

The Hog Wild Cookbook

VJJE Publishing Co.

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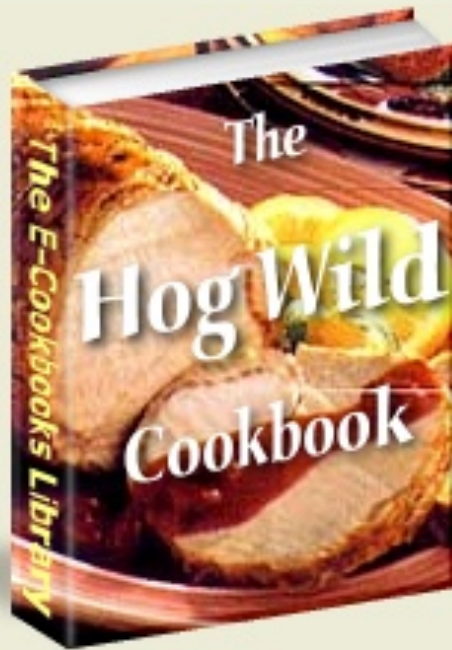
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7-UP Pork Roast with Glaze

- 1 (3–4 pound) boneless pork loin
- 1 (12 ounce) can 7-Up®, Sprite®, or ginger ale
- 1 red bell pepper, finely chopped
- 1 onion, finely chopped
- 1 tablespoon minced garlic
- 2 tablespoons soy sauce
- 1 tablespoon flour

In a plastic cooking bag place flour and shake it around to coat the inside of the bag. Place the pork loin in the bag. In a large bowl, combine the 7-Up, red bell pepper, onion, garlic, and soy sauce. Pour this over the pork loin. Seal the plastic bag and let marinate overnight. Turn the pork roast once while in the plastic bag.

Preheat oven to 325 degrees F. Place the cooking bag in a large baking dish. Cut 6 (1-inch) slits into the top of the bag. Let roast for 1 hour 45 minutes to 2 hours or until pork is done.

Remove the pork roast from the plastic cooking bag and set aside.

Drain the vegetables away from the liquid. Discard the vegetables.

In a large microwave-safe bowl, combine 2 tablespoons Wondra Flour and 2 tablespoons cold water. Add 2 tablespoons sweet and sour sauce; combine. Add the cooking liquid from the pork. Microwave on HIGH for 5 minutes or until mixture has thickened.

Slice the pork roast and serve with the glaze.

Adam's Ribs

8 country style pork spare ribs
Dr. Pepper®, NOT diet
5 garlic cloves, slightly smashed
1 tablespoon liquid smoke
1 large onion, quartered
Your favorite BBQ sauce

Place ribs in large stockpot. Pour Dr. Pepper® over ribs to cover. Add garlic, liquid smoke and onion. Bring to boil, lower to simmer and cook until ribs are tender.

Place ribs in baking pan. Pour BBQ sauce over ribs. Bake at 350 degrees F for about 30 to 45 minutes, or they can be put on a BBQ grill.

Adobo

2 pounds pork, cut 2 x 1 1/2 inches
1 head garlic, pounded
1 teaspoon black pepper, ground
1 tablespoon lard
1/2 cup vinegar
1 teaspoon salt
2 cups water

Place the pork in a saucepan. Add vinegar, garlic, pepper, salt and water. Cover the saucepan and cook slowly until the meat is tender and most of the broth has evaporated and only 1/4 cup remains. Drain; separate the pieces of garlic from the pork and fry in lard until brown. Add the pieces of pork until brown. Add the broth and let simmer about 5 minutes. Serve hot.

Adobo Pork with White Rice

1 onion, peeled, thinly sliced
3 cloves garlic, peeled
2 dried ancho chiles, toasted and seeded
1 negro chile, toasted and seeded
1 tomato, halved and toasted
1/2 cup distilled vinegar
1/2 cup chicken broth
1 teaspoon salt
1 (3 to 4 pound) pork roast or 6 to 8 pork chops
3 to 4 cups cooked white rice

In a molcajete, blender or food processor, combine all the ingredients except the pork and rice. Process until you have a thick paste. Cook in a saucepan over low heat for 10 to 15 minutes.

If using pork chops, brown them in a dry frying pan, then cover with the sauce and cook 35 to 40 minutes or until pork is thoroughly cooked. If using a pork roast, rub first with salt, then roast at 350 degrees F for 1 1/2 hours. Remove from oven and cover with adobo sauce. Return to oven and bake another 45 minutes. Serve with plain cooked rice as a side dish.

Amaretto Ham

1 (5 pound) canned ham
1 teaspoon dry mustard
1 1/2 cups packed brown sugar
1/4 cup Amaretto
1 can apricot halves, drained (reserve juice)
1/2 cup apricot juice

Preheat oven to 375 degrees F.

Drain jelly from ham and trim off excess fat. Mix the dry mustard, brown sugar and Amaretto. Reserve 2 teaspoons. Blend together to form thick glaze. Place ham onto bake rack in 2-inch deep drip pan. Score diamonds on top of ham. Pour mixture over top of ham. Bake for 1 hour 20 minutes, basting every 20 minutes with drippings. During last 20 minutes of baking, place apricot halves on top of ham and sprinkle 2 teaspoons Amaretto over top.

Serves 4 to 6

Apple Caramel Glazed Pork Roast

1 1/4 cups firmly packed brown sugar

1/4 cup apple juice or cider

2 heaping tablespoons flour

1/2 teaspoon cinnamon

1/2 teaspoon prepared or dry mustard

1/4 teaspoon ground allspice

Combine all ingredients and mix until smooth. Coat pork generously before cooking and every 30 minutes while roasting. Makes enough for an 8–pound pork roast.

Apple–Stuffed Pork Chops

1 tablespoon butter
1/4 cup finely chopped onion
1 1/2 cups bread crumbs
3/4 cup peeled and diced tart apples
1 teaspoon poultry seasoning
1 1/2 teaspoons salt, divided
1/4 teaspoon ground black pepper, divided
1 egg, slightly beaten
1/4 cup water
6 rib pork chops, cut 1–inch thick with pocket
1 tablespoon vegetable oil
2 cups orange juice

Melt butter in small skillet; add onion and sauté until transparent. In a medium size mixing bowl, blend onion with bread crumbs, apples, poultry seasoning, 1/2 teaspoon salt, 1/8 teaspoon pepper, egg and water. Spoon about 2 tablespoons of stuffing into the pocket of each pork chop. Fasten with wooden picks. Sprinkle remaining salt and pepper on chops.

Heat oil in heavy skillet; add pork chops and brown on both sides. Remove to 13 x 9–inch baking dish. Pour orange juice over all. Cover and bake in 300 degree F oven for 4 hours. Yields 6 servings.

The 3/4 cup apples may be substituted with 1/2 cup raisins and 1/4 cup finely chopped walnuts.

Apricot Pork Chops

1 cup dried apricots
1/4 cup maple syrup
1/2 cup flour
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon thyme
6 pork chops

Soak apricots in water and maple syrup for 1 hour. Mix flour, salt, pepper and thyme and rub onto both sides of chops.

Sauté chops in 2 tablespoons butter. Arrange in baking dish. Place apricots on chops and dot with butter. Bake at 375 degrees F for 1 hour. If maple mixture is not all absorbed by apricots during baking, pour over chops.

Apricot Pork Medallions

1 pound pork tenderloin
2 tablespoons butter, divided
1/2 cup dried apricots, chopped
2 scallions, sliced
1/4 teaspoon dry ginger
1 teaspoon wine vinegar
2 teaspoons brown sugar
Dash of hot pepper sauce

Cut tenderloin crosswise into 1-inch pieces. Flatten each piece slightly with heel of hand.

Heat 1 tablespoon butter in large skillet over medium-high heat. Brown medallions, about 2 minutes on each side. Add remaining ingredients to skillet with remaining tablespoon of butter. Cover and simmer for 3 to 4 minutes.

Remove medallions to serving platter. Spoon sauce over.

Baked Ham

1 cooked ham, half or whole

Ground cloves, to taste

1/2 cup brown sugar

Maraschino cherries

1 tablespoon brown sugar

1 apple

Pineapple rings

Place cooked ham in pan. Rub in 1 tablespoon brown sugar and sprinkle with cloves. Pare and cut apple in eighths, place around and over ham. Sprinkle brown sugar over apples. Decorate with pineapple rings and maraschino cherries. Cover and bake for about 1 hour at 350 degrees F, basting frequently.

Baked Ham with Raspberry and Dijon Mustard Glaze

Serves 8 to 10

12 ounces frozen, unsweetened raspberries
1 (16 ounce) jar red currant jelly
1 (8 ounce) jar Dijon mustard
Precooked whole ham, bones in, 10 to 13 pounds
1 1/2 cups firmly packed brown sugar
1 cup water
Kale leaves and flat-leaf parsley sprigs

Preheat the oven to 350 degrees F.

Purée the berries with their juices in a blender or food processor, and pass the purée through a fine-mesh sieve. You should have about 1 cup purée.

Stir together the raspberry purée, red currant jelly, and Dijon mustard in a saucepan over medium heat until the jelly dissolves. Raise the heat to high and bring to a boil. Cook, stirring constantly, for 1 minute. Remove from the heat and set aside to use as glaze. You will have 3 cups glaze.

Place the ham, fat side up, in a large roasting pan. Peel off the skin and trim the fat to a layer 1/4-inch thick. Score the fat in a diamond pattern, and rub the brown sugar over the surface.

Roast the ham for 30 minutes. Remove from the oven and pour the water over the ham. Spoon 1 cup of the glaze over the ham, and return it to the oven. Bake for 2 1/2 hours longer, basting every 15 minutes with the pan juices and 1/4 cup of the raspberry glaze (until the glaze is gone).

Line a large platter with fresh kale leaves and parsley sprigs and place the ham on it. Carve at the table.

Baked Pork Chops

4 to 6 pork chops

1 teaspoon salt

2 tablespoons drippings

1 onion, sliced (optional)

1 cup rice

1 can cream of chicken soup

1 cup milk

Brown chops. Put chops into a baking dish. Cover with onion, if desired, then cover with raw rice.

Combine soup and milk. Pour over. Cover tightly. Bake at 350 degrees F for at least 1 hour.

Baked Pork Chops and Noodles

4 pork chops
2 (16 ounce) cans tomatoes
1/2 cup chopped onion
2 teaspoons salt
1 teaspoon granulated sugar
1/8 teaspoon pepper
1/2 teaspoon marjoram
1 bay leaf
1 (8 ounce) package noodles
4 thin onion slices
8 green bell pepper strips

Trim excess fat from chops; brown both sides. Drain on absorbent paper.

Combine next seven ingredients. Place dry noodles in a 2–quart baking dish. Pour tomato mixture over; place pork chops on top; garnish each with onion slice and green pepper strips; cover. Bake at 350 degrees F for 1 hour.

Remove cover. Bake an additional 10 minutes or until chops are tender.

Serves 4.

Baked Pork Chops with Parmesan–Sage Crust

1 1/2 cups Italian flavored breadcrumbs
1 cup freshly grated Parmesan cheese
(about 3 ounces)
1 tablespoon dried rubbed sage
1 teaspoon cumin
1 teaspoon grated lemon peel
2 large eggs
1/4 cup all–purpose flour
4 bone–in center–cut pork loin chops
(each about 1 inch thick)
2 tablespoons (1/4 stick) butter
2 tablespoons olive oil
Lemon wedges (optional)
Orange wedges (optional)

Preheat oven to 425 degrees F.

Mix breadcrumbs, cheese, sage, cumin, and lemon peel in pie dish.

Whisk eggs in medium bowl to blend. Place flour on plate; season generously with salt and pepper. Coat pork chops on both sides with flour; shake off excess. Dip chops into eggs, then coat on both sides with breadcrumb mixture.

Melt butter with oil in heavy large ovenproof skillet over medium–high heat. Add pork chops to skillet and cook until golden brown, about 2 minutes per side. Transfer skillet with pork to oven. Bake until pork chops are crisp on the outside and meat thermometer inserted into pork registers 150 degrees F, about 20 minutes.

Transfer pork chops to plates. Garnish with lemon wedges and orange wedges, if desired, and serve.

Makes 4 servings

Baked Stuffed Pineapple Pork Chops

6 (1/2-inch) thick center cut pork chops

Stuffing (recipe follows)

1 small can pineapple slices

Preheat oven to 350 degrees F.

Place pork chops in a baking dish in oven, covered, and bake approximately 30 minutes. Do not turn over. Pour off excess grease, if necessary. Do not let the pork chops become too brown.

Stuffing

6 slices day old bread

1 onion (either fried or microwaved)

2 stalks celery, either fried or microwaved

1 or 2 eggs

Mix all stuffing ingredients with a little water.

