

ESKORT

HOME STYLE RECIPES

Family Celebrations

Home Days

The Big Game

Friends

Home Braais



Delicious

ESKORT



Published By: Eskort Limited
Produced by: Value Added Advertising
Photography: Shawn Driman Photography
Food Styling: Marilyn Shorten
Additional Images: Gallo Images, Getty Images,
The Bigger Picture, Alamy.

Delicious

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Delicious Bacon, Sausages, Viennas,
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FAMILY CELEBRATIONS

Bacon Crumpet Stacker

Vienna, Spinach & Feta Pie

One Pan Wonder

Ham & Sweetcorn Fritters

French Polony Toast Parcels



BACON CRUMPET STACKER

INGREDIENTS

12 rashers Eskort Rindless Streaky Bacon
15 ml butter, melted
1 egg
200 ml warm water
30 ml sugar
5 ml golden syrup

Spiced maple syrup

125 ml maple syrup
strip lemon zest

5 ml cream of tartar
2.5 ml bicarbonate of soda
250 ml flour
pinch cinnamon
pinch salt
pecan nuts, roasted (to garnish)

pinch nutmeg
30 ml butter

METHOD

- 1 In a bowl, mix melted butter, egg, water, sugar and syrup.
- 2 Sift in the dry ingredients and mix to form a smooth batter. Add additional water to obtain a dropping consistency if necessary.
- 3 Drop spoonfuls of batter onto a lightly greased, pan (low to medium heat) and turn when the bubbles on the top have burst.
- 4 Grill the bacon until crispy then stack pancakes, bacon and roasted pecans on a plate.
- 5 Serve warm, drizzled with spiced maple syrup.

Syrup

- 1 In a small pan, combine all ingredients except the butter, heat for several min without boiling then remove from heat and swirl in butter. (Makes about 125 ml).

Option Substitute golden syrup for the spiced maple syrup.

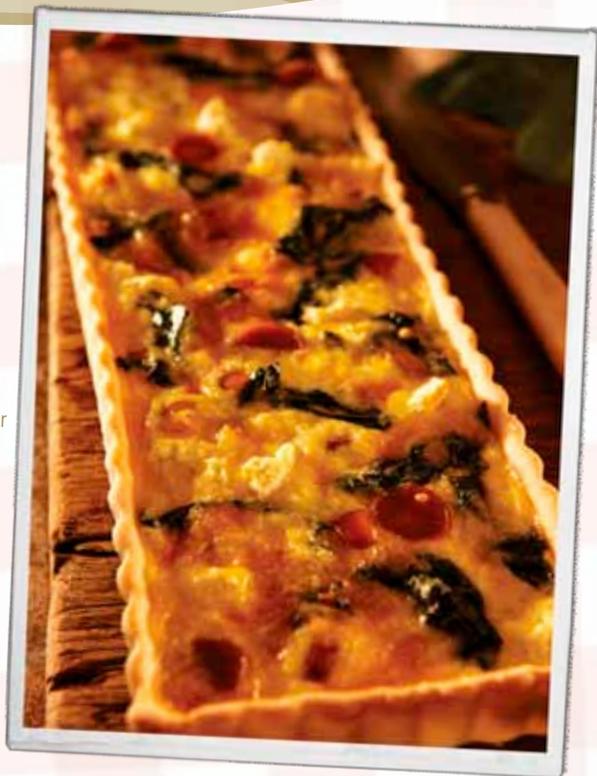
serves 6 **prep time 20 min** **cooking time 15 min**



VIENNA SPINACH & FETA PIE

INGREDIENTS

- 250 g Eskort Vienna Sausages, sliced
- 400 g short crust pastry, defrosted
- 15 ml butter
- 150 g baby spinach, washed
- 150 g feta cheese, crumbled
- 3 eggs
- 250 ml milk
- 125 ml sour cream
- 10 ml lemon juice
- 80 ml cheddar cheese, grated
- 2 ml mustard powder
- salt and freshly ground black pepper



METHOD

- 1 Preheat oven to 160°C.
- 2 Line a pie dish with pastry and allow to chill in the refrigerator.
- 3 In a pan over medium heat, melt the butter, add spinach and fry quickly until wilted.
- 4 Spoon Vienna slices and spinach into the chilled pastry base and follow with the feta.
- 5 In a bowl, beat together the remaining ingredients and pour over the base.
- 6 Bake for 45 min or until browned and cooked.

Option

Substitute Eskort Rindless Back Bacon for the Eskort Viennas for a different flavour.

makes 1

prep time 15 min

cooking time 45 min

ONE PAN WONDER

INGREDIENTS

- 375 g Eskort Gold Medal Mini Pork Sausages
- 400 g new potatoes, par boiled
- 1 red onion, cut into wedges
- 4 sprigs thyme
- olive oil
- 30 ml balsamic vinegar (optional)
- 250 g button mushrooms, wiped
- 3 tomatoes cut into wedges or 200 g cherry tomatoes
- salt and freshly ground black pepper

METHOD

- 1 Preheat oven to 180°C.
- 2 Place sausages, thyme, onion and new potatoes into a roasting pan, drizzle with oil and roast for 15 min.
- 3 Add remaining ingredients, season and roast for 10 - 15 min until cooked.
- 4 Garnish with fresh herbs and serve immediately.

Options

Substitute 8 Eskort Gold Medal Pork Sausages for Eskort Gold Medal Mini Pork Sausages. Add a packet of Eskort Rindless Back Bacon and cook for the last 10 - 15 min. Try this dish with a few chilli flakes!

