Pork

Compiled by: Becky

Pork

Introduction

Crispy Choizo Dogs

Description

What goes better with meat than more meat? Nothing! Well, okay, more meat with mustard and onion. Specifically, crispy chorizo nuggets. When you add super crisped bits of spicy, Mexican-style chorizo to the top of grilled hot dogs, it elevates the simple meal from phoned-in to party-fare.

Ingredients

- Freshly Grilled Hot Dogs
- 1/2 lb bulk mexican style chorizo
- Candied Jalapenos

Instructions

Place a heavy-bottomed skillet over medium high heat.

Break up the chorizo with your hands into the hot pan.

Use a sturdy, heat proof spoon to continue breaking up the chorizo into tiny bits as it cooks.

Continue cooking the chorizo past the point of fully-cooked, breaking it continually with the spoon, until it is deeply browned and the bits are crispy.

Use a slotted spoon to transfer the chorizo to a paper towel lined plate to drain, if necessary.

Place each hot dog in a bun, top first with mustard, then crispy chorizo, then onions and candied jalapenos.

Crispy Five-Spice Pork Chops

Description

A relatively short cooking time combined with a coating of five-spice seasoned panko crumbs give these tender, shallow-fried pork chops a deliciously crunchy exterior.

For a complete meal, serve over a bed of Hoisin-Soy Noodles and Sautéed Sesame Spinach (recipes included).

Ingredients

- 4 boneless pork loin pork chops - about 1 pound
- 1 egg
- 1 tbsp milk
- 1 1/4 cup Panko crumbs
- 1 tbsp five spice powder
- 1 1/2 tbsp vegetable oil
- 2 tbsp toasted sesame oil

Instructions

Trim any excess fat from the pork and lightly season both sides with salt and pepper.

Whisk the egg and milk together in a shallow dish. Combine the panko crumbs and five-spice powder on a flat plate and set next to the egg mixture.

Dip each chop into the egg mixture, turning several times to coat. Allow the excess to drip off, then coat the chops in the crumb mixture and transfer to a clean plate.

Heat the vegetable and sesame oils in a large skillet over medium-high heat. Add the chops and cook until lightly browned and crispy, 3 to 4 minutes per side. Transfer to a cutting board, allow to rest for 5 minutes, then slice.

To serve, make a bed of Hoisin-Soy Noodles on each plate, top with a serving of Sesame Spinach and a sliced pork chop.

Makes 4 servings

Recipe Notes:
Five-spice powder is a blend of ground cloves, cinnamon, fennel seed, szechuan peppercorns and star anise. If good and fresh, the flavor is rather intense, so adjust the quantity according to your own taste. We happen to like the full tablespoon.

Notes

Sautéed Sesame Spinach
10 ounces fresh spinach
2 teaspoons vegetable oil
1 teaspoon toasted sesame oil
2 teaspoons toasted sesame seeds
Preparation:
Heat the vegetable and sesame oils in a large skillet over medium-high heat. Add half the spinach, a pinch of salt, half of the sesame seeds and cook, tossing constantly with a pair of tongs until wilted. Transfer to a plate to keep warm and repeat with the remaining spinach.

Makes 4 servings

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Hoisin-Soy Noodles
2 packages (3-ounces each) ramen noodles
2 teaspoons vegetable oil
1 teaspoon toasted sesame oil
3 tablespoons hoisin sauce
1-1/2 tablespoons soy sauce
Preparation:
Discard or save the noodle flavoring packet for another use. Bring a pot of water to a boil and cook the noodles just until tender and drain.

In a small bowl, whisk together the vegetable oil, sesame oil, hoisin sauce and soy sauce. Add to the ramen noodles and toss to coat.

Hoisin Pork with Napa Cabbage

Source: Tony

Description

Quick cooking pork tenderloin stir fry with sweet napa cabbage..

