



Recipes
for Friends
and
Family

PICK
PORK



Herbed Maple Pork Loin

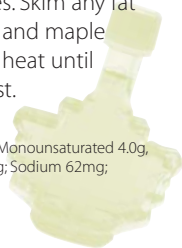
2-3 lb	BONELESS PORK LOIN ROAST	1.5-2 kg
1 tsp	dried leaf sage, crumbled	5 mL
1 tsp	dried rosemary, crumbled	5 mL
1 tsp	dried leaf thyme, crumbled	5 mL
1 tsp	marjoram	5 mL
	Salt and pepper to taste	
3	apples, peeled, cored, in 1"/2.5 cm chunks	3
1	red onion, coarsely chopped	1
2 Tbsp	brown sugar	25 mL
1/2 cup	apple juice	125 mL
1/3 cup	maple syrup	75 mL

Combine sage, rosemary, thyme, marjoram, salt and pepper. Rub over all surfaces of roast. Cover

and refrigerate 6-8 hours or overnight. Place roast in a shallow pan. Mix apples and onions with brown sugar; spoon around roast in pan. Roast at 325°F (160°C) to an internal temperature of 155°F (68°C), about 1 1/2-2 hours. Transfer roast, apples and onions to a serving platter. Tent loosely with foil; let rest 10 minutes. Skim any fat from pan juices. Stir in apple juice and maple syrup. Cook and stir over medium heat until liquid is thickened. Serve with roast.

YIELD: 8 servings

Per serving: Calories 290; Fat 8.7g (Saturated 3.3g, Monounsaturated 4.0g, Polyunsaturated 0.8g, Trans 0g); Cholesterol 80mg; Sodium 62mg; Carbohydrate 22g; (Fibre 1g); Protein 30g



A 100g average serving of raw, TRIMMED pork contains 2.7g of fat

Health Check...tells you it's a healthy choice

† All trimmed pork cuts, with the exception of ribs, are extra-lean. When selecting meat, choosing leaner cuts more often is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See www.healthcheck.org

Lemon-Sage Schnitzel with Panko Crust

4	PORK SCHNITZELS OR SCALLOPINI*	4
1 cup	panko crumbs**	250 mL
1 tsp	grated lemon rind	5 mL
1 tsp	dried leaf sage, crumbled	5 mL
1/2 tsp	freshly ground pepper	2 mL
1 1/2 Tbsp	EACH mayonnaise, Dijon mustard	20 mL
1	egg	1
2 Tbsp	water	25 mL
	Canola oil	
	Lemon wedges	

On a plate, combine crumbs with lemon rind, sage and pepper. Combine mayonnaise and mustard. Whisk egg and water together in a medium bowl. Dredge schnitzels with mayonnaise mixture, dip into egg mixture, then coat with crumbs. Transfer to a rack and allow crumbs to dry, about 15 minutes. Heat a small

amount of oil in a non-stick skillet over medium-high heat. Panfry schnitzels, about 4-5 minutes per side or until golden brown; do not over cook. Serve garnished with lemon wedges.

*Trimmed fast fry pork chops, pounded thinly, may be substituted for schnitzels

**Panko crumbs are a lighter fluffy type of crumb. Regular bread crumbs may be substituted.

YIELD: 4 servings

Per serving: Calories 330; Fat 16g (Saturated 4.3g, Monounsaturated 7.0g, Polyunsaturated 3.3g, Trans 0g); Cholesterol 140mg; Sodium 296mg; Carbohydrate 11g; (Fibre 1g); Protein 33g



Pork Wellington with Cherries

2	PORK TENDERLOINS, well trimmed,	2
	about 12 oz (0.375 kg) each	
1 Tbsp	chopped fresh rosemary	15 mL
4	cloves garlic, minced	4
3/4 cup	dried cherries	175 mL
1 cup	maple syrup	250 mL
	Freshly ground pepper	
2 tsp	canola oil	10 mL
	Pastry for double crust pie	