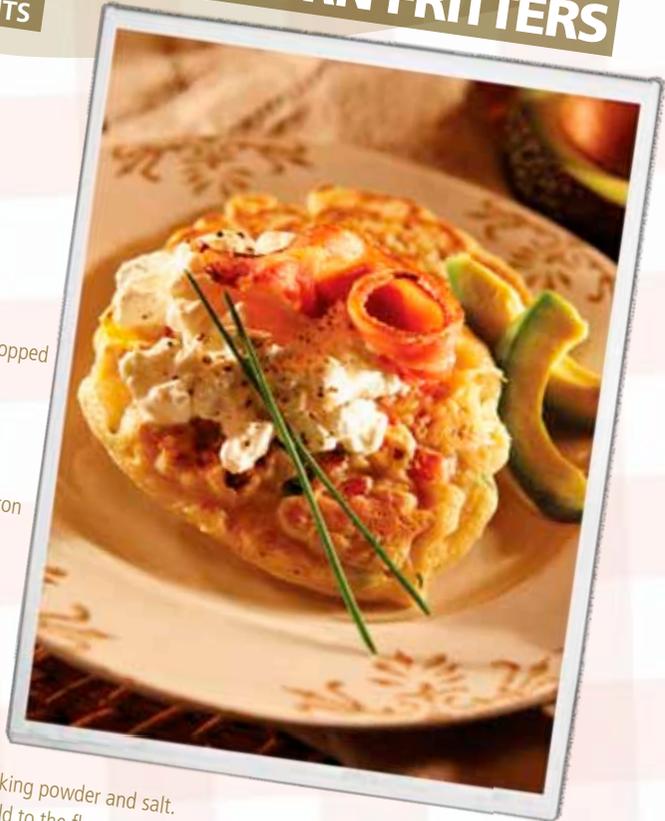
serves 4 prep time 20 min cooking time 30 min



HAM & SWEETCORN FRITTERS

INGREDIENTS

- 180 g** Eskort Mini Ham, finely chopped
- 150 g** flour
- 5 ml** baking powder
- pinch** salt
- 2** eggs
- 200 ml** milk
- 220 g** corn kernels, rinsed and drained
- 4** spring onions, finely chopped
- 15 ml** chopped chives
- salt and freshly ground black pepper
- oil for frying
- cottage cheese, crispy bacon and avocado slices to garnish



METHOD

- 1** In a bowl sift together flour, baking powder and salt.
 - 2** Beat milk and eggs together, add to the flour and stir until you have a smooth batter adding more milk if necessary to get a dropping consistency.
 - 3** Add the ham, corn, spring onions and chives then stir to combine. Season to taste.
 - 4** Heat the frying pan to medium high and brush with oil then drop batter in dollops in the pan.
 - 5** Cook for about 2 - 3 min on each side or until golden brown.
- Make very small and serve as finger snack.
Serve with rocket, cottage cheese, crispy Eskort Rindless Streaky Bacon and sweet chilli sauce.
Try with roasted tomatoes and a drizzle of balsamic glaze.

Options

serves 4

prep time 15 min **cooking time 10 min**

FRENCH POLONY TOAST PARCELS

INGREDIENTS

- 4 slices** Eskort French Polony, thickly sliced
4 eggs
185 ml milk
salt and freshly ground pepper
4 slices white bread, 30 mm thick
10 ml Dijon mustard
4 slices cheddar cheese, trimmed to fit bread
15 ml olive oil

METHOD

- 1 Preheat oven to 180°C.
- 2 In a bowl, whisk eggs, milk and season.
- 3 With a sharp knife, slit open one side of each slice of bread to form a pocket, leaving 10 mm around the edges.
- 4 Spread the mustard on one side of each pocket then follow with a slice of polony and cheese.
- 5 Place in shallow dish and pour over the egg mixture, leaving for 5 min, turning once.
- 6 In a non stick frying pan over medium to high heat, cook for about 2 min on either side until golden brown.
- 7 Remove and place in baking tray and bake for 10 min or until cooked in the centre.

Options

Replace Eskort French Polony with Eskort Mini Ham and use gruyere or mozzarella instead of cheddar cheese.

Try with a slice of tomato.

