



Pork Recipes

THE OTHER WHITE MEAT

1st Edition



LOW FAT, LOVIN' IT

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Table of Contents

Table of Contents	iii
Preface	iv
Chapter 1	
Chops	6
Black Pepper Chops with Molasses Butter.....	6
Blackened Chops with Pineapple Salsa	6
Calypso Pork Chops.....	9
Chipotle–lime Marinated Grilled Pork Chops	9
Cinnamon Apple Chops	10
Herbed Marinated Pork Chops	12
Whiskey–pepper Chops with Molasses Butter	12
Chapter 2	
Tenderloin.....	13
Grilled Pork Tenderloin with Balsamic Vinegar	13
Spinach–stuffed Pork Roast	13
Sweet and Spicy Pork Tenderloin Medallions	14
Bacon–wrapped Pork Medallions with Garlic–mustard Butter	14
Chapter 3	
Steaks.....	16
Grilled Honey–soy Pork Steaks	16
Ginger, Soy and Sherry Soaked Pork Steak	16
Chapter 4	
Salads.....	18
Caribbean Pork and Couscous Salad	18
Thai Pork and Noodle Salad	18
Chapter 5	
Everything Else	20
Maple–mustard Country–style Spareribs	20
Margarita Pork Kabobs.....	20
Index.....	23

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Preface

This is some preface text. This text section gives you a place to put your cookbook dedication, story, etc.

Joe User

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Sample Text Page

SAMPLE TEXT PAGE

This is an example text page. It can be placed anywhere in your cookbook and can contain information about your recipes, family memories or anything else you can think of.

Chapter 1

Chops

BLACK PEPPER CHOPS WITH MOLASSES BUTTER

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

4 **boneless center loin chops, 1 1/2-inch thick**
1/4 cup **butter**
1 tablespoon **molasses**
1/2 teaspoon **lemon juice**
4 tablespoons **coarsely ground black pepper**

Method

In small bowl blend butter, molasses and lemon juice with fork. Cover and refrigerate. Rub chops on both sides evenly with pepper. Grill chops over a medium-hot fire for 12–15 minutes, turning once. Top each chop with a tablespoon of molasses butter.

There's almost nothing to compare to the aroma of pork on the grill; and these chops live up to that taste memory. The molasses butter adds an unexpected and pleasant flavor punch to chops hot-off-the-grill.

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Recipe and photo courtesy of National Pork Board. For more information about Pork. The Other White Meat®, visit our website www.theotherwhitemeat.com



Figure 1: Black Pepper Chops with Molasses Butter

BLACKENED CHOPS WITH PINEAPPLE SALSA

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

4 **boneless pork chops, 3/4-inch thick**
1 cup **chopped fresh or canned pineapple**

1 **medium red or green bell pepper, chopped**
1 tablespoon **finely chopped onion**
1 tablespoon **lime juice**
1 teaspoon **chili powder**
1/2 **of a jalapeno pepper, finely chopped**
1/8 teaspoon **ground cumin**
1/8 teaspoon **cayenne**
Salt and pepper
2 teaspoons **chili powder**
1 teaspoon **ground coriander**
1/2 teaspoon **ground cumin**
1/2 teaspoon **paprika**
1/2 teaspoon **pepper**
1/4 teaspoon **salt**
1 teaspoon **vegetable oil**

Method

To prepare salsa, in a medium bowl combine pineapple, red pepper, onion, lime juice, 1 teaspoon chili powder, jalapeno pepper, 1/8 teaspoon cumin and cayenne. Season to taste with salt and pepper; set aside.

In a small bowl combine 2 teaspoons chili powder, coriander, 1/2 teaspoon cumin, paprika, 1/2 teaspoon pepper and 1/4 teaspoon salt. Stir in 1 teaspoon oil.

Rub the mixture all over the chops.

Heat a large heavy skillet over medium-high heat. Cook chops for 5–6 minutes, turning occasionally, until evenly browned on both sides, and chops are just done. Serve chops with the salsa.

Add contrast to chops with your own salsa. This pineapple salsa gives a touch of spice with the sweetness of the fruit. Serve with steamed summer squash and corn muffins.