Remove pork chops from baking pan; uncover, place stuffing mixture on top of each pork chop.

Return to oven, uncovered, and bake for 30 to 40 minutes more, checking to be sure the pork does not stick or burn. If moisture evaporates, add 1/2 cup of water. Ten minutes before done, place a pineapple slice on each pork chop and finish baking.

Barbecued Pork Loin

1 (3 to 5 pound) pork loin
1 can tomato soup
1/3 cup chopped onion
1/3 cup chopped celery
1 clove garlic, minced
2 tablespoons brown sugar
2 tablespoons Worcestershire sauce
2 tablespoons lemon juice
2 teaspoons prepared mustard
4 drops Tabasco® sauce

Place pork loin in shallow pan. Roast at 325 degrees F for 45 minutes per pound.

Pour off pan drippings 1 hour before done. Combine remaining ingredients; mix well. Pour over pork loin; continue roasting, basting often.

Barbecued Spareribs

Heat to boiling the night before serving:

1 1/2 cups water
16 ounces tomato sauce
1 medium onion, chopped
3 tablespoons vinegar
3 tablespoons Worcestershire sauce
1 teaspoon salt
1/4 teaspoon chili powder
3 tablespoons granulated sugar

Cut meat into serving pieces and place in a large glass bowl. Use about 6 to 7 pounds meat. Pour marinade over meat. Chill overnight.

Bake, covered, at 450 degrees F for 30 minutes.

Reduce heat to 350 degrees F and bake, uncovered, for 1 1/2 to 2 hours. Bake in a single layer in a metal pan. Turn often during the last 1 1/2 to 2 hours baking period. Serve with salad.

Berry Special Pork Chops

4 boneless loin pork chops, cut
3/4-inch thick (about 1 pound)
3/4 cup fresh cranberries
1/4 cup orange marmalade
1/4 teaspoon ground cloves
4 tablespoons honey

Wash cranberries, crush coarsely and mix with marmalade and cloves. Cut a deep pocket in one side of each chop. Fill pockets with marmalade mixture. Place chops in a well-greased baking pan. Spoon one tablespoon of honey over each. Bake at 325 degrees F for 45 minutes, until nicely glazed.

Bratwurst

1 pound link bratwurst
2 green bell peppers, cut into strips
2 medium onions, sliced
2 tablespoons olive oil
1 teaspoon garlic salt
1 teaspoon basil

Heat the olive oil in a large skillet.

Cut the bratwurst into 1-inch pieces and brown well in the skillet. Add the peppers and onions and sauté until cooked, stirring frequently. Season and mix well.

Serves 4.

Brine Cured Pork Roast

2/3 cup granulated sugar
1/3 cup kosher salt or sea salt
1 tablespoon black peppercorns
2 tablespoons fennel seeds
2 teaspoons dried thyme
1 teaspoon red pepper flakes
1 (4 to 6 pound or more) boneless pork loin tied with string

Combine sugar and salt with 1 quart hot water and stir to dissolve. Crack the peppercorns and fennel seeds in a mortar or on a cutting board, crushing them with the flat bottom of a heavy saucepan (or grind very, very briefly in spice grinder). Add to water along with thyme and red pepper flakes. Add 3 quarts cold water and the pork. Submerge the roast and refrigerate overnight or up to 2 days. Remove from brine and dry off the pork.

If you have fresh herbs such as rosemary, tie them onto the top of the pork. Put the meat on a rack in a shallow roasting pan.

Heat oven to 500 degrees F.

When the oven is hot, place the roast in it and lower the heat to 325 degrees F. Bake for 1 1/4 hours. Check the internal temperature to make sure it is at 160 degrees F. If the pork is cooked, remove it and let it stand 15 minutes before carving. If not, cook a few more minutes.

Serves 12 or more.

Broiled Pork Chops

3/4 cup catsup
3/4 cup water
2 tablespoons vinegar
1 tablespoon Worcestershire sauce
2 teaspoons brown sugar
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon chili powder
1/8 teaspoon pepper
6 (3/4-inch thick) pork loin chops

In a saucepan, combine the first nine ingredients; bring to a boil. Reduce heat; simmer for 5 minutes, stirring occasionally.

Set aside half of the sauce.

Place chops on broiling pan rack. Broil about 4 inches from the heat for 4 minutes on each side. Brush with remaining sauce. Continue broiling, turning and basting occasionally, for 3 to 4 minutes or until juices run clear.

Serve with reserved sauce.

Cabbage and Garlic Sausage

1 pound garlic sausage, cut into coins

1 small cabbage, quartered and cut into slices (finger thickness)

2 tablespoons oil

Pepper

1/4 cup water

Heat the oil in a fry pan on medium heat and add the garlic sausage, fry for two minutes or until uniformly brown. Add the cabbage slices, and toss around with a spatula to get all the cabbage coated in oil. Add the water, and grind pepper, to taste, on the cabbage and sausage. Cover it, and reduce heat to low, cooking for 20 minutes.

Candied Pork Chops

5 thick pork chops
2 cups brown sugar
1 cup ketchup
1/4 cup lemon juice

Spread 1 cup brown sugar in bottom of baking dish. Pour 1/2 cup ketchup and 1/8 cup lemon juice over brown sugar. Place pork chops on top and spread remaining brown sugar, ketchup and lemon juice over chops.

Bake uncovered at 325 degrees F for 1 1/2 hours, turning once. The last 15 minutes, increase oven temperature to 425 degrees F to candy the chops.

Caramelized Pork Slices

1 (1 pound) pork tenderloin, cut into 1/2-inch slices
2 cloves garlic
2 tablespoons packed brown sugar
1 tablespoon orange juice
1 tablespoon molasses
1/2 teaspoon salt
1/4 teaspoon pepper

Spray 10-inch skillet with nonstick cooking spray and heat over medium-high heat. Cook pork and garlic in skillet 6–8 minutes, turning occasionally, until pork is light brown and slightly pink in center. Drain if necessary. Stir in remaining ingredients; cook until mixture thickens and coats pork.

Serve over rice.

Cherries Jubilee Pork

4 (3/4- to 1-inch thick) center cut pork chops
2 tablespoons butter or margarine
1 (21 ounce) can cherry pie filling
3 tablespoons soy sauce

In a large nonstick skillet, brown pork chops in hot butter over medium high heat; turning once during cooking, about 5 minutes per side.

Combine cherries and soy sauce in small bowl; mix well. Add cherry mixture to pork. Reduce heat; simmer, stirring frequently, until pork is no longer pink in center.

Great served with rice.

Cherry Almond Glazed Pork

2 (3 pound) pork loin roast
12 ounces cherry preserves
2 tablespoons light corn syrup
1/4 cup red wine vinegar
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
3 tablespoons slivered almonds, toasted
Pepper, to taste
Salt, to taste

Rub the roast with a little salt and pepper. Place it on a rack, in a shallow baking pan.

Roast uncovered in a 325 degree F oven for about 2 to 2 1/2 hours.

Meanwhile, combine cherry preserves, corn syrup, vinegar, salt, cinnamon, nutmeg and cloves.

Heat to boiling, stirring frequently. Reduce the heat and simmer 2 minutes more. Add toasted almonds. Keep the sauce warm.

When meat has roasted for the above time, spoon enough hot cherry sauce over the roast to glaze.

Return to the oven for about 30 minutes more, or till meat thermometer reads 170 degrees.

Baste roast with sauce several times during last 30 minutes.

Serve remaining sauce with the roast.

Cherry Glazed Pork Roast

1 (4 pound) pork loin roast
1 can cherry pie filling
1 tablespoon lemon juice
2 tablespoons rum (optional)
Pinch of ginger
Pinch of cinnamon
Pinch of cloves
1/8 teaspoon garlic salt

Place pork roast on rack in roasting pan. Roast, uncovered, at 325 degrees F until heat thermometer registers 170 degrees F (about 2 1/2 hours).

Meanwhile, combine remaining ingredients and baste roast several times during last 20 minutes of cooking time.

Heat remaining sauce and serve with roast.

Chili–Lime Pork

1 (14 x 20–inch) oven bag
1 tablespoon all–purpose flour
3 tablespoons honey
2 tablespoons chili powder
2 teaspoons grated lime peel
1 (2 1/2 pound) boneless top loin pork roast
3 medium sweet potatoes, peeled
and cut into quarters

Preheat oven to 325 degrees F.

Shake flour in oven bag; place in 13 x 9–inch baking pan.

Combine honey, chili powder and lime peel. Pat surface of pork dry. Spread half of chili mixture evenly over bottom of pork. Add pork to oven bag; spread remaining chili mixture over top of pork. Arrange sweet potatoes around pork in an even layer in oven bag. Close oven bag with nylon tie; cut six 1/2–inch slits in top of bag.

Bake 1 to 1 1/4 hours or until meat thermometer reads 160 degrees F. Slice pork; spoon juices over pork before serving.

Yields 8 servings.

Chinatown Chops

4 to 5 pork chops
2 tablespoons butter
1 can sliced mushrooms, drained
1 box fried Rice-a-Roni®
2 cups hot water
1/4 teaspoon soy sauce

In a large skillet, brown pork chops 15 to 20 minutes and set aside.

Brown fried Rice-a-Roni® with 2 tablespoons butter. Stir in 2 cups hot water, mushrooms and contents of vegetable sauce envelope. Place chops on top of rice in a skillet. Sprinkle with soy sauce. Cover and bring to a boil. Reduce heat and simmer 15 minutes or until liquid is absorbed.

Chitterlings (Chitlins)

1 (5 pound) bucket chitterlings
1 to 2 tablespoons salt
1/4 teaspoon ground red pepper
2 eggs, slightly beaten
2 tablespoons flour
1 (5 1/4 ounce) can evaporated milk

Place chitterlings in Dutch oven and add enough water to cover. Add salt and red pepper and mix. Cover and cook over medium heat for 1 hour or until fork tender. Drain well.

Mix together the eggs, flour and evaporated milk to make batter. Dip chitterlings in batter to coat and fry in hot oil in large skillet to brown, turning once.

Serve hot.

Chops Hawaiian

Pork chops or ribs

1 can pineapple pie filling

1/2 cup vinegar

1/2 cup water

1 onion, thinly sliced

1 green bell pepper, cut into strips

3 tablespoons soy sauce

Season and brown meat. Place in a baking dish. Simmer other ingredients for 3 minutes. Pour over meat and bake at 325 degrees F until meat is done.

Chops 'N' Beans

8 pork chops

Salt and pepper

1 (20 ounce) can baked beans

1 cup chili sauce

1 tablespoon brown sugar

1 teaspoon Worcestershire sauce

1 green bell pepper, cut into rings

Brown chops on both sides in skillet. Season with salt and pepper. Place in a deep 3–quart baking dish.

Mix baked beans, chili sauce, brown sugar and Worcestershire sauce. Pour over chops; place green pepper rings on top. Bake at 350 degrees F for one hour.

Yields 5 servings.

Cider Basted Ham

1 (4 1/2 to 5 pound) fully cooked boneless ham
12 whole cloves
1 cup firmly packed brown sugar
3 1/2 teaspoons dry mustard
1/3 cup apple cider
1 (29 ounce) can peach halves, drained
1 (16 ounce) can whole berry cranberry sauce

Preheat oven to 325 degrees F.

Score top of ham with sharp knife and insert cloves. Place in shallow roasting pan. Bake at 325 degrees F for 1 1/4 to 1 1/2 hours, or until thoroughly heated.

Meanwhile, in small bowl combine brown sugar, mustard and cider. During last 20 minutes of baking, spoon half of brown sugar glaze over ham. Continue baking, occasionally spooning glaze over ham.

Place peach halves cut side up in 9-inch square pan; pour remaining half of glaze over peaches. Bake at 325 degrees F for 10 minutes. Fill each warmed peach with cranberry sauce and serve with ham.

Cinnamon Apple Pork Roast

Serves 6

1 (2 pound) boneless, skinless pork roast
1 tablespoon vegetable oil
1 teaspoon black pepper
1 teaspoon ginger, ground
1/2 teaspoon nutmeg, ground
1/2 teaspoon cinnamon, ground
1/2 cup apple juice
1/4 cup honey
1 tablespoon lemon juice
2 apples, cored, peeled, and sliced into wedges

Brush pork loin with oil. Combine all the pepper and half of the ginger, nutmeg, and cinnamon. Rub mixture over surface of roast.

In small saucepan, combine the other half of the spices with the apple juice, honey, lemon juice and apple wedges.

Roast pork loin in shallow pan in a 350 degree F oven for 45 minutes to an hour, until internal temperature reads 155 degrees F. Remove from oven; let roast stand for 10 minutes (internal temperature will rise to 160 degrees F).