In a small saucepan, combine rosemary, garlic, cherries and syrup. Boil 1 minute; cool. Coat tenderloins generously with pepper. Heat oil in a skillet over medium-high heat. Add tenderloins; brown on all sides; cool. Place cooled tenderloins and cooled syrup in a zip-lock bag. Seal and refrigerate several hours or overnight. Drain tenderloins and cherries, reserving syrup. Roll out half of pastry to a large round; moisten edges with water. Place one tenderloin in the centre; top with half the cherries. Fold pastry up over one long

side of tenderloin. Fold sides in. Fold remaining pastry over; press edges to seal. Transfer to lightly greased baking sheet. Repeat for second tenderloin. Cut 3 slits in the top of each roll. Bake at 425°F (220°C) about 25 minutes, until internal temperature of pork is 155°F (68°C). Let rest 5 minutes before slicing. Meanwhile, heat syrup mixture and remaining cherries to boiling; simmer 5 minutes. Serve with pork.

YIELD: 6 servings

Per serving (not including pastry crust): Calories 350; Fat 4.0g (Saturated 1.1g, Monounsaturated 2.0g, Polyunsaturated 1g, Trans 0g); Cholesterol 64mg; Sodium 58mg; Carbohydrate 52g; (Fibre 1g); Protein 26g



Whisky Molasses Braised Pork

2-3 lbs	PORK BRAISING CUBES, well trimmed	1-1.5 kg
4	cloves garlic, minced	4
2 Tbsp	rye whisky	25 mL
1 Tbsp	grated ginger root	15 mL
1 Tbsp	lemon juice	15 mL
3/4 tsp	EACH salt, black pepper	4 mL
1/8-1/4 tsp	cayenne	0.5-1 mL
2 Tbsp	canola oil	25 mL

Whisky Molasses Sauce:

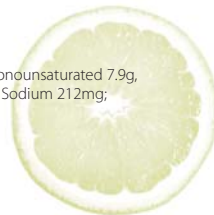
1 cup	brown sugar	250 mL
1/4 cup	rye whisky	50 mL
1/2 cup	lemon juice	125 mL
1/2 cup	canned crushed tomatoes	125 mL
3 Tbsp	molasses	45 mL
2	cloves garlic, minced	2

For marinade, combine garlic, whisky, ginger root, lemon juice, salt, pepper and cayenne. Place pork cubes in a zip-lock bag. Pour marinade over;

close bag and massage to coat cubes well. Marinate 4-24 hours in the refrigerator. Remove pork from marinade and drain well; discard marinade. Heat 1 Tbsp/15 mL canola oil in a non-stick skillet over medium-high heat. Brown pork in batches, adding remaining oil when necessary. Meanwhile, combine sauce ingredients in a small saucepan. Boil gently 10 -12 minutes or until slightly thickened. Transfer pork cubes to casserole. Pour sauce over and stir cubes to coat. Cover and bake at 350°F (180°C) for 1 hour. Remove cover; bake an additional 30-35 minutes, turning occasionally.

YIELD: 6-8 servings

Per serving: Calories 430; Fat 16g (Saturated 4.9g, Monounsaturated 7.9g, Polyunsaturated 2.0g, Trans 0g); Cholesterol 129mg; Sodium 212mg; Carbohydrate 35g; (Fibre 1g); Protein 37g



Mexican Meat Loaf

2 lbs	LEAN GROUND PORK	1 kg
1 tsp	canola oil	5 mL
2	onions, finely chopped	2
4	cloves garlic, minced	4
1	jalapeno pepper, seeded and minced	1
1/4 cup	sundried tomatoes	50 mL
1 Tbsp	chili powder	15 mL
1 1/2 tsp	salt	7 mL
1 tsp	dried leaf thyme	5 mL
1/4-1/2 tsp	cayenne	1-2 mL
1/2 cup	minced parsley	125 mL
1/2 cup	fine dry bread crumbs	125 mL
1/2 cup	skim milk	125 mL

Heat oil in a non-stick skillet over medium heat. Sauté onions and garlic until soft but not browned; cool. Cover tomatoes with boiling water; let stand 5-10 minutes; drain. Mince tomatoes, removing any hard bits. Add to

remaining ingredients in a large bowl. Mix thoroughly. Place meat mixture in a 9" x 5" (2L) loaf pan. Bake at 350°F (180°C) for 1 1/2 hours. Remove from oven: drain off any fat from pan. Let rest 10 minutes before removing from pan. Slice and serve, or cool, wrap and refrigerate for sandwiches.

YIELD: 8 servings

Per serving: Calories 300; Fat 18g (Saturated 6.8g, Monounsaturated 8.1g, Polyunsaturated 2.3g, Trans 0g); Cholesterol 74mg; Sodium 626mg; Carbohydrate 10g; (Fibre 1g); Protein 24g



Pork Chops with Curried Rice Stuffing (Pictured on front cover)

4	PORK LOIN CHOPS, 1 1/2 "/td> <td>4</td>	4
1 cup	rice	250 mL
2 Tbsp	butter, divided	25 mL
1/2 tsp	curry powder	2 mL
2 Tbsp	EACH dried cranberries, chopped toasted almonds	5 mL
1/4 tsp	salt	1 mL
2 tsp	canola oil	10 mL
2	medium onions, in thin wedges	2
8 oz	fresh mushrooms, sliced	0.25 kg

Prepare rice according to package directions. Combine with 1 Tbsp (15 mL) butter, curry powder, cranberries, almonds and salt. With a sharp knife, cut a pocket in the side of each chop.* Open with your fingers. Stuff with 1/4 -1/3 cup (50-75 mL) rice mixture.** Tie with kitchen string or secure with toothpicks. Place on

a rack in a shallow pan. Brush chops very lightly with canola oil. Bake, uncovered, at 375°F(190°C) for 45-60 minutes or until internal temperature in the thickest part of the meat (not stuffing) is 155°F (68°C). Remove from oven; remove string. Tent loosely with foil; let rest 5 minutes. While chops are baking, heat remaining butter and canola oil in a large skillet. Add onions; cook 15 minutes over low to medium heat, stirring occasionally. Add mushrooms; cook 10 minutes more. Serve chops, topped with onion-mushroom mixture.

* Boneless butterflied loin chops may be substituted for the thick chops.

** Keep any remaining stuffing warm and serve with chops.

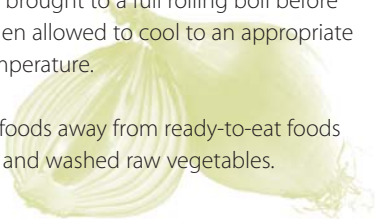
YIELD: 4 servings

Per serving: Calories 360; Fat 15g (Saturated 5.7g, Monounsaturated 6.6g, Polyunsaturated 1.8g, Trans 0g); Cholesterol 81mg; Sodium 386mg; Carbohydrate 26g; (Fibre 2g); Protein 29g

Food Handling Tips

The Canadian pork industry has developed the Canadian Quality Assurance® program to ensure that the pork you purchase is safe and wholesome. Keep it that way by following good food handling practices.

- What's the most important food safety message? WASH YOUR HANDS. Rubbing briskly for twenty seconds with warm, soapy water does the trick.
- Leftover soups, stews, chili, sauces and gravies should be brought to a full rolling boil before serving, then allowed to cool to an appropriate eating temperature.
- Keep raw foods away from ready-to-eat foods like bread and washed raw vegetables.



- Before opening canned foods, wash the lid of the can to prevent dust, dirt or other organisms from falling into the food. Remember to wash the can opener after each use.

**PICK
PORK**

**Manitoba Pork**

For more recipes:

www.pickpork.com
or **www.putporkonyourfork.com**

1-800-299-PORK(7675)