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Figure 2: Blackened Chops with Pineapple Salsa



CALYPSO PORK CHOPS

6 servings

Source:

TheOtherWhiteMeat.com

Ingredients

- 6 **boneless pork chops, about 4 ounces each**
- 1 cup **chicken broth**
- ½ cup **orange juice**
- 2 tablespoons **dark rum (optional)**
- 2 tablespoon **lime juice**
- 2 tablespoons **brown sugar**
- 1 clove **garlic, minced**
- ½ teaspoon **salt**
- ½ teaspoon **ground ginger**
- ¼ teaspoon **ground nutmeg**
- ¼ teaspoon **ground cloves**

Method

Combine all ingredients in a self-sealing plastic bag; seal bag and refrigerate for 4–24 hours. Remove chops from marinade; discarding leftover marinade. Grill chops quickly over indirect heat in covered grill about 10–12 minutes, turning once to brown both sides.

You will love the grilled flavor of these delicious chops. The marinade is made with basic ingredients you probably already have in your pantry. Serve chops with steamed green beans, rice, and corn bread.

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www.theotherwhitemeat.com



Figure 3: Calypso Pork Chops

CHIPOTLE-LIME MARINATED GRILLED PORK CHOPS

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

- 4 **boneless or bone-in pork chops, about 1-1/4 inch thick**
- 1 **chipotle chile, canned in adobe, chopped OR 1 dried chipotle chile, rehydrated* and minced**
**
- 2 teaspoons **oregano**
- 2 **crushed garlic cloves**
- ¼ cup **vegetable oil**
- ⅔ cup **lime juice**
- 1 tablespoon **chopped cilantro**
- ½ teaspoon **salt**

Method

Place chops in a large self-sealing plastic bag;

combine remaining ingredients in a small bowl and pour over chops. Seal bag and refrigerate for 4–24 hours. Remove chops from marinade (discarding marinade) and grill over medium-hot coals for a total of 12–15 minutes, turning to brown evenly. Serve chops immediately.

** To rehydrate, cover chile with hot water for 10 minutes, let stand at room temperature. Drain and use as directed. Seed chile, if desired, to reduce piquancy a bit.*

*** Always wear rubber gloves when handling hot chiles.*

Bring the flavor of the Southwest to your grill with these chops. Serve with tortillas and beans with rice.

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Figure 4: Chipotle-Lime Marinated Grilled Pork Chops

Pork Recipes

CINNAMON APPLE CHOPS

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

4 ¾-inch boneless pork chops

Vegetable oil

1 teaspoon black pepper

½ cup chicken broth

1 tablespoon lemon juice

Chunky applesauce with cinnamon red hot candies

*

Method

Heat a nonstick skillet over medium-high heat. Brush chops lightly with oil and brown chops on both sides, turning once, about 3-4 minutes. Sprinkle chops with pepper, add broth and lemon juice. Reduce heat to low, cover and simmer gently for 5 minutes. To serve, top with applesauce and cinnamon candies.

*In small saucepan, stir together 1 1/2 cups applesauce and 2 tablespoon candies. Heat over medium heat, stirring often, until candies are melted; stir well to thoroughly combine.

Give your applesauce a red hot twist to update this family favorite standard. Serve with roasted red potatoes and steamed green beans.

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Figure 5: Cinnamon Apple Chops



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HERBED MARINATED PORK CHOPS

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

4 boneless pork loin chops, about 1-inch thick

2 tablespoons lemon juice

2 tablespoons olive oil

2 tablespoons fresh parsley, chopped*

1 teaspoon fresh rosemary, chopped*

1 teaspoon fresh thyme, chopped*

½ teaspoon fresh sage, chopped*

¼ teaspoon pepper

Additional fresh herbs (optional)

Method

Brush chops with lemon juice. In a small bowl combine oil, herbs and pepper; mix well. Rub herb mixture on both sides of chops. Arrange in a baking dish; cover and refrigerate 4 hours or overnight.

Place pork on grill, about 5 inches over slow coals. Grill 12–15 minutes, turning once. Garnish with fresh herbs, if desired.

** If using dried herbs, reduce amounts by 1/2 to 1/3.*

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Figure 6: Herbed Marinated Pork Chops

WHISKEY-PEPPER CHOPS WITH MOLASSES BUTTER

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

4 bone-in chops, 1 1/4-inches thick

¼ cup butter, soften

1 tablespoon molasses

½ teaspoon lemon juice

⅓ cup whiskey

½ teaspoon salt

4 tablespoons coarsely ground black pepper

Method

To make molasses butter, in a small bowl stir together butter, molasses and lemon juice with a fork. Cover and refrigerate. In a small bowl combine the whiskey and salt. Place the pepper in

another small bowl. Dip both sides of each chop in the whiskey mixture, then evenly coat with pepper. Grill chops over medium-hot fire for 12 to 16 minutes, turning once, until just done. Top each chop with some molasses butter to serve.