Meanwhile, cook apple mixture over medium heat until apples are tender. \

Serve sliced roast with apples.

Citrus Pork Roast

1 medium grapefruit
1 medium orange
1 medium lemon
2 tablespoons olive or vegetable oil
1 1/2 teaspoon dried rosemary, crushed
1/2 teaspoon salt
1 garlic clove, minced
1 (5 pound) boneless pork loin roast, trimmed

Cut fruit in half; squeeze to remove juice, reserving rinds. In a large resealable plastic bag, combine fruit juices, oil, rosemary, salt, if desired, and garlic. Make shallow cuts in top of roast. Place roast in bag; seal and turn to coat. Refrigerate overnight.

Place roast and marinade in a shallow baking pan. Bake, uncovered, at 325 degrees F for 1 1/2 hours, basting with juices every 30 minutes.

Meanwhile, slice fruit rinds into 1/4-inch strips; arrange around roast. Bake 30 minutes longer or until meat thermometer reads 160 to 170 degrees F. Let stand for 15 minutes before slicing. Arrange pork slices on a platter; drizzle with 1/4 cup of pan juice.

Yield 18 servings.

Coca-Cola Glazed Kielbasa

1 to 2 tablespoons olive oil
1 red onion, thinly sliced
1 green bell pepper, thinly sliced
2 rosemary sprigs
1/3 cup honey
1 tablespoon Yellow mustard seed
2 pounds Polish kielbasa sausage
1 (12 ounce) can Coca-Cola Classic
Rosemary sprigs for garnish

In a 5 1/2-quart Dutch oven over medium-high heat, heat the oil until hot. Add the onions, green bell pepper and two rosemary sprigs. Lower the heat to medium and cook until the onions are nearly translucent, about 3 to 5 minutes.

Stir in honey, mustard seed, and sausage. Pour the Coca-Cola over the sausage and bring to a boil. Reduce the heat to a simmer and cook, uncovered, until the liquid is absorbed and glazes the sausage. This will take about 30 to 40 minutes. Stir frequently to prevent the sausage from sticking.

Remove the rosemary sprigs from the Dutch oven and transfer the sausage slices to serving platter. Garnish with fresh rosemary sprigs.

Coca-Cola® Ham

1 (6 pound) ham

Brown sugar

1 (12 ounce) can Coca-Cola®

Preheat oven to 325 degrees F.

Score top of ham. Place in oven just until hot. Remove from oven and cut skin off ham. Pack outside of ham well with brown sugar about 1/4-inch thick. Pour Coca-Cola® in bottom of pan. Do not pour over ham. Place ham in oven and let top of ham cook dry for about 10 minutes. Remove and baste. Continue cooking ham, uncovered, for 1 hour, basting every 10 minutes. Take ham out of oven and baste occasionally as it cools.

Coco Kiwi Pork

1 pound boneless fresh ham, sliced for stir fry
1/4 cup soy sauce
1/4 cup dry white wine or chicken broth
2 tablespoons honey
1 tablespoon lime juice
1 tablespoon cornstarch
1 teaspoon dry ginger
1 tablespoon vegetable oil
1/2 onion, thinly sliced
1/2 cup cashews
1/2 cup shredded coconut
1 kiwifruit, peeled and sliced

In medium bowl, combine soy sauce, wine, honey, lime juice, cornstarch and ginger. Add pork strips. Marinate for 20 to 30 minutes.

Drain pork, reserving marinade.

Heat oil in large skillet over medium–high heat. Add pork and stir fry 3 to 4 minutes. Add onion and stir fry one minute longer.

Add marinade to skillet. Cook and stir until sauce thickens. Stir in cashews and coconuts. Heat through.

Serve garnished with kiwifruit slices.

Cornbread and Bacon Stuffed Pork Chops

6 pork rib or loin chops, 1 to 1 1/4 inches thick (about 4 pounds)
4 slices bacon, cut into 1/2-inch pieces
1 medium onion, chopped (1/2 cup)
1 (1/2 cup) small green bell pepper, chopped
1 cup cornbread stuffing crumbs
1/2 cup water
1/2 cup shredded Cheddar cheese (2 ounces)
1/2 teaspoon seasoned salt
1/2 teaspoon dried marjoram leaves
1/4 teaspoon pepper

Preheat oven to 350 degrees F.

Make a pocket in each pork chop by cutting into side of chop toward the bone. Cook bacon in a 12-inch skillet over medium heat stirring occasionally until crisp. Stir in onion and bell pepper. Cook 2 to 3 minutes, stirring occasionally until vegetables are crisp-tender. Remove from heat. Drain. Stir in stuffing crumbs and water until well mixed. Stir in cheese.

Sprinkle both sides of pork with seasoned salt, marjoram and pepper. Fill pockets with about 1/3 cup cornbread mixture. Cook pork in same skillet over medium heat, turning once until brown. Place pork in ungreased 13 x 9 x 2-inch pan. Cover tightly with aluminum foil. Bake 45 minutes.

Uncover and bake about 15 minutes longer or until pork is slightly pink when cut near bone.

Country Ham

1 (14 pound) country ham
1 cup cheap vinegar
1 quart molasses or sorghum
1 cup powdered instant dry coffee
6 or 7 dozen whole cloves

Place the ham, skin side down, in a cooking utensil large enough so that you can completely cover the ham with water. Add the water and then add remaining ingredients. Bring to a boil, and then simmer 20 minutes to a pound. After cooking, allow the ham to cool overnight in the utensil and the liquid used in cooking.

When completely cool, remove from liquid, place on a section of newspaper, skin side down, and refrigerate for at least 24 hours. Trim most of the skin and fat from the ham, and it is ready to eat.

Country Ham

1 (14 pound) country ham
1 quart Coca-Cola®
1 teaspoon whole cloves
6 whole allspice
6 peppercorns
Water to cover

Soak the ham overnight covered in water. Cut ham hock off with a hacksaw so the ham will fit in your pot or roaster.

Put Coca-Cola®, cloves, allspice and peppercorns in a large pot to which the ham has been added. Cover with water. Simmer ham for 25 minutes per pound.

Partly cool ham in water in which it was cooked. Skin the ham. Trim fat to 1/2-inch thickness. Stud entire ham with whole cloves placed 1/4 inch apart. Cover ham and cloves with a 1/2 inch layer of dark brown sugar. Bake ham at 350 degrees F for 1 hour.

Put a mixture of 1 cup Coca-Cola® and 1 cup water in the pan to prevent burning. You may have to renew some of the water. If the sugar gets very black, turn heat down to 250 degrees F and bake an extra 30 minutes. The sugar should be caramelized with a dark brown, almost black, appearance. Cool, then slice thinly.

Country Ham with Brown Sugar Coating

- 1 (10 to 12 pound) uncooked country ham**
- 1 (64 ounce) bottle apple juice**
- 2 teaspoons ground cloves**
- 2/3 cup firmly packed brown sugar**
- 2 1/2 tablespoons dry sherry, red wine, or cider vinegar**

Place ham in a large container. Cover with water, and let soak 24 hours. Drain. Scrub ham in warm water with a stiff brush; rinse well. Place ham in a large cooking container. Insert meat thermometer, making sure it does not touch fat or bone. Add apple juice. Add enough hot water to cover ham. Bring to a boil; cover, reduce heat and simmer 2 hours or until meat thermometer registers 142 degrees F.

Let ham cool in drippings 3 hours. Remove from drippings. Cover and refrigerate ham at least 8 hours.

Trim skin from ham. Place ham, fat side up, on a rack in a shallow roasting pan. Sprinkle fat with ground cloves. Combine brown sugar and sherry; brush over ham. Bake at 425 degrees F for 10 to 15 minutes or until coating is golden and crusty (ham will be cool). Slice thinly to serve.

Makes 30 servings.

Cranberry Onion Chops

- 4 (4 ounce) boneless pork chops**
- 1 (8 ounce) bottle reduced-calorie French dressing**
- 1 package dry onion soup mix**
- 1 (16 ounce) can whole cranberry sauce**

In large nonstick skillet, brown pork chops on one side over medium-high heat. In a medium bowl, stir together remaining ingredients to mix well. Turn chops; pour cranberry mixture over chops in skillet, bring to a boil. Lower heat, cover and simmer for 10 minutes, until chops are just done and still tender.

Serve with rice or noodles, if desired.

Yield: 4 servings.

Cranberry Spareribs

Yield: 6 servings

1/2 cup orange marmalade
1/4 cup lemon juice
1/8 teaspoon ground cinnamon
1 teaspoon vinegar
4 pounds spareribs
1 (10 ounce) can beef gravy
1 (16 ounce) can whole berry cranberry sauce

Cut ribs into serving size pieces; place in Dutch oven or large kettle. Cover with water and bring to boil. Reduce heat; cover and simmer for 45 minutes.

In a medium saucepan, combine gravy, cranberry sauce, marmalade, lemon juice and cinnamon; bring to boil. Reduce heat; simmer for 10 to 15 minutes or until thickened, stirring occasionally. Remove from the heat and stir in the vinegar.

Drain the ribs; place meaty side up in a greased 13 x 9 x 2-inch baking dish. Pour 1/2 cups of the sauce over the ribs. Cover and bake at 400 degrees F for 20 minutes.

Uncover and bake 15 to 20 minutes longer, or until meat is tender, basting every 5 minutes with the remaining sauce.

Crispy Potato Flakes Pork Chops

2/3 cup potato flakes, instant

1 egg, beaten

3 tablespoon milk

4 medium pork chops

Salt and pepper to taste

Paprika

Preheat oven to 400 degrees F. Spray pan with nonstick spray.

Wash pork chops; set aside.

Beat egg and milk together. Place potato flakes in shakable container. Dip pork chops in egg mixture, then into potato flakes. Lay in pan. Sprinkle salt and pepper to taste. Sprinkle paprika on top to brown. BAke approximately 45 minutes or until done.

Curried Peachtree Pork

1 pound boneless pork leg cutlets, 1/4-inch thick
1 tablespoon vegetable oil
1/2 onion, coarsely chopped
1/2 teaspoon ground ginger
2 teaspoons curry powder
1 cup chicken broth
4 teaspoons cornstarch
1/4 teaspoon seasoned salt
1/2 cup coarsely chopped fresh or canned peaches
2 tablespoons peach jam

In large skillet, heat oil over medium heat. Add cutlets and onion to skillet and sauté pork quickly, about 2 minute per side, until golden brown.

In medium bowl, stir together remaining ingredients. Pour mixture over pork cutlets. Cook and stir gently, over low heat, until sauce thickens, about 8 to 10 minutes.

Curried Pork

Brown 1 pound diced lean pork in 1 tablespoon fat. Add 1 chopped onion and 2 apples, peeled and diced; brown lightly. Add 2 tablespoons flour, 1 to 2 teaspoons curry powder, 1/4 teaspoon ginger, 1/8 teaspoon garlic salt, 2 cups bouillon and 1 tablespoon lemon juice. Cover; simmer 35 minutes.

Serve over hot cooked rice.

Delicious Baked Ham

1 (6 pound) boneless cooked ham (half of a ham)
1 cup light brown sugar
1/4 cup pure maple syrup (the real thing will only do)
**1/4 cup prepared Dijon mustard (I use grey poupon or
Jack Daniel's Dijon mustard which is excellent for flavor)**

Preheat your oven to 325 degrees F.

With a sharp knife score the ham with diagonal lines about 1/8– to 1/4–inch deep into the fat to achieve a diamond pattern.

Place the ham fat side up in a shallow roasting pan and bake 30 minutes.

Combine together brown sugar, maple syrup and mustard whisking until well combined. Brush the ham with the mixture and return to oven.

Bake an additional 30 minutes and then brush with again with remaining sugar mixture. Continue to bake for approximately 15 to 20 minutes longer or until a meat thermometer reaches 140°F.

Remove ham from oven and allow to rest 15 to 20 minutes on a wire rack. Slice and serve.

When catering this ham, I cut the ham in half and sliced it 1/4" thick the long way and laid it flat side down and fanning out the pieces serving one half at a time, depending on the amount of people attending. Serve with rye or pumpernickel bread.

The ham makes 12 servings.

Delta Supper with Cornbread Topping

1 pound smoked sausage, cut into 1-inch pieces
1 large onion, cut into thin wedges
2 large green bell peppers, cut into strips
3 tablespoons vegetable oil, divided
1 (15 ounce) can diced tomatoes, undrained
2 (16 ounce) cans black-eyed peas, drained
1 cup self-rising cornmeal mix
1/4 teaspoon cayenne pepper
2/3 cup milk
1 egg, beaten

Preheat oven to 400 degrees F.

In a large skillet over medium-high heat, cook sausage, onion and green pepper in 1 tablespoon oil until vegetables are tender.

