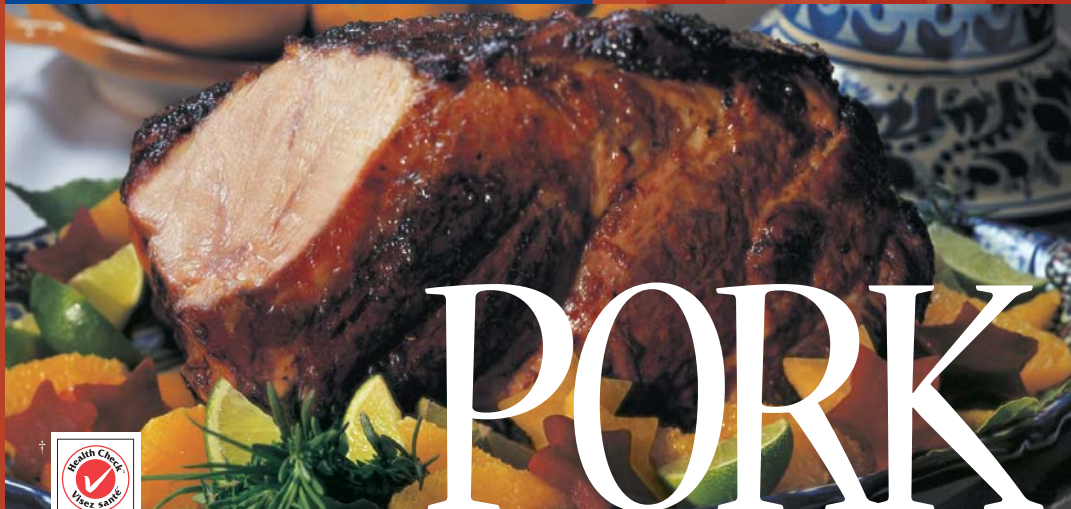


Recipes for Entertaining



PORK



Greek Appetizer Bites

1 lb	LEAN BONELESS PORK CUBES	0.5 kg
1/2 cup	EACH cider vinegar, canola oil	125 mL
1/4 cup	lemon juice	50 mL
2	cloves garlic, minced	2
1 Tbsp	Worcestershire sauce	15 mL
1 Tbsp	oregano	15 mL
1 tsp	EACH thyme, salt	5 mL
1/2 tsp	cayenne	2 mL

Place pork in a ziplock plastic bag. Combine remaining ingredients; add to bag. Marinate in refrigerator 4–24 hours. Remove pork from marinade; discard



marinade. Pat meat dry with paper towels. Place cubes in a shallow baking pan, not touching. Roast at 350°F (180°C) for 25 minutes, until tender and lightly browned. Serve as an appetizer with Tzatziki dip or on a salad of mixed greens.

YIELD: 8 appetizer servings or 4 main dish servings

Per serving (without sauce): Calories 200; Fat 16g (Saturated 2.0g, Monounsaturated 9.0g, Polyunsaturated 4.5g); Cholesterol 50mg; Sodium 350mg; Carbohydrate 2g (Fibre 0.5g); Protein 14g

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



Stuffed Tenderloin with Honey Wine Sauce

2	PORK TENDERLOINS, about 12 oz (0.375kg) each	2
2 cups	dry red wine	500 mL
1 cup	orange juice	250 mL
2/3 cup	honey	175 mL
3	lemon slices	3
1/3 cup	EACH quartered dried apricots and figs	75 mL
1 Tbsp	dried rosemary, chopped (or 1/4 cup/50mL fresh)	15 mL
1/4 lb	prosciutto, thinly sliced	0.125 kg