Ingredients

- 1 lb pork tenderloin, cut into 1/4 inch Strips - 3 inches long
- 1 tsp kosher salt (to taste)
- 3 tbsps Hoisin Sauce
- 2 tbsps soy sauce
- 1 tbsp balsamic vinegar
- 3 tbsps Canola or Peanut Oil
- 2 tsp minced garlic
- 6 cups Napa Cabbage, cut into 1 1/2 inch pieces - about 3/4 lb.
- 1 red bell pepper, cored and thinly sliced, cut into 2-3 inch lengths
- 1/4 cup thinly sliced fresh chives

Instructions

1. In a large bowl, season the pork with 1/2 tsp. of the salt. In a small bowl, mix the hoisin sauce, soy sauce and vinegar.

2. Heat 2 Tbs. of the oil in a 12-inch nonstick skillet or large stir-fry pan over medium-high heat, until shimmering hot. Add the pork and cook, stirring, until it browns. About 3-4 minutes. Transfer to a plate.

3. Add the remaining 1 Tbs. oil to the skillet. Add the garlic and when it sizzles, add the cabbage and pepper. Sprinkle with the remaining 1/2 tsp. salt and cook, stirring, until the cabbage starts to wilt, about 2 minutes.

4, Add the hoisin mixture, the pork, and half of the chives and cook, tossing, until heated through, about 1 minute. Let sit for 2 minutes off the heat (the cabbage will exude some liquid and form a rich broth). Toss well again and serve sprinkled with the remaining chives.

Notes

Great the next day.

Maple Garlic Marinated Tenderloin

Description

A delicious, sweet marinade using real maple syrup. Great on chicken or pork tenderloin

Ingredients

- 2 tbsp dijon mustard
- 1 tsp sesame oil
- 3 clove garlic minced
- 1 cup maple syrup
- 1 1/2 lbs pork tenderloin

Instructions

Combine mustard, sesame oil, garlic, pepper, and maple syrup.

Place pork in a shallow dish and coat thoroughly with marinade.

Cover, then chill in the refrigerator at least eight hours, or overnight.

Remove pork from marinade, and set aside.

Bake at 375 for 45 minutes.

Transfer remaining marinade to a small saucepan, and cook on the stove over medium-low heat for 5 minutes.

Mu Shu Pork

Description

Mu Shu Pork is a perennial take-out favorite, but it's also to easy make your own with readily available supermarket ingredients. The dish is a stir-fried combination of thinly sliced strips of boneless pork, eggs, cabbage and scallions that are seasoned with garlic, ginger, soy sauce and honey and served in a warm flour tortilla with a hoisin-based sauce.

Ingredients

- 1 lb boneless pork loin sliced into very thin strips
- 1 tbsp soy sauce
- 1 tsp cornstarch
- 1 tsp rice wine
- 1 tsp honey
- 1 tbsp toasted sesame oil
- 2 Eggs beaten
- 2 clove garlic minced
- 2 tsp fresh ginger minced
- 4 cup cabbage finely shredded
- 2 carrots grated
- 4 scallions chopped
- 4 chinese tortillas or pancakes
- 1/2 cup hoisen sauce
- 1 tsp *honey
- 1 tsp *toasted sesame oil

Instructions

Combine the soy sauce, cornstarch, Chinese rice wine and honey in the bottom of a small bowl until the cornstarch is dissolved. Add the pork, season with freshly ground black pepper and toss to combine. Set aside to marinate for 15 minutes at room temperature.

While the pork marinates, make the sauce. Combine the hoisin sauce, honey, soy sauce and sesame oil. Transfer to a serving bowl and set aside until ready to serve.

Wrap the tortillas tightly in foil and place in a warm oven (200°F) to soften.

Heat the sesame oil and 1 tablespoon vegetable oil in a wok or skillet over high heat. Add the garlic and ginger and stir-fry for 30 seconds. Add the pork and stir-fry just until all traces of pink are gone, 2 to 3 minutes. Transfer to a plate and set aside.