Stir in tomatoes and peas; reduce heat and simmer for 5 minutes. Pour into a greased 13 x 9-inch baking dish.

In a small bowl, combine corn meal mix, red pepper, milk, egg and remaining oil; stir until smooth. Pour over sausage mixture. Bake for 25 to 30 minutes or until golden brown.

Yields 6 to 8 servings.

Devilish Chops

1 pound boneless pork loin, cut into 4 equal pieces
1/2 cup flour seasoned with 1/2 teaspoon seasoned salt
2 tablespoons butter
1 tablespoon vegetable oil
2 tablespoons vinegar
3/4 cup chicken broth
1 cup sour cream
2 tablespoons Dijon–style mustard
2 tablespoons green peppercorns

Place each loin slice between two pieces of plastic wrap. Flatten to 3/8–inch thickness. Dredge chops in seasoned flour.

Heat butter and oil in large skillet over medium–high heat. Brown chops quickly, about 3 to 4 minutes on each side. Remove from pan and keep warm.

Add vinegar and broth to skillet. Bring to boil and stir until reduced to about 1/2 cup. Lower heat. Stir in sour cream and mustard and whisk until smooth. Add peppercorns. Simmer and stir gently until sauce thickens slightly. Pour sauce over chops. Garnish with sweet gherkins, if desired.

Dijon Honey Chops

1 pound boneless pork loin chops, 3/4-inch thick
Lemon pepper or seasoned salt
1 tablespoon vegetable oil
1/3 cup orange juice
1 1/2 tablespoons Dijon-style mustard
1 tablespoon honey
2 teaspoons cornstarch
2 oranges, peeled and sliced (for garnish)
Watercress or parsley (for garnish)

Sprinkle surfaces of chops with desired seasoning.

Heat oil in heavy skillet over medium-high heat. Brown chops, about 2 minutes per side. Combine remaining ingredients except garnish. Pour mixture over chops. Cover, reduce heat to low and simmer for 8 to 10 minutes.

Remove chops to serving platter. Garnish with orange slices and watercress.

Dilled Pork Cutlets

- 4 boneless pork loin cutlets,
pounded to 1/4-inch thickness
- 1 tablespoon butter
- 3 tablespoons mayonnaise
- 1 tablespoon stone-ground mustard
- 2 tablespoons lemon juice
- 2 teaspoons dillweed

Blend together mayonnaise, mustard, lemon juice and dill.

In a heavy skillet, melt butter over medium-high heat (do not allow to brown). Add cutlets. Brush with dill sauce. Cook over medium heat, turning often and brushing often with sauce, until lightly browned, about 10 minutes.

Serve with remaining sauce, if desired.

Dilled Pork Roast

1 (3 to 4 pound) boneless pork shoulder roast, trimmed
1 tablespoon salt
1 1/2 teaspoons garlic powder
6 tablespoons minced fresh dill or 2 tablespoons dill weed

Cut about five deep slits across top of roast. Combine seasonings; stuff some into the slits. Tie meat securely. Rub roast with remaining seasonings. Place in a large resealable plastic bag and refrigerate overnight.

Remove roast from bag and place in a greased roasting pan. Bake, uncovered, at 325 degrees F for 2 1/2 to 3 hours or until a meat thermometer reads 170 degrees F and meat is tender. Let stand 10 minutes before slicing.

Yields 10 to 12 servings.

Dixie Pork Chops

8 pork chops
1/2 teaspoon salt
1/4 teaspoon sage
4 tart apples, cored, sliced into rings
1/2 cup brown sugar
2 tablespoons all-purpose flour
1 cup hot water
1 tablespoon vinegar
1/2 cup seedless raisins

Brown chops in small amount of hot oil. Sprinkle with salt and sage. Place in casserole. Top with apple rings and sprinkle with brown sugar. Add flour to oil in skillet and stir constantly until brown. Add water and vinegar. Cook until thick.

Add raisins. Pour mixture over chops. Cover. Bake at 350 degrees F for 1 hour.

Dr. Pepper Pork Chops

24 ounces Dr. Pepper®
1 cup brown sugar
1 teaspoon garlic powder
2 teaspoons ground cloves
1/2 teaspoon ginger
1 teaspoon black pepper
1 teaspoon salt
1 small onion, sliced
6 center-cut pork chops

Preheat oven to 325 degrees F.

In a 9 x1 3-inch pan, mix all ingredients except the meat. Cook 15 minutes; stir. Place pork chops in mixture, and cover pan with foil. Bake 3 hours.

Makes 6 servings.

Drunken Pork Chops

Pork chops, browned

1/2 to 1 can of beer (to taste)

1 can cream of mushroom soup

1 envelope dried onion soup mix

1 small can mushrooms, drained (optional)

Mix beer, soup and onion soup mix together and pour over browned pork chops in skillet. Simmer until the pork chops are done. Just before serving, add mushrooms, if desired.

These are great served with egg noodles.

Dry Garlic Spareribs

Serves 4 to 6

3 pounds spareribs
1 1/2 cups brown sugar
1 1/2 cups Water
4 or 5 garlic cloves
4 1/2 tablespoons light soy sauce
1 1/2 tablespoons dry mustard

Bring a large pot of water to boil. Cut the ribs apart. Add the spareribs to the boiling water, cover, and allow to simmer for 30 minutes until tender.

While the spareribs are simmering, mix together the sauce ingredients. Remove the spareribs from the pot, and slice the meat between the bones. If you like, set aside the pork broth to use in another recipe. Clean out the pot.

Add the sauce ingredients to the pot and bring to a boil. Add the spareribs, bring back to a boil, and simmer for 10 – 15 minutes.

Easy Sweet and Sour Pork

1 pound cubed pork
2 tablespoons oil
20 ounces pineapple chunks with juice
1/2 cup light Karo® corn syrup
1/4 cup cider vinegar
2 tablespoons catsup
2 tablespoons soy sauce
1 clove garlic, crushed
Green bell pepper, cut into chunks
2 tablespoons cornstarch
2 tablespoons water

Brown pork in oil. Add pineapple, corn syrup, vinegar, catsup, soy sauce and garlic. Bring to a boil. Reduce heat. Simmer uncovered for 10 minutes.

Add green bell pepper, cornstarch and water. Boil for 1 minute.

Serve over rice.

French Pork Roast

1 (5 pound) pork rib roast
2 cloves garlic, slivered
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup chopped onion
1/2 cup chopped carrots
2 parsley sprigs
2 tablespoons all-purpose flour
1 tablespoon chopped parsley
1 tablespoon salt
1/8 teaspoon pepper
1/4 cup butter or margarine, melted
Chopped parsley
1 can condensed chicken broth
3 pounds medium potatoes, pared and sliced thin
1 cup chopped onion

Preheat oven to 425 degrees F.

Wipe pork roast with damp paper towel. Rub outside of pork with cut slices of garlic.

Combine 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Rub over pork to coat well. Insert garlic slivers where possible in crevices in bone. Place pork fat side up in large shallow roasting pan without rack. Place 1/2 cup chopped onion, 1/2 cup chopped carrots and 2 parsley sprigs under pork roast. Roast uncovered for 1 hour.

Remove from pan. Pour off most of fat, leaving about 1 tablespoon in pan. Stir 2 tablespoons flour into pan. Gradually stir in 1 cup condensed chicken broth into flour mixture until well combined. Then stir in 3/4 cup water. Bring to boiling; reduce heat and simmer stirring to dissolve browned bits about 2 minutes.

Strain gravy through strainer into saucepan, discarding vegetables. Set gravy aside to reheat later. Return pork to roaster.

Gently toss sliced potatoes with 1 cup chopped onion and 1 tablespoon chopped parsley, 1 tablespoon salt and 1/8 teaspoon pepper to mix well. Arrange around roast.

Heat remaining chicken broth to boiling; pour over potatoes. Brush potatoes with melted butter. Reduce oven temperature to 400 degrees F, then roast pork 45 minutes to 1 hour longer or until temperature reaches 170 degrees F and potatoes are fork tender and nicely browned. Sprinkle potatoes with chopped parsley.

Serve pork and potatoes from roasting pan or baking dish. Reheat gravy.

Serves 8.

Fried Ham Slices

2 slices center-cut ham
1 tablespoon butter or vegetable oil
1 teaspoon dry mustard
2 teaspoons light brown sugar

Gravy

1 tablespoon cornstarch
1 cup milk or water
1 teaspoon chopped fresh parsley

Trim the rind from ham slices. Melt butter in a large heavy skillet. Sprinkle the slices with the mustard and brown sugar if desired. Place them in the skillet and fry over medium heat until golden brown on each side, about 15 minutes a side. Remove the slices to a platter and slice them thin.

For gravy, dissolve the cornstarch in milk and add to the skillet. Reduce heat to low, stir in the parsley and bring to a boil. Make sure all the brownings are loosened from the pan and stir until thickened, about 5 minutes.

Garden of Eden Pork Roast

1/2 teaspoon salt
1/2 teaspoon grated orange peel
1/2 teaspoon grated lemon peel
1 teaspoon coarsely ground black pepper
1 teaspoon dried thyme
1 (3 pound) boneless pork roast
1/2 cup fresh orange juice
1/2 cup apple juice
2 tablespoons Grand Marnier
1 (14 ounce) can chicken broth
1 Golden Delicious apple, cored and sliced
1 medium onion, sliced (1 cup)
1 tablespoon chopped jalapeño
1 1/2 tablespoons cornstarch
1/4 cup water

Preheat oven to 350 degrees F degrees.

Combine salt, orange peel, lemon peel, pepper and thyme in small mixing bowl. Rub mixture into skin of roast, pressing with force. Place the roast on a rack in a 9 X 12–inch roasting pan. Cook for 1 hour or until roast has reached an internal temperature of 145 degrees F degrees.

Pour off drippings. Add juices, grand Marnier, broth, apple, onion, and jalapeño to the roast in the pan. Bake for an additional 30 minutes or until roast has reached an internal temperature of 160 degrees F degrees.

Transfer meat to a serving platter. Combine cornstarch and water in a small bowl and mix well.

In a 4–quart saucepan, bring juices from roasting pan to a boil. Stir in cornstarch mixture and bring to a slow boil. Pour juices over meat and serve.

Yields: 6 servings

Georgia Peach–Glazed Pork Roast

Yields 10 servings

1 (2 to 2 1/2 pound) boned and rolled pork loin roast
1/2 cup peach preserves
1 tablespoon Dijon mustard
1/2 teaspoon cinnamon

Preheat oven to 325 degrees F. Coat a roasting pan with cooking spray.

Unroll roast; trim visible fat. Re–roll and tie with heavy string at 1–inch intervals.

In a small saucepan, combine preserves, mustard and cinnamon; mix well.

Brush 1 tablespoon peach mixture over roast. Place on roasting pan; insert meat thermometer in the thickest portion of roast. Bake 1 hour and 45 minutes to 2 hours, or until thermometer registers 155 degrees F; baste once with peach mixture.

Remove from oven, tent with foil and let stand for 15 minutes; slice.

Boil the remaining peach mixture 2 minutes. Serve with roast.

German Pork Chop Feast

6 pork chops
2 tablespoons Crisco®
4 potatoes
1 can sauerkraut
Few tablespoons water
Salt and pepper, to taste

Season and brown chops. Place in a casserole. Slice potatoes over the top. Mound sauerkraut on the pork chops. Remove excess fat from the skillet. Add water and heat. Pour resulting brown broth over the sauerkraut. Cover the casserole and bake at 325 degrees F for 2 to 2 1/2 hours.

German Pork Dinner

1 (3 pound) boneless pork roast
1 clove garlic, chopped
1 tablespoon sage
1 large onion, chopped
2 cans sauerkraut
6 medium potatoes
3 tablespoons vegetable oil
3 cups water

Score roast and stuff with chopped garlic and onion. Rub with sage and brown in oil. Reserve drippings. Cover and cook for 2 1/2 to 3 hours in 3 cups of water.

When done, drain water and pour drained sauerkraut over the roast. Peel and quarter potatoes, laying them on top of the sauerkraut. Cover and simmer until potatoes are tender. Salt and pepper to taste.

Ginger Melon Pork

1 pound fresh ham, cubed
1 tablespoon vegetable oil
1/2 onion, thinly sliced
1 clove garlic, minced
1 tablespoon grated fresh ginger or 1 teaspoon dry ginger
2 tablespoons soy sauce
1/4 cup dry sherry
2 tablespoons wine vinegar
1 tablespoon cornstarch
3 cups cantaloupe or honeydew, cubed
1/2 cup pickled watermelon rind, diced

Heat oil in large skillet over medium–high heat. Brown pork cubes, stirring, until lightly browned, about 4 to 5 minutes.

