

Pork



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Apricot-Ginger Pork Tenderloin Medallions

Servings: 4

Ingredients

- 5 oz apricot simply fruit preserves
- 1/4 cup orange juice
- 2 Tbs rice wine vinegar
- 1 tsp fresh ginger root, grated
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper
- 1 lb pork tenderloin
- 1/4 cup all-purpose flour
- 1/4 tsp salt
- 1/8 tsp fresh ground black pepper
- olive oil, to cover bottom of skillet



Procedure

- 1 Combine the apricot preserves, orange juice, vinegar, ginger, salt and pepper in a sauce pan. Simmer until reduced by about 1/3, about 10 to 15 minutes. Keep warm.
- 2 Slice tenderloin into 1-inch slices. Flatten the slices slightly with the heel of your hand.
- 3 Combine the flour, salt, and pepper in a quart size ziploc bag.
- 4 Shake tenderloin medallions in the flour mixture until well coated. Shake off any excess flour.
- 5 Heat olive oil over medium-high heat in a large non-stick skillet.
- 6 Sear tenderloin medallions for 3 minutes per side. Do not overcook.
- 7 When the medallions are done, remove excess oil from the skillet.
- 8 Add the sauce to the skillet, lower heat, cover and simmer for four to five minutes.

Bacon and Tomato on Toasted Poppy Seed Bun

You could even add a burger if you like!

Ingredients

Bacon
Tomato
Butter
Poppy Seed Burger Bun
Mayonnaise
Salt
Ground Black Pepper



Procedure

- 1 Fry the bacon until crisp and drain on paper towels.
- 2 Slice the tomato.
- 3 Lightly butter the bun and toast on a hot griddle.
- 4 Slather the bun with mayonnaise and add the bacon and tomato.
- 5 Season with salt and pepper, to taste.

Bacon Wrapped Pork Tenderloin with Peas "a la Francaise"

An ingredient like bacon automatically boosts the flavor of a recipe because of its salty, smoky, rich flavor, but it also adds important moisture to a cut of meat that is typically very lean. Also, some of the rendered fat from the cooked bacon adds a layer of flavor to the peas and lettuce. This quick simple recipe is very easy to make at home but will taste and look wonderful. - Eric Ripert

Servings: 4

Ingredients

4	portions	pork tenderloin, 6 oz fine sea salt
8 to 12	slices	thick bacon, depending on size
1	Tbs	canola oil
½	cup	onions, diced
2	cups	frozen peas, thawed
1/2	cup	chicken stock
1	Tbs	butter freshly ground pepper
1	cup	shredded bib lettuce



Procedure

- 1 Preheat oven to 400 degrees.
- 2 Season each piece of pork with a very small amount of salt and wrap each portion of pork tenderloin with bacon, making sure to overlap each slice slightly.
- 3 Julienne the left over bacon for lardons, about ¼ cup.
- 4 Heat 1 large or 2 medium oven proof skillet over high heat with canola oil. Add the bacon wrapped pork tenderloins and sear, seam side down.
- 5 When the bacon starts to color, turn the pork and sear the other side. Hold the seam down with a spatula.
- 6 Transfer the pork to the oven and roast for 7 to 10 minutes, turning halfway until a meat thermometer reads 145°F.
- 7 When the pork is done, transfer the tenderloins to a cutting board or tray to rest.
- 8 While the pork is roasting, heat a heavy bottomed pan, cook the lardons. When lardons are starting to make noise, add the onions and sweat until tender, about 5 minutes.
- 9 Add the peas along with about ½ cup of chicken broth and the butter. Season the peas with salt and pepper and simmer for about 5 minutes.
- 10 Add the lettuce to the peas and cook just until the lettuce is wilted.
- 11 Divide the peas onto 4 plates, slice the pork tenderloins and arrange the slices on top of the peas. Serve immediately.



Bacon, Avocado and Tomato Sandwich

Ingredients

Bacon
Avocado
Tomato
Butter
Sandwich Roll (homemade or store bought)
Mayonnaise
Salt, to taste
Ground Black Pepper, to taste



Procedure

- 1 Fry the bacon until crisp and drain on paper towels.
- 2 Slice the avocado and tomato.
- 3 Lightly butter the roll and toast on a hot griddle.
- 4 Slather the roll with mayonnaise and add the bacon, avocado, and tomato.



- 5 Season with salt and pepper, to taste.

Bar-B-Que Baby Back Ribs

Servings: 4

Ingredients

- 2 lbs baby back pork ribs, silver skin removed
- kosher salt, to taste
- fresh ground black pepper, to taste
- 1 Tbs chili powder
- 1/4 cup chicken or pork stock
- 1 Tbs soy sauce
- 1/2 cup KC Masterpiece Bar-B-Q sauce



Procedure

- 1 Sprinkle each side of rib rack with salt, pepper, and chili powder. Place rack on rimmed baking sheet or roasting pan. Rack can be cut into sections to fit if too large for your pan. Cover and chill for 4 hours or more.
- 2 Preheat oven to 450 degrees. Pour broth and soy sauce around (not on) ribs on baking sheet/pan; cover with foil. Bake ribs until tender, about 1 hour and 15 minutes.
- 3 Remove ribs from oven, uncover and allow to cool slightly. Brush both sides of ribs generously with sauce and wrap tightly in foil.
- 4 Reset oven to 225 degrees and bake ribs for one hour. Remove from oven and let rest until ready to grill.
- 5 Preheat grill (medium-high heat). Remove foil wrap from ribs and grill them until heated through and slightly charred, turning occasionally, about 10 minutes.

Recipe Tips

A second rub mix - enough for three racks: 3/4 tsp cayenne pepper, 1 Tbs granulated garlic, 1 Tbs onion powder, 9 pinches Kosher salt, 3/4 tsp ground black pepper, 1 Tbs chili powder, 1 tsp cumin.
And a third rub: Montreal Steak seasoning.

Black Cherry Pork Tenderloin

The pork tenderloin used in this delicious recipe is one of the easiest cuts of meat to cook. Also, the sweet and tangy sauce, made in the pan after the meat is cooked, pairs perfectly with the black pepper crust on the pork.

Yield: Makes 4-6 Portions

Ingredients

- 2 lb pork tenderloin, trimmed of excess fat
- cracked black pepper, to taste
- salt, to taste
- 2 Tbs vegetable oil
- 1 clove garlic, crushed
- 1/3 cup balsamic vinegar
- 1/2 cup black cherry preserves
- 1/2 cup chicken stock
- 2 Tbs cold butter



Procedure

- 1 Preheat oven to 375 degrees.
- 2 Coat the pork tenderloins well with cracked black pepper, and salt to taste.
- 3 Heat the vegetable oil, in a large frying pan, over med-high heat until it begins to smoke.
- 4 Sear the pork on all sides, about 2 minutes per side.
- 5 Turn off the heat and transfer to a shallow baking pan.
- 6 Roast the pork for about 15 minutes, or until the internal temperature reaches 140 degrees.
- 7 While the pork is cooking, pour off the excess oil from the frying pan. Place over high heat, and add the garlic. Cook for just 30 seconds, and then add the vinegar, cherry preserves, and chicken stock.
- 8 Cook until the sauce reduces by about half, and begins to slightly thicken, about 5 minutes.
- 9 Turn off the heat, and whisk in the cold butter, stirring constantly until the butter is gone. Taste and adjust seasoning.
- 10 Remove the pork from the oven and move to a platter. Allow to rest for 10 minutes before slicing and serving with the warm sauce.

Recipe Tips

Pork tenderloin is a very tender and lean cut of pork, and should not be served well-done. Pork is completely safe to eat cooked medium, and may be slightly pink in color if cooked properly.

Source

Web Page: <http://americanfood.about.com/od/porkrecipes/r/bcherrypork.htm>

Chipotle Pork Posole

This quick version of a traditional Mexican stew gets its robust flavor from chipotle chiles - smoked jalapeños packed in adobo (spicy tomato sauce). Hominy (or posole) is also essential. Both can be found in the Latin American section of supermarkets.

Servings: 8

Ingredients

- 1 Tbs olive oil
- 1 lb pork tenderloin, halved crosswise
- coarse salt, to taste
- fresh ground pepper, to taste
- 1 medium onion, coarsely chopped
- 2 cloves garlic, minced
- 1 Tbs canned chipotle chiles in adobo, minced (or to taste)
- 2 cans low-sodium chicken broth, 14.5-ounce each
- 2 cans hominy, rinsed and drained, 15.5-ounces each
- 1 can diced tomatoes in juice, 14.5-ounces
- 2 cups water
- 1/4 tsp Mexican oregano (optional)
- 1/4 tsp ground cumin (optional)
- 1/2 cup cilantro leaves, loosely packed, for garnish
- lime wedges, for serving (optional)



Procedure

- 1 In a large pot, heat oil over medium heat. Season pork all over with salt and pepper. Cook until browned on all sides, 6 to 7 minutes. Transfer pork to a plate.
- 2 Add onion and garlic to pot; season with salt and pepper. Cook over medium heat, stirring occasionally until onion begins to soften, about 4 to 5 minutes.
- 3 Add chipotle chiles and cook until fragrant, about 1 minute.
- 4 Add broth, hominy, tomatoes with their juice, pork, water and optional oregano and cumin. Bring to a boil, then reduce heat to a simmer. Cook until an instant-read thermometer inserted in center of pork registers 145 degrees, about 5 minutes.
- 5 Remove pork from pot and shred with 2 forks; return to pot and stir to combine.
- 6 To serve, ladle soup into bowls and garnish with cilantro. Serve with lime wedges, if desired.

Recipe Tips

Make ahead - this dish actually improves when made ahead and refrigerated. After returning shredded pork to soup, let cool completely and store up to 1 day in an airtight container; reheat gently before serving.

Source

Source: adapted from Martha Stewart's "Everyday Food"

Five-Spice Broiled Pork Chops

Ingredients

- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp Chinese five-spice
- 4 bone-in pork chops, 1/2" thick
- 4 tsp sesame oil
- 2 to 3 green onions, slivered
- 2 tsp Worcestershire sauce



Procedure

- 1 Combine salt, pepper, and five-spice in a small bowl.
- 2 Brush each pork chop with sesame oil, then sprinkle with five-spice mixture. Set aside for 10 minutes.
- 3 Place pork chops on a rack in a broiling pan, broil 3 inches below heat, turning once, for 4 minutes on each side or until meat near bone is no longer pink in center.
- 4 Sprinkle with green onion and Worcestershire sauce.

Source

Author: Martin Yan

Source: A Wok For All Seasons

Grilled Pork Steak with Bar-B-Q Sauce

Ingredients

Pork Steaks
Salt, to taste
Ground Black Pepper
Bar-B-Q Sauce



Procedure

- 1 Season steaks to taste with salt and pepper.
- 2 Grill steaks over direct heat until lightly browned on both sides.
- 3 Move steaks to indirect heat to finish cooking to desired crispness.
- 4 When near the end of cooking, brush the steaks with bar-b-q sauce on both sides and continue to cook until sauce is heated through. Be careful and do not let the sauce burn.

Grilled Sausage Wrap

Ingredients

Meyer's Garlic Sausage or your favorite brand
Flour Tortillas
White Onion, chopped
French's Yellow Mustard



Procedure

- 1 Grill the sausages to desired crispness.
- 2 Put the sausage on the tortilla and top with chopped onion and yellow mustard.

Japanese Pork Cutlets (Tonkatsu)

Pete and I fell in love with this dish when we were in Kyoto for Alex and Mizue's wedding.

Servings: 6

Ingredients

- peanut oil, for frying
- 2 large eggs
- 1/4 cup water
- 1/2 cup Wondra flour
- panko bread crumbs
- salt, to taste
- fresh ground black pepper, to taste
- 6 pork loin chops, boneless, trimmed of all fat
- tonkatsu sauce (see Tips below for recipe)



Procedure

- 1 Heat oil to 350 degrees.
- 2 Make an egg wash by whisking the eggs and water in a large shallow bowl.
- 3 Pour the flour and panko crumbs onto separate plates.
- 4 Salt and pepper the pork to taste.
- 5 Dredge the pork in the flour and shake off any excess.
- 6 Dip the floured pork in the egg wash, then press firmly into the panko crumbs to coat on both sides.
- 7 Fry pork in hot oil until golden brown, 3 to 4 minutes per side.



- 8 Drain pork on wire rack over paper towels.



- 9 Serve with tonkatsu sauce.

Recipe Tips

Tonkatsu Sauce - Ingredients: 1 cup catsup, 1/2 cup Worcestershire sauce, 1/2 cup plus 1 Tbs sake (or dry vermouth), 2 Tbs ginger (grated), 2 Tbs garlic (minced), 1/4 cup sugar. Procedure: Add all ingredients to a sauce pan and bring to a boil over medium heat. Reduce heat and simmer for 15 to 20 minutes, stirring occasionally.

Mexican-Style Pork Chops or Pork Steaks

Pork Steak shown with Crash Hot Potatoes and Green Beans.

Ingredients

6		Pork Chops or 2 Pork Steaks (1" thick)
1/2	tsp	salt
1/2	tsp	pepper
1/4	cup	all-purpose flour
2	Tbs	vegetable oil
2	cup	onion, sliced
1	clove	garlic, minced
1/3	cup	chili sauce
2	tsp	Worcestershire sauce
3	Tbs	apple cider vinegar
1 1/2	Tbs	brown sugar
3/4	cup	boiling water



Procedure

- 1 Preheat oven to 375 degrees.
- 2 Trim fat from pork. Rub with salt, pepper and flour and, if using pork chops, pound lightly.
- 3 Heat oil in deep skillet (with oven-proof handle) and brown pork.
- 4 Remove pork from pan and keep warm.
- 5 Add onion and garlic to skillet; cook about 5 minutes.
- 6 Remove excess oil and return pork to skillet.
- 7 Mix chili sauce, Worcestershire sauce, vinegar, sugar and boiling water in 2 cup measure. Add to skillet and cover.
- 8 Bake pork for 40 minutes.
- 9 Remove cover and bake another 10 minutes.

Source

Author: Texas Dept of Agriculture
Source: Texas On The Halfshell

Oven Baked St. Louis Style Ribs

Ingredients

3 to 4 lbs St. Louis Style Pork Ribs
Granulated Garlic, to taste
1 to 2 Tbs Bacon Drippings
1 2/3 cups K C Masterpiece Bar-B-Q Sauce
1/3 cup Dry Sherry
2 tsp Worcestershire Sauce
1 tsp Sriracha Sauce
1 cup Water

Procedure

- 1 Preheat oven to 350 degrees F.
- 2 Cut ribs into serving sizes (two to three bones each).
- 3 Sprinkle ribs with granulated garlic, to taste.
- 4 Grease roasting pan with bacon drippings.
- 5 Place ribs in greased roasting pan, bone side up.
- 6 Bake uncovered for 45 minutes.
- 7 While the ribs are baking, stir together the bar-b-q sauce, dry sherry, Worcestershire and Sriracha sauces in a small saucepan. Simmer until bubbly and heated through. Set aside.
- 8 Carefully spoon off the grease from the roasting pan.
- 9 Pour the sauce over the ribs.
- 10 Cover the roasting pan with aluminum foil and bake for 1 hour.
- 11 Uncover the pan, add the water and stir into the sauce.
- 12 Baste the ribs and bake for 15 minutes.
- 13 Turn the ribs over (meat side up), baste and cook for another 10 to 15 minutes. Watch carefully – don't let the sauce burn.

Pan-Seared Pork Chops In Wine Sauce

Good with Uncle Ben's Original Long Grain and Wild Rice or Steamed Cauliflower and Buttered Green Peas.

Servings: 4

Ingredients

- 1 tsp ground sage
- 1 tsp dried rosemary leaves, crumbled
- 1 tsp finely chopped garlic
- 1/2 tsp salt
- fresh ground black pepper
- 4 center-cut loin pork chops, about 1/2" thick
- 3 Tbs butter (divided use - 2 Tbs and 1 Tbs)
- 1 Tbs olive oil
- 3/4 cup dry white wine or dry vermouth
- 1 Tbs fresh parsley, finely chopped (optional)



Procedure

- 1 Trim all fat from pork chops.
- 2 Combine the sage, rosemary, garlic, salt, and a few grindings of pepper. Press a little of this mixture firmly into both sides of each pork chop.
- 3 In a heavy 10 to 12 inch skillet, melt 2 Tbs of the butter with the olive oil over moderate heat. When the foam subsides, place the chops in the hot fat and pan sear them for 2 or 3 minutes on each side, turning them carefully with tongs.
- 4 When the chops are golden brown, remove them from the pan to a platter and keep warm.
- 5 Add the wine to the skillet and bring it to a boil over high heat, stirring and scraping in any browned bits that cling to the bottom and sides of the pan. Reduce heat to low and add all juices from the resting chops back to the pan and continue to stir until it has reduced to a few tablespoons of syrupy glaze.
- 6 Remove the skillet from the heat. Taste for seasoning and stir in the parsley. Swirl in the remaining one Tbs of butter. Pour the sauce over the chops and serve.

Recipe Tips

Mediterranean Variation: No butter and no wine. Top with crumbled feta cheese and chopped parsley.

Parmesan Crusted Boneless Pork Loin Chops

Very good!

Servings: 2

Ingredients

3 to 4 boneless pork loin chops, pounded thin
1 large egg, lightly beaten
1/2 cup parmesan cheese, finely grated
1/2 cup almond flour/meal
fresh ground pepper, to taste
salt, to taste
peanut oil, for frying

Procedure

- 1 Dip chops in beaten egg to coat.
- 2 Mix together parmesan, almond flour/meal, pepper and salt. Roll chops in breading mixture to coat.
- 3 Heat non-stick skillet on medium high heat. Add peanut oil to hot pan.
- 4 When oil is hot, pan fry coated chops, turning every couple of minutes until nicely browned.

Pork Chile Verde

I buy boneless pork because it's easier. Stay with a fairly fatty, cheap cut of pork... This is country food, not South Beach!
Serve on rice with sides of your choice.

Yield: Serves 4 with plenty of leftovers!

Ingredients

3 lbs Pork butt or pork leg boneless
2 Tbs Vegetable or olive oil
Salt
Black pepper, fresh ground
Hot water
1- 1/2 lbs Fresh tomatillos
3 Poblano peppers
1 large White onion
Garlic cloves
Fresh cilantro

Procedure

- 1 Chop pork into 1-1/2" cubes. Set aside.
- 2 Using a Dutch oven or similar (Cast-iron preferred) pot, heat oil and add pork. Cook over medium high heat until pork renders it's fat and browns.
- 3 Add salt and pepper to taste. Add hot water barely to cover. Bring to a boil and then reduce heat and cook at a bare simmer for 2 to 3 hours, until pork becomes tender. Add water as needed and stir occasionally.
- 4 Rinse and husk tomatillos. Set aside.
- 5 Roast peppers over open flame or broiler. Steam, peel and de-seed. Set aside.
- 6 Roughly chop onion and garlic. Set aside.
- 7 Add onion and garlic cloves. Cook about 5 minutes then add the tomatillos (whole is fine) and poblanos, and continue to simmer until tomatillos are soft. Take out all the big chunks of pork (don't cut them too small or this will be a pain.)
- 8 Either remove sauce to a blender or Cuisinart or... much better use a hand-held stick blender and blend sauce to break up onions, etc.
- 9 Return pork to sauce. Taste for seasoning.
- 10 This can now sit indefinitely until you need to eat. Coarsely chop cilantro and blend in while reheating.

Source

Author: Eli Rodes

Pork Enchiladas with Red Sauce

Ingredients

Hatch Red Enchilada Sauce
Shredded Pork
Asadero Cheese
Cheddar Cheese
White Onion
Corn Tortillas



Procedure

- 1 Warm enchilada sauce in a small pan over a low heat.
- 2 In another pan, warm shredded pork in enough of the enchilada sauce to moisten until heated through.
- 3 Shred cheeses and dice onion. Set aside.
- 4 Warm corn tortillas in a dry skillet to soften then dip in warm enchilada sauce to coat.
- 5 Fill one half of each tortilla with a couple of tablespoons of the shredded pork, fold the tortilla over the pork and top with extra sauce, shredded cheese and diced onion.

Pork Fried (TVP) "Rice"

OMG! I used TVP (Textured Vegetable Protein) for the first time tonight and I love it. I have really missed fried rice and this really did the trick for me. This made 4 generous servings. One serving really filled me up! I am sure this could work great with chicken and/or shrimp, too!

Ingredients

- 1 cup Bob's Red Mill TVP
- 7/8 cup hot chicken stock
- 1 Tbs peanut oil
- 1 large egg, lightly beaten
- 1/2 cup Birdseye Classic Mixed Vegetables, thawed
- 1/4 cup diced sweet onion
- 3/4 cup Thai seasoned pork, cooked, diced
- 1/2 tsp ginger, grated
- 1/2 tsp garlic, minced
- 1/2 tsp sesame oil
- 1 tsp light soy sauce



Procedure

- 1 Add the TVP to the hot chicken stock and set it aside.
- 2 Add the peanut oil to a heated wok, and when the oil is hot, add the lightly beaten egg and stir until it is scrambled and just done.
- 3 Add the rehydrated TVP, mixed vegetables, sweet onion, and seasoned pork, stir constantly.
- 4 After stir frying for about 2 minutes, make a hole in the bottom of the wok by moving everything to the sides and add the grated ginger, minced garlic, sesame oil, and soy sauce.
- 5 After 30 seconds, stir everything together and stir for about a minute or two, then remove from heat and serve.

Recipe Tips

The next time I added shrimp, water chestnuts, green onion, and bean sprouts to the original mix. See photo!

Pork Tacos

While trying to recreate the tacos we enjoyed in Lake Havasu City, I found basic recipes all over the internet but ended up using the recipe I found in a cookbook that Alex had sent to me for my birthday. The cookbook's name is "A Gringo's Guide To Authentic Mexican Cooking". The recipe is titled "Tacos de Carnitas" (tacos with little meats).

Ingredients

2 pork steaks
1/2 tsp sea salt
1 tsp brown sugar
1/2 tsp fresh ground black pepper
2 cloves garlic (pressed)
1/4 tsp chili powder
1/4 tsp dried oregano
tomatillo sauce
corn tortillas
shredded cabbage
chopped onions
chopped cilantro
thin avocado slices (optional)



Procedure

- 1 The recipe called for a pork rump roast but all I had was a couple of pork steaks, so I rubbed them with the seasoning mix (sea salt, brown sugar, fresh ground black pepper, garlic, chili powder, and dried oregano) and cooked them in a foil covered roasting pan for 45 minutes at 375 degrees and then removed the foil cover, turned the steaks over and cooked them for another 15 minutes to crisp the other side.
- 2 When the meat was finished, I cooled it and then removed all the remaining fat and chopped/shredded the meat; combining it with enough tomatillo sauce to moisten the meat. I kept the meat mixture warm on the stove on low in a covered dish while I prepared the corn tortillas.
- 3 While the meat was cooking I also prepared the shredded cabbage, chopped onions, chopped cilantro, and optional avocado slices to add to the tacos.
- 4 I also had some additional tomatillo sauce to add to the assembled tacos.
- 5 I fried the corn tortillas individually in a medium hot, dry cast iron skillet, just long enough to start to crisp each side of the tortilla. As the tortillas were cooked and awaited being used, they were kept warm in a separate tortilla warmer.
- 6 Each pork taco was made up of 2 corn tortillas, laid one on top of the other, topped with the pork mixture and your choice of the various accompaniments. Enjoy!



Pork Tenderloin Kabobs

OMG, so flavorful!

Servings: 4

Ingredients

1	lb	pork tenderloin, 1 inch cubes
1/3	cup	peanut oil
1	tsp	finely grated garlic (or 1/2 tsp granulated)
2	tsp	finely grated ginger
1/4	tsp	ground fennel seeds
4	tsp	ground coriander
1	tsp	ground cumin
1/2	tsp	cayenne pepper
1/8	tsp	ground cinnamon
1/8	tsp	ground cloves
1/8	tsp	cardamom seeds
1 1/4	tsp	kosher salt
1/4	cup	tomato sauce
1	medium	white onion
1/4	cup	melted butter



Procedure

- 1 Marinate pork cubes in mixture of oil, garlic, ginger, spices, salt and tomato sauce for at least 1 hour.
- 2 Cut the onion so as to have 1 to 2 inch squares for threading on the skewers.
- 3 Thread meat cubes and onion slices on metal skewers.
- 4 Grill skewers, 5 to 6 inches from heat, 5 to 7 minutes, rotating and basting with melted butter until meat is just cooked through.

Source

Author: Recipe Adapted from Maya Kaimal
Web Page: <http://atthefamilytable.com/page/5/>

Pork Tenderloin Medallions With Spicy Marmalade Sauce

Servings: 8

Ingredients

12 oz sweet orange marmalade
4 Tbs cider vinegar
2 Tbs honey
1 Tbs garlic chili sauce
1 pinch salt
2 lbs pork tenderloins
1/2 cup all-purpose flour
1/2 tsp salt
1 dash fresh ground black pepper
1 Tbs olive oil



Procedure

- 1 Combine the marmalade, vinegar, honey, chili sauce, and pinch of salt. Simmer until reduced by about 1/3, about 10 to 15 minutes.
- 2 Slice tenderloins into 1-inch slices. Flatten the slices slightly with the heel of your hand. Combine the flour, 1/2 teaspoon salt, and pepper in a quart size ziploc bag. Shake tenderloin medallions in the flour mixture until well coated. Shake off any extra flour.
- 3 Heat olive oil over medium-high heat in a large non-stick skillet. Sear tenderloin medallions for 3 minutes per each side. Add the reduced sauce, lower heat, cover the skillet and simmer for four to five minutes.

Recipe Tips

For extra heat, add 1/2 to 1 tsp Sriracha sauce to the sauce.

Source

Source: adapted from Southern Food on about.com

Web Page: <http://southernfood.about.com/od/porktenderloin/r/r70826i.htm>

Pork Tenderloin Sandwich

Servings: 6

Ingredients

2	lb	pork tenderloin
2	cups	buttermilk
1	large	egg (optional)
2	Tbs	all purpose flour
		salt, to taste
		ground black pepper, to taste
1 1/2	tsp	dry mustard
1	clove	garlic, minced
		cajun seasoning, to taste (optional)
1 1/2	cups	panko crumbs
2	Tbs	yellow cornmeal (optional)
		canola oil, for deep frying
		butter
6		burger buns
2	medium	tomatoes, sliced
1	medium	onion, thinly sliced
		lettuce (optional)
		dill pickle slices, to taste
		yellow mustard
		mayonnaise



Procedure

- 1 Remove the silver membrane and as much fat as possible from the tenderloins.
- 2 Cut tenderloins into six equal pieces, about 5 oz each, and butterfly. Pound out each piece to 1/4 to 3/8 inch thickness.
- 3 Mix together the buttermilk, egg, flour, salt, pepper, dry mustard, garlic, and cajun seasoning to make the marinade for the pork.
- 4 Place all of the pork in the marinade, cover, refrigerate and leave overnight.
- 5 Mix together the panko crumbs and the cornmeal.
- 6 Press the marinated pork into the panko crumb/corn meal mixture to coat.
- 7 Deep fry the coated pork at 360 degrees until golden brown, about 3 minutes.
- 8 Drain the pork on paper toweling.
- 9 Lightly butter the buns and toast on a hot griddle.
- 10 Assemble sandwich and enjoy!

Pork Tenderloin Stir Fry with Snow Peas and Mushrooms

Full of flavor and so easy to put together.

Servings: 2

Ingredients

1/2	lb	pork tenderloin, sliced thin
2	tsp	cornstarch
1/2	tsp	salt
2	Tbs	mirin, divided use
1	Tbs	tamari
1/2	tsp	sugar
2 - 3	Tbs	vegetable oil, divided use
4	oz	snow peas, trimmed
2	cloves	garlic, minced
4	oz	mushrooms, quartered
1	Tbs	water



Procedure

- 1 In a small bowl toss pork with the cornstarch, salt and 1 tablespoon of the mirin. Cover with plastic wrap and let marinate for 20 to 30 minutes in the refrigerator.
- 2 In another small bowl, stir together the other 1 tablespoon mirin, the tamari and sugar to make a sauce and set aside.
- 3 When pork has finished marinating, heat 1 tablespoon of the oil in a wok or 12-inch heavy skillet over medium-high heat until the oil is hot and shimmers. Stir-fry pork, in small batches, until pale golden and almost cooked through, then transfer to a plate and keep warm. Add a bit more oil to the wok between batches and allow to heat up, if needed..
- 4 Add 1/2 tablespoon oil to wok, allow to heat up, and stir-fry the snow peas, with the garlic, until crisp-tender, about 1 minute. Transfer to plate with the pork and keep warm.
- 5 Add another 1/2 tablespoon of oil to wok, allow to heat up, and stir-fry the mushrooms, with the water, until golden but still firm.
- 6 Add the pork, snow peas, and the sauce to the mushrooms and stir-fry until pork is just cooked through, about 1 minute. Do not overcook.
- 7 Serve hot with steamed jasmine rice.

Recipe Tips

The pork is easier to slice thin if it is still partially frozen. Be sure to remove any silver skin before you start slicing.

Source

Author: Jackie Farrell



Pulled Pork Shoulder

Ingredients

4 to 5	lb	pork shoulder, bone-in
1	Tbs	brown sugar
2	tsp	cumin
1 1/2	tsp	paprika
1/2	Tbs	salt
1	tsp	ground black pepper
1	Tbs	bacon drippings
2	medium	yellow onions, peeled and cut into wedges
3	medium	carrots, peeled and cut into large chunks
4	cloves	garlic, pressed
1	can	diced tomatoes, 14 oz.
1	bottle	beer, 12 oz



Procedure

- 1 Trim the pork shoulder of any thick layers of fat. Combine the brown sugar, cumin, paprika, salt, and pepper in a small bowl. Rub the pork with the spice mixture, getting into crevices and on the sides. Allow the pork to sit for about 30 minutes. 
- 2 Heat bacon drippings in a large dutch oven over medium-high heat. Brown the pork on all sides, about 3 minutes per side. Remove from the pot.
- 3 Add the onions, carrots, garlic, and tomatoes. Bring to a simmer, scraping the bottom of the pot with a wooden spoon to bring up any browned bits.
- 4 Move to crockpot. Put pork on top of vegetables, pour beer over all. Cover and cook on low for 7 hours, until the meat is extremely tender and pulls away from the bone easily. 
- 5 Remove the pork from the crockpot. Shred the pork using tongs to separate the meat from the fat. Discard the fat. Discard the bone or set aside for another use.
- 6 Strain the stock to separate from the vegetables. Allow the stock to cool, then refrigerate to fully chill. Skim and discard the fat from the stock when fully chilled.

Red Chile and Pork Stew (Carne Adobada)

This hearty pork stew is a staple dish in New Mexico. The recipe is based on one served at La Posta de Mesilla in Mesilla.

Ingredients

- 5 oz dried New Mexico chiles, stemmed
- 2 Tbs New Mexico chile powder
- 2 Tbs honey
- 1 Tbs white wine vinegar
- 2 tsp ground cumin
- 1 1/2 tsp ground cloves
- 1/8 tsp cayenne pepper
- juice of 1/2 lime
- 5 Tbs olive oil
- 3 lb boneless pork shoulder, cut into 1 1/2" chunks
- kosher salt, to taste
- freshly ground black pepper, to taste
- warm corn tortillas, for serving

Procedure

- 1 Heat chiles in a 6-qt. Dutch oven over medium-high heat, and cook, turning once, until toasted, about 5 minutes; transfer to a large bowl, cover with 8 cups boiling water, and let sit for 20 minutes.
- 2 Drain chiles, reserving 1 1/2 cups soaking liquid, and transfer chiles to a blender along with reserved soaking liquid, chile powder, honey, vinegar, cumin, cloves, cayenne, and lime juice. Puree until smooth and set sauce aside.
- 3 Return pot to medium-high heat and add oil; season pork with salt and pepper, and working in batches, add pork to pot and cook until browned on all sides, about 12 minutes.
- 4 Add sauce and bring to a boil; reduce heat to medium-low and cook, stirring occasionally, until liquid is thickened and pork is tender, about 1 1/2 hours.
- 5 Serve with warm corn tortillas.

Source

Web Page: <http://www.saveur.com/article/Recipes/Carne-Adobada>

Sage And Garlic Crusted Pork Tenderloin

Servings: 2

Ingredients

- 2 tsp Fresh sage, finely chopped
- 1 clove Garlic, minced
- 1/2 tsp Coarse salt
- 1/4 tsp Ground black pepper
- 2 tsp Olive oil
- 1/2 lb Pork tenderloin
- 1 Tbs Vegetable oil



Procedure

- 1 Preheat oven to 400 degrees.
- 2 Stir together sage, garlic, salt, pepper and olive oil in a small bowl.
- 3 Rub mixture all over pork.
- 4 Heat an oven-proof skillet over med-high heat.
- 5 Add the vegetable oil to hot skillet.
- 6 Add pork to skillet when oil is hot, and brown on all sides, about 4 minutes.
- 7 Transfer skillet to oven. Roast pork, turning once, no more than 10 minutes. Do not overcook.
- 8 Transfer pork to a cutting board. Tent with foil and let rest 5 minutes before slicing.

Sausage-Stuffed Portobello Mushrooms

Yield: 6 stuffed mushrooms

Ingredients

- 6 portobello mushrooms, stemmed (reserve 1 cup minced stems)
- 11 tsp extra-virgin olive oil, plus more for drizzling
- 12 oz hot Italian sausage
- 12 oz sweet Italian sausage
- 1/2 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1/4 cup finely chopped celery
- 2 tsp minced garlic
- 1/2 cup plain bread crumbs (divided)
- 1/2 cup freshly grated parmesan (divided)
- 1/4 cup plus 1 tablespoon minced fresh parsley leaves
- 2 tsp Creole seasoning
- 1 large egg, lightly beaten
- balsamic vinegar, for drizzling

Procedure

- 1 Using your hands, lightly rub each portobello mushroom with 2 teaspoons of olive oil.
- 2 Cook the sausage in a medium skillet until browned, about 4 minutes. Add the onion, bell pepper, celery, and mushroom stems and cook until softened, about 3 minutes. Add the garlic and cook until fragrant, about 30 seconds. Remove from heat.
- 3 Transfer sausage-vegetable mixture to the bowl of a food processor. Add one-half of the bread crumbs, one-half of the Parmesan, 1/4 cup of parsley, Creole seasoning, and the remaining 2 teaspoons of olive oil. Pulse until mixture is finely chopped and comes together slightly, about 30 seconds. Transfer the mixture to a bowl, add the egg, and stir until well combined.
- 4 Divide the filling among the mushroom caps, about 1/2 cup for each mushroom. Place the filled mushrooms on a foil lined baking sheet. Combine remaining bread crumbs and Parmesan in a small mixing bowl. Divide the mixture evenly among the tops of the mushrooms.
- 5 Preheat the oven to 375 degrees
- 6 Bake until golden brown on top and the mushrooms are tender, about 15 to 18 minutes. Remove from oven and let cool slightly. Garnish with remaining tablespoon of parsley, drizzle with olive oil and vinegar and serve warm or at room temperature.

Spicy Pork Tenderloin Stir Fry

Serve with steamed white rice.

Servings: 4

Ingredients

Marinade:

- 2 Tbs soy sauce
- 1/2 tsp cornstarch
- * * *
- 8 oz pork tenderloin, sliced thin into bite size pieces

Spicy Sauce:

- 1 Tbs soy sauce
- 1 Tbs Shao Hsing wine or dry sherry
- 4 tsp rice vinegar
- 1 tsp sesame oil
- 1 tsp hot pepper sauce
- 3/4 tsp sugar
- * * *
- 1/2 tsp cornstarch
- 1 tsp water
- 3 Tbs vegetable oil (divided use - 2 Tbs, 1 Tbs)
- 1 tsp garlic, minced
- 1/2 tsp fresh ginger, grated
- 6 whole red chili peppers, dry
- 1/4 cup broccoli florets
- 1/4 cup red bell pepper chunks
- 1/8 cup water chestnuts, sliced
- 2 oz mushrooms, quartered



Procedure

- 1 Combine marinade ingredients in a small bowl.
- 2 Add pork to marinade and stir to coat. Set aside for 30 minutes.
- 3 Combine sauce ingredients in a small bowl and set aside.
- 4 Make cornstarch slurry by combining cornstarch and water. Set aside.
- 5 Place a wok or wide frying pan over high heat until hot.
- 6 Add 2 Tbs of the oil, swirling to coat sides.
- 7 Add pork and stir-fry for 2 minutes. Do not overcook.
- 8 Remove pork and set aside.
- 9 Add the remaining 1 Tbs oil to wok.
- 10 Add garlic, ginger, and chili peppers and cook, stirring until fragrant, about 5 seconds.
- 11 Add broccoli, red bell peppers, water chestnuts and mushrooms to wok and stir fry until tender crisp, about 2 minutes.
- 12 Stir in sauce and cornstarch slurry and bring to a boil.
- 13 Return pork to wok and cook, stirring, for 1 minute or until sauce thickens.

Sweet and Sour Pork Tenderloin

Servings: 3

Ingredients

9 oz pork tenderloin
2 tsp soy sauce
1 pinch cornstarch
1/3 cup packed brown sugar
1/3 cup distilled white vinegar
1/4 cup ketchup
1/4 cup water
1 Tbs cornstarch
2 tsp soy sauce
1 tsp chili oil
1/2 green and/or red bell pepper
1/2 yellow onion
1 small can pineapple chunks, drained
1/2 small can sliced water chestnuts, drained
1/3 cup all purpose flour
1/3 cup cornstarch
1 egg white, lightly beaten
1 Tbs vegetable oil
1/3 cup warm water, as needed
steamed white rice
peanut oil, for deep frying



Procedure

- 1 Cut the pork into 1-inch cubes. Marinate in the soy sauce and cornstarch for at least 20 minutes.
- 2 Combine the next seven ingredients, packed brown sugar to chili oil, in a saucepan and cook over medium heat, stirring until sauce boils and thickens. Remove from heat.
- 3 Cut the bell pepper and onion into bite size chunks and add to the sauce along with the pineapple chunks and water chestnut slices. Set aside.
- 4 For the batter, combine the flour and cornstarch. Stir in the egg white and vegetable oil. Add as much of the warm water as needed to form a thick batter that is not runny but will drop off the back of a spoon.
- 5 Begin making your rice according to package directions.
- 6 Heat the peanut oil to 375 degrees in your deep fryer or wok.
- 7 Return the sauce, with the vegetables, to a medium-low heat, to just heat through as you cook the pork.
- 8 Dip the marinated pork cubes in the batter and deep fry in batches, taking care not to overcrowd the fryer or wok. Deep fry the pork until it is golden brown. Remove and drain on paper towels.
- 9 Arrange the pork on a serving platter and pour sauce and vegetables over the pork. Serve hot with the steamed rice.

Wonton Recipe With A Pork & Shrimp Filling

This is a basic recipe for wonton with a pork and shrimp filling. Deep-fry the wonton or simmer pre-boiled wontons in chicken soup as desired. For extra flavor, use fresh water chestnuts.

Yield: about 35 - 40 wonton

Ingredients

1/2 lb boneless lean pork
1/2 lb shelled and deveined medium shrimp
3 water chestnuts
2 slices ginger, or as needed to make 1 teaspoon
1 Tbs oyster sauce
2 tsp soy sauce
1 Tbs Chinese rice wine or dry sherry
1 tsp granulated sugar
a few drops sesame oil
freshly ground white pepper, to taste
wonton wrappers, as needed

Procedure

- 1 Finely chop the pork and shrimp. Peel the water chestnuts and finely chop. Mince the ginger until you have 1 teaspoon.
- 2 Combine the pork and shrimp with the water chestnuts, minced ginger, oyster sauce, soy sauce, rice wine or sherry, sugar, sesame oil and white pepper.
- 3 To fill the wontons, lay one wonton skin in front of you. (Cover the remaining wonton skins with a damp towel to keep them from drying out).
- 4 Using your finger or a brush, lightly moisten two adjoining edges of the wonton wrapper with water. Place a teaspoon of wonton filling in the center of the wrapper.
- 5 Fold the wrapper in half diagonally to enclose filling and form a triangle. Press from the filling out to the edges to remove all air and seal. Pull the corners on the folded edge up to meet each other, so that one corner overlaps the other slightly. (This motion forms a pouch.) Press the ends together to seal.
- 6 Boiling the wontons: Bring a large pot of water to a boil. Add the wontons, making sure there is enough room for them to move about freely. Let the wontons boil for 5 - 8 minutes, until they rise to the top and the filling is cooked through. Remove from the pot with a slotted spoon and drain. To serve: add wontons and thin sliced green onion (optional) to simmering soup and continue to simmer gently until wontons are heated through.
- 7 Deep-frying the wontons: Heat oil for deep-frying to 360 degrees. Add wonton in small batches and fry, turning occasionally, about 2 minutes or until golden brown. Remove with a slotted spoon and drain on paper towels.

Recipe Tips

I made the pork and shrimp filling for the wontons the other day but didn't have enough wraps so had leftover filling. I made the remaining filling into little "meat" balls, coated them with panko crumbs, dipped them in an egg wash, and then coated them again in more panko crumbs. I deep fried them in well heated peanut oil in the wok til brown, drained on paper towels and served them with a hot dumpling sauce for dipping.