, gherkins and parsley. Mix well, taste and season with pepper (it should be salty enough already)

Line a 1.5 litre terrine with a double layer of clingfilm, leaving some excess draping over the sides. Line with thinly sliced Parma ham or prosciutto. Pile the mixture into the lined terrine and press down firmly. Arrange tongue meat & batons of carrot and celery throughout the centre of the terrine. Slowly pour in the liquor, enough to just cover the meat – tapping down well as you do so to ensure it is spread throughout the terrine. Cover with cling film and leave to chill and press overnight. Serve with a dollop of piccalilli and some bread



PICKLING VINEGAR

- 600ml of white wine vinegar
- 15g of [red chillies](#)
- 250g of caster sugar
- 50g of [horseradish](#), grated
- 3 sprigs of [thyme](#)
- 1 bay leaf

For the piccalilli, begin by making the pickling vinegar. Place all the ingredients into a saucepan over a low heat and allow the sugar to dissolve. Turn up the heat and bring to the boil. Turn the heat down and gently simmer for roughly 2-3 minutes. Set aside to cool and then strain

PICCALILLI VEGETABLES

- 300g of [red pepper](#)
- 200g of [yellow pepper](#)
- 200g of [cucumber](#)
- 200g of [courgette](#)
- 200g of [button onion](#)
- 200g of [fennel](#)
- 200g of [celery](#)
- 2l water
- 50g of [salt](#)

Meanwhile, trim and dice all the vegetables into small cubes (the onions can either be left whole, cut into halves or quartered). Pour the water into a large bowl and stir in the salt. Place all the vegetables into the salted water and leave to soak overnight

- 1 [red chilli](#)
- 40g of cornflour
- 15g of [turmeric](#)
- 75g of [Dijon mustard](#)

Wash the vegetables in plenty of cold running water, strain well and then place into a large bowl. Place the finely chopped chilli, cornflour, turmeric and Dijon mustard into a separate bowl and mix to a runny paste with 150ml of the cold strained pickling vinegar

Bring the remaining 450ml of the vinegar back to the boil in a clean saucepan over a moderate heat and then stir in the paste mixture. Cook for 2-3 minutes, stirring continuously, until it thickens. Pour the hot mixture over the vegetables and mix thoroughly. Fill some jars with the piccalilli and when really cool - cover and seal. The longer you leave the piccalilli - the better it will be



Pork Adobo

Ingredients

1kg pork belly or Pork shoulder cut in to cubes

1 bulb garlic chopped

2 onions sliced thinly

5 bay leaves

50 gr brown sugar or honey (optional)

4 tablespoons white vinegar

120 ml soy sauce

20 ml vegetable oil

1 tablespoon peppercorn (crushed or whole)

500ml water

Salt to taste

Garnish

Steamed rice

Red chilis thinly sliced

Spring onion thinly sliced

Instructions

- Combine the pork belly, soy sauce, (sugar or honey if desired) and garlic then marinate overnight or at least for at least 1 hour
- Heat the pot add vegetable oil and put-in the marinated pork belly then cook for a few minutes, sealing the meat until crust is formed
- Pour remaining marinade including garlic into the pan.
- Add water, pepper corn, and bay leaves then bring to a boil. Simmer for 40 minutes to 1 hour
- Put-in the vinegar and sliced white onions and simmer for 12 to 15 minutes
- Add salt to taste
- Serve hot with steamed rice. Garnish with thinly sliced chilis & spring onion



Shredded Ham Hock, Pea & Potato Hash

Ingredients

1kg ham hock	3 tbsp rapeseed oil
1 onion- cut into ¼'s	1 large red onion - thinly sliced
1 medium carrot - sliced	350g shredded ham hock
1 celery stalk - sliced	200g fresh or frozen peas
4 juniper berries - lightly crushed	15g butter
¼ tsp cracked black peppercorns	1 tbsp wholegrain mustard
1 bay leaf	½-1 tsp salt - to taste
A few sprigs of parsley and thyme	1 tsp coarsely ground black pepper
2 litre Water to cover	3 tbsp chopped fresh parsley
750g rooster potatoes - skin left on	

Garnish

Egg – poached, baked or fried
Spring onion thinly sliced

Instructions

- Place the ham hock, vegetables, spices and herbs into a thick-bottomed pot and cover with water. Place over a medium simmer with the lid and cook for 1½ - 2 hours.
- Remove the cooked ham hock from the stock and shred the meat from the bone. Pour over a little of the cooking stock to keep the meat moist.
- Cook the potatoes whole and dice when cold leaving the skins on or dice potatoes into a pan of boiling salted water, bring back to the boil, and simmer for 5 - 6 minutes until just tender. Drain well and leave to chill overnight if possible.
- Heat 1 tbsp of the rapeseed oil in a thick-bottomed pot over a medium heat, add the sliced onion and cook for 5 - 6 minutes until golden brown.
- Lift onto a plate with a slotted spoon. Heat the rest of the rapeseed oil, add the part-cooked diced potatoes and cook for 8 -10 minutes, turning them occasionally, until they are golden brown and starting to break apart.
- Stir in the shredded ham hock, onions, peas, butter, mustard, salt and pepper and continue to cook for 8 -10 minutes stirring occasionally until the vegetables are tender and everything is piping hot. Sprinkle over the chopped parsley and serve with fried or poached egg.