Stir in onion, garlic and ginger; stir and cook for 2 to 3 minutes. Mix together soy sauce, sherry, vinegar and cornstarch. Add to skillet. Cook and stir until sauce thickens. Stir in melon and watermelon rind. Heat through.

Glazed Pork Chops with Spiced Onion Marmalade

Nonstick vegetable oil spray
3/4 cup ketchup
1/4 cup plus 1 tablespoon mild-flavored (light) molasses
1/4 cup bourbon
2 tablespoons Dijon mustard
1 large clove garlic, minced
6 pork loin chops, each about 1-inch thick
Spiced Onion Marmalade (recipe follows)

Preheat oven to 400 degrees F. Spray baking sheet with vegetable oil spray.

Whisk next 5 ingredients in small bowl to blend. Sprinkle pork chops with salt and pepper. Brush generous 1 tablespoon glaze on each side of pork chops. Place chops on prepared baking sheet. Bake until thermometer inserted into center registers 150 degrees F, about 30–45 minutes or until tender.

Serve with warm Spiced Onion Marmalade.

Spiced Onion Marmalade
1/4 cup olive oil
1 pound sweet onions, such as Vidalia, diced
3 garlic cloves, chopped
1/4 cup balsamic vinegar
1/4 cup (packed) golden brown sugar
2 tablespoons tomato paste
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg

Heat oil in heavy medium skillet over medium-high heat. Add onions and garlic; sauté until onions just begin to brown, about 10 minutes.

Add vinegar and sugar and cook 5 minutes, stirring often.

Stir in tomato paste, ginger, cloves and nutmeg. Reduce heat to low and simmer until marmalade is thick, stirring often, about 1 minute.

Season with salt and pepper. (Can be made 5 days ahead. Cover and chill. Rewarm before serving.)

Gold Dust Pork Chops

6 butterfly pork chops, cut 3/4-inch thick
1 (17 ounce) can apricot halves, drained, reserving liquid
3 tablespoons orange liqueur
1 tablespoon granulated sugar
1/4 teaspoon grated orange peel
Dash of ground allspice
1 tablespoon cornstarch
1 tablespoon butter or margarine
1/4 cup chopped red onion
1 large firm pear, sliced
1 1/2 cups seedless red grapes

Marinate pork chops in combined apricot liquid, orange liqueur, sugar, orange peel and allspice in refrigerator for 30 minutes.

Place pork chops on broiler pan; reserve marinade. Broil 5 inches from heat for 4 to 5 minutes on each side.

Meanwhile, purée apricots with reserved marinade and cornstarch in food processor. Sauté onion and pear in melted butter in skillet for 3 minutes. Add apricot mixture. Cook and stir until thickened. Stir in grapes.

Golden Gate Chops

1 tablespoon vegetable oil
4 pork chops
1 clove garlic
2 teaspoons vegetable oil
4 tablespoons dry sherry or broth
4 tablespoons soy sauce
2 tablespoons brown sugar
1/4 teaspoon crushed red pepper
2 teaspoons cornstarch
2 tablespoons water

Trim fat from chops. Heat oil in skillet. Brown meat on both sides.

Mix garlic, oil, sherry or broth, soy sauce, brown sugar and red pepper. Pour over meat and cover tightly. Simmer for 30 to 35 minutes. Add 1 to 2 tablespoons water if needed.

Dissolve cornstarch in water. Add to pan and cook until thickened.

Serve over buttered noodles.

Gourmet Baked Stuffed Pork Chops

1 cup bread stuffing
1/4 cup hot water
2 tablespoons soft butter
6 double-rib pork chops with pockets
1/4 teaspoon salt
1/2 teaspoon onion salt
1 (16 ounce) can applesauce
1/4 cup water
1/4 teaspoon salt
1 clove garlic, minced
Pinch each thyme, marjoram and oregano

Mix bread stuffing with hot water and butter; fill pockets in the chops with the dressing. Season chops with the salt and onion salt and arrange in a shallow casserole.

Combine applesauce, water, salt and garlic. Pour the mixture over the chops and sprinkle with the herbs. Bake at 350 degrees F for 1 1/2 hours, covered. Uncover and continue baking for 20 minutes more, basting occasionally.

Granny Smith's Pork

1 pound boneless pork leg, cut into 1/2-inch cubes
2 tablespoons vegetable oil
4 Granny Smith apples, cored and sliced into 1/2-inch wedges
1 cup dry white wine or chicken broth
1/2 cup brown sugar
1/4 cup cider vinegar
3 tablespoons cornstarch
2 tablespoons Worcestershire sauce
1/2 teaspoon salt
1/4 teaspoon black pepper

Heat oil over medium heat in a large skillet. Add pork and brown on all sides. Add apple slices. Sauté for 3 minutes, stirring occasionally. Add 1/2 cup wine, reduce heat, cover and simmer 10 minutes.

Mix remaining wine together with remaining ingredients and add to skillet. Cook over medium heat, stirring constantly until sauce thickens.

Serve over hot rice or noodles.

Grilled Pork Chops Yucatan

6 pork chops

Sour orange juice or grapefruit juice to cover chops

1/2 teaspoon pepper

2 cloves garlic crushed with 1 teaspoon salt

Vegetable oil

6 sprigs cilantro, minced

Mix juice, pepper and garlic salt. Soak pork chops for at least 2 hours.

Preheat oven to 450 degrees F.

Drain chops and dry with paper towels. Brush with vegetable oil and broil for 10 minutes on each side, about 4 inches from the broiler. Remove chops to a serving dish. Garnish with cilantro.

Grits Scrapple

9 cups salted water
1 pound pork sausage
1 medium onion, chopped
2 cups grits

Break sausage into small pieces. Add sausage and onion to boiling water. Lower heat to low and cook for 30 minutes.

Add grits and cook until thick. Pour into a shallow pan and refrigerate. Slice mixture 1-inch thick after it has become hard. Roll in flour and fry until golden brown.

Guava Glazed Ham

1 (10 ounce) jar guava jelly
1/3 cup unsweetened pineapple juice
2 tablespoons brown sugar
1 tablespoon prepared mustard
2 tablespoons sherry wine
1 (5 pound) ham

Combine all ingredients except ham in saucepan. Bring to a boil and simmer for 10 minutes.

Place ham in foil-lined pan. Bake at 350 degrees F for 1 hour 15 minutes. Baste ham with glaze at 10 minute intervals.

Ham and Red-Eye Gravy

1/4 cup unsalted butter

1 1/2 pounds baked ham, cut into 1/2-inch thick slices

1/4 cup brewed coffee

Tabasco® sauce, to taste

In a large skillet heat the butter over moderately high heat until the foam subsides and in it sauté the ham in batches, turning it once, for 2 to 3 minutes on each side, or until it is browned. Transfer it to a platter.

Into the skillet pour the coffee and 1/2 cup boiling water and cook the mixture over high heat, scraping up the brown bits, for 2 minutes.

Season the gravy with the Tabasco® and pepper and pour it over the ham slices.

If desired, strain the gravy before pouring it over the ham.

Ham with Vanilla and Champagne Glaze

1 (11-pound) 33%-less-sodium smoked,
fully cooked bone-in ham
24 whole cloves
Cooking spray
1 1/2 cups Champagne or sparkling wine, divided
1 (2-inch) piece vanilla bean, split lengthwise
1 cup apple jelly

Preheat oven to 350 degrees F.

Trim fat and rind from ham. Score outside of ham in a diamond pattern; stud with cloves. Place ham, bone end up, in a roasting pan coated with cooking spray. Pour 1 cup Champagne over ham. Bake at 350 degrees F for 45 minutes.

Scrape seeds from vanilla bean into a small saucepan. Add bean and 1/2 cup Champagne to pan. Bring to a boil; cook 2 minutes. Stir in jelly; cook 3 minutes or until jelly dissolves, stirring constantly. Remove from heat. Discard vanilla bean. Pour half of Champagne mixture over ham. Bake 30 minutes; pour remaining Champagne mixture over ham. Bake an additional 30 minutes or until ham is thoroughly heated. Place ham on a platter; cover loosely with foil. Let stand 15 minutes.

4. Place a zip-type plastic bag inside a 2-cup glass measuring cup or bowl. Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into a bowl, stopping before fat layer reaches opening; discard fat. Serve sauce with ham.

Yield: 30 servings (serving size: 3 ounces ham and about 1 1/2 teaspoons sauce).

Hawaiian Pork

Sweet and Sour Sauce

1/2 cup cider vinegar
1/2 cup firmly packed brown sugar
1/2 cup catsup
1/4 cup unsweetened pineapple juice
1/4 cup cornstarch
2 tablespoons soy sauce

Stir all ingredients together. Set aside.

Pork and Vegetables

2 pounds lean boneless pork (such as shoulder or butt),
trimmed of excess fat and cut into 3/4-inch cubes
1 egg, beaten
1/2 cup cornstarch
6 tablespoons vegetable oil
1 small green bell pepper, cut into 1-inch squares
1 small red bell pepper, cut into 1-inch squares
1 small onion, cut into wedges, layers separated
1/4 pound Chinese pea pods (snow or sugar peas); or
1 package frozen Chinese pea pods, thawed and drained

Dip pork cubes in beaten egg; drain briefly and roll in cornstarch to coat lightly; shake off excess. Place a wok over high heat. When wok is hot, add 2 tablespoons of the oil. When oil is hot, add half the pork; stir fry until evenly browned (5 to 7 minutes).

Lift pork from wok and set aside. Repeat to brown remaining meat, adding more oil as needed. Add remaining oil (about 2 tablespoons) to wok. Add bell peppers and onion; stir fry until vegetables are tender-crisp to bite (about 2 minutes).

Add pea pods, then stir sauce and add. Stir until sauce boils and thickens; return pork to wok and stir until heated through.

Makes 6 to 8 servings.

Herbed Pork Roast

1/4 cup packed brown sugar
1 tablespoon dried thyme
1 teaspoon each garlic salt, pepper, dried
rosemary and crushed sage
1 boneless pork loin roast (3–4 pounds)
1/4 cup all-purpose flour

Combine brown sugar, herbs and seasonings. Rub over entire roast. Place roast, fat side up on a rack in a roasting pan. Place in a 500 degree F oven. Immediately reduce heat to 325 degrees F. Bake uncovered for two hours or until a meat thermometer reads 160 degrees.

Remove roast from pan.

To make gravy, pour pan drippings into a large measuring cup and add water to equal 2 cups. Pour into a saucepan; add flour. Cook and stir over medium heat until gravy comes to a boil. Cook and stir 2 minutes more.

Slice roast and serve with gravy.

Makes 6 to 8 servings.

Holiday Rack of Pork

**1 (4 to 5 pound) center loin pork
roast, chine bone removed
2 cloves garlic, peeled
Coarsely-ground black pepper**

Trim excess fat from loin and all extra meat from rib bones (or ask the butcher to "French" the bones for you). Cut garlic cloves in half and rub over all surfaces of loin; sprinkle generously with black pepper. Place in preheated 350 degree F oven, with bones up, on rack in shallow roasting pan. Roast 1 to 1 1/2 hours (about 18 to 20 minutes per pound) until meat thermometer placed in center of loin eye reads 160 degrees F.

Remove from oven; let rest 10 minutes. Cut between rib bones to serve. Serves 6.

Honey Raspberry Pork Chops

4 (1-inch thick) boneless pork loin chops
2 tablespoons all-purpose flour
1/3 cup Grey Poupon honey mustard
1/4 cup seedless raspberry jam
2 tablespoons cider vinegar
1 tablespoon olive oil
1 tablespoon chopped fresh parsley

Coat pork chops with flour, shaking off excess.

In a small bowl, combine mustard, raspberry jam and vinegar; set aside.

In a large skillet, over medium-high heat, brown pork chops on both sides in hot oil. Add mustard mixture. Heat to a boil; reduce heat. Cover; simmer for 10 minutes or until done. Sprinkle with parsley.

Makes 4 servings.

Honey Sesame Tenderloin

1 pound whole pork tenderloin
1/2 cup soy sauce
2 cloves garlic, minced
1 tablespoon grated fresh ginger or 1 teaspoon dry ginger
1 tablespoon sesame oil
1/4 cup honey
2 tablespoons brown sugar
4 tablespoons sesame seed

Combine soy sauce, garlic, ginger and sesame oil.

Place tenderloin in a heavy plastic bag. Pour soy mixture over to coat. Let marinate 2 hours at room temperature or overnight in refrigerator.

Remove pork from marinade; pat dry.

Mix together honey and brown sugar in a shallow plate.

Place sesame seed on a separate shallow plate. Roll pork well in honey mixture, coating well, then roll in sesame seed. Roast in a shallow pan at 375 degrees F for 20 to 30 minutes, until meat thermometer inserted registers 160 degrees F.

