

# Pork

BABY RACK RIBS BBQ.....	1
OVEN-BAKED CREOLE PORK CHOPS.....	2
SWEET and SOUR PORK .....	2
ASIAN-STYLE ROAST PORK TENDERLOIN .....	2
ARISTA (TUSCAN HERB-INFUSED ROAST PORK LOIN).....	4
PORK ROAST stuffed with FIGS and Shallots.....	5
PORK CHOPS CREOLE.....	6
GOLDEN HAM SLICE .....	6
SPICED BAKED HAM SLICE.....	7
SLOW ROASTED PORK .....	7
APPLE-SAGE STUFFED PORK CHOPS with CIDER PAN SAUCE .....	7

## BABY RACK RIBS BBQ

### INGREDIENTS

2 tablespoons salt

2 (2-pound) racks baby back or loin back ribs, trimmed, membrane removed, and each rack cut in half

1 recipe glaze (see related content)

### INSTRUCTIONS

1. Dissolve salt in 2½ quarts water in Dutch oven; place ribs in pot so they are fully submerged. Bring to simmer over high heat. Reduce heat to low, cover, and cook at bare simmer until thickest part of ribs registers 195 degrees, 15 to 25 minutes. While ribs are simmering, set up grill. (If ribs come to temperature before grill is ready, leave in pot, covered, until ready to use.)

2A. FOR A CHARCOAL GRILL: Open bottom vent halfway. Light large chimney starter filled with charcoal briquettes (6 quarts). When top coals are partially covered with ash, pour evenly over grill. Set cooking grate in place, cover, and open lid vent halfway. Heat grill until hot, about 5 minutes.

2B. FOR A GAS GRILL: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Turn all burners to medium-high.

3. Clean and oil cooking grate. Remove ribs from pot and pat dry with paper towels. Brown the ribs before to brush both sides of ribs with 1/3 cup glaze. Grill ribs, uncovered, flipping and rotating as needed, until glaze is caramelized and charred in spots, 15 to 20 minutes, brushing with another 1/3 cup glaze halfway through cooking. Transfer ribs to cutting board, brush both sides with remaining glaze, tent loosely with aluminum foil, and let rest for 10 minutes. Cut ribs between bones to separate, and serve.

## OVEN-BAKED CREOLE PORK CHOPS

- 6 pork chops
- 1 can tomato soup
- 2 large onions sliced
- 1/2 teaspoon hot sauce
- 1/2 teaspoon salt
- 1/4 teaspoon marjoram

- Lay chops in 9 x 13 baking dish.
- Mix remaining ingredients.
- Pour over chops..
- Cover with foil..
- Bake at 400 °F. for 1 hour.

## SWEET and SOUR PORK

- 1 tablespoon shortening
- 1/4 teaspoon salt
- 1 onion, diced
- 1 green pepper, diced
- 1 cup catsup
- 1/4 cup vinegar
- 13 1/3 ounce can pineapple chunks, drained, reserve liquid
- 1 1/2 tablespoons cornstarch
- 1 pound sliced cooked pork

- Saute diced onion and green pepper in shortening with 1/4 teaspoon salt until onion is tender but not browned.
- Add catsup and vinegar.
- Combine reserved pineapple liquid and cornstarch, stirring to blend.
- Add to sauce and cook 3 to 5 minutes, until thickened and clear.
- Add sliced cooked pork and pineapple and simmer, covered 15 minutes.
- Serve over hot rice.

## ASIAN-STYLE ROAST PORK TENDERLOIN

### Serves 6

Since brining is a key step in having the two tenderloins stick together, we don't recommend using enhanced pork in this recipe.

### Glaze

- 4 tablespoons Chinese rice wine or dry sherry
- 4 tablespoons soy sauce
- 4 tablespoons hoisin sauce
- 4 teaspoon sesame oil
- 4 teaspoons grated ginger

- 4 cloves garlic, pressed
- 1 teaspoon corn starch

Mix ingredients in a sauce pan and cook until it thickens slightly. Let it cool.

## **Ingredients**

- 2 (1-pound) pork tenderloins, trimmed
- Salt and pepper
- Vegetable oil
- 1 recipe of glaze

## **Instructions**

**1.** Lay tenderloins on cutting board, flat side (side opposite where silverskin was) up. Holding thick end of one tenderloin with paper towels and using dinner fork, scrape flat side lengthwise from end to end 5 times, until surface is completely covered with shallow grooves. Repeat with second tenderloin. Dissolve 3 tablespoons salt in 1½ quarts cold water in large container. Submerge tenderloins in brine and let stand at room temperature for 1 hour.

**2.** Remove tenderloins from brine and pat completely dry with paper towels. Lay 1 tenderloin, scraped side up, on cutting board and lay second tenderloin, scraped side down, on top so that thick end of 1 tenderloin matches up with thin end of other. Spray five 14-inch lengths of kitchen twine thoroughly with vegetable oil spray; evenly space twine underneath tenderloins and tie. Brush roast with vegetable oil and season with pepper. Transfer 1/3 cup glaze to bowl for grilling; reserve remaining glaze for serving.

**3.** Brown three sides of the tenderloins in a high temperature in a large skillet. With unbrowned side down, cover with the glaze and place skillet in a 425 degree oven. Cook 15-20 minutes or until internal temperature reaches 150 degrees.

**4.** Transfer roast to carving board, tent loosely with aluminum foil, and let rest for 10 minutes. Carefully remove twine and slice roast into 1/2-inch thick slices. Serve with remaining warm glaze.

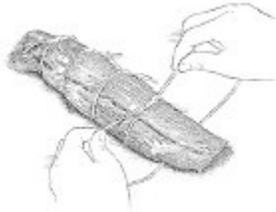
## **Technique**

### **Fusion Cooking: Turning Two Tenderloins into One**

To get around the usual problems with grilling pork tenderloin, we “fused” two together and cooked them as a single roast.



**ROUGH UP:** Scrape the flat sides of each tenderloin with a fork until the surface is covered with shallow grooves. This releases sticky proteins that will act as “glue.”



**TIE TOGETHER:** Arrange the tenderloins with the scraped sides touching and the thick end of one nestled against the thin end of the other. Tie the tenderloins together.

Adapted from American Test Kitchen 2014

## ARISTA (TUSCAN HERB-INFUSED ROAST PORK LOIN)

Fort Worth Star Telegram / 1997

Serves 8

2 1/2 tablespoons olive oil, divided use  
1 4-pound boneless pork loin, with a thin layer of fat left intact  
1/4 cup finely chopped fresh rosemary or 2 tablespoons dried  
2 tablespoons finely chopped fresh sage or 1 tablespoon dried  
2 teaspoons crushed fennel seed, see Note  
1 tablespoon kosher salt  
1 teaspoon freshly ground black pepper  
10 large garlic cloves, peeled and thinly sliced

Pan sauce:

1/4 cup dry white wine  
1 cup chicken or beef stock  
Salt and freshly ground black pepper

Note: To crush fennel seed, process in a small food processor or place in a heavy, zipper-style plastic bag and pound with a mallet.

Preheat oven to 450 degrees.

Brush meat with 1 tablespoon olive oil. Combine herbs, fennel seed,

salt and pepper. Rub over meat. Drizzle meat with additional 1 tablespoon olive oil.

Brush shallow roasting pan with 1/2 tablespoon olive oil and scatter sliced garlic on bottom to provide a bed for the roast. Place roast on garlic, fat side up. Place in middle of preheated oven for 15 minutes. Turn oven to 300 degrees. Roast 1 1/4 hours longer or until instant-read thermometer reads 150 degrees. Remove from oven and cover loosely with aluminum foil.

To prepare sauce, pour off fat and add wine to the roasting pan. Bring to boil over high heat, scraping up any browned bits from the bottom. Add stock and cook until the sauce is reduced by half. If desired, strain the sauce. Taste and add salt and/or pepper as needed. Slice pork and spoon sauce over the top.

Nutritional analysis per serving: 355 calories, 22 grams fat, 1 gram carbohydrate, 46 grams protein, 102 milligrams cholesterol, 1,007 milligrams sodium, 56 percent of calories from fat.

-- The Complete Meat Cookbook' by Bruce Aidells and Denis Kelly (Houghton Mifflin, 1998, \$35)

## **PORK ROAST stuffed with FIGS and Shallots**

Serves 6.

1	4 pound boneless pork loin roast
10	shallots, peeled left whole
10	fresh figs, stems removed
1	teaspoon dried thyme
1	tablespoon olive oil
1/2	cup water
1/4	cup brandy
1	tablespoon currant jam
1	cup beef broth
1/2	teaspoon salt
1/8	teaspoon pepper

- Open up roast; make 6-inch long slit down center of roast.
- Deepen slit to form shallow pocket, to both ends.
- Place 1 shallot in end of pocket with fig on top.
- Repeat with remaining shallots and figs, filling up pocket.
- Roll up roast; tie at intervals with string.
- rub roast with thyme
- Heat oil in flameproof roasting pan over medium-high heat.
- Add tied roast; brown on all sides.
- roast pork in preheated 375° oven 1 1/4 hours or until internal temperature registers 160° on instant-read meat thermometer.
- Remove roast to platter; keep warm.
- Pour water into roasting pan, scraping up browned bits.

- Pour into saucepan.
- Skim off fat.
- Add brandy.
- boil 2 minutes.
- Stir in jam, broth, salt and pepper.
- Simmer 3 minutes.
- Remove string from pork roast.
- Slice roast and serve with gravy.

Recipe from Family Circle, November 1995.  
Used New Year's Eve, 1995.

## PORK CHOPS CREOLE

- 4 pork chops
- 1 large onion, sliced
- 3 1/2 cups oiling water
- 1/4 teaspoon marjoram
- 6 bouillon cubes
- 2 teaspoons salt
- 1 cup rice
- 4 slices tomato, cut thick
- 1/4 teaspoon pepper
- 4 green pepper rings

- Brown chops in electric skillet at 360°
- When browned, remove from pan.
- Set heat to 180°.
- Pour water in pan.
- Add bouillon cubes and stir until dissolved.
- Add rice, diced onion and seasoning, stir well
- Place chops on rice.
- Top each chop with a slice on onion, tomato and green pepper.
- Cover and cook 45 minutes until meat and rice are tender.
- Add more boiling water if needed.

Recipe from Frances Kostelnik

## GOLDEN HAM SLICE

- 1 ham slice, 1" thick
- 8 3/4 ounce can crushed pineapple
- 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- 1/4 teaspoon cinnamon
- 1/3 cup finely grated carrot

- Place ham slice on a rack in open roasting pan.
- Bake at 325°F. for 30 minutes.
- Drain pineapple, reserving liquid.

- Combine cornstarch, sugar and cinnamon in saucepan.
- Add pineapple liquid and cook, stirring constantly, until thickened and clear.
- Stir in pineapple and carrot.
- spread pineapple mixture over ham slice.
- Bake 30 minutes longer.
- Makes 4 to 6 servings.

## SPICED BAKED HAM SLICE

- 1 slice ham, about 1" thick
- 2 teaspoons whole cloves
- 1/3 cup brown sugar (packed)
- 1/4 cup vinegar
- 1 teaspoon dry mustard
- 1/2 teaspoon allspice

- Slash edges of fat on ham slice to prevent curling.
- Stick whole cloves around edge of ham slice.
- Mix brown sugar, vinegar, mustard and allspice.
- Pour mixture over ham.
- Bake uncovered at 350°F. about 1 hour.

Makes 4 to 6 servings.

## SLOW ROASTED PORK

### Ingredients:

- 2-3 lbs Pork(shoulder or butt)
- 1/2 Tbsp Sugar
- 1/2 Cup Soy Sauce
- 1/4 cup Water
- 1/2 Tsp. Black Pepper
- 1/4 cup dry Sherry
- 1/2 tsp.grated Ginger
- 1/2 tsp. Soy Bean Paste
- 2 Green Onions
- 1 Anise/Fennel Seed
- 2 cloves Garlic, crushed

Mix all ingredients except pork. Place pork in ovenproof casserole just large enough to hold meat. Pour sauce over meat and baked covered for 6 hours at 275 degrees.

## APPLE-SAGE STUFFED PORK CHOPS with CIDER PAN SAUCE

### INGREDIENTS

- 4 slices pumpnickel or dark rye sandwich bread
- 1 medium yellow onion
- 5 tablespoons unsalted butter

- 2 Granny Smith apples, peeled, cored, and cut into 1/2-inch dice
- 5 tablespoons extra-virgin olive oil
- 1/2 teaspoon sage, plus 1/2 tsp. for the sauce
- 1/2 teaspoon minced thyme, 1/2 tsp. for the sauce
- 2 1/4 cups unfiltered apple cider, divided
- 8 bone-in center-cut pork chops, at least 1 1/2 inches thick
- 1 celery stalk, coarsely chopped
- 2 tablespoons apple brandy (optional)
- 2 1/2 cups low-sodium chicken broth
- 3 tablespoons crème fraîche or cream

## INSTRUCTIONS

1. Heat oven to 200°F. Use a serrated knife to remove the crusts from the bread, then cut bread slices into 1/2-inch dice. Place bread cubes on a baking sheet, and place in oven to dry out, about 20 minutes. Remove from oven and set aside.

2. Raise oven temperature to 375°F. Slice onion in half. Cut one half into 1/4-inch dice. Coarsely chop the other half and reserve each separately.

3. Heat 1 tablespoon butter over medium-high heat. When the butter foams, add the diced apples and let them brown, stirring only occasionally. Remove from heat and place in a mixing bowl.

4. Lower heat to medium, and add 1 tablespoon olive oil and 1 tablespoon butter to the same pan used for browning the apples. When hot, add the diced onions, and add a pinch of salt and freshly ground black pepper. Cook until onions are soft and translucent, about 6 minutes. Stir in the cooked apples, bread cubes, dried apples, sliced sage leaves, and minced thyme. Cook until stuffing is heated, then stir in 1/4 cup of the apple cider. Season with salt and freshly ground pepper, and remove from heat.

5. Rinse the pork chops and pat them dry with paper towels. Holding a sharp paring knife parallel to the work surface, cut a 3-inch-wide pocket into each pork chop all the way to the bone. Move the knife in a fanning motion to create a larger pocket, being careful not to cut through the top or bottom of the pork. Repeat with the other pork chops. Season chops well on all sides and inside each pocket with salt and freshly ground pepper. Stuff 1/8 of the stuffing into each pocket.

6. Heat a large frying pan over medium-high heat. Add 1 tablespoon olive oil and 1 tablespoon butter to the pan. When the oil shimmers and the butter is foaming, place three pork chops in the pan. Sear the chops until they are nicely browned, then turn them to brown the other side. When chops are browned, remove them from the pan to a rimmed baking sheet or baking dish large enough to hold them all comfortably. Dump out the used oil that remains in the pan, but do not wash the pan. Repeat process with the other chops.

7. When all the chops are seared, place them in the oven and bake until they are fully cooked and a thermometer inserted into the center registers 145°F, about 25 to 30 minutes. Meanwhile, return the pan used for browning the chops to medium heat. (Do not clean pan!) Add 1 tablespoon olive oil, the reserved chopped onion, the celery, and the carrot to the pan. Cook until the vegetables are softened and brown around the edges, about 5 minutes. Remove pan from heat and deglaze it with the apple brandy, if using (otherwise, do this with some of the apple cider). Return it to the heat. (If you want, carefully tilt the pan to ignite the brandy.) Use a wooden spoon or spatula to scrape up any of the browned bits that have adhered to the pan. Stir in the remaining apple cider and bring to a simmer for about 8 minutes. Add the chicken broth and herb sprigs, and return to a simmer.

**Alternative Cooking Method**

After searing chops, reduce heat, add 1/2 cup cider, cover and simmer 20-30 minutes or until chops are tender. Remove chops to heated platter. Stir in remaining cider, scraping up all browned bits. Cook, stirring constantly, until sauce thickens. Serve with chops.