serves 2

prep time 15 min cooking time 15 min





HOME DAYS

Polony Risotto

Sausage, Butter Bean & Tomato Bake

Sausage Meatballs & Spaghetti

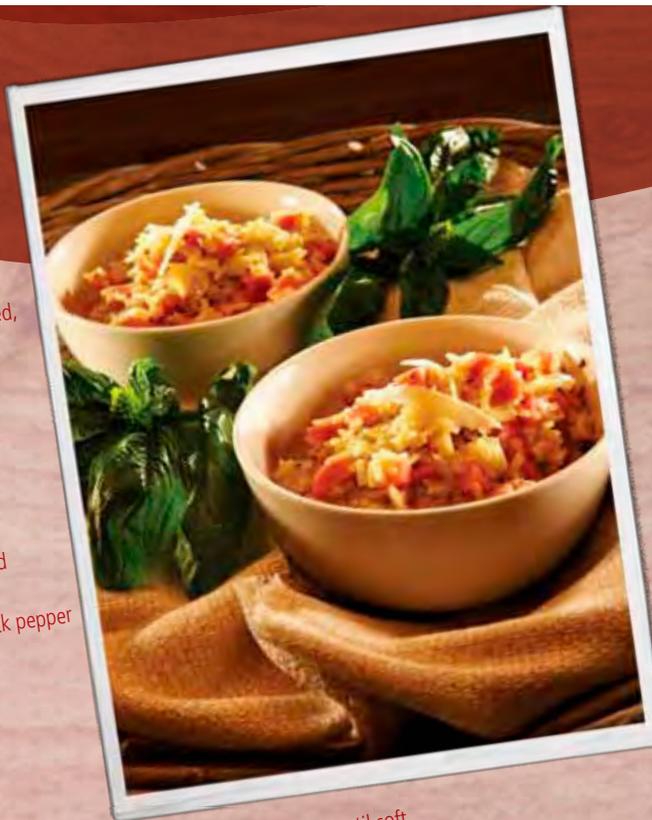
Mini Vienna Stir-Fry

Bacon & Butternut Pasta

POLONY RISOTTO

INGREDIENTS

- 250 g Eskort French Polony, thickly sliced, cubed
- 1000 ml chicken stock, hot
- 25 g butter
- 45 ml olive oil
- 1 large onion, chopped
- 500 ml rice
- 375 ml dry white wine
- 20 ml basil or sage, freshly chopped
- 2 cloves garlic, peeled and crushed
- 45 ml salt and freshly ground black pepper
- 45 ml parmesan cheese, grated



METHOD

- 1 In a deep-frying pan or pot, heat butter and oil and sauté onion until soft.
- 2 Add rice and cook for 2 min.
- 3 Add half the wine and bring to the boil stirring constantly.
- 4 As the mix gets dryer, slowly add stock then the remaining wine.
- 5 Stir continually until all the stock has been absorbed, add basil, garlic and polony.
- 6 Season, remove from the heat and stir in the cheese. Serve immediately.

serves 4

prep time 10 min cooking time 30 - 45 min

Options



SAUSAGE, BUTTER BEAN & TOMATO BAKE



INGREDIENTS

- 8 Eskort Gold Medal Pork Sausages
- 60 ml olive oil
- 1 onion, finely chopped
- 250 g mushrooms, cleaned
- 15 ml chopped fresh thyme or oregano
- 2 x 410 g 400 g tins chopped tomatoes
- butter beans or borlotti beans, rinsed and drained
- salt and freshly ground pepper

METHOD

- 1 Preheat oven to 180°C.
- 2 In a heavy based frying pan, heat 15 ml oil and lightly brown sausages then remove and set aside.
- 3 Wipe out pan and add remaining oil.
- 4 Sauté onion and thyme over gentle heat for 5 min until soft but not coloured.
- 5 Add mushrooms and cook for a further 2 - 3 min then add tomatoes and simmer for 5 min, stirring occasionally.
- 6 Season to taste.
- 7 Transfer tomato mixture into an ovenproof dish, stir in the beans then arrange the sausages on top, burying them into the mixture.
- 8 Roast for 15 - 20 min and serve with creamy mash and salad.

serves 4

prep time 10 min cooking time 35 min

SAUSAGE MEATBALLS & SPAGHETTI

INGREDIENTS

8 Eskort Gold Medal Pork Sausages
500 g spaghetti
salt

1 clove
1 bunch
2 x 410 g
pinch
dash

Tomato Sauce
garlic, peeled and finely sliced
onion chopped
fresh basil or oregano, chopped
tins chopped tomato
sugar
salt and freshly ground black pepper
balsamic vinegar or Worcestershire sauce

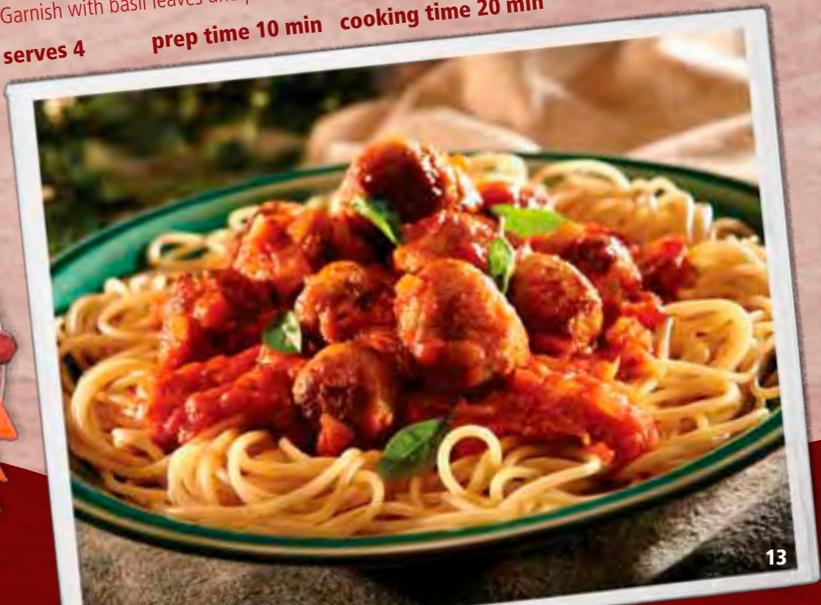
METHOD

- 1 Squeeze meat out of sausage casing and roll into small balls.
- 2 Fry in a little oil until browned and cooked through and set aside.
- 3 In rapidly boiling water cook spaghetti according to instructions.