Remove to serving platter. Slice thinly to serve.

Honey–Garlic Pork Chops

4 pork chops
1/4 cup honey
1/4 cup lemon juice
2 tablespoons soy sauce
1/2 teaspoon bottled minced garlic

Brown pork chops in oil for 1 minute on each side. Reduce heat to medium and cook about 8 minutes; turn and cook 5 minutes more or until done.

Meanwhile, in a small bowl, stir together remaining ingredients. Set aside. Remove chops from skillet and keep warm. Add honey mixture to skillet. Cook 3 minutes, stirring occasionally. Pour over pork chops.

Honey–Mustard Tenderloin

1 (1 pound) whole pork tenderloin
4 tablespoons honey
2 tablespoons cider vinegar
2 tablespoons brown sugar
1 tablespoon Dijon–style mustard
1/2 teaspoon paprika

Preheat oven to 375 degrees F.

Combine honey, cider vinegar, brown sugar, mustard and paprika thoroughly. Coat tenderloin well with sauce. Roast at 375 degrees F for 20 to 30 minutes, basting occasionally, until meat thermometer registers 160 degrees F.

Slice thinly to serve.

Honey–Sesame Pork Tenderloin

3/4 pound pork tenderloin
1/4 cup soy sauce
2 cloves garlic, sliced
2–inch piece ginger root, sliced
1/4 cup honey
3/4 cup sesame seed

In a dish just large enough to hold the pork, combine soy sauce, garlic, ginger and pork; marinate for 4 to 8 hours.

Drain pork; pat dry. Spread the honey on a plate and roll the pork in it. Spread the sesame seed on another plate and roll the pork in them. Roast pork in roasting pan in a preheated 400 degrees F oven for 20 minutes or until no longer pink.

Let pork stand for 5 minutes and then slice thinly diagonally.

Serves 3 to 4

Iowa Ribs

2 to 4 pounds meat or poultry
1/2 cup catsup
1/2 cup prepared smoked barbecue sauce
1/2 cup brown sugar
1 tablespoon vinegar
1/2 teaspoon dry mustard
1/2 teaspoon salt
Dash of pepper

Put ribs in a heavy greased pan with a lid. Bake uncovered in a 400 degree F oven for 20 minutes. Remove from oven and reduce heat to 325 degrees F.

Meanwhile, combine remaining ingredients. Pour over ribs, cover, and return to oven. Bake about one hour or longer at 325 degrees F.

This sauce is very, very good on country style ribs, pork chops and chicken.

Island Pork Chops

1 (8 ounce) can pineapple chunks
1 tablespoon cornstarch
2/3 cup chili sauce
1/3 cup raisins
1 tablespoon brown sugar
1/8 teaspoon cinnamon
1 pound boneless pork loin, cut into 4 slices
1 tablespoon vegetable oil
Hot cooked rice

Pour pineapple and juice into small bowl; add cornstarch and stir until dissolved. Stir in chili sauce, raisins, brown sugar and cinnamon; set aside.

Lightly flatten pork pieces. In skillet, quickly brown pork in oil; drain excess fat. Pour pineapple mixture over pork. Cover; simmer 5 minutes or until pork is cooked, turning once.

Serve pork and sauce with rice.

Italian Pork Roast

1 (3 to 3 1/2 pound) rolled boneless pork loin roast
4 cloves garlic, halved
1 tablespoon olive oil
1 to 2 tablespoons dried Italian seasoning
1 teaspoon coarsely-ground pepper

Place roast in a shallow roasting pan. Cut 8 small slits in roast at 2-inch intervals; insert garlic clove halves deep into slits. Brush olive oil evenly over roast, and sprinkle with Italian seasoning and pepper. Insert meat thermometer, making sure it does not touch fat. Bake at 325 degrees F for 1 1/2 hours (30 minutes per pound) or until meat thermometer reaches 155 degrees F. Remove from oven, and cover loosely with aluminum foil.

Let stand 15 minutes or until meat thermometer reaches 160 degrees F.

Italian Sausage and Pepper Bake

1 pound Italian sausage
2 tablespoons olive oil
1 medium onion, diced
1/2 green bell pepper, sliced
1/2 sweet red pepper, sliced
1 (14 1/2 ounce) can diced tomatoes
1 teaspoon tomato paste
1/4 teaspoon oregano
1/2 teaspoon basil
Salt and pepper
1 (20 ounce) package frozen stuffed shells or manicotti
1/4 cup Parmesan cheese (optional)

Cook Italian sausage; drain. Slice into 1/2-inch pieces; set aside.

Meanwhile, in large skillet, heat oil. Add onion and peppers; cook until tender, about 3 minutes. Stir in diced tomatoes, tomato paste, seasonings and cooked sausage. Simmer for 2 minutes, stirring occasionally. Season with salt and pepper.

Coat shallow 2-quart baking dish with nonstick cooking spray. Spread half of sauce in bottom of dish. Arrange pasta in dish; cover with remaining sauce. Cover with foil; bake at 400 degrees F for 40 minutes. Top with Parmesan cheese if desired.

Yields 6 servings.

Jammin' Pork Tenderloin

1/4 cup honey
1/3 cup lime juice
1 teaspoon grated lime peel
2 garlic cloves, minced
2 tablespoons yellow mustard
1/2 teaspoon salt
1/2 teaspoon black pepper
2 (1 pound) pork tenderloins, well trimmed

Combine all ingredients except the tenderloins in a large resealable plastic storage bag; mix well. Add the tenderloins, seal, and marinate in the refrigerator for at least 4 hours, or overnight, turning the bag occasionally.

Preheat the broiler. Place the pork on a broiler pan or rimmed baking sheet; discard the marinade. Broil for 7 to 9 minutes per side, or until desired doneness.

Slice the tenderloins across the grain and serve.

Jelly–Glazed Pork Chops

4 to 6 loin or rib pork chops, 3/4–inch–thick
Red Currant Jelly Glaze, recipe follows

Preheat broiler and prepare pork chops for broiling. Broil one side of the meat; turn and begin broiling the second side. Remove the meat from broiler about 3 or 4 minutes before the second side is done.

Brush Red Currant Jelly Glaze lightly over the meat, return it to the broiler, and broil, glazed side up, until done.

Makes 4 to 6 servings.

Red Currant Jelly Glaze

1/4 cup red currant jelly
1 tablespoon slivered orange zest
2 tablespoons lime juice

Melt the jelly or other preserves over low heat or in a microwave oven. Stir in orange zest and lime juice.

Makes about 1/3 cup, enough for 4 to 6 chops.

Juicy Pork Loin with Pomegranate Sauce

3 tablespoons chopped shallots
2 teaspoons chopped rosemary
1 tablespoon olive oil
1/4 cup dry white or red wine
1/2 cup chicken broth
1/2 cup fresh pomegranate juice
1 tablespoon pomegranate molasses (available in Middle Eastern and specialty markets) or balsamic vinegar
1 teaspoon honey
Freshly ground pepper
1/4 cup chives, chopped
1 pork tenderloin
Handful chopped pistachios

Cook chopped shallots and rosemary in olive oil in a nonreactive skillet until shallots are soft. Add wine and cook until most of the wine has evaporated. Add chicken broth, pomegranate juice, pomegranate molasses (or balsamic vinegar) and honey and cook slowly until almost syrupy and reduced to about 3/4 cup. Taste and add salt if needed. Preheat oven to 325 degrees F. Rub pork loin with olive oil, salt and freshly ground black pepper. Sear lightly, turning once, in a non-reactive, ovenproof skillet.

Brush with sauce and bake, basting often, about 45 minutes, or until an instant-read thermometer reads 155 degrees F. Let rest 5 minutes. Pork will be slightly pink inside. On a board, slice on the diagonal in 1/2-inch pieces. Pour any juices on the board into the pan juices and spoon over servings. Garnish with pomegranate seeds and chopped chives.

Serves 3 to 4.

Kahlúa Baked Ham

1 (10 pound) pre-cooked ham
3/4 cup brown sugar
1/2 cup Kahlúa
3 tablespoons Kahlúa
2 tablespoons dry mustard
Whole cloves

Preheat oven to 300 degrees F.

Place ham with rind on rack in roasting pan, fat side up. Roast in preheated oven 18 minutes per pound.

During the last hour, trim rind, score fat crisscross and stud with cloves. Sprinkle top with brown sugar, then 3 tablespoons Kahlúa.

Mix 1/2 cup Kahlúa with mustard mixing well and pour into pan. Baste ham frequently with pan syrup.

Lemon Macadamia Pork Chops

4 boneless pork loin chops, 1/2 inch thick, trimmed
1/2 teaspoon garlic salt
1/4 teaspoon lemon-pepper seasoning
1 tablespoon vegetable oil
2 tablespoons chopped macadamia nuts
2 tablespoons lemon juice
1/2 teaspoon grated lemon peel

Sprinkle both sides of chops with garlic salt and lemon-pepper seasoning.

Heat oil in a 12-inch skillet over medium-high heat. Add chops; brown 5 to 7 minutes per side or until pork is browned. Remove chops to serving plate. Sprinkle with nuts; keep warm. Stir lemon juice into pan drippings. Heat for 1 minute, stirring constantly. Spoon over cooked chops; sprinkle with lemon peel.

Yields 4 servings.

Lemon Onion Chops

6 thick center cut pork chops
1 large lemon
1 large onion
1/2 cup brown sugar
1/2 cup apple cider vinegar
1/2 cup ketchup

Preheat oven to 350 degrees F.

Place chops in a single layer in an ungreased baking dish, single layer. Cut the lemon and onion into thick slices. Place a slice of onion in the center of each chop and a slice of lemon on each onion.

Mix together sugar, vinegar and ketchup and pour over chops. Bake uncovered 55 to 60 minutes or until done.

Lemon Pecan Pork Chops

4 boneless pork loin chops, 1/2-inch thick
1/2 teaspoon garlic salt
1/4 teaspoon lemon-pepper seasoning
1 tablespoon butter or margarine
2 tablespoons finely chopped pecans
2 to 4 tablespoons fresh lemon juice
1/2 teaspoon grated lemon peel
Fresh lemon slices (optional)

Sprinkle both sides of chops with garlic salt and lemon-pepper.

Heat butter or margarine in large skillet over medium heat. Add chops; brown 5—7 minutes per side or until pork is tender. Remove chops to serving plate. Sprinkle with pecans; keep warm.

Stir lemon juice into drippings in skillet; heat for 1 minute, stirring constantly. Spoon over cooked chops; sprinkle with lemon peel. Garnish with lemon slices, if desired.

Makes 4 servings.

Lemon Pepper Pork Loin

Serves 8

2 tablespoons grated lemon rind
1 clove garlic, crushed
1/2 teaspoon coarse (kosher) salt
1/4 teaspoon ground black pepper
1 (1 1/2 pound) boneless pork loin
Fresh rosemary sprig

Heat oven to 400 degrees F.

In small bowl, combine lemon rind, garlic, salt, and pepper. Rub mixture over surface of pork.

Place pork in uncovered roasting pan; top with rosemary sprig. Roast 30 minutes. Turn roast over and baste with pan drippings; roast 30 minutes longer or until pork is done (170 degrees F on meat thermometer).

Let pork stand 15 minutes on cutting board. Cut pork into very thin slices; serve warm or at room temperature.

Lemony Pork Chops

4 boneless pork chops

Salt and pepper

Nutmeg

1 cup plain bread crumbs, plain

1 lemon

Butter or margarine

Preheat oven to 400 degrees F.

Spray cookie sheet with a vegetable spray. Salt and pepper chops. Sprinkle nutmeg on top. Pat bread crumbs over top of chops.

Slice four thin slices from the lemon and set aside. Squeeze the rest of the lemon over chops. Dot with butter and place thin slice of lemon on each chop. Bake 20 to 25 minutes depending on thickness of chops.

Lisa's Crispy Chops

6 pork chops

3 eggs, beaten slightly

2 cups crushed soda crackers

1 1/2 tablespoons garlic powder

1 1/2 tablespoons dried minced onion

1 teaspoon each salt and pepper

Mix all dry ingredients in a bowl. Dip pork chops in egg, then roll in dry mixture. Fry over medium heat in a small amount of oil until dark, crispy brown.

Mandarin Medallions

1 (1 pound) pork tenderloin
1 tablespoon vegetable oil
1/2 cup orange juice
1/4 cup orange marmalade
1 teaspoon prepared horseradish
1/2 teaspoon cinnamon
2 tablespoons lemon juice
1 tablespoon cornstarch
1 (10 ounce) can Mandarin orange segments, drained

Slice tenderloin crosswise into eight pieces. Flatten slightly. Heat oil in large heavy skillet over medium high heat. Brown pork quickly, about one minute per side.