Return the wok to the heat, add a little extra oil if needed, then add the eggs. Stir-fry until set, breaking into small pieces with a spatula. Transfer to the plate with the pork.

Add the cabbage to the wok and stir-fry until wilted and just beginning to turn golden, 2 minutes. Add the carrots and scallions, stir-fry 1 minute longer, then add the pork and eggs. Combine thoroughly and transfer to a serving dish.

Serve the tortillas, pork and sauce at the table and let each person make their own. Spread a little of the sauce on each tortilla, fill with the pork mixture and roll it up.

Oven Roasted Pulled Pork

Source: My Gourmet Connection

Description

This recipe requires a lot of cooking time, but the prep time is really minimal. Mix up your rub ingredients, sauce ingredients and coleslaw and you're pretty much done and waiting for the low, slow oven (or slow cooker - see notes) to work it's magic on the pork.

Ingredients

- 4 lb Boston Butt Pork Roast
- 1 tbsp olive oil
- 1/3 cup water
- 3 tbsp paprika
- 1 1/2 tbsp salt
- 1 1/2 tbsp sugar
- 2 tsp dry mustard
- 1 tbsp cumin
- 1 tsp pepper
- 1 tbsp garlic powder
- 1/2 tbsp onion powder
- 1 tsp cayenne

Instructions

Preparation:
Preheat the oven to 225°F.

Prepare the pork:
Prepare the rub by combining the paprika, salt, sugar, mustard, cumin, pepper, garlic and onion powders and cayenne in a small bowl.

Trim any large pieces of exterior fat from the pork if desired.

Pat the rub mixture on all sides of the pork and place uncovered, in a dutch oven.

Roast uncovered for 1 hour.

Remove the pork from the oven, brush with the olive oil, add the water, cover and return to the oven for approximately 5 hours longer.

At this point the pork should be very tender and pull apart easily with a fork.

Total roasting time runs between 90 and 100 minutes per pound.

Transfer the pork to a large platter and allow to cool enough to handle.

With two dinner forks, shred the meat into bite-sized pieces, removing any large chunks of fat in the process.

Notes

Serve with BBQ sauce on my site

Serve with Coleslaw

Slow Cooker Instructions:

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You can cook the pork in a slow cooker instead of the oven if desired. Simply add a layer of sliced onion to the bottom of the cooker, put the rub-coated pork on top and add the water. Cover and cook on low for 8 to 10 hours (depending on the size of your roast), or until the pork is tender and pulls apart easily with a fork.

Panko Crusted Mustard Pork Cutlets

Description

I have become a BIG fan of using dijon mustard to coat meat... It seems to not only enhance the meat's flavor, but also helps to seal in the juices. This recipe is the perfect testament to that theory - It's a must-try!

Ingredients

- 3/4 cup panko bread crumbs
- 1/2 tsp dried sage
- 1 tsp lemon zest
- 1/2 tsp pepper
- 1 egg
- 2 tbsp water
- 1 tbsp Mayonaisse
- 1 tbsp dijon mustard
- 2 10 oz. pork cutlets
- 3 tbsp olive oil

Instructions

Combine first 4 ingredients on plate.

Whisk egg and 2 T water in medium bowl to blend.

Whisk mayonnaise and Dijon mustard in small bowl.

Dredge pork cutlets with mayo-mustard mixture;

dip into beaten egg,

then coat with panko crumb mixture.

Transfer to plate.

Heat oil in heavy medium skillet over med-high heat.

Add pork; cook until no longer pink on inside and crumbs are golden brown, about 5 minutes per side.

Garnish with fresh sage, if desired, and serve with lemon wedges.

Pleasant Pork Chops

Description

Pork chops simmered in a sour cream and onion sauce with spices.

Ingredients

- 6 pork chops
- 3 tbsp butter
- 1 onion minced
- 2 clove garlic minced
- 1/2 cup chicken broth
- 1 bay leaf
- 1 cup sour cream
- 2 tsp paprika or 1 tsp. of smoked paprika
- 1/2 cup white wine

Instructions

Saute onion and garlic in hot butter.

Remove from skillet.

Trim excess fat from chops and sprinkle with salt and pepper.

Brown chops in skillet; pour off fat.

Lower heat, add bay leaf and chicken broth and wine.

Cook covered over low heat for 1 hour.

Transfer chops to a serving plate, but keep them hot.

Heat juices in skillet and reduce to half. IMPORTANT

Add the sour cream, onion-garlic mixture and paprika, blending thoroughly.

add 1 tsp cornstarch mixed with 1 tsp water to thicken.

Heat through, but do NOT boil.

Pour over pork chops and serve.

Can be served over hot buttered noodles.

Rustic Garlic-Balsamic Pork Chops

Description

Nice, thick, bone-in pork loin chops are so flavorful on their own they don't need too much in the way of seasoning. Here I have pan-seared the chops in garlic-scented oil, and added just a splash of balsamic vinegar to give them a little bit of zing.

Ingredients

- 4 1 inch bone in pork loin chops
- 6 clove garlic peeled and smashed
- 3 tbsp balsamic vinegar

Instructions

Drizzle both sides of the chops with olive oil and season liberally with salt and pepper.

Using a heavy skillet large enough to hold all the chops in a single layer, heat an additional 2 tablespoons of oil over medium heat.

Add the garlic and cook, stirring frequently, until golden in color - do not brown.

Remove the garlic from the pan and raise the heat to medium-high.

Add the pork and cook until nicely browned, 1-1/2 to 2 minutes per side.

Drizzle the chops with the vinegar and continue cooking until the pork is pale pink in the center, turning several times to coat with the pan juices (3 to 4 minutes more).

Transfer to a serving platter and allow to rest for 5 minutes.

Slow Cooker Chili Verde

Description

Chile Verde the easy way. A delightful blend of Mexican favorites without all of the hard work.

Ingredients

- 3 tbsp olive oil
- 1/2 cup onion minced
- 3 clove garlic minced
- 3 lb boneless pork shoulder cubed
- 5 7 oz. cans of green enchilada sauce - La Palma
- 1 4 oz. can sliced jalapenos
- 1 14.5 can diced tomatoes
- 2 shredded dried new mexico chilies
- 1 can roasted green chiles
- 2 tbsp cornstarch

Instructions

Heat the oil in a large skillet or Dutch oven over medium heat.

Add the onion and garlic; cook and stir until fragrant.

Add the cubed pork, and cook until browned on the outside.

Transfer the pork, onions, and garlic to a slow cooker, and stir in the green sauce, spices, jalapeno peppers, and tomatoes.

Cover, and cook on High for 3 hours.

Reduce the setting to Low, and cook for 4 to 5 more hours.

Add 2 TB cornstarch during the last 30 minutes to thicken the sauce.

Be sure to dissolve the cornstarch in cold water, then add to the hot chile verde.

If you follow these additions, you'll have authentic chile verde from a slow cooker!

Teriyaki Pork Tenderloin

Description

a handful of ingredients for this moist and tender main course.

Ingredients

- 10 tbsp soy sauce
- 4 tbsp olive oil
- 4 clove minced garlic
- 2 tsp ground ginger
- 2 tsp coarse ground pepper
- 2 lb pork tenderloins
- 2/3 tbsp brown sugar

Instructions

In a large resealable plastic bag, combine the first six ingredients; add pork.

Seal bag and turn to coat; refrigerate overnight.

Drain and discard marinade.

Place the tenderloins in an 11-in. x 7-in. x 2-in. baking pan coated with nonstick cooking spray.

Bake, uncovered, at 425 degrees F for 25-35 minutes or until a meat thermometer reads 145 degrees.

Let stand for 5 minutes before slicing.

Serve with pan drippings.