

serving PORK

Healthy &
Delicious
Recipes & Tips



Stuffed Pork Tenderloin

with Lemon-Wine Sauce

2	PORK TENDERLOINS, well trimmed, about 12 oz (0.375 kg) each	2
6 oz	pkg long-grain and wild rice mix	180 g
1 Tbsp	butter	15 mL
8 oz	chopped fresh mushrooms	0.25 kg
1/2 cup	sliced green onions	125 mL
1 cup	chopped pecans, toasted	250 mL
2 Tbsp	chopped fresh parsley	25 mL
2 tsp	dried Italian seasoning	10 mL
1/2 tsp	salt	2 mL

Cut each tenderloin lengthwise down the centre, cutting to but not through opposite side; open flat. Prepare rice mix according to package directions. Melt butter in a non-stick skillet. Add mushrooms and onions and cook until tender. Remove from heat and stir in cooked rice mix, pecans and parsley. Reserve 3/4 cup of rice mixture. Place remaining rice in a covered casserole and set aside. Divide 3/4 cup rice mixture between the two tenderloins, spreading evenly down the centre. Close tenderloins and fasten with toothpicks. Combine Italian seasoning and salt. Sprinkle over the top of tenderloins. Roast on a rack in a shallow roasting pan

(Cont'd on next panel)

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. Choosing leaner meats is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See www.healthcheck.org



at 400°F (200°C) for about 25–30 minutes or until meat thermometer registers 160°F (70°C). Bake rice casserole at the same time. Meanwhile, prepare Lemon-Wine Sauce. When tenderloins are done, spread rice mixture on platter. Remove toothpicks from tenderloins and cut into 1" (2.5cm) slices. Arrange slices on rice and drizzle with Lemon-Wine Sauce. YIELD: 6 servings

Lemon-Wine Sauce

1/2 cup	EACH chicken broth, white wine	125 mL
1 Tbsp	lemon juice	15 mL
1 Tbsp	chopped onion	15 mL
1	clove garlic, minced	1
1/4 tsp	EACH sugar, pepper	1 mL
1 tsp	EACH cornstarch, cold water	5 mL

Combine chicken broth, wine, lemon juice, onion, garlic, sugar and pepper; simmer 5 minutes. Combine cornstarch and water. Stir into broth mixture and

simmer until thickened. YIELD: 1/2 cup (125 mL)

Per serving (Includes 20ml of sauce): Calories 420; Fat 19g (Saturated 3.5g, Monounsaturated 9g, Polyunsaturated 4.5g) Cholesterol 80mg; Sodium 340mg; Carbohydrate 28g (Fibre 4g); Protein 38g

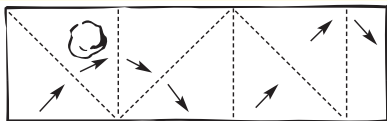
FightBAC: *Make sure that your basting/dipping sauce does not contain uncooked meat juices. Prepare the sauce, remove a small portion and reserve the rest. Use the smaller amount to baste the meat during cooking. Use the reserved portion for dipping.*



Samosas

1/2 lb	LEAN GROUND PORK	0.25 kg
1	onion, finely chopped	1
2 Tbsp	curry paste	25 mL
1	carrot, finely chopped	1
1	potato, peeled and chopped	1
1/4 cup	frozen peas, thawed	50 mL
	salt and pepper	
10	filo pastry sheets	10
2 Tbsp	melted butter	25 mL

In a frypan, sauté ground pork and onion until browned. Add curry paste; cook 2 minutes. Add vegetables and seasonings; cook 2–3 minutes more. Cool. Cut filo pastry in strips to form rectangles approx. 3 1/2" (9cm) wide. Brush edges with butter.



Place a heaped teaspoon of filling onto the pastry. Fold corner over to form a triangle. Continue folding, retaining triangular shape. Repeat with remaining ingredients. Brush lightly with butter; bake at 350°F (180°C) for 15–20 minutes, until golden. Serve hot with chutney. YIELD: 20 appetizers

Per serving (1 appetizer): Calories 106; Fat 6g (Saturated 2.5g, Monounsaturated 2.5g, Polyunsaturated 0.5g) Cholesterol 15mg; Sodium 70mg; Carbohydrate 8g (Fibre 1g); Protein 6g



Holiday Rack of Pork

(pictured on front cover)

3 lb	RACK OF PORK	1.5 kg
2	cloves garlic, minced	2
1/2 tsp	salt	2 mL
1 Tbsp	canola oil	15 mL
2 Tbsp	Dijon mustard	25 mL
1 Tbsp	liquid honey	15 mL
1/2 tsp	pepper	2 mL
1 tsp	dried rosemary, crumbled	5 mL
1 cup	chicken broth	250 mL

Trim any excess fat from roast. Make small slits over the outside surface. Mix garlic with salt and rub over the roast, pressing into the slits. Roast at 350°F (180°C) for about 1 hour. Meanwhile combine oil, mustard, honey, pepper and rosemary. After one hour of roasting, spread mustard mixture over the roast and return to oven. Baste every 10 minutes until

meat thermometer registers 155°F (68°C). Remove from oven, tent loosely with foil and allow to stand 10 minutes before slicing. Skim any fat from pan juices. Gradually add chicken broth to pan and scrape up browned bits. Pour into a small saucepan and simmer until slightly reduced. Drizzle over pork slices to serve. YIELD: 6 servings