Mix thoroughly remaining ingredients except Mandarin oranges; add to skillet, cook and stir until sauce thickens. Simmer 3 to 4 minutes. Remove to serving platter; garnish with Mandarin oranges.

Maple Barbecued Spareribs

1 1/2 cups maple syrup
2 tablespoons chili sauce
2 tablespoons cider vinegar
1 1/2 tablespoons chopped onion
1 teaspoon salt
1 tablespoon Worcestershire sauce
1/2 teaspoon dry mustard
1/8 teaspoon pepper
3 pounds spareribs, cut into pieces

Preheat oven to 350 degrees F.

Combine maple syrup with all ingredients except meat. Brush sauce on both sides of ribs. Place ribs in single layer on rack in roasting pan. Roast 1 1/2 hours. Brush frequently with sauce, turning occasionally to glaze.

Serves 3 to 4.

Maple Bourbon Glazed Ham

1 ham shank or butt
1/2 cup Bourbon
1/2 cup pure maple syrup
1/2 teaspoon ground cinnamon
1 teaspoon cornstarch
1/4 teaspoon salt

Preheat oven to 325 degrees F.

Place ham in shallow baking pan. Bake for 30 minutes per pound. About 1/2 hour before it is done, remove ham from pan. Pour off all but 1/4 cup of the fat. Add Bourbon and loosen bits from bottom of pan. Add maple syrup, cinnamon and cornstarch mixed in 2 tablespoons water and salt. Stir until it boils. Return ham to pan. Make diagonal slashes crisscrossing the fat side of the ham. Pour glaze over top of ham. Continue baking 30 minutes more, occasionally spooning more glaze over the ham.

Maple–Mustard Glazed Pork Roast

Serves 6

2 pounds pork loin, boneless
2/3 cup maple syrup
3 tablespoons Dijon mustard
2 tablespoons cider vinegar
2 tablespoons soy sauce
Salt, to taste
Fresh ground black pepper, to taste

Preheat oven to 350 degrees F.

Stir together maple syrup, mustard, vinegar, soy sauce, salt and pepper. Spread evenly over pork roast and place in shallow pan. Roast pork until internal temperature, measured with a meat thermometer, reaches 160 degrees F, about 45 minutes to 1 1/4 hours.

Remove roast from oven and let rest 10 minutes before slicing to serve.

Mexicali Pork Chops

6 (1/2-inch thick) boneless pork loin chops
1 (1 1/4 ounce) envelope taco seasoning mix, divided
1 tablespoon vegetable oil
3/4 cup uncooked quick rice
1 1/2 cups water
1 (8 ounce) can tomato sauce
1 medium-size green bell pepper, chopped
1 cup (4 ounce) shredded Cheddar cheese

Coat pork chops with half of taco seasoning mix, reserving remaining seasoning mix. Brown pork chops in hot oil in a large skillet.

Stir together reserved taco seasoning mix, rice, water and tomato sauce. Arrange pork chops over rice; sprinkle with green pepper.

Bake, covered, at 350 degrees F for 30 to 45 minutes or until done.

Remove from oven; uncover, and sprinkle with cheese. Bake 5 more minutes or until cheese melts.

Yields 4 to 6 servings.

Mexican Pork Chops

6 pork chops (1/2 to 3/4 inch thick)
1/2 teaspoon salt
1 tablespoon vegetable oil
3/4 cup uncooked rice
1 1/2 cups water
1 (8 ounce) can tomato sauce
1 envelope taco seasoning mix
3/4 teaspoon salt
1/2 cup shredded Cheddar cheese
1 green bell pepper, cut into rings

Sprinkle pork chops with salt. Brown on both sides in vegetable oil. Drain on paper towels. Arrange in baking dish and sprinkle the rice around chops.

Combine water, tomato sauce, taco seasoning mix and salt. Pour over chops and rice. Cover tightly and bake at 350 degrees F for 1 hour.

Remove cover. Sprinkle with cheese and garnish with green pepper rings, if desired. Cover and bake for 15 minutes longer.

Mexican Pork Roast

2 tablespoons vegetable oil
1 (2 1/2 to 3 pound) boneless pork roast
2 onions, sliced
3 cloves garlic, chopped
1 tablespoon chili powder
1 teaspoon salt
1/4 teaspoon ground cumin
1/4 to 1/2 teaspoon cayenne pepper
1 (28 ounce) can crushed tomatoes
1/2 cup water
3 to 4 medium-size carrots, peeled
and cut into 1-inch lengths
1 large sweet red pepper, cut into thin strips
6 small red-skinned potatoes
1 (10 ounce) box frozen peas, thawed
Fresh cilantro (for garnish)

Preheat oven to 375 degrees F.

Mix oil, onions, garlic, chili powder, salt, cumin, cayenne, tomatoes and water in 13 x 9-inch roasting pan. Place pork in pan. Bake, covered, for 1 1/2 hours.

Add carrots, red pepper and potatoes. Cover and continue baking for 40 minutes, until vegetables are fork-tender and pork internal temperature registers at least 160 degrees F.

Add peas; stir to heat.

To serve, arrange vegetables around meat on the platter. Spoon on the tomato sauce from pot. Garnish with cilantro.

Mincemeat–Stuffed Pork Chops

4 pork loin chops, cut 1 1/2 inch thick
1 (6 ounce) can orange juice concentrate, thawed
1/4 cup water
2 tablespoons vinegar
1 tablespoon vegetable oil
2 bay leaves
1/2 teaspoon allspice
1/4 teaspoon onion powder
1/2 cup prepared mincemeat
1/2 cup finely chopped apples
1/4 cup finely chopped onion

Cut lengthwise slit in the side of each pork chop, being careful not to cut through the top, bottom, or sides. Arrange chops in shallow baking dish. Combine next 7 ingredients in saucepan. Bring to a boil over high flame, stirring constantly. Reduce flame; simmer 1 minute. Pour mixture over chops and refrigerate 8 hours or overnight, turning once. Combine mincemeat, apples and onion.

Remove chops from marinade. Reserve marinade. Press 1/4 cup apple mixture into each pork chops and secure edges with toothpicks. Preheat gas grill. Cook chops with cover down on low setting 45 minutes or until done, turning once. Baste occasionally, with reserved marinade.

Makes 4 servings

Mom's Not Home Pork Chops

Trim fat from edges of pork chops. Brown on both sides in a skillet. Put 2 tablespoons of barbecue sauce in the bottom of a slow cooker. Put in one layer of chops. Spread 1 to 2 tablespoons of barbecue sauce on top of each chop. Repeat until all chops are in the slow cooker. Spread a little extra sauce on top of the last chops. Cook on HIGH for 1 hour, then turn down to LOW for 3 or more hours. Or cook on HIGH for 2 hours. Chops will be tender enough to fall from the bone when done. These are good served with baked potatoes.

Orange and Garlic Pork Tenderloins

2 (8 to 10 ounce) pork tenderloins, trimmed
1 teaspoon orange zest
1 tablespoon fresh thyme leaves
2 garlic cloves, minced
1 1/2 cups fresh orange juice
2 tablespoons olive oil
Salt and pepper

Combine orange zest, thyme, garlic, orange juice and olive oil. Pour over pork. Salt and pepper to taste. Cover and refrigerate at least two hours or overnight.

Heat a large baking pan at 400 degree F.

Add 2 additional tablespoons olive oil to a skillet, and brown tenderloins quickly on all sides. Remove to baking pan and roast at 400 degrees F for 20 minutes. Remove and let rest for 5 minutes.

In the skillet the meat was browned in, add reserved marinade and any pan juices. Boil for a few minutes. Add 2 tablespoons butter and 1 tablespoon Dijon mustard. Heat and pour over sliced pork.

Serves 4 to 6

Orange Ginger Pork Roast

1 (3 or 4 pound) boneless pork roast
1 teaspoon dry mustard
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon ground ginger
Orange Glaze

Combine mustard, salt, pepper and ginger. Rub well into meat. Place roast on rack in roasting pan. Insert meat thermometer so that bulb is in center of the thickest part of the meat. Bake uncovered at 325 degrees F for 35 to 40 minutes per pound until heat registers 170 degrees F on thermometer. During last 30 minutes of cooking, baste with glaze every 10 minutes. Allow to stand 10 minutes before carving.

Orange Glaze
1 cup orange marmalade
1/4 cup light corn syrup
2 tablespoons lemon juice
1/2 teaspoon dry mustard
1/2 teaspoon ground ginger

Combine all the ingredients in a small saucepan and cook over medium heat for 5 minutes. Stir often. Use as glaze for pork roast.

Orange Glazed Pork Roast

1 (3 pound) boneless pork loin roast
3/4 cup orange marmalade
1/3 cup soy sauce
1/3 cup cider vinegar
2 tablespoons light brown sugar
1 tablespoon minced scallion
1 tablespoon cornstarch
1/2 teaspoon ground ginger

Place meat on rack in roasting pan. Insert meat thermometer so tip is in center of meat. Roast at 325 degrees F for 1 1/2 hours or until thermometer registers 170 degrees F.

Combine remaining ingredients in small saucepan. Heat to boiling. Cook, stirring constantly, until thickened. Baste meat generously with 1 cup mixture during last 30 minutes of roasting time.

Heat remaining marmalade mixture and serve with meat.

Yields 6 to 8 servings.

Orange Marmalade Pork Chops

6 (4 ounce) pork chops, about 3/4-inch thick

Salt and pepper to taste

All-purpose flour

1 tablespoon vegetable oil

1/2 cup orange juice

2 tablespoons orange marmalade

2 tablespoons brown sugar

1 tablespoon vinegar

Sprinkle pork chops lightly with salt and pepper; dredge in flour.

Heat oil in a heavy skillet; brown pork chops on both sides. Combine remaining ingredients, mixing well; pour over pork chops. Cover, reduce heat, and simmer 40 to 45 minutes.

Yields 4 servings.

Oriental Pork Tenderloin

1/4 cup soy sauce
2 cloves garlic, sliced
2 inches ginger root, sliced
3 pork tenderloins (to equal about 4 1/2 pounds)
3/4 cup honey
3/4 cup sesame seeds

Combine first 3 ingredients in a large shallow dish or a large heavy-duty, zip-top plastic bag; add tenderloins. Cover or seal; refrigerate 1 hour, turning occasionally.

Remove tenderloins from marinade, discarding marinade; pat dry. Coat tenderloins with honey; roll in sesame seeds.

Place on a lightly greased rack in a broiler pan. Bake at 375 degrees F for 25 to 30 minutes or until a meat thermometer registers 160 degrees F. Let stand 5 minutes before slicing.

Yields 12 servings.

Oven–Smoked Canned Ham

1 (3 pound) canned ham

1 (4 ounce) bottle liquid smoke

Remove key from bottom side of can. With a beverage can opener, punch 4 to 6 openings in bottom side of ham can. Place can bottom–side up in 350 degree F oven for 15 minutes or until jelly–like substance is melted.

Remove can from oven and pour off juices. Pour liquid smoke through holes into can. Place can bottom–side up in oven. Bake 35 to 45 minutes.

Remove from oven; cool and pour off liquid smoke. Open can with key. The ham is ready to slice, and the cooking pan is ready to throw away. No clean–up!

Party Pork Barbecue

1 pound pork shoulder, cut in 1–inch cubes
1/4 cup flour
1 1/2 teaspoons salt
1/8 teaspoon pepper
2 tablespoons cooking oil
1 cup sliced celery
1 medium green pepper, cut in 2–inch thin strips
1 small onion, sliced
1 (13 1/2 ounce) can pineapple tidbits, undrained
3/4 cup catsup
1 tablespoon prepared mustard
1 tablespoon Worcestershire sauce
4 cups cooked rice

Coat pork in a mixture of flour, salt and pepper. Brown in oil in large skillet, using all the flour. Add celery, green pepper, onion, pineapple, catsup, mustard, and Worcestershire sauce. Simmer, covered, 30 minutes. Serve over rice.

Tip: To keep warm, put rice in oven–proof dish or casserole, pushing rice up around edges. Pour barbecue pork mixture in center. Place in warm oven for up to 30 minutes.

Peach–Mustard Glazed Pork Chops

1 (16 ounce) can peach slices in extra light syrup
1 teaspoon Worcestershire sauce
2 tablespoons peach preserves
2 tablespoons Dijon–style mustard
1 tablespoon black pepper
4 boneless center cut pork chops, 3/8–inch thick

Stir together first four ingredients in small bowl. Set aside.

Heat nonstick skillet over medium–high heat; brush chops with vegetable oil, season with pepper. Brown on one side for 2 to 3 minutes, then turn.

Add peach mixture, reduce heat to low, cover and cook 4 minutes.

Serve with peaches and sauce. Garnish with fresh raspberries if desired.