Elegant in their simplicity, these chops will become a favorite from the grill. Serve with grilled potato & onion wedges and a marinated green bean & cherry tomato salad.

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Figure 7: Whiskey-pepper Chops with Molasses Butter

Chapter 2

Tenderloin

**GRILLED PORK
TENDERLOIN WITH
BALSAMIC VINEGAR**

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients¼ cup **olive oil**1 cup **balsamic vinegar**3 tablespoons **fresh
rosemary, sage, or thyme**1 teaspoon **chopped garlic**2 **pork tenderloins****Salt and pepper to taste****Method**

Combine oil, vinegar, and garlic with rosemary in a self-sealing bag. Add pork tenderloins and marinate them for 30 minutes in the refrigerator. Remove from marinade and discard remaining marinade. Season tenderloins with salt and pepper. Grill over medium-hot fire, turning occasionally, for 15–25 minutes, until meat thermometer inserted reads 155–160 degrees F. Slice to serve.

Serve these flavorful tenderloins with Peanut-Sauced Noodles and grilled corn on the cob.

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Figure 8: Grilled Pork Tenderloin with Balsamic Vinegar

**SPINACH-STUFFED
PORK ROAST**

15 servings

Source:

TheOtherWhiteMeat.com

Ingredients

5 lbs. **boneless double pork loin roast, rolled and tied**

¼ cup **chopped fresh mushrooms**¼ cup **chopped onion**¼ cup **chopped red bell pepper**1 tablespoon **vegetable oil**½ **of a 10-oz. package frozen chopped spinach, thawed**1 cup **soft breadcrumbs**½ teaspoon **garlic pepper****Method**

Untie roast and set aside. For stuffing, in skillet cook mushrooms, onion and red pepper in hot oil till onion is tender. Stir in remaining ingredients. Spread stuffing over one loin to within one inch of edges. Top with remaining loin. Tie securely with string. Place roast in shallow roasting pan. Roast in a 350 degree F. oven for 1 ¼–1 ½ hours, until meat thermometer registers 155–160 degrees F. Remove from oven; let stand 10 minutes before slicing to serve.

Elegant enough for a festive dinner, this roast reveals its colorful stuffing when sliced. Roast potato wedges with the pork and serve with a colorful

Pork Recipes

salad.

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Figure 9:
Spinach-stuffed Pork Roast

SWEET AND SPICY PORK TENDERLOIN MEDALLIONS

4 servings

Source:
TheOtherWhiteMeat.com

Ingredients

- 1 whole pork tenderloin, about 1 pound, cut crosswise into 1/2-inch pieces
- 2 teaspoons dried tarragon
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cayenne
- 1/4 teaspoon salt
- 2 tablespoons melted butter
- 1 1/2 tablespoons honey

Method

In small bowl combine tarragon, thyme, black pepper, cayenne and salt. Brush both sides of pork tenderloin medallions with butter; sprinkle evenly with herb seasoning. Broil pork 5–6 inches from heat sources for 2 minutes on each side; brush with honey and broil for another minute.

Herbs and cayenne mellowed with butter and honey create a light glaze for these quickly broiled pork medallions. Serve on mashed potatoes accompanied with steamed green beans. Pour a chilled rose or Riesling wine.

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Figure 10: Sweet and Spicy Pork Tenderloin Medallions

BACON-WRAPPED PORK MEDALLIONS WITH

GARLIC-MUSTARD BUTTER

4 servings

Source:
TheOtherWhiteMeat.com

Ingredients

- 1 pork tenderloin (1 to 1 1/4 lb.)
- 4 slices bacon (hickory-smoked)
- Wooden picks
- Salt and Pepper
- Garlic-Mustard Butter
- 1/4 cup butter (1/2 stick), softened to room temperature
- 2 teaspoons Dijon mustard
- 1 clove garlic, minced

Method

Cut tenderloin in 8 slices (medallions) approximately 1 to 1 1/4-inch wide. Place two slices (medallions) together and wrap bacon slice around both pieces to hold together to make pork “mignons.” Secure with wooden pick. Repeat with remaining pork medallions and bacon. Season both sides with salt and pepper and spray lightly with cooking spray. Broil or grill per directions below. Remove wooden pick; serve with Garlic-Mustard Butter.

