



Pork Please

ASIAN PORK TENDERLOIN

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| 2 tbsp (25 mL) hoisin sauce | 1 1/2 tsp (7 mL) grated fresh ginger |
| 2 tbsp (25 mL) ketchup | 2 cloves garlic, finely chopped |
| 2 tbsp (25 mL) soy sauce | 2 pork tenderloins (1 lb/0.5 kg each) |
| 1 tsp (5 mL) hot Asian chili sauce | |

Combine all ingredients except pork. Spread mixture over pork. Place pork in a parchment paper-lined roasting pan. Bake at 400°F (200°C) for 35 - 40 minutes or until a meat thermometer registers 160°F (71°C). Let stand 5 minutes before slicing. Serves 8.

PORK ROAST WITH SCOTCH WHISKY GLAZE

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| 8 cups (2 L) hot water | 1 1/2 tsp (7 mL) grated orange peel |
| 1/3 cup (75 mL) kosher salt | 1 1/2 tsp (7 mL) grated fresh ginger |
| 1/3 cup (75 mL) sugar | 1/4 cup (50 mL) Scotch whisky |
| 7 1/2 lb (3.5 kg) bone-in pork loin rib roast,
chine bone removed | 2 tbsp (25 mL) tomato paste |
| 1 cup (250 mL) orange juice | 2 tbsp (25 mL) dry mustard |
| 2 tbsp (25 mL) finely chopped onion | 2 tbsp (25 mL) oil |

To prepare brine, combine hot water, salt and sugar in a large food-safe nonreactive container; stir until salt and sugar are dissolved. Cool brine completely. Submerge roast in brine. As roast will float, weigh it down using a plate with a jar of water on it. Keep roast submerged completely. Cover container and refrigerate, turning roast occasionally, for 18 - 24 hours. To prepare glaze, combine orange juice, onion, orange peel and ginger in a small saucepan. Bring to a boil; reduce heat and simmer, stirring occasionally, until mixture is the consistency of a thin syrup, about 12 - 15 minutes. Stir in Scotch, tomato paste and dry mustard. Simmer for 2 minutes; cool. Glaze may be prepared and refrigerated for up to 24 hours. Remove roast from brine and pat dry with paper towelling; discard brine. Heat oil in a large roasting pan over medium heat. Beginning with meaty side, brown roast on all sides. With roast bone side up, spread with half of glaze. Roast at 375°F (190°C) for 30 minutes. Remove pan from oven. Using tongs and a large metal spatula, turn roast over. Spread remaining glaze over meaty side of roast. Continue roasting for 2 hours or until a meat thermometer registers 160°F (71°C). Let stand for 15 minutes before carving. Carve roast between bones to separate ribs. Serves 10 - 12.

Cook's Note: Call ahead to have the butcher remove the chine bone (backbone). This makes the roast easier to carve. Use only kosher salt for the brine in this recipe. Do not substitute using table salt as the brine will be too salty.

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PORK CHOPS IN MUSTARD WINE SAUCE

1 tbsp (15 mL) oil	1/4 cup (50 mL) Dijon mustard
4 - 6 thick bone-in pork loin chops	3 tbsp (40 mL) honey
1 1/2 cups (375 mL) dry white wine	1/4 tsp (1 mL) each salt and freshly ground pepper

Heat oil in a heavy frypan over medium heat. Add pork chops and cook until browned, about 3 minutes per side. Remove pork chops from frypan; keep warm. Add wine, mustard, honey, salt and pepper to frypan; bring to a boil. Boil until thickened and reduced by one-third, about 5 minutes. Return pork chops and any accumulated meat juices to frypan. Reduce heat and simmer, turning pork chops occasionally, for 12 - 15 minutes or until pork chops are done. Serves 4 - 6.

LIME AND HONEY GLAZED PORK CHOPS

1/3 cup (75 mL) Dijon mustard	2 cloves garlic, finely chopped
2 tbsp (25 mL) honey	1 tsp (5 mL) grated lime peel
2 tbsp (25 mL) fresh lime juice	1/2 tsp (2 mL) ginger
1 tbsp (15 mL) soy sauce	4 thick boneless pork loin chops

To prepare sauce, combine all ingredients except pork chops. Broil pork chops, basting occasionally with sauce, until done. Alternatively, pork chops may be grilled over medium heat on natural gas barbecue. Serves 4.

PORK MEDALLIONS IN MUSHROOM SAUCE

1 lb (0.5 kg) pork tenderloin	1 tbsp (15 mL) Dijon mustard
1 tbsp (15 mL) oil	1 tbsp (15 mL) tomato paste
1 cup (250 mL) sliced fresh mushrooms	1 tsp (5 mL) thyme, crumbled
1 clove garlic, finely chopped	1 tsp (5 mL) packed brown sugar
1 can (10 oz/284 mL) beef broth	1 tsp (5 mL) freshly ground pepper
2 tbsp (25 mL) chopped dried tomatoes	1/8 tsp (0.5 mL) salt

Cut pork into 1 inch (2.5 cm) thick slices. Place pork between two sheets of plastic wrap and pound to a thickness of 1/4 inch (6 mm). Heat oil in a frypan over medium heat. Add pork and cook until lightly browned on both sides. Remove pork from frypan; keep warm. Add mushrooms and garlic to frypan; saute for 2 minutes. Add remaining ingredients (broth through salt) and bring to a boil. Cook until slightly thickened, stirring frequently, about 3 - 4 minutes. Return pork to frypan. Reduce heat and simmer for 2 minutes. Serve immediately. Serves 4.

SESAME PORK TENDERLOIN

1/4 cup (50 mL) soy sauce	2 tbsp (25 mL) sesame seed, toasted
1/4 cup (50 mL) orange juice	1/4 cup (50 mL) dry white wine
2 tbsp (25 mL) honey	1/4 cup (50 mL) chicken stock
1 tbsp (15 mL) grated fresh ginger	2 tsp (10 mL) cornstarch
1 clove garlic, crushed	2 tbsp (25 mL) water
2 pork tenderloins (1 lb/0.5 kg each)	

Combine first 5 ingredients (soy sauce through garlic) in a heavy zip-lock plastic bag. Add tenderloins and squeeze bag to coat. Seal bag, place on a plate and refrigerate for 8 hours or overnight. Remove tenderloins from marinade and pat dry; reserve marinade. Place tenderloins in a greased shallow pan. Sprinkle with sesame seed. Bake at 350°F (180°C) for 45 - 50 minutes or until a meat thermometer registers 170°F (77°C). Let stand 5 minutes before slicing. Combine reserved marinade, wine and stock in a saucepan. Bring to a boil, reduce heat and simmer 5 minutes. Strain mixture through a fine sieve lined with a coffee filter. Return liquid to saucepan. Combine cornstarch and water; stir into sauce mixture. Bring to a boil and cook until thickened, about 1 minute. Serve with tenderloin. Serves 8.