Tomato Sauce

- 1 Heat a little olive oil, sauté the onion until softened then add the garlic and cook for a min.
- 2 Add chopped herbs, sugar, tomato and season to taste.
- 3 Simmer and add a swig of balsamic.
- 4 Cook over a high heat for 5 min before adding the meatballs.
- 5 Divide cooked and drained spaghetti into 4 bowls and spoon over sauce.
- 6 Garnish with basil leaves and parmesan shavings.

serves 4 **prep time 10 min** **cooking time 20 min**



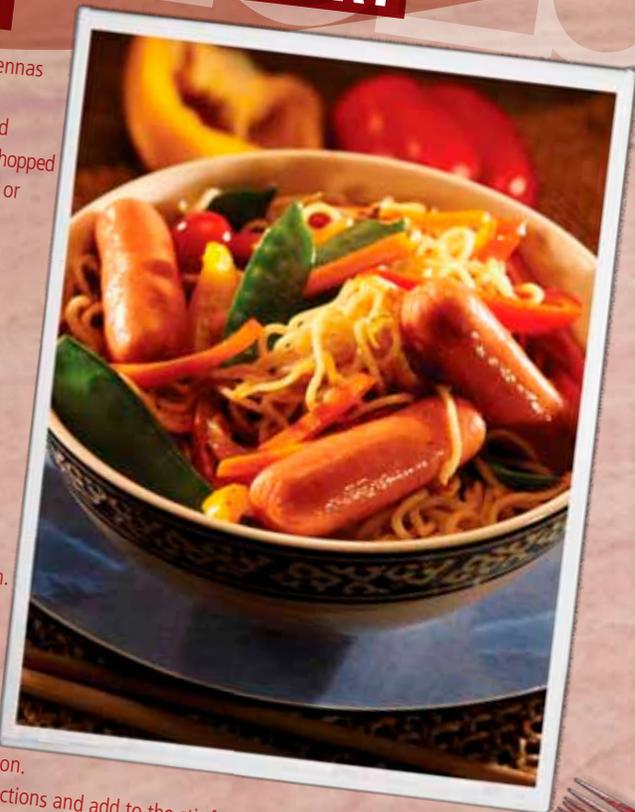
MINI VIENNA STIR-FRY

INGREDIENTS

- 250 g Eskort Cheese Mini Viennas
- 10 ml oil
- 1 onion, peeled and sliced
- 1 clove garlic, peeled and finely chopped
- 200 g cherry tomatoes, halved or tomatoes, chopped
- 4 snow peas
- 100 g julienne carrot strips
- 100 g red pepper, sliced
- ½ yellow pepper, sliced
- ½ salt and freshly ground black pepper
- 2.5 g sugar
- packet instant noodles

METHOD

- 1 Heat oil in a wok or frying pan.
 - 2 Stir-fry onion over high heat for 3 - 4 min, add garlic and stir-fry for 1 min.
 - 3 Add vegetables and sugar.
 - 4 Stir-fry for a further 2 - 3 min.
 - 5 Stir in the Mini Viennas and season.
 - 6 Cook noodles according to instructions and add to the stir-fry.
- Options Use pre-prepared stir-fry vegetables.
Add soya sauce for a richer flavour.
Try with Eskort Russians instead of Eskort Viennas.
- serves 3 - 4 prep time 15 min cooking time 10 min**





BACON & BUTTERNUT PASTA

INGREDIENTS

- 250 g Eskort Diced Bacon
- 15 ml olive oil
- 1 small butternut, peeled and cubed
- 400 g pasta of choice

- 100 g baby spinach, rinsed
- 1 chilli, finely chopped (optional)
- salt and freshly ground black pepper
- parmesan or pecorino cheese to garnish

METHOD

- 1 Preheat oven to 200°C.
- 2 Season butternut and place on oven tray and drizzle with olive oil.
- 3 Toss to coat evenly then roast until tender and slightly caramelised (25 - 30 min).
- 4 Cook pasta according to packaging instructions.
- 5 In a frying pan, cook bacon until crispy, add spinach and chilli, cook briefly until spinach wilts then add the roasted butternut and season.
- 6 Toss together with cooked pasta then drizzle over extra olive oil, sprinkle with cheese and serve.

serves 4

prep time 15 min cooking time 35 min



THE BIG GAME

Game Day Pizzas

Sausage Burgers

Rib Burgers with Caramelised Onions

Chicken Liver & Bacon Rolls

Polony Nachos

GAME DAY PIZZAS

BASE INGREDIENTS

10 g	instant yeast
15 ml	sugar
1 000 ml	flour
10 ml	salt
30 ml	olive oil
400 - 450 ml	warm water

BASE METHOD

- 1 Sift the dry ingredients into a bowl and add yeast.
- 2 Add remaining ingredients with enough liquid to form a soft dough.
- 3 Turn onto a floured surface and knead until dough is smooth and elastic.
- 4 Place dough in a large lightly oiled bowl, cover with cling wrap and leave in a warm place to rise to double in size (about 60 min).
- 5 Return to floured surface and roll out to a thickness of 3 mm then, using a pot lid or plate as guide, cut 6 large circles.
- 6 Prick bases all over with a fork and bake at 240°C for 5 min.



PIZZA PASTE INGREDIENTS

- 1 clove garlic, peeled and crushed
- 2 x 410 g tinned tomatoes, drained and finely chopped
- 15 ml tomato paste
- 10 ml salt and freshly ground black pepper
- bunch fresh basil or oregano, chopped

PIZZA PASTE METHOD

- 1 Add and mix ingredients together, cook over a medium heat for 1 - 2 min and set aside.

TASTY PIZZA TOPPINGS

Have fun with various topping combinations. Here are some delicious ideas to get you started.

- Mozzarella grated, tinned pineapple pieces and Eskort Chopped Ham Roll. Once baked garnish with a few leaves of fresh rocket.
- Pre-cooked Eskort Gold Medal Pork Sausages sliced, with sliced mushrooms and tomato.
- Sliced Eskort Viennas with cubes of feta cheese. Once baked, pop on a few slices of freshly peeled and sliced avocado.
- Eskort Rib Burgers cut into pieces, mozzarella and tomato.
- Eskort Russians sliced with mozzarella - once baked pop on a few slices of banana.
- Eskort French or Garlic Polony sliced, mushrooms, sliced green or red peppers, and black olives.

WINNING PIZZAS

- 1 Brush the partially baked base with olive oil.
- 2 Spread with about 45 ml of the tomato mixture, sprinkle over about 250 ml grated mozzarella or cheddar cheese.
- 3 After choosing your favourite combination of toppings, bake in a preheated oven at 240°C for 8 - 10 min or until cheese is melted and browned and serve immediately.

Options

Try some of the following additions: onions, spring onions, capers, olives, anchovies, bacon, asparagus, artichoke hearts, pepperdews, even roasted butternut or beetroot and slices of chilli. Drizzle some sweet chilli sauce over the pizza just before serving.

makes 6 bases prep time 75 min cooking time 15 min



SAUSAGE BURGERS

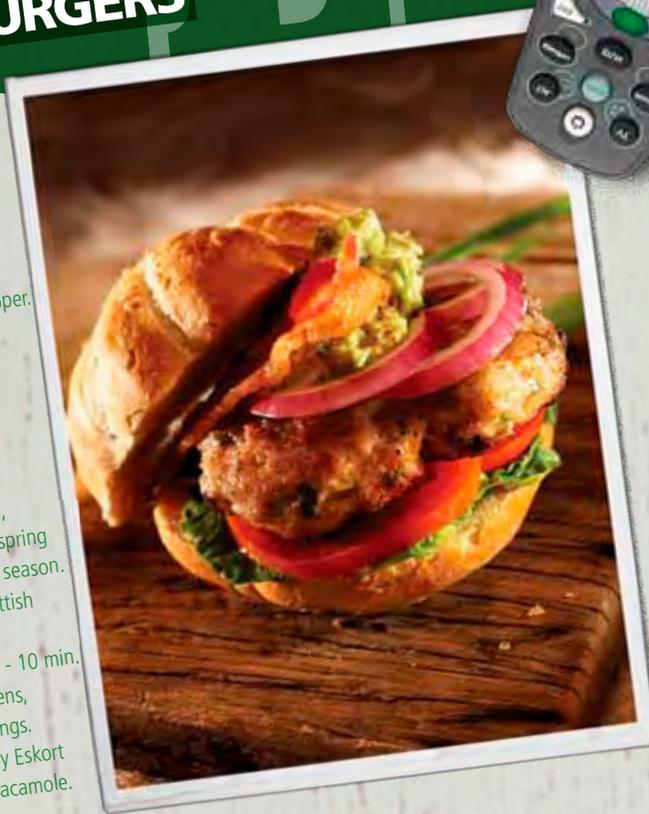
INGREDIENTS

- 8 Eskort Gold Medal Pork Sausages
- 4 spring onions, finely chopped or onion, finely chopped
- 1 fresh parsley, finely chopped or coriander, finely chopped
- 15 ml salt and freshly ground black pepper.
- 4 burger buns
- 1 tomato, sliced
- 1 red onion, sliced
- 4 lettuce leaves or rocket

METHOD

- 1 Skin the sausages into a bowl, then mix sausage meat with spring onions, chopped parsley and season.
 - 2 With wet hands, shape 4 flattish burgers and chill until firm.
 - 3 Grill or pan fry patties for 8 - 10 min.
 - 4 Build your burger with greens, tomato, patty and onion rings.
- Option** Try this with slices of crispy Eskort Bacon and a dollop of guacamole.

serves 4 prep time 15 min cooking time 10 min



RIB BURGERS WITH CARMELISED ONIONS

INGREDIENTS

- 500 g Eskort Marinated Rib Burgers
- 3 onions, peeled and sliced
- 30 ml brown sugar
- 30 ml balsamic vinegar
- 15 ml fresh thyme, chopped
- 4 crispy rolls
- rocket or lettuce
- 2 tomatoes sliced or cherry tomatoes

METHOD

- 1 Cook Rib Burgers according to packaging instructions.
- 2 Heat a little oil in a non-stick frying pan, fry the onions over a low heat, until soft (10 - 15 min).
- 3 Add sugar, vinegar and thyme and stir until sugar has dissolved, mixture has thickened, is golden brown and has caramelised (10 - 15 min).
- 4 Set aside.
- 5 Build your burger by cutting roll in half, layer with greens, tomato slices, rib burger and onion.

serves 4 prep time 10 min cooking time 30 min



CHICKEN LIVER & BACON ROLLS

INGREDIENTS

- 4 rashers
- 1 crusty roll
- 1 onion, finely chopped
- ½ red pepper, sliced
- ½ yellow pepper, sliced
- 250 g chicken livers
- 2 - 4 ml Tabasco sauce or 30 - 45 ml sweet chilli sauce
- salt and freshly ground black pepper

METHOD

- 1 Halve and butter the roll.
 - 2 In a frying pan, cook the bacon until crispy, remove and then drain oil from the pan leaving 15 ml of the oil.
 - 3 Sauté the onion until softened, add peppers and cook for 2 min.
 - 4 Add the chicken livers with Tabasco sauce.
 - 5 Season and cook livers for 6 - 8 min until cooked through.
 - 6 Pile onto the half roll and top with crispy bacon.
- Option** Add avocado slices and/or rocket leaves.

serves 2

prep time 10 min

cooking time 10 min



POLONY NACHOS

INGREDIENTS

- 250 g Eskort French Polony, finely chopped
- 2 spring onions, finely sliced
- 2 tomatoes, finely diced
- ½ ea red, yellow and green pepper, seeded and finely diced
- 30 ml parsley, roughly chopped
- 30 ml olive oil
- ½ lemon, juiced
- salt and freshly ground black pepper
- corn chips
- grated cheese

- 250 g
- 200 ml

METHOD

- 1 Make fresh salsa by combining the spring onion, tomato, peppers, parsley, oil, lemon juice and season.
- 2 Preheat grill to medium.
- 3 Spread the corn chips over a large ovenproof plate.
- 4 Spoon over the chopped polony, followed by the salsa and sprinkle with grated cheese.
- 5 Grill for 1 - 2 min until cheese is golden and bubbling.
- 6 Sprinkle with extra chopped parsley and serve.

serves 8

prep time 10min cooking time 2 min



FUN WITH FRIENDS

Pasta Party

Vienna, Bacon & Sweetcorn Pie

Bacon & Chickpea Soup

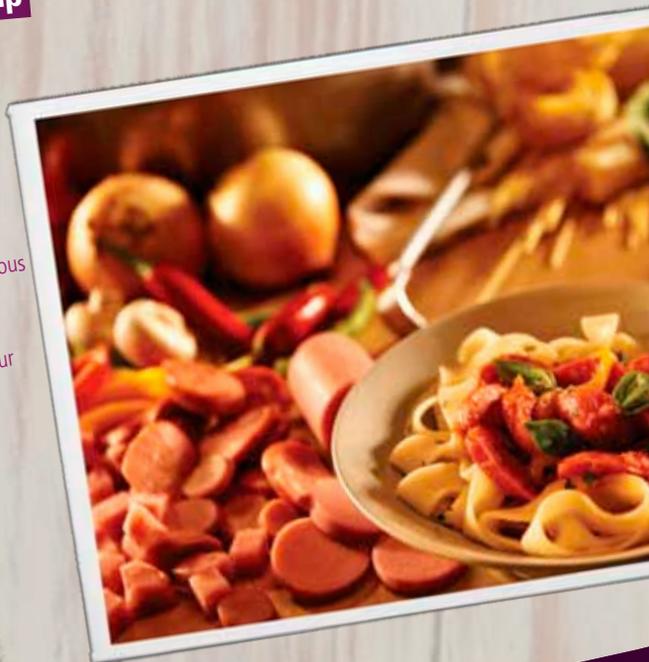
PASTA PARTY

Welcome to the Pasta Party.

Lots of fun for a meal at home with friends.

First, choose your pasta, and cook the delicious Napolitana sauce.

Then we have heaps of suggestions for delicious pasta inclusions and added flavour ideas for everybody to try.



SWOP

INGREDIENTS

2 x 410 g
30 ml
1
1
1
bunch

Napolitana Sauce

tins tomatoes, chopped
olive oil
small onion, roughly chopped
carrot, peeled and quartered
celery stick, quartered
basil leaves (small)
salt and freshly ground black pepper

Inclusions

Eskort Mini Ham, chopped
Eskort Chopped Ham, chopped
Eskort Diced Bacon, cooked
Eskort Russians, cooked and sliced
Eskort Viennas, sliced
Eskort French Polony, chopped

METHOD

- 1 Add oil to a large pan and cook the onion for 2 - 3 min until soft.
- 2 Add all the ingredients except the salt.
- 3 Cover and bring to the boil, simmer for 30 min.
- 4 Remove the lid and simmer for about 20 min.
- 5 Remove, cool slightly and liquidise.
- 6 Season and reheat when ready to serve.

Let the party begin

- 1 Pour each guest a mug or small pot of Napolitana sauce.
- 2 Ask them to add a mix of inclusions and serve over a bowl of cooked, drained, steaming pasta.

Hints

Napolitana sauce freezes well so make it in advance.
For larger numbers, cook pasta according to instructions, drain and rinse in cold water.
Set aside and reheat pasta by pouring over boiling water when ready to serve.

Added Flavour Ideas

Sliced and cooked mushrooms, roasted peppers, roasted courgettes, chopped and cooked onion, baby spinach.
Brie, mozzarella or parmesan cheese.
Chopped fresh herbs, basil, sage or parsley.

serves 6

prep time 10 min cooking time 55 min



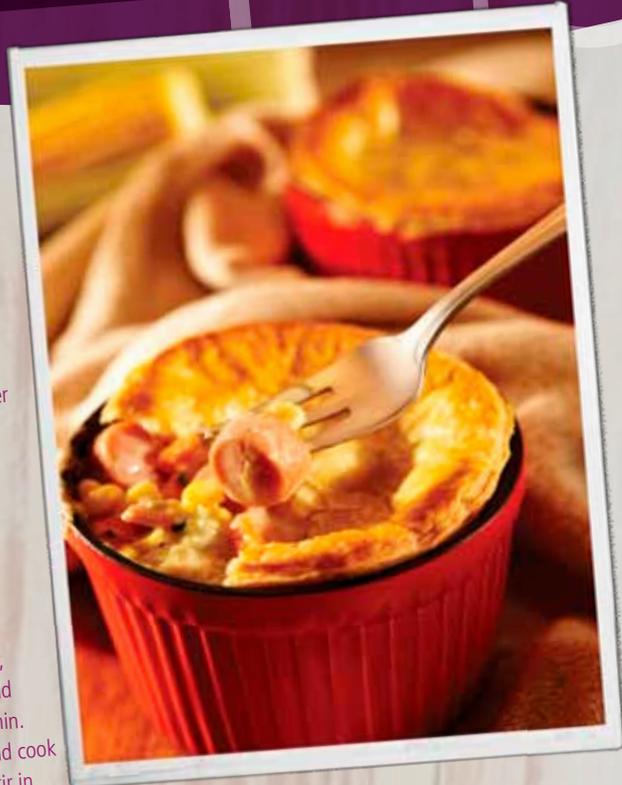
VIENNA, BACON & SWEETCORN PIE

INGREDIENTS

- 300 g** Eskort Viennas, sliced
250 g Eskort Diced Bacon or Eskort Lean Diced Bacon
15 ml olive oil
15 ml butter
1 small onion, chopped
2 carrots, peeled and roughly chopped
2 sticks celery, finely sliced
45 ml flour
420 ml milk
salt and freshly ground black pepper
paprika
puff pastry, defrosted
1 egg, beaten
handful thyme leaves, fresh
2 sweet mielies, kernels cut off

METHOD

- 1** Preheat oven to 220°C.
 - 2** In a large pot place oil and butter, sauté onion for 2 - 3 min then add and cook diced bacon for 2 - 3 min.
 - 3** Add carrots, celery and thyme and cook over gentle heat for 4 - 5 min, stir in sweetcorn and Vienna slices.
 - 4** Turn heat up a little and add the flour, keep stirring for about a min before removing from the heat and add milk.
 - 5** Return to heat and cook whilst stirring for a further min or two.
 - 6** Season to taste and add a little milk if necessary.
 - 7** Pour into an appropriately sized pie dish. Egg wash the rim of your dish, drape over the rolled pastry and trim the edges with a knife.
 - 8** Egg wash the top and cook in the centre of the oven for 10 min, reduce temperature to 200°C and bake a further 15 min or until golden on top.
- Options** Stir in a tablespoon of sweet chilli sauce for extra bite.
This can be made as individual pies.
Filling can be made the day before and refrigerated.
- serves 4** **prep time 10 min** **cooking time 40 min**



BACON & CHICKPEA SOUP

INGREDIENTS

- 250 g** Eskort Diced Bacon
400 g dried chickpeas, soaked overnight in cold water
- 15 ml** butter
- 2** onions, chopped
1 carrot, peeled and chopped
1 celery stick, chopped
- 15 ml** fresh rosemary, chopped
2 fresh bay leaves
- 2 cloves** garlic, peeled and halved

METHOD

- 1 Soup:** Drain soaked chickpeas, rinse and put them in a large pan and cover with cold water.
- 2** Boil and simmer for 20 min, strain and set aside.
- 3** In a large pan, melt butter and cook bacon over medium heat until just getting golden.
- 4** Add chopped vegetables and cook for 5 - 10 min until soft.
- 5** Add chickpeas, rosemary, bay leaves, garlic cloves and water to cover.
- 6** Simmer, half covered for 45 - 60 min or until chickpeas are soft, stir occasionally.
- 7** Allow to cool slightly, remove bay leaves then blend in food processor until smooth, return to clean pan, add more water if too thick and season to taste.

- 1 Chips:** Preheat oven to 180°C.

- 2** Melt butter with spices and brush over tortilla wraps.

- 3** Cut into wedges, spread on a baking sheet and bake for 5 min or until golden.

- 4** Serve soup with chips and crispy Eskort Rindless Back Bacon to garnish.

serves 4 - 6 **prep time overnight soaking + 10 min** **cooking time 80 min**

- Chips**
- 25 g** butter
pinch paprika
pinch ground cumin
3 soft flour tortilla wraps
salt and freshly ground black pepper



HOME BRAAIS

Russians Potato Bake

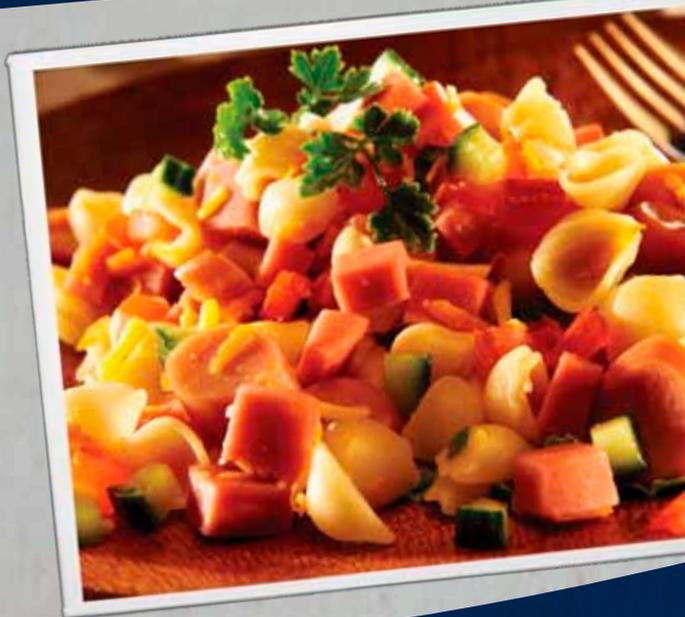
Vienna & Ham Pasta Salad

Vienna Chakalaka

Ribs with Avo & Mango Salsa

Garlic Polony Loaf

Russians & Sweet Potato Salad





RUSSIANS POTATO BAKE

INGREDIENTS

5 Eskort Russians, sliced
800 g potatoes, peeled and thinly sliced
salt and freshly ground black pepper

250 ml cream
125 ml milk
250 g cheddar cheese, grated

METHOD

- 1 Preheat oven to 160°C.
 - 2 Lightly grease a casserole dish and place a single layer of potato slices into the dish.
 - 3 Scatter over a few Russian slices and some grated cheese.
 - 4 Mix cream and milk together, season and pour over enough to just cover the potato layer.
 - 5 Continue this process until all ingredients are used and finish with a layer of grated cheese.
 - 6 Bake until potatoes are tender, 90 - 120 min.
- Option
serves 4 prep time 15 min cooking time 90 - 120 min

VIENNA & HAM PASTA SALAD

INGREDIENTS

250 g Eskort Chopped Ham Roll, chopped
250 g Eskort Viennas, sliced
250 g small shell pasta
1 tomato, chopped
1 small carrot, grated

100 g cucumber, chopped
50 g cheddar cheese, grated
100 ml mayonnaise
5 - 10 ml sweet chilli sauce
salt and freshly ground black pepper

METHOD

- 1 Cook pasta shells according to packaging instructions.
 - 2 Rinse under cold water and drain well.
 - 3 Combine remaining ingredients, mix gently and season to taste.
- serves 4 - 6 prep time 10 min cooking time 10 min

VIENNA CHAKALAKA

INGREDIENTS

Chakalaka Sauce

- 150 ml oil
- 1 onion, diced
- 2 green peppers, sliced
- 4 large carrots, peeled and grated
- 6 large tomatoes, peeled and chopped
- 2 raw chillies, very finely chopped
- 2 baked beans
- 410 g hot curry powder
- 20 - 30 ml peri-peri
- 5 - 10 ml salt and freshly ground black pepper

Pap and Viennas

- 10 Eskort Viennas, sliced
- maize meal to serve 4 - 6

METHOD

- 1 Heat the oil, add the onion and green peppers and fry until soft.
- 2 Add carrots, tomatoes, chilli and beans and mix thoroughly.
- 3 Cook for 15 min over medium heat.
- 4 Stir every 5 min to ensure that it does not stick to the pot.
- 5 Mixture becomes smoother.
- 6 Add curry, peri-peri and season to taste.
- 7 Allow to cook another 15 min.
- 8 Cook maize meal according to packaging instructions.
- 9 In a pan warm chakalaka and stir in Vienna slices, heat through and serve over cooked maize meal.

Note

Chakalaka keeps well and can be stored in the refrigerator in a closed container.

serves 4 - 6 prep time 15 min cooking time 35 min





RIBS WITH AVO & MANGO SALSA

INGREDIENTS

800 g Eskort Pre-cooked Marinated Boneless Ribs
1 avocado, ripe

1 lemon juice
30 ml mango, ripe
fresh parsley, chopped

METHOD

- 1 Peel, stone and dice avocado then toss in the lemon juice.
- 2 Peel, stone and dice the mango and gently add this to the avocado and stir in the parsley.
- 3 Refrigerate until required and serve with braaied ribs.

serves 4

prep time 10 min cooking time 10 min

GARLIC POLONY LOAF

INGREDIENTS

150 g Eskort Garlic Polony, sliced and quartered
1 loaf French baguette
125 g butter

15 - 30 ml sweet chilli sauce
15 ml fresh parsley, chopped
150 g mozzarella cheese, sliced
salt and freshly ground black pepper

METHOD

- 1 Preheat oven to 200°C.
- 2 Soften the butter, add sweet chilli, parsley and season.
- 3 Slice baguette without cutting through the base of the loaf.
- 4 Spread seasoned butter on both sides of each slice then place a slice of Polony and cheese between each slice.
- 5 Wrap loaf in tinfoil and bake for 15 min, opening foil on top to crisp slightly for the last few min.

makes 1 loaf prep time 15 min cooking time 15 min



RUSSIANS & SWEET POTATO SALAD

INGREDIENTS

250 g

500 g

45 ml

45 ml

5 ml

5 ml

1

Eskort Russians, thickly sliced
sweet potatoes, washed and cut
olive oil
salt and freshly ground black pepper
lemon juice, freshly squeezed
whole grain mustard
honey
chilli, finely chopped (optional)

METHOD

- 1 Preheat oven to 190°C.
- 2 Place sweet potato into a baking tray and drizzle over the olive oil, toss to coat.
- 3 Season and bake for 30 min, until tender and lightly browned.
- 4 Fry Russian slices until crispy, remove and drain.
- 5 Combine sweet potato and sausage in a bowl.
- 6 Mix dressing ingredients together and season.
- 7 Pour over the salad and serve sprinkled with chilli and rocket leaves. Serve with Tzatziki instead of dressing

Option

serves 4

prep time 10 min cooking time 30 min



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SAUSAGES



VIENNAS



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