



HOW TO COOK YOUR TRAIL DISHES

SIMPLE STEPS. DELICIOUS RESULTS.

HONEY GLAZED PORK OR VEGETARIAN



YOU WILL NEED:

PORK:

- 600g pork shoulder or loin
- Salt & black pepper
- 1 tbsp oil

HONEY GLAZE:

- 3 tbsp honey
- 1 tbsp wholegrain mustard
- 1 tbsp apple cider vinegar
- 1 garlic clove (minced)
- Optional: splash of local beer

ROASTED VEG:

- 2 carrots (chunky cut)
- 1 beetroot (wedges)
- ½ squash or courgette
- 1 red onion
- 2 tbsp oil
- Salt, pepper & herbs

NUT BUTTER CRUMBLE:

- 2 tbsp nut butter
- 1 tbsp oats or crushed nuts
- 1 tsp honey
- Pinch of salt
- Optional: chilli flakes or smoked paprika

1



PREHEAT OVEN

Preheat oven to 190°C (fan 170°C) / Gas 5.

2



SEAR THE PORK

Season pork with salt & pepper. Heat oil in a pan over medium-high heat and sear the pork on all sides until golden.

3



MAKE THE HONEY GLAZE

In a small bowl, mix honey, wholegrain mustard, apple cider vinegar, garlic and optional beer.

4



GLAZE & ROAST

Place pork in a roasting dish and brush generously with the glaze. Roast for 25 minutes, then baste again.

Return to the oven for another 20–30 minutes (or until cooked through and caramelised). Baste once more halfway through.

5



ROAST THE VEG

Toss vegetables in oil, salt, pepper and herbs. Spread on a baking tray. Roast for 30–35 minutes until tender and caramelised. (Add to the oven with the pork for the last 20 minutes.)

6



MAKE THE NUT BUTTER CRUMBLE

Mix nut butter, oats (or nuts), honey, pinch of salt and optional chilli or smoked paprika.

7



REST & SERVE

Remove pork from the oven and rest for 5–10 minutes. Slice and serve with roasted veg, spoon over any pan juices and finish with the nut butter crumble.

SERVE & ENJOY!

HONEY GLAZED PORK OR VEGETARIAN SWEET, SAVOURY & PURELY LOCAL.

INTRODUCING OUR

TRAIL MENU MAP



PORK FAE THE PARK

Local, outdoor reared pork from our friends at Pork Fae the Park.



BOGMOON BEES

Local honey from happy bees in the Bogmoor.



CAIRNGORM BREWERY

Local craft beers perfect for cooking and enjoying.



THE ETHICAL SHOP DUKE ST

Your local source for herbs, spices, oils, nut butters & more.



HUNGRY SQUIRREL

Local nuts, oats and wholesome ingredients.



PORK FAE THE PARK



BOGMOON BEES



CAIRNGORM BREWERY



THE ETHICAL SHOP DUKE ST



HUNGRY SQUIRREL

EXPLORE THE EVENT



BUY INGREDIENTS



MEET THE PRODUCERS



BUILD YOUR DISH



MADE WITH LOCAL PRODUCE • MADE WITH CARE • MADE TO SHARE

Thank you for supporting local