Directions for Broiling: Pre-heat broiler to 500°. Broil pork mignons about 4-inches from heat source for 7 to 8 minutes per side or until internal temperature reaches 160° F.

Direction for Pan-broiling:
Heat skillet or grill pan over high heat; add pork mignons. Lower heat to medium-high; cook (uncovered) for 6 minutes or until nicely browned. Turn; cook an additional 6 minutes or until internal temperature reached 160° F.

Directions for Grilling:
Pre-heat grill to 400°. Place pork mignons directly over high heat. Close grill lid; grill for 6 to 7 minutes per side or until internal temperature reaches 160° F.

Garlic-Mustard Butter:
In a small bowl, stir together ingredients until well mixed. Wrap in waxed paper to shape like a stick of butter. Chill while pork is cooking. When ready to serve, cut into fourths and top each pork mignon before serving.

Serving Suggestions
Bacon lends its smoky flavor to tenderloin medallions. Cooking directions for three different methods are included. Top with Garlic-Mustard Butter and serve with baked sweet potatoes and steamed cauliflower.



Figure 11:
Bacon-wrapped Pork Medallions with Garlic-mustard Butter

Chapter 3

Steaks

GRILLED HONEY-SOY PORK STEAKS

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

- 2 **pork blade steaks, cut 1-inch thick**
- 2 cloves **small garlic, minced**
- 2 tablespoons **finely chopped onion**
- 2 tablespoons **lemon juice**
- 2 tablespoons **soy sauce**
- 1 tablespoon **honey**

Method

Combine all ingredients in a self-sealing plastic bag; seal bag and place in refrigerator 4–24 hours. Remove steaks from marinade, discarding marinade. Grill over medium-hot coals, 7 minutes per side, turning once.

You'll love the simple marinade for these pork steaks. In fact, you probably have the ingredients on hand. You can substitute any type of pork chop for the blade steaks in this recipe to suit whatever you have on hand. Serve with grilled corn on the cob and fresh fruit

kabobs.

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Figure 12: Grilled Honey-soy Pork Steaks

GINGER, SOY AND SHERRY SOAKED PORK STEAK

6 servings

Source:

TheOtherWhiteMeat.com

Ingredients

- 6 **pork steaks (blade steaks)**
- 2 cloves, **garlic finely chopped**

2 tablespoons **peeled and finely chopped fresh ginger**

1 cup **soy sauce**

½ cup **each dry sherry**

½ cup **ketchup**

½ cup **orange juice**

½ cup **sesame oil**

¼ cup **honey**

Method

Combine garlic, ginger, soy sauce, sherry, ketchup, orange juice, sesame oil and honey; mix well. Reserve half of marinade in small container in refrigerator until cooking time. Cover pork steaks with remaining marinade and allow to marinate for several hours to overnight. Remove steaks from marinade and discard used marinade. Prepare medium hot fire and grill steaks over indirect heat, 6–8 minutes per side. Baste pork steaks with reserved marinade while grilling.

Give pork steaks a kick of flavor with this marinade. Serve with your favorite potato salad and grilled fresh vegetables.

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Figure 13: Ginger, Soy and Sherry Soaked Pork Steak

Chapter 4

Salads

CARIBBEAN PORK AND COUSCOUS SALAD

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

2 **boneless pork chops, cut into 3/4-inch cubes**

1 tablespoon **Caribbean-style rub***

1 package **10-oz. couscous**

2 cups **boiling water**

½ teaspoon **salt**

½ cup **dried cherries**

4 **green onions, sliced**

2 **oranges, peeled and sliced**

1 **medium cucumber, sliced**

4 tablespoons **olive oil**

2 tablespoons **orange juice**

Zest of 1 orange

1 ½ teaspoons **brown sugar**

Salt and pepper, to taste

2 tablespoons **chopped pecans**

Method

In plastic bag, shake together the pork cubes and Caribbean rub to evenly coat the pork. Skewer pork and grill over medium-hot fire for

8 minutes, turning occasionally to brown evenly. Meanwhile, in large bowl combine couscous and boiling water and 1/2 teaspoon salt; let sit 5 minutes. Stir cherries and green onions into couscous. Arrange cucumber slices around the edge of four dinner plates; equally portion couscous mixture onto plates; topping with orange slices and pork cubes.