Peachy Porky Chops

1 1/2 cups finely chopped onion
1 1/2 cups finely chopped celery
1/3 cup butter or margarine
6 cups dry bread crumbs
1/4 teaspoon poultry seasoning
1/4 teaspoon rubbed sage
1/8 teaspoon pepper
1 (8 ounce) can peaches, drained and diced
2 eggs
1 cup water
2 tablespoons minced fresh parsley
6 (1 1/4-inch thick) boneless pork chops
3 tablespoons olive oil or vegetable oil
Garlic salt and pepper, to taste
1/4 cup peach preserves

In a skillet, sauté onion and celery in butter until tender; transfer to a large bowl. Add bread cubes, poultry seasoning, sage and pepper. fold in the peaches.

Combine eggs, water and parsley; add to bread mixture. Toss gently until well mixed. Cut a large pocket in the side of each pork chop; spoon stuffing loosely into pockets. Tie with kitchen string to secure stuffing if necessary. Brush chops with oil. Sprinkle with garlic salt and pepper.

In a large skillet, brown chops on both sides. Place remaining stuffing in a greased 13 x 9-inch baking dish. Top with chops. Spread preserves over chops. Cover and bake at 350 degrees F for 45 minutes.

Uncover and bake 15 minutes longer or until juices run clear. If string was used, remove before serving.

Yields 6 servings.

Peachy Pork Picante

1 pound boneless fresh ham
1 tablespoon taco seasoning mix
2 tablespoon minced parsley
1 tablespoon vegetable oil
8 ounces bottled chunky–style salsa
1/3 cup peach preserves

Cut fresh ham into 1–inch cubes.

Combine taco seasoning and parsley; coat pork cubes with seasoning mixture.

Heat oil in heavy skillet over medium–high heat. Add pork. Cook and stir to brown, about 3 to 5 minutes.

Add salsa and preserves to pan. Lower heat; cook and simmer until tender, about 15 minutes.

Serve over rice, if desired.

Peanut Butter and Pork Stir Fry

2 tablespoons vegetable oil
3/4 pound lean boneless pork, thinly sliced
2 carrots, thinly bias sliced
1 medium red or green sweet bell pepper, cut into 1-inch pieces
1 stalk celery, thinly bias sliced
1 medium onion, sliced and separated into rings
1 (15 ounce) can garbanzo beans, drained
1 recipe Peanut Butter Sauce

In a wok or cast iron skillet heat 1 tablespoon oil over high heat. Stir fry pork 3 minutes or until no pink remains. Remove the pork from the wok. Add remaining oil, carrots, pepper, celery and onion to the wok; stir fry for 3 minutes Add beans; stir fry for 1 minute or until vegetables are crisp-tender. Return the pork to the wok. Stir Peanut Butter Sauce; add to the wok. Cook and stir until mixture is thickened and bubbly. Serve at once.

Makes 4 servings.

Peanut Butter Sauce
3 tablespoons water
2 tablespoons creamy peanut butter
2 tablespoons soy sauce
1 teaspoon cornstarch

Stir all ingredients together.

Pecos Pork Chops

1 pound pork chops
1 cup tomato sauce
3 tablespoons chili sauce
1 1/4 tablespoons Worcestershire sauce
1 1/2 tablespoons lemon juice
2 teaspoons Dijon mustard
1/2 teaspoon paprika
1/8 teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon black pepper

Arrange pork chops in a shallow baking dish.

In a small bowl, combine remaining ingredients. Pour over chops, cover, and refrigerate 4 hours or overnight.

Preheat oven to 325 degrees F.

Place chops on rack in baking pan; spoon sauce over and bake about 1 hour or until tender.

Peking Pork

Sauce

1 cup peach nectar
1/3 cup lime juice
1 tablespoon cornstarch
2 tablespoons soy sauce
1/4 teaspoon cinnamon
1/2 teaspoon dry mustard
1 teaspoon grated fresh orange peel

Combine ingredients well; set aside.

Stir Fry

1 pound boneless pork, cut into thin strips for stir fry
2 tablespoons oil, divided
1 tablespoon grated ginger root
1/2 sweet red pepper, cut into 1-inch squares
1/2 green bell pepper, cut into 1-inch squares
1 cup fresh mushrooms, sliced
6 plums, seeded and halved

Heat 1 tablespoon oil over high heat in heavy skillet. Stir fry pork strips with ginger about 3 minutes. Remove from skillet.

Heat remaining oil in skillet. Stir fry peppers and mushrooms for 3 minutes.

Add plums and stir fry for 2 minutes.

Add sauce to skillet with pork. Cook and stir until sauce bubbles and thickens.

Peppered Ham with Raspberry–Chipotle Sauce Glaze

1 (9– to 10–pound) cooked bone–in ham (rump half or shank portion)
1 recipe Raspberry Sauce
1 tablespoon pink or 1/2 teaspoon black peppercorns, coarsely cracked
Fresh raspberries (optional)
Fresh herb sprigs (optional)

Preheat oven to 325 degrees F. If necessary, score ham by making diagonal cuts in fat in a diamond pattern. Place ham on a rack in a shallow roasting pan. Insert a meat thermometer into thickest portion of meat not touching bone. Bake ham until thermometer registers 130 degrees F. Allow 1 1/2 hours to 2 1/4 hours. Meanwhile, prepare Raspberry Sauce.

Brush ham with some of the Raspberry Sauce. Bake 15 to 20 minutes more or until thermometer registers 135 degrees F, brushing once or twice with additional Raspberry Sauce. Remove from oven. Sprinkle with pink or black peppercorns. Let stand 15 minutes. (Temperature of meat will rise 5 degrees during standing.)

Carve ham. Reheat any remaining Raspberry Sauce; pass with ham. If desired, garnish platter with fresh raspberries and sprigs of fresh herbs. Makes 16 to 20 servings.

Raspberry Sauce

1 1/2 cups seedless raspberry preserves
2 tablespoons white vinegar
2 or 3 whole chipotle peppers in adobo sauce, drained and chopped
3 cloves garlic, minced

In a medium saucepan stir together preserves, vinegar, chipotles, and garlic. Bring just to boiling; reduce heat. Simmer, uncovered, for 5 minutes.

Makes about 1 3/4 cups.

Peppered Pork Tenderloin with Cherry Salsa

Can be prepared in 45 minutes or less.

1/2 pound dark sweet cherries, pitted and chopped (about 1 cup)
2 teaspoons fresh lime juice
1/4 teaspoon freshly grated lime zest
1 tablespoon finely chopped red onion
1 teaspoon finely chopped seeded fresh jalapeño chile (wear rubber gloves)
1 1/2 teaspoons finely chopped fresh coriander
3/4 pound pork tenderloin, trimmed of excess fat
2 tablespoons crushed black peppercorns
1 tablespoon olive oil

Preheat oven to 425 degrees F.

In a bowl stir together cherries, lime juice, zest, onion, jalapeño, and coriander. Season pork with salt and press peppercorns into it.

In a large heavy skillet, heat oil over moderately high heat until hot but not smoking and brown pork on all sides. Transfer pork to a shallow baking dish and roast in oven until a meat thermometer registers 155 degrees F (about 20 minutes). Transfer pork to a cutting board and let stand 5 to 10 minutes.

Slice pork into 1/2 inch thick medallions and serve with salsa on toast points.

Pineapple–Cinnamon Pork

1 pound pork tenderloin, cut into 8 crosswise pieces
1/4 teaspoon salt
2 tablespoons margarine, divided
1 medium red bell pepper, cut into julienne strips
1 (8 ounce) can pineapple chunks in natural juice, undrained
1/2 cup dry white wine
1 tablespoon peeled, finely chopped fresh ginger root
1 tablespoon finely chopped fresh jalapeño pepper
1/8 teaspoon cinnamon
1 tablespoon chopped fresh cilantro

Sprinkle each pork tenderloin piece with salt; press each piece to 1–inch thickness.

Heat 1 tablespoon margarine in large skillet over medium heat.

Add pork pieces; cook 3–4 minutes per side or until pork is tender.

Place pork pieces on serving plate; keep warm.

Add remaining 1 tablespoon margarine and red bell pepper to same skillet; cook about 3 minutes or until crisp–tender.

Reduce heat to low. Stir in pineapple and juice, wine, ginger root, jalapeño pepper and cinnamon; simmer until liquid is reduced to 1/4 cup.

Spoon pineapple mixture over cooked pork pieces; sprinkle with cilantro.

Servings: 4

Piquant Nectarine Stir Fry

1 pound lean pork stir fry strips
1/4 cup soy sauce
1/4 cup Dijon–style mustard
1/4 cup peach or nectarine jam
1/2 teaspoon ground ginger
2 tablespoons wine vinegar
1 tablespoon cornstarch
2 tablespoons vegetable oil, divided
1/2 cup chopped walnuts
1 small onion, thinly sliced
1 large green bell pepper, cut into strips
2 nectarines, seeded and wedged

Combine soy sauce, mustard, jam, ginger, vinegar and cornstarch. Marinate pork strips in this mixture for 10 minutes.

Heat 1 tablespoon of the oil in heavy skillet over high heat. Remove pork strips from marinade; stir fry quickly with walnuts, about 3 minutes.

Remove pork and nuts from pan; set aside.

Heat remaining oil in skillet. Add vegetables and stir fry 2 to 3 minutes. Return pork and nuts to pan. Add nectarine and remaining marinade. Simmer for 8 to 10 minutes.

Pizza Pork Chops

4 pork chops, cut 3/4-inch thick
3 tablespoons butter or margarine
1 small onion
1 (8 ounce) package herb stuffing mix
1/2 cup water
1/4 teaspoon dried oregano
1 (8 ounce) can pizza sauce
1 (3 ounce) can sliced mushrooms
1 cup shredded mozzarella cheese

Preheat oven to 350 degrees F.

Chop onion and sauté in butter until clear. Add stuffing mix, water and oregano to pan. Stir well. Divide mixture into 4 and shape stuffing into 4 mounds in a 12 x 7 1/2 x 2-inch baking dish. Place 1 pork chop on each mound. Pour pizza sauce over each chop.

Drain mushrooms and sprinkle over pizza sauce. Cover dish with aluminum foil and bake for 1 hour or until chops are tender. Sprinkle cheese over each mound and remove to a serving platter.

Plum Delicious Pork Chops

1 pound boneless pork leg cutlets, 1/2 inch thick
1 tablespoon vegetable oil
1 (8 ounce) jar plum jelly or preserves
1/2 onion, chopped
1/4 cup wine vinegar
2 teaspoons soy sauce
1 teaspoon ground ginger

Heat oil in large skillet over medium–high heat. Brown cutlet on both sides. Add remaining ingredients; cover and simmer for 8 to 10 minutes.

Polenta and Sausage

3 1/2 cups very hot tap water
1 cup yellow cornmeal
1/2 teaspoon salt
1 pound Italian pork sausage, cut into 1/4-inch pieces
1 onion, chopped
2 cloves garlic, chopped
1 (16 ounce) can plum tomatoes

Combine water, cornmeal and salt in microwave-safe casserole; stir well. Cover tightly with plastic wrap; vent one corner. Microwave at full power (100%) for 10 minutes.

Carefully remove plastic wrap. Stir. Cover with paper toweling. Microwave 10 minutes, stirring twice. Pour into greased 10-inch pie plate; cool. Refrigerate until firm, 1 hour.

Sauté sausage, onion and garlic in skillet until sausage is no longer pink, about 8 minutes. Add tomatoes; cook, breaking up tomatoes, for 14 minutes, until slightly thickened.

Heat broiler. Cut polenta into 4 wedges. Place on broiler pan. Broil 1 minute per side or until lightly browned. Place on serving platter. Pour sauce over and serve.

Variations

Cook sliced onions until browned and caramelized; flavor with rosemary. Place on top of polenta wedges, sprinkle with grated mozzarella cheese and run under broiler to melt.

Sauté chopped zucchini briefly; add to your favorite spaghetti sauce.

Pop Bottle Pork Chops

8 pork chops

Salt and pepper, to taste

1 cup catsup

1 cup Coca-Cola®

Brown sugar

Place pork chops in baking pan. Season with salt and pepper to taste. Mix the catsup and Coca-Cola®, and pour over the pork chops. Sprinkle with brown sugar. Bake uncovered at 350 degrees F for 1 hour or until the pork chops are tender.

Pork and Peach Stir Fry

1 pound pork tenderloin, cut into cubes
1 tablespoon vegetable oil
1 onion, chopped
2 cloves garlic, minced
3 each green and red bell pepper, cut into cubes
1 (19 ounce) can peach slices packed in own juice
1/4 cup rice vinegar
2 tablespoons soy sauce
2 tablespoons cornstarch

Sauté pork in hot oil in a large skillet until browned on all sides. