

*Canadian*



# Pork Recipes

from coast to coast







## *Choose Canadian*

Pork produced in Canada is top-quality, safe, and delicious. Canadian pork producers are committed to providing a safe, quality product to consumers. Fresh Canadian pork is available just about everywhere – from the meat counter at your favourite grocery store or butcher shop, to farmers' markets and on-farm sales. Look for the “Canadian Pork” label on pork products at participating stores. If the fresh pork isn't labeled, be sure to ask where it comes from. Insisting on “choosing Canadian” helps support the Canadian economy and local agriculture.



## *Health Check™ Program*

Since 1999, Canadian pork has been a proud participant in the Health Check™ food information program. All fresh cuts of pork, when trimmed of visible fat (with the exception of pork ribs) meet the Health Check criteria for “extra lean”. That means that most of your favourite pork cuts, including pork tenderloin, pork chops and steaks, pork roasts, pork leg, and pork cutlets can carry the Health Check symbol. This symbol makes it easy to identify healthy food choices when grocery shopping.

†All trimmed pork cuts, with the exception of ribs, are extra-lean. Canada Pork financially supports the Health Check™ program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)





## Saskatoon Sweet & Soy *Pork* Tenderloin

Saskatoon berries are native to the Canadian prairies, B.C., and Northern Canada. Saskatoon berries are very high in antioxidants and have been used for medicinal purposes by Native Canadians. Their taste is similar to a blueberry, however Saskatoons have a unique, subtle “wild” flavour that pairs perfectly with Canadian pork tenderloin.



## Ingredients

**1 cup (250 mL)** Saskatoon berry jam or jelly (use blueberry if you cannot find Saskatoon jam or jelly)

**1/4 cup (50 mL)** lemon juice

**2 Tbsp (30 mL)** fresh ginger, grated

**4** cloves garlic, minced

**2 Tbsp (30 mL)** canola oil

**1/3 cup (75 mL)** reduced-sodium soy sauce

**2 Canadian pork tenderloins** (12 oz / 375 g each)

**Yield:** Serves 6

**Preparation Time:** 5 minutes (+ time to marinate)

**Cooking Time:** 20-25 minutes

**Per serving (1/6 of recipe):** about 155 calories, 5 g total fat (1 g saturated), 15 g protein, 11 g carbohydrate (1 g fibre), 505 mg sodium

## Cooking Instructions

In an airtight container or sealable plastic bag, combine Saskatoon jam or jelly, lemon juice, ginger, garlic, oil and soy sauce. Set aside 1/2 cup (125 mL) of the sauce for serving. Add pork tenderloins to the container and marinate 2-24 hours in the refrigerator.

Pre-heat oven to 400°F (200°C). Discard marinade and place tenderloins on a foil-lined baking sheet. Bake for 20-25 minutes, or until internal temperature reaches 155°F (68°C). Remove from oven; tent loosely with foil (internal temperature will rise to 160°F/71°C). Heat reserved sauce in a small saucepan and serve drizzled over sliced pork tenderloin.

Serve with roasted potatoes and seasonal vegetables.







## Tangy Cranberry *Pork* Chops

Cranberries are grown in the lower Fraser Valley and on Vancouver Island. The B.C. cranberry harvest comprises about 12% of the North American crop. Today nearly 24 km<sup>2</sup> are in production in B.C. yielding over 34.9 million kilograms annually.



## Ingredients

- 1 tsp (5 mL)** canola oil
- 6 Canadian centre-cut pork chops**, 3/4" (2 cm) thick
- 1/2 tsp (2 mL)** freshly ground black pepper
- 1 Tbsp (15 mL)** butter
- 1** medium onion, finely chopped
- 2** sprigs fresh rosemary, finely chopped  
(or 2 tsp/10 mL dried rosemary)
- 1/2 cup (125 mL)** fresh or frozen cranberries, chopped
- 3/4 cup (175 mL)** reduced-sodium chicken broth
- 13 oz (384 mL)** can whole berry cranberry sauce
- 1 Tbsp (15 mL)** balsamic vinegar

## Cooking Instructions

Heat oil in a large skillet over medium-high heat. Season pork chops with pepper, then sear on all sides, about 2 minutes. Place chops aside.

In same skillet, melt butter. Add onion and rosemary; sauté until onion softens, about 3 minutes. Add cranberries, broth, cranberry sauce and vinegar, stirring to combine. Bring to a boil; then add pork chops back to skillet. Reduce heat and simmer, uncovered, for about 15-20 minutes, until sauce is thickened and chops are cooked.

Serve with rice or stove-top stuffing and seasonal vegetables.

**Yield:** Serves 6

**Preparation Time:** 5 minutes

**Cooking Time:** 25 minutes

**Per serving (1/6 of recipe):** about 260 calories, 6 g total fat (2 g saturated), 25 g protein, 27 g carbohydrate (1 g fibre), 163 mg sodium





*Image courtesy of National Pork Board*

## Wild West *Ribs*



Nearly half of the bee colonies producing honey in Canada are in Alberta. Locally-produced honey combined with the spicy-heat of garlic and hot sauce creates a taste as big and bold as the Rocky Mountains!



## Ingredients

**2 racks (about 3 lbs/1.5 kg) Canadian pork back or side ribs**

(side ribs need an extra 50 minutes cooking time)

**1/2 cup (125 mL) EACH:** honey, cider vinegar, and ketchup

**1/4 cup (50 mL)** soy sauce

**2 Tbsp (30 mL)** minced garlic

**2 tsp (10 mL) EACH:** Tabasco sauce (or other hot sauce), garlic powder

## Cooking Instructions

Pre-heat oven to 325°F (160°C). Using a fork, lift the membrane from a corner of the rib bones on the non-meaty underside; gently peel it away from the ribs and discard. Place ribs in a single layer in a baking tray or dish, meaty side up. Add 2 cups (500 mL) hot water to the tray. Cover with foil and bake in oven for about 1 hour, or until meat is easily pierced with a sharp knife, and is beginning to pull away from the rib bones.

**Prepare sauce:** Combine remaining ingredients in a saucepan and bring to a boil over high heat. Reduce heat and simmer for 10 minutes, or until sauce thickens slightly.

Switch oven to broiler, preheat on HIGH.

Place ribs on a foil-lined baking sheet and baste with sauce. Broil 5 to 6 inches (13-15 cm) from heat until sauce starts to bubble, about 3-5 minutes. Remove from oven, turn over and baste other side of ribs. Return to oven and broil for another 3-5 minutes.

Slice and serve with roasted vegetables.

**Yield:** Serves 6

**Preparation Time:** 15 minutes

**Cooking Time:** 75-125 minutes

**Per serving (1/6 of recipe):** about 735 calories, 45 g total fat (17 g saturated), 50 g protein, 32 g carbohydrate (1 g fibre), 1170 mg sodium



Alberta



## Saskatchewan *Sausage* Chowder

There's more than wheat growing in Saskatchewan! Potatoes and corn are the top two vegetable crops grown in the province, valued for their nutrition and popularity with many different cultures. Locally grown vegetables and fresh Canadian pork sausage make a hearty stew that freezes well, and will keep you warm through the coldest of winters.

## Ingredients

- 1 lb (500 g)** fresh **Canadian pork sausage**
- 1 tsp (5 mL)** canola oil
- 1** onion, chopped
- 3** cloves garlic, minced
- 1** celery stalk, diced
- 1** small green pepper, chopped
- 1/4 cup (50 mL)** all-purpose flour
- 2** large potatoes, peeled and diced
- 1** large carrot, diced
- 12 fl oz can (341 mL)** kernel corn, undrained
- 4 cups (1 L)** reduced-sodium beef broth
- 19 fl oz can (540 mL)** diced tomatoes
- 2** bay leaves
- 1 tsp (5 mL)** thyme
- Salt and pepper
- Parsley (optional)

## Cooking Instructions

In a large heavy skillet, sauté pork sausage over medium heat until browned and cooked through. Remove from pan and drain; slice thinly and keep warm.

Heat oil in a large saucepan or Dutch oven (large enough to hold about 14 cups/4 L). Add onion, garlic, celery and green pepper; stir and cook until vegetables are softened. Stir in flour. Add potatoes, carrots, corn and liquid, broth, tomatoes, 1 cup (250 mL) water, bay leaves, and thyme; bring to a boil, then reduce heat. Add cooked sausage and cover, simmering until vegetables are tender. Remove bay leaves and season with salt and pepper to taste. Remove bay leaves and top with fresh chopped parsley if desired. Serve with crusty rolls or bread.

**Yield:** Serves 8  
**Preparation Time:** 30 minutes  
**Cooking Time:** 30 minutes

**Per serving (1/8 of recipe):** about 295 calories,  
15 g total fat (5 g saturated), 15 g protein, 27 g  
carbohydrate (3 g fibre), 700 mg sodium



Saskatchewan



## Prairie *Pork* Cabbage Rolls

Cabbage rolls are a popular and tasty Ukrainian dish. Over 100,000 Ukrainian Canadians live in Manitoba, where every eighth person is of Ukrainian descent. Use Canadian-produced bacon and lean ground pork for best quality and taste.



## Ingredients

- 1 large green cabbage
- 3 slices **Canadian-produced bacon**
- 1 large onion, chopped
- 1-1/2 lb (750 g) **lean ground Canadian pork**
- 1/2 cup (125 mL) long-grain rice, cooked
- 1/2 tsp (2 mL) pepper
- 10 oz (284 mL) can tomato soup
- Sour cream (optional)

## Cooking Instructions

Cut core out of cabbage and pour boiling water into the cut until cabbage leaves begin to separate. Separate the leaves carefully and choose 12 perfect ones. Put them in a large bowl and cover them with boiling water. Let stand about 5 minutes or just until they are limp enough to roll easily. Lift leaves out of the water and drain. Any remaining cabbage leaves can be used to line the baking dish to prevent sticking/burning.

In a skillet, fry bacon until crispy, and set aside. Drain most of the fat from the skillet, reserving about 1 tsp (5 mL). Sauté the onions in the reserved bacon fat, until golden.

Combine raw pork, cooked rice, onion, and pepper. Crumble the bacon into small pieces and add to the mixture. Divide mixture evenly among the cabbage leaves and tucking in the ends, wrap the leaves around. Lay cabbage rolls, seam side down, in a cabbage-lined (or greased) baking dish. Pour can of tomato soup over the cabbage rolls. Cover tightly with foil and cook for 3 hours in 300°F (150°C) oven.

Serve with sour cream if desired.

**Yield:** Serves 4-6

**Preparation Time:** 30 minutes

**Cooking Time:** 3 hours

**Per serving (2 cabbage rolls):** about 365 calories, 21 g total fat (8 g saturated), 27 g protein, 16 g carbohydrate (2 g fibre), 460 mg sodium



Manitoba





## Pulled *Pork* on a Bun

This recipe, provided by Chef Suman Sandillya of Eurest Dining Services at the Legislative Assembly of Ontario, is a definite crowd-pleaser. This dish has been served at several events at the Legislature.



## Ingredients

- 2 Tbsp (30 mL)** fresh garlic, chopped
- 1 tsp (5 mL)** cracked black peppercorns
- 1 Tbsp (30 mL)** dried thyme
- 1 Tbsp (30 mL)** Dijon mustard
- 2 lb (1 kg) Canadian pork shoulder blade roast**
- 1 cup (250 mL)** sweet fruit wine (or apple juice)
- 1 cup (250 mL)** prepared BBQ sauce
- 6** Kaiser or egg buns

## Cooking Instructions

Mix together garlic, peppercorns, thyme, and mustard to form a paste; rub into the pork shoulder and place it a roasting pan or slow cooker.

In a separate small bowl, mix wine (or juice) and BBQ sauce together; pour it over the pork. Cover roasting pan with a lid or aluminum foil (or if using slow cooker, cover with lid).

For oven, preheat to 350°F (180°C) and cook the pork for 30 minutes; then lower the temperature to 200°F (100°C) and keep cooking for 4-5 hours. For slow cooker, cook on HIGH for 5 hours. Pork is done when very tender but not falling apart.

Remove pork from oven and set aside to cool.

Place the remaining liquid from the roasting pan/slow cooker into a small saucepan and heat on stovetop until it thickens into a glaze. Using two forks, shred the pork and place it back into the roasting pan/slow cooker. Stir in the glaze; heating to desired temperature.

Serve pulled pork on buns, with coleslaw on the side.

**Yield:** Serves 6

**Preparation Time:** 10 minutes

**Cooking Time:** 5-6 hours

**Per serving (1/6 of recipe):** about 415 calories, 10 g total fat (3 g saturated), 35 g protein, 44 g carbohydrate (1 g fibre), 685 mg sodium



*Ontario*



## Rack of *Pork* with Ice Cider

Ice cider is a beverage, native to Québec, made from sweet ripe apples which have been allowed to freeze on the tree. The result is a rich drink with a slight acidity which makes it refreshing, rather than cloying, as many sweet ciders tend to be. Ice cider is also sometimes called apple ice wine, a reference to the grape-based beverage which inspired it.

# Marinade

- 1 cup (250 mL)** ice cider (use apple cider or ice wine if you cannot find ice cider\*)
- 2** garlic cloves, chopped
- 2** large shallots, minced
- 2** bay leaves
- 1/4 cup (50 mL)** fresh parsley, chopped
- 2 Tbsp (30 mL)** pepper

# Ingredients

- 4.5 lb (2 kg) Canadian pork rib roast** (rack of pork), frenched
- 2 Tbsp (30 mL)** canola oil
- 2 Tbsp (30 mL)** butter
- 1/2 tsp (2 mL)** salt

*\*Specialty stores may carry ice cider, and it can sometimes be ordered directly from the producer, depending on prevailing laws about shipping alcohol in your region.*

# Cooking Instructions

In an airtight container, combine the ice cider, garlic, shallots, bay leaves, parsley, and pepper. Add the rack of pork and marinate in the refrigerator for 6-10 hours.

Preheat oven to 325°F (160°C). Drain the pork. Pour the marinade into a small saucepan. Boil, then reduce heat until it thickens.

In a large, oven-safe frying pan, heat the oil and butter. Quickly brown the pork on all sides. Season with salt if desired.

Pour the marinade over the pork. Baste often during cooking to glaze the meat. Finish cooking in the oven for approximately 60 minutes, or until a meat thermometer indicates an internal temperature of 155°F (68°C). Remove pork from oven. Cover with aluminum foil and let it rest for about 15 minutes (the internal temperature should rise to about 160°F/71°C). Serve the pork, sliced, with assorted seasonal vegetables.

**Yield:** Serves 8

**Preparation Time:** 10 minutes (+ time to marinate)

**Cooking Time:** 75 minutes

**Per serving (1/8 of recipe):** about 520 calories, 29 g total fat (10 g saturated), 55 g protein, 7 g carbohydrate (0 g fibre), 348 mg sodium



Québec



## Down East *Pork* and Apples

Fresh apples and apple cider are proudly produced in the Maritime provinces. Maritime apples paired with Canadian pork, create a taste beyond compare.





# Ingredients

- 2 lb (1 kg) Canadian pork loin roast** – cut into 1" (2.5 cm) cubes
- 1/4 cup (50 mL)** flour
- 2 Tbsp (30 mL)** canola oil: DIVIDED
- 1/2 tsp (2 mL)** freshly ground black pepper
- 1** medium red onion, diced
- 1 cup (250 mL)** apple cider (or apple juice)
- 1 cup (250 mL)** reduced-sodium chicken stock
- 3** tart eating apples, cored and sliced
- 1/4 cup (50 mL)** grainy mustard (use honey mustard or maple mustard if you have it)
- 6** green onions, sliced

**Yield:** Serves 6

**Preparation Time:** 15 minutes

**Cooking Time:** 90 minutes

**Per serving (1/6 of recipe):** about 330 calories, 12 g total fat (3 g saturated), 33 g protein, 23 g carbohydrate (2 g fibre), 328 mg sodium

# Cooking Instructions

Place pork cubes in a sealable plastic bag; toss with flour to coat. Heat 1 Tbsp (15 mL) oil in a large skillet. Add in pork cubes (discard excess flour). Season with pepper. Brown pork cubes on all sides over medium-high heat. Set pork aside. Using the same skillet, add the remaining 1 Tbsp (15 mL) oil to skillet; sauté red onion until soft. Add pork cubes back to skillet, and stir in cider, stock, apples, and mustard. Simmer, covered, for about one hour or until pork is tender, stirring occasionally. Add more cider if mixture becomes too dry. Add green onions and continue to simmer for a further five minutes.

Serve hot, topped with more green onions if desired.





Choose Canadian Pork – look for this label when you buy fresh pork

# PORK, A HEALTHY CHOICE

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