Stir together oil, orange juice, orange zest, brown sugar; season with salt and pepper. Drizzle over salads and garnish each salad with some chopped pecans.

**Or combine 4 teaspoons ground allspice, 1 tablespoon each dried thyme and paprika, 1 teaspoon each cayenne, garlic powder, onion powder, salt and 1/4 teaspoon black pepper.*

Grilled pork kabobs seasoned Caribbean-style top a lively couscous salad topped with fruit and tangy vinaigrette. This makes a satisfying summer supper or hearty lunch with some warmed crusty bread to complete the meal.

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Figure 14: Caribbean Pork and Couscous Salad

THAI PORK AND NOODLE SALAD

4 servings

Source:

TheOtherWhiteMeat.com

Ingredients

3 **boneless pork chops, cut into stir-fry strips**

1 package **3-ounce Oriental ramen noodles**

2 tablespoons **olive oil**

2 tablespoons **white wine vinegar**

2 tablespoons **peanut butter**

- 2 tablespoons **soy sauce**
- 1 tablespoon **honey**
- 1 teaspoon **grated fresh ginger**
- ¼ teaspoon **crushed red pepper flakes**
- 2 teaspoons **vegetable oil**
- 2 teaspoons **sesame oil**
- 1 **red or yellow bell pepper, cut into thin strips**
- 8 **green onions, bias-sliced into 1/2-inch lengths**
- ¼ cup **coarsely chopped cashews**

Method

Cook noodles according to package directions; drain well and set aside. For dressing, in a blender container combine olive oil, vinegar, peanut butter, soy sauce, honey, ginger and red pepper; blend until smooth. In a large skillet heat vegetable and sesame oils over medium-high heat. Add bell pepper and onion; stir-fry for 1-2 minutes or until onions are crisp-tender. Remove vegetables from skillet; add pork strips. Stir-fry for 2-3 minutes or until cooked through; return vegetables to skillet and add cooked noodles. Cook and stir to heat through, remove from heat; toss with dressing. Garnish with cashews.

Wine suggestion: Serve with a chilled rose or vin gris wine.

Full of flavor, colors and textures, this Thai-inspired entrée salad makes a complete meal. Serve with warm flour

tortillas and fruit salad of pineapple chunks, green and red grapes and mandarin oranges.

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Figure 15: Thai Pork and Noodle Salad

Chapter 5

Everything Else

MAPLE-MUSTARD COUNTRY-STYLE SPARERIBS

6 servings

Source:
TheOtherWhiteMeat.com

Ingredients

6 large country spareribs
(about 4-1/2 pounds)
3/4 cup **maple syrup**
3/4 cup **coarse grained
mustard**
1/3 cup **plus 1 tablespoon
packed dark brown sugar**
2 teaspoons **Tabasco**
2 teaspoons **soy sauce**
**Salt and coarse ground
black pepper**

Method

Mix maple syrup, mustard, brown sugar, hot sauce, and soy sauce. Set glaze aside.

Create indirect fire with foil drip pan half-filled with water. Lay ribs on rack over drip pan and brush with glaze. Cover and cook for 1 hour 15 minutes, turning and basting every 15 minutes.

Move ribs to hot side of grill. Brush with glaze, cover, and

grill for 5 minutes. Repeat, turning and basting, until ribs are tender and brown (about 20 minutes).

Season with salt and pepper and serve.

Serving Suggestions

Be sure to glaze toward the end of the cooking time. Otherwise the glaze will burn before the ribs are done. Serve with grilled summer squash and Temptin' Sweet Potato Salad.