In a saucepan, combine wine, orange juice, honey, lemon slices, apricots and figs. Bring to a boil, reduce heat and simmer 10 minutes. Remove lemon slices, apricots and figs with a slotted spoon; discard lemon

slices and reserve apricots and figs. Cut each tenderloin to, but not through, opposite side. Open like a book and flatten with a mallet to about 1/2" (1.25cm) thick, pounding long edges together. Sprinkle rosemary, apricots and figs over the surface. Roll up tightly from long end. Wrap prosciutto slices around pork, tying in several places with string. Roast at 375°F (190°C) for about 45 minutes, to an internal temperature of 155°F (68°C). Meanwhile, gently boil wine mixture until reduced by half, about 20 minutes. Before serving, remove strings from pork; slice 1/2" (1.25cm) thick. Serve with honey wine sauce. YIELD: 6 servings

Per serving: Calories 430; Fat 5g (Saturated 2.0g, Monounsaturated 2.0g, Polyunsaturated 0.6g); Cholesterol 85mg; Sodium 310mg; Carbohydrate 52g (Fibre 2g); Protein 34g

Chili Orange Roast

3– 4 lb	PORK SHOULDER BLADE ROAST	2 kg
	BONELESS, well trimmed	
2	oranges	2
4	cloves garlic	4
1 Tbsp	chili powder	15 mL
2 Tbsp	canola oil	25 mL
1 tsp	EACH salt, coarsely ground	5 mL
	pepper	
2	jalapeno peppers, seeded and chopped	2

Remove zest from oranges with a sharp vegetable peeler; chop finely. Squeeze juice from oranges. Blend zest, juice and remaining ingredients in blender container or food processor until smooth. With a long-tined fork, pierce roast all over. Place roast and marinade in large ziplock bag. Seal; marinate in



refrigerator 4–24 hours. Remove from marinade; discard marinade. Place roast on a rack in a roasting pan with 1 cup (250mL) water*. Roast at 325°F (160°C) for 2–2 1/2 hours or until meat thermometer registers 155°F (68°C). Let stand, loosely tented with foil for 10 minutes before slicing.

YIELD: 8–10 servings

*If necessary, add more water during cooking. Tent loosely if roast browns too quickly.

Per serving: Calories 340; Fat 16g (Saturated 5.0g, Monounsaturated 8.0g, Polyunsaturated 2.5g); Cholesterol 125mg; Sodium 380mg; Carbohydrate 4g (Fibre 1g); Protein 43g

Party Pork Vindaloo



2 lb	PORK SHOULDER BLADE ROAST BONELESS, well trimmed, in 1 1/2" (4cm) cubes	1 kg
2 Tbsp	all purpose flour	25 mL
2 tsp	cumin	10 mL
1 1/2 tsp	EACH coriander, turmeric	7 mL
3/4 tsp	ground cardamom	4 mL
1/4 tsp	EACH cinnamon, salt, pepper	1 mL
2 Tbsp	canola oil	25 mL
2	onions, chopped	2
4	cloves garlic, minced	4
1/4 cup	vinegar	50 mL
1 Tbsp	chopped ginger root	15 mL
1 Tbsp	mustard	15 mL
1/4 tsp	crushed chilies	1 mL
2 cups	chicken broth	500 mL
2	bay leaves	2

Combine flour, cumin, coriander, turmeric, cardamom, cinnamon, salt and pepper. Sprinkle half over pork cubes and coat well. Heat 1 Tbsp (15mL) oil in a large saucepan over medium-high heat. Brown pork in batches; remove to a plate. Heat remaining oil over medium heat. Add remaining spice mixture, onions, garlic, 2 Tbsp (25mL) vinegar, ginger root, mustard and chilies. Cook and stir about 5 minutes. Add broth and remaining vinegar. Bring to a boil; scrape up any browned bits. Add pork (with juices) and bay leaves. Reduce heat, cover and simmer 45 minutes. Uncover; simmer until pork is tender and liquid has thickened, about 15 minutes. Remove bay leaves.