Per serving: Calories 470; Fat 25g (Saturated 8g, Monounsaturated 12g, Polyunsaturated 3g); Cholesterol 165mg; Sodium 550mg; Carbohydrate 5g (Fibre 0g); Protein 55g



- *What's the best way to prevent food contamination? WASH YOUR HANDS. Twenty seconds with warm soapy water will do the trick.*
- *Keep hot foods covered whenever possible. Uncovered foods allow for cross contamination on the counter or in the refrigerator.*
- *Meat should always be cooked in a continuous process. Don't cook half-way, cool and refrigerate and then cook the rest of the way.*

Glazed Pork Tenderloin

2	PORK TENDERLOINS, well trimmed, about 12 oz (0.375 g) each	2
1 Tbsp	EACH garlic powder, chili powder	15 mL
1 1/2 tsp	sugar	7 mL
1 tsp	salt	5 mL
1/2 tsp	pepper	2 mL
1 cup	apricot jam	250 mL
1/3 cup	barbecue sauce	75 mL
1 tsp	grated ginger root	5 mL
1/4 tsp	garlic powder	1 mL
1/4 tsp	hot pepper sauce	1 mL
3 Tbsp	lime juice	45 mL

Combine garlic powder, chili powder, sugar, salt and pepper; rub into tenderloins. Cover; refrigerate 4–24 hours. Melt jam over medium heat. Add remaining ingredients. Remove 1/2 cup for basting; reserve remainder. Bake tenderloins at 400°F (200°C) for 15 minutes. Baste on all sides; bake 10 minutes; baste

again. Bake until internal temperature is 160°F (70°C), about 5 minutes. Remove from oven; tent loosely with foil for 5–10 minutes before slicing. Slice and serve with reserved sauce as an appetizer or drizzled with sauce as a main dish. YIELD: 12 appetizer or 6 main dish servings

Per serving (based on 6 servings): Calories 330; Fat 4g (Saturated 1g, Monounsaturated 1.5g, Polyunsaturated 0.5g); Cholesterol 75mg; Sodium 600mg; Carbohydrate 42g (Fibre 2g); Protein 31g



Southwestern Pork Roast

3 lb	BONELESS PORK SHOULDER BLADE ROAST, well trimmed	1.5 kg
1/4 cup	all-purpose flour	50 mL
1 Tbsp	canola oil	15 mL
1 cup	chicken broth	250 mL
Half	can (4 1/2 oz/127 mL) mild green chilies, drained and rinsed	Half
1/4-1/2 tsp	hot pepper sauce	1-2 mL
2	cloves garlic, minced	2
1 tsp	EACH oregano, cumin and coriander	5 mL
1/2 tsp	EACH salt and pepper	2 mL
4 cups	large carrot chunks or baby carrots	1 L
6	small onions	6
1/4 cup	EACH all-purpose flour, cold water	50 mL

Coat roast well with first amount of flour. Heat oil in a Dutch oven over medium-high heat. Brown pork on

all sides. Drain off any fat. Add broth, chilies, garlic and seasonings to Dutch oven. Cover and cook in 350°F (180°F) oven for 1 1/2 hours. Add carrots and onions; cover and cook another 1 1/2 hours. Transfer pork and vegetables to platter or serving dish and keep warm. Whisk together flour and water; blend in a small amount of hot liquid from the Dutch oven. Blend flour mixture into remaining liquid in Dutch oven and simmer, stirring about 5 minutes, until thickened. Serve with sliced roast and vegetables.

YIELD: 6–8 servings

Per serving (based on 8 servings): Calories 400; Fat 15g (Saturated 4.5g, Monounsaturated 7g, Polyunsaturated 2g); Cholesterol 120mg; Sodium 580mg; Carbohydrate 23g (Fibre 4g); Protein 43g

FightBAC: *Hosting a buffet? Provide a clean serving utensil for each dish. Bacteria can grow while food is on a buffet table and can then be transferred to other foods by a spoon that is used for more than one item.*

Pork & Sweet Potato Stew

2 lbs	PORK CUBES, well trimmed	1 kg
1 Tbsp	canola oil	15 mL
2	onions, chopped	2
2	sweet potatoes, peeled and cubed	2
2	stalks celery, sliced	2
3 cups	chicken broth	750 mL
2 tsp	dried thyme leaves	10 mL
1/2 tsp	salt	2 mL
1 tsp	grated lemon rind	5 mL
1 Tbsp	lemon juice	15 mL
1/4 cup	EACH all-purpose flour, cold water	50 mL
2 cups	frozen green beans	500 mL

Heat oil in a Dutch oven over medium-high heat. Brown pork in batches. Add onions, sweet potatoes, celery, broth, seasonings, lemon rind and juice. Cover and simmer 1–1 1/2 hours or until meat is tender.

Whisk together flour and water; add to meat mixture along with green beans. Increase heat and boil gently about 10 minutes or until beans are tender and liquid has thickened. YIELD: 8 servings

Per serving: Calories 290; Fat 11g (Saturated 3g, Monounsaturated 5g, Polyunsaturated 1.5g); Cholesterol 80mg; Sodium 540mg; Carbohydrate 17g (Fibre 2g); Protein 30g



For more recipes:
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