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Figure 16:
Maple-mustard
Country-style Spareribs

MARGARITA PORK KABOBS

4 servings

Source:
TheOtherWhiteMeat.com

Ingredients

1 lb. **pork tenderloin, cut
into one-inch cubes**
1 cup **margarita drink mix**
(OR: 1 cup **lime juice**, 4
teaspoons
sugar, 1/2 **teaspoon salt**)
1 **teaspoon ground
coriander**
1 **clove garlic, minced**
1 **large green or red pepper,**
cut into 1-inch cubes
2 **ears corn, cut into 8
pieces**
2 **tablespoons butter,**
softened
2 **teaspoons lime juice**
1/8 **teaspoon sugar**
1 **tablespoon minced parsley**

Method

Combine margarita mix, coriander, and garlic. Place pork cubes in heavy plastic bag; pour marinade over to cover. Marinate for at least 30 minutes. Blend together well the butter, lime juice, sugar

and parsley; set aside. Thread pork cubes onto skewers, alternating with pieces of corn and pepper. (If using bamboo skewers, soak in water 20–30 minutes before using). Grill over hot coals, basting with butter mixture, for 15–20 minutes, turning frequently.

For your next grilling party, bring the taste of margarita to your guests. Serve with Spicy Black Beans and ice cold watermelon.

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Figure 17: Margarita Pork Kabobs

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Index

- 10-oz. couscous, 18
- 3-ounce oriental ramen noodles, 18
- additional fresh herbs (optional), 12
- bacon (hickory-smoked), 14
- balsamic vinegar, 13
- black pepper, 10
- boiling water, 18
- bone-in chops, 12
- boneless center loin chops, 6
- boneless double pork loin roast, 13
- boneless or bone-in pork chops, 9
- boneless pork chops, 6, 9, 10, 18, 18
- boneless pork loin chops, 12
- brown sugar, 9, 18
- butter, 6, 12, 20
- butter (1/2 stick), 14
- caribbean-style rub*, 18
- cayenne, 6, 14
- chicken broth, 9, 10
- chili powder, 6, 6
- chipotle chile, 9
- chopped cilantro, 9
- chopped fresh mushrooms, 13
- chopped fresh or canned pineapple, 6
- chopped garlic, 13
- chopped onion, 13
- chopped pecans, 18
- chopped red bell pepper, 13
- chunky applesauce with cinnamon red hot candies *, 10
- coarse grained mustard, 20
- coarsely chopped cashews, 19
- coarsely ground black pepper, 6, 12
- crushed garlic cloves, 9
- crushed red pepper flakes, 19
- dark rum (optional), 9
- dijon mustard, 14
- dried cherries, 18
- dried tarragon, 14
- dried thyme, 14
- each dry sherry, 16
- ears corn, 20
- finely chopped onion, 6, 16
- fresh parsley, 12
- fresh rosemary, 12, 13
- fresh sage, 12
- fresh thyme, 12
- garlic, 9, 14, 20
- garlic finely chopped, 16
- garlic pepper, 13
- garlic-mustard butter, 14
- grated fresh ginger, 19
- green onions, 18, 19
- ground black pepper, 14
- ground cloves, 9
- ground coriander, 6
- ground corinader, 20
- ground cumin, 6, 6
- ground ginger, 9
- ground nutmeg, 9
- honey, 14, 16, 16, 19
- ketchup, 16
- large country spareribs (about 4-1/2 pounds), 20
- large green or red pepper, 20
- lemon juice, 6, 10, 12, 12, 16
- lime juice, 6, 9, 9, 20
- maple syrup, 20
- margarita drink mix (or: 1 cup lime juice, 20
- medium cucumber, 18
- medium red or green bell pepper, 6
- melted butter, 14
- minced parsley, 20
- molasses, 6, 12
- of a 10-oz. package frozen chopped spinach, 13
- of a jalapeno pepper, 6
- olive oil, 12, 13, 18, 18
- orange juice, 9, 16, 18
- oranges, 18

Pork Recipes

oregano, 9
paprika, 6
peanut butter, 18
peeled and finely chopped fresh ginger, 16
pepper, 6, 12
plus 1 tablespoon packed dark brown sugar,
20
pork blade steaks, 16
pork steaks (blade steaks), 16
pork tenderloin, 20
pork tenderloin (1 to 1 1/4 lb.), 14
pork tenderloins, 13
red or yellow bell pepper, 19
salt, 6, 9, 9, 12, 14, 18
salt and coarse ground black pepper, 20
salt and pepper, 6, 14, 18
salt and pepper to taste, 13
sesame oil, 16, 19
small garlic, 16
soft breadcrumbs, 13
soy sauce, 16, 16, 19, 20
sugar, 20, 20
tabasco, 20
vegetable oil, 6, 9, 10, 13, 19
whiskey, 12
white wine vinegar, 18
whole pork tenderloin, 14
wooden picks, 14
zest of 1 orange, 18