YIELD: 8 servings

Per serving: Calories 260; Fat 17g (Saturated 3.0g, Monounsaturated 6.0g, Polyunsaturated 2.0g); Cholesterol 80mg; Sodium 380mg; Carbohydrate 8g (Fibre 1g); Protein 29g

Chops with Mushroom Hunter Sauce

4	PORK LOIN CENTRE CHOPS BONELESS	4
1 Tbsp	canola oil	15 mL
1/2 cup	all purpose flour	125 mL
	salt and pepper to taste	
1/4 lb	crimini (brown) mushrooms, chopped	0.125 kg
2	cloves garlic, minced	2
2 cups	beef broth	500 mL
1/2 cup	dry red wine	125 mL
1 1/2 tsp	thyme	7 mL
1 Tbsp	tomato paste	15 mL
1/3 cup	cold water	75 mL
3 Tbsp	cornstarch	45 mL

In a large non-stick skillet, heat 1/2 Tbsp (7mL) oil over medium-high heat. Combine flour, salt and

pepper; dredge chops; shake off excess flour. Brown chops on both sides in hot oil; remove and keep warm. Heat remaining 1/2 Tbsp (7mL) oil in skillet. Add mushrooms and garlic; cook and stir until mushrooms have lost their moisture and skillet is almost dry. Add broth, wine and tomato paste; bring to boiling. Return chops to skillet; cover and cook 5–6 minutes. Remove chops and keep warm. Combine cold water and cornstarch; add to skillet. Cook and stir until thickened. Season sauce with salt and pepper to taste.
YIELD: 4 servings

Per serving: Calories 315; Fat 9g (Saturated 2.0g, Monounsaturated 4.0g, Polyunsaturated 1.5g); Cholesterol 85mg; Sodium 480mg; Carbohydrate 21g (Fibre 1.5g); Protein 32g



Glazed Ham with Maple Rum Sauce

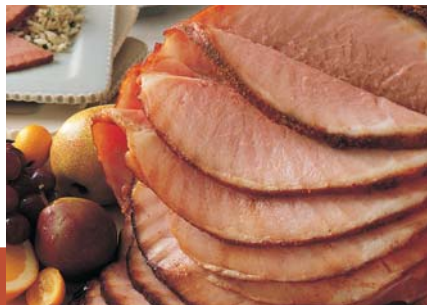
5 lb	Cooked HAM	2.5 kg
1/3 cup	maple syrup	75 mL
1/4 cup	amber rum	50 mL
1/2 cup	beef broth	125 mL
2 tsp	Dijon mustard	10 mL

Roast ham at 325°F (160°C) uncovered, about 15 minutes per lb/0.5kg. Meanwhile, combine maple syrup and rum. After 45 minutes, begin brushing ham with maple mixture frequently, until ham is done. Remove to a platter and keep warm. Skim any fat from pan juices; add remaining glaze, beef



broth and mustard. Stir to scrape up browned bits. Bring to a boil; reduce heat and simmer, about 10 minutes, until sauce is reduced. Slice ham. Serve with maple rum sauce.
YIELD: 20 servings

Per serving: Calories 180; Fat 7g (Saturated 2.0g, Monounsaturated 3.0g, Polyunsaturated 0.7g); Cholesterol 65mg; Sodium 1420mg; Carbohydrate 5g (Fibre 0g); Protein 21g



Quality Production = Quality Food

Manitoba pork is of the highest quality, produced by farmers committed to providing wholesome and safe food for consumers in Manitoba and around the world. To maintain the high quality of all Canadian pork, the pork industry developed and launched the Canadian Quality Assurance® program, a proactive on-farm program to ensure food safety.

The CQA® program:

- Is a practical, on-farm food safety program that outlines protocols for feed mixing, medication use and detailed record keeping.
- Is based on HACCP (Hazard Analysis Critical Control Points) – an international, science-based approach to food safety.
- Requires participating farms to be validated annually by trained third party validators.
- Is an industry-driven program of the Canadian Pork Council and its provincial affiliates.
- Is administered in Manitoba by Manitoba Pork Council.



For more recipes:

www.pickpork.com

1-800-299-PORK(7675)