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DATE	PAGES
9 JANUARY 2008	1

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### VALENTINE'S DAY TREATS TO SET YOUR PULSES RACING

With Valentine's day a heartbeat away it's time to start thinking of ways to tantalise your other half's taste buds - and what better way to impress than with a lovingly prepared meal. They say the best way to a man's heart is through his stomach, and so Red Tractor have come up with a range of tasty treats to guarantee that by the end of the evening, he'll be eating out the palm of your hand.

This year, turn the heat up in the kitchen with scrumptious surprises such as.....

- Carrot and Ginger Soup with Lemon Herb Cream will raise temperatures and kick your evening off in style...
- Follow with mouth-Watering Aromatic Eastern Slow Cook Pork...it takes two hours to cook in the oven, meaning you can spend time with your loved one while you're waiting...
- ...End with deliciously sweet Pancakes topped with a generous helping of apples and lemons

Made using fresh, seasonal produce, these Red Tractor recipes look good and taste even better. They are also easy to make and won't keep you in the kitchen for too long so you can sit back, light the candles and let the sparks fly.

Red Tractor covers all the basic ingredients for a balanced diet and guarantees that the food you are buying has been produced to high standards — from the farm right through to the supermarket shelf. Look out for the Red Tractor logo on a wide range of every day products including chicken, pork, lamb, beef, turkey, fruit, vegetables, salad and dairy. The Union Flag in the logo lets you know that the food has been farmed in the UK.

All the major supermarkets and a growing number of independent shops stock a range of Red Tractor assured food so keep an eye out for the logo the next time you are shopping and know what you are serving to your family.

Please see below for full recipes. For further press information and photography please contact Caroline Lott or Katie Wallace at touch pr on 0870 774 0707 or email [caroline@touch-pr.co.uk](mailto:caroline@touch-pr.co.uk)

1. Red Tractor can only appear on food that has been produced to Red Tractor standards at every critical link in the supply chain. Not only farms but feed suppliers, livestock transporters and processing plants must be independently inspected.
2. Red Tractor businesses must comply with approved standards for food safety, animal welfare and responsible management of pesticides and waste.
3. 450 independent experts carry out 70,000 inspections every year.
4. There are 78,000 Red Tractor farmers and growers in the UK, accounting for between 66% and 95% of output in the main commodity sectors.
5. There are approximately 350 companies licensed to pack Red Tractor assured food.
6. All product that carries the Red Tractor can be traced back to the farms.
7. All standards are constantly reviewed and updated and are available on the Red Tractor website [www.redtractor.org.uk](http://www.redtractor.org.uk)

### **Carrot and Ginger Soup with Lemon Herb Cream**

Serves 6

Prep Time: 10 minutes

Cook Time: 40 minutes

600g Red Tractor carrots, peeled and chopped  
2 medium Red Tractor onions, peeled and chopped  
1 clove Red Tractor garlic, crushed  
1 tsp powdered ginger  
1 tsp medium curry powder  
1.5 pints / 900ml good vegetable stock  
zest of 1 Red Tractor lemon  
3 tbsp olive oil  
sea salt and black pepper

For the lemon herb cream

200g crème fraîche

zest of 1 Red Tractor lemon

2 tsp Red Tractor parsley, finely chopped

2 tsp Red Tractor chives, finely chopped

Heat the oil in a saucepan, add the carrots and onions and cook for 5-10 minutes, stirring from time to time. Do not allow the vegetables to brown.

Add the garlic, ginger and curry powder to the pan and cook for a further minute. Add the stock and lemon zest, bring to the boil and simmer for 25-30 minutes, or until the carrots are tender.

Liquidise the soup until smooth, taste and season with salt and pepper. Reheat to serve, with the lemon cream.

To make the lemon cream, mix together the crème fraîche, lemon zest and herbs. Spoon a dollop into the middle of each bowl and garnish with extra herbs if you wish. Serve with crusty wholemeal bread.

For more great carrot recipe ideas visit [www.britishcarrots.co.uk](http://www.britishcarrots.co.uk)

## Aromatic Eastern Slow Cook Pork

Serves 4

Cook time Approx 2 hours

Oven Temperature Gas Mark 5, 190°C, 375°F

2lb Red Tractor lean pork collar, shoulder or leg joint

2.5cm root ginger, peeled and thinly sliced

Red Tractor garlic cloves, crushed

2tbsp soy sauce

200ml orange juice

1 tsp sesame oil

2 tbsp brown sugar

2 tbsp hoisin sauce

Take the lean boneless collar, shoulder or leg joint; cut string off joint and flatten out. Cut into 6-8 large chunks removing any excess fat.

In an ovenproof casserole, mix together the root ginger, crushed garlic, soy sauce, orange juice, sesame oil, brown sugar and hoisin sauce. Add the chunks of pork and mix together.

Cover with lid and cook for about 2 hours until meat is very tender and almost falling apart. (Add a little extra orange juice if you like it more saucy.)

Serve with rice and a stir-fry of mixed mushrooms, mange tout and torn basil leaves.

For more pork recipe ideas visit [www.lovepork.co.uk](http://www.lovepork.co.uk)

## Pancakes

**Serves 4**

**Prep time:** 10 minutes

**Cook time:** 25 minutes

Nutritional values per serving:

Calories: 312 kcals

Fat: 13.4g

Carbohydrates: 43.3g

Protein: 7.3g

Fibre: 4.0g

Sugars: 27.8g

Salt: 0.9g

100g Allinson wholemeal plain flour

Pinch of salt

1 egg beaten

200 ml Red Tractor milk

4 Red Tractor apples cut into wedges

50g Red Tractor butter

50g Silver Spoon caster sugar

Lemon to serve

Sieve the flour into a bowl and add the salt. Beat the egg and milk together and whisk into the flour, making sure you have no lumps.

Place the apples in a non-stick frying pan with 25g of the butter and half the sugar. Cook over a medium heat, until the apples have caramelised. Keep warm.

Melt a knob of butter in a small frying pan and pour in a small amount of batter, move the pan around to make sure the batter covers the base. Cook for a few minutes and then ease the edges up with a knife.

Toss the pancake and cook again for a few minutes. Repeat using all the batter mixture.

Fold the pancakes into quarters and place on four plates. Arrange the apples on the plate and sprinkle with more sugar and a squeeze of lemon juice and zest.