



# PICK PORK



Festive  
Recipes  
and  
Tips for  
Entertaining

# Szechuan Stirfry

1 lb	LEAN GROUND PORK	0.5 kg
1 tsp	cornstarch	5 mL
1/8 tsp	EACH salt and pepper	0.5 mL
1 tsp	canola oil	5 mL
2 1/2 cups	green beans, trimmed and cut 1"/2.5cm long	625 mL
1	clove garlic, minced	1
2 Tbsp	hoisin sauce	25 mL
1 tsp	sugar	5 mL
1 1/2 tsp	red pepper flakes	7 mL
2 tsp	soy sauce	10 mL

Combine ground pork, cornstarch, salt and pepper. In a nonstick skillet, heat oil over medium-high heat. Add pork mixture. Cook and stir, breaking up pork, until no pink remains, about 3 minutes. Add beans; cook and stir 2 minutes. Add garlic; cook and stir 1 minute more. Combine remaining ingredients and blend well to mix. Add to pork and beans; cook 2 minutes, stirring frequently.

## **YIELD: 4 servings**

Per serving: Calories 303; Fat 18.5g (Saturated 7.3g, Monounsaturated 9.5g; Polyunsaturated 2.2g); Cholesterol 81.9mg; Sodium 404.2 mg; Potassium 486.1mg; Carbohydrate 10.5g; (Fibre 1.5g); Protein 23.2g

## **NUTRITION INFORMATION**

A 100g average serving of raw, untrimmed pork contains 192 Calories (800kJ), 21g of Protein, 10g of Fat and 0g of Carbohydrate.

**Trimming makes a BIG difference** A 100g average serving of raw, **TRIMMED** pork contains 139 Calories (580 kJ), 22g Protein, 5g of Fat and 0g of Carbohydrate.

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

† All trimmed pork cuts, with the exception of ribs, are lean. When choosing meats, choosing leaner meats more often is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)



# Nut-Crusted Tenderloin Crostini

1	PORK TENDERLOIN, well trimmed,	1
	about 12 oz/0.375 kg	
1/2 cup	slivered almonds	125 mL
1/2 cup	fresh parsley leaves	125 mL
1/4 tsp	salt	1 mL
	Grated peel from 1 lemon	
1/4 cup	fresh lemon juice	50 mL
4 oz	light cream cheese	125 g
	(or goat cheese)	
	Diagonally cut baguette slices	

Pulse nuts and parsley in a food processor until crumbly. (Do not overprocess or mixture will be paste-like.) Combine mixture with salt and lemon peel; spread on large piece of waxed paper. Place lemon juice in a pie plate. Dip tenderloin in lemon juice to coat. Coat tenderloin with nut mixture, using waxed paper to press mixture onto pork. Roast pork on a rack in a

shallow pan at 400°F (200°C) for 20–25 minutes or until meat thermometer registers 155°F (68°C). Remove from oven; cool on rack. Loosely wrap with foil; chill several hours. To serve, lightly toast baguette slices; spread with cream cheese or goat cheese. Slice tenderloin into 1/2" (1.25cm) slices. Place on top of cheese. Garnish as desired.

## **YIELD: 24 appetizers**

Per serving: Calories 61.4; Fat 3.3g; (Saturated 0.9g, Monounsaturated 1.7g, Polyunsaturated 0.5g); Cholesterol 10.8mg; Sodium 91.6mg; Potassium 102.6mg; Carbohydrate 3.4g; (Fibre 0.5g); Protein 4.6g



# Savoury Holiday Chops

4	PORK LOIN CENTRE CHOPS	4
2 tsp	dried sage leaves	10 mL
3/4 tsp	ground ginger	4 mL
	Coarsely ground pepper	
1 Tbsp	canola oil	15 mL
2 cups	thinly sliced crimini mushrooms	500 mL
1 cup	chicken broth	250 mL
3 Tbsp	balsamic vinegar	45 mL
2 Tbsp	maple syrup	25 mL
1 tsp	dried thyme leaves	5 mL
1 tsp	garlic powder	5 mL

Combine sage, ginger and pepper; rub over chops. Heat oil in a nonstick skillet over medium-high heat. Add chops and cook 5–6 minutes

per side. Remove from skillet; keep warm. Add mushrooms to skillet; cook and stir 5 minutes. Stir in remaining ingredients. Scrape up browned bits from pan; simmer 5 to 10 minutes or until sauce thickens slightly. Spoon over chops to serve.

## **YIELD: 4 servings**

Per serving: Calories 215.6; Fat 9.6g; (Saturated 2.3g, Monounsaturated 4.7g, Polyunsaturated 1.7g); Cholesterol 48.1mg; Sodium 258.9mg; Potassium 595.5mg; Carbohydrate 10.7g; (Fibre 0.8g); Protein 21.9g



# Fruit-Stuffed Pork with Cider Sauce

2–3 lb	PORK LOIN CENTRE ROAST BONELESS	1–1.5 kg
1	apple, peeled and diced	1
1 tsp	EACH sugar and lemon juice	5 mL
1/3 cup	EACH chopped dried apricots, seedless raisins	75 mL
1 1/4 cups	apple cider or apple juice	300 mL
1/4 tsp	EACH dried sage, thyme Pepper to taste	1 mL
1/2 cup	chicken broth	125 mL
1 tsp	red wine vinegar	5 mL
1 Tbsp	cornstarch	15 mL

Combine apple, sugar and lemon juice. Stir in apricots, raisins, 1/4 cup/50 mL cider, sage, thyme and pepper. Carefully slide a long sharp knife through the centre of the meat, from one end to the other. Enlarge hole slightly with knife. Remove knife; with your fingers or the handle of a wooden spoon, enlarge the hole. Force the

stuffing into the hole, first from one end, then from the other. Roast uncovered at 325°F (160°C) about 25 minutes per pound or until internal temperature registers 155°F (68°C). Tent loosely with foil and let rest 10 minutes before slicing. Meanwhile, make cider sauce. Pour off and discard any fat from pan juices. Stir in remaining cider, broth and vinegar. Bring to a boil, stirring to scrape up any browned bits in pan. Dissolve cornstarch in 2 Tbsp (25 mL) cold water. Add to pan and cook, stirring until thickened and smooth. **NOTE:** *Any remaining stuffing can be baked in a greased casserole, along with the roast, for about 30 minutes.*

## **YIELD: 8 – 10 servings**

Per serving (*calculated using 9 servings*): Calories 274.8; Fat 9.1g; (Saturated 3.2g, Monounsaturated 4.1g, Polyunsaturated 1g); Cholesterol 76.2mg; Sodium 113mg; Potassium 727.7mg; Carbohydrate 16.4g; (Fibre 1.1g); Protein 31g

*(Pictured on front cover)*

# Asian Pulled Pork

3 lb	PORK SHOULDER BLADE ROAST BONELESS	1.5 kg
1 Tbsp	dry vermouth or sake	15 mL
1/4 cup	hoisin sauce, divided	50 mL
2 tsp	brown sugar	10 mL
2	cloves garlic, minced	2
1/2 tsp	salt	2 mL
1 Tbsp	canola oil	15 mL
1	large onion, chopped	1
3	cloves garlic, minced	3
1 cup	chicken broth	250 mL
3/4 cup	dry vermouth or sake	200 mL
1 Tbsp	sambal oelek or chili paste	15 mL
10	dried prunes	10

Combine vermouth (or sake), 1 Tbsp (15 mL) hoisin sauce, brown sugar and 2 cloves garlic. Rub evenly over pork. Cover and marinate in the refrigerator 24 hours. Remove roast; sprinkle with salt. Heat oil in a Dutch oven over medium-high

heat. Add pork roast to pan, turning to brown on all sides. Remove from pan. Add onions and 3 cloves garlic to pan; sauté briefly. Stir in chicken broth, vermouth (or sake), remaining hoisin sauce and sambal oelek (or chili paste). Return roast to pan; cover and bake at 300°F (150°C) for 3 hours. Reduce temperature to 250°F (120°C); bake another 30 minutes. Remove roast from pan; let rest 15 minutes. Using two forks, pull meat apart, discarding any visible fat. Strain pan liquid, discarding any solids. Skim any fat from liquid. Add dried prunes to liquid. Bring to a boil, reduce heat and simmer about 10 minutes. Serve shredded pork, topped with sauce.

## **YIELD: 8 – 10 servings**

Per serving (*calculated using 9 servings*): Calories 333.3; Fat 14g; (Saturated 4.5g, Monounsaturated 6.5g, Polyunsaturated 1.9g); Cholesterol 102.8mg; Sodium 436.1mg; Potassium 667mg; Carbohydrate 13g; (Fibre 1.2g); Protein 30.7g

# Fireside Pork with Pineapple and Peppers

1 1/2 lbs	LEAN PORK CUBES	0.75 kg
1/4 tsp	EACH cinnamon, red pepper flakes	1 mL
1 Tbsp	canola oil	15 mL
1	medium onion, chopped	1
3	cloves garlic, minced	3
1 Tbsp	grated ginger root	15 mL
2 cups	chicken broth	500 mL
1/4 cup	cranberry juice	50 mL
4	carrots, peeled, diagonally sliced	4
1 cup	diagonally sliced celery	250 mL
8 oz	can sliced water chestnuts, drained	227 g
14 oz	can pineapple chunks, drained	398 mL
1/2	EACH red and green pepper, in 1 1/2.5cm chunks	1/2
3 Tbsp	soy sauce	45 mL
2 Tbsp	cornstarch	25 mL

Sprinkle pork with cinnamon and red pepper flakes. Toss to coat. Heat oil in a Dutch oven over

medium-high heat. Add pork; brown lightly. Add onion, garlic and ginger root. Cook stirring, 2 minutes more. Add broth, juice, carrots, celery and water chestnuts. Bring to a boil; cover and simmer 40 minutes or until meat is tender. Add pineapple and peppers. Cook 5 minutes more. Combine soy sauce and cornstarch. Add to stew and cook, stirring, until thickened.

## **YIELD: 6–8 servings**

Per serving (*calculated using 7 servings*): Calories 253.3; Fat 7.9g; (Saturated 2.1g, Monounsaturated 3.7g, Polyunsaturated 1.3g); Cholesterol 53.5mg; Sodium 654.9mg; Potassium 821.9mg; Carbohydrate 21.7g; (Fibre 3.3g); Protein 24.3g



# Tips for Entertaining

- There's a limit. Don't leave prepared food out at room temperature for more than 2 hours.
- Minimize last minute stress by choosing dishes that can be prepared in advance.
- Dress up comfort foods like stews and soups with unusual garnishes or new seasonings for easy but interesting make-ahead menus.
- Zone out! Keep foods out of the "danger zone" – 40°F-140°F (4°C-60°C) to avoid bacterial contamination. Use chafing dishes or heated trays to keep hot foods hot.
- Entertaining should be fun for everyone. Limit complicated recipes or plan a pot luck dinner to allow yourself some fun, too.



Crushed ice in pans will keep cold foods cold.

- The CQA® program of the Canadian pork industry was developed to ensure that the pork you purchase is safe and wholesome. Keep it that way by following good food handling practices.



For more recipes:

[www.saskpork.com](http://www.saskpork.com)

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Saskatchewan Pork Development Board  
2 – 502 45th Street W, Saskatoon, SK S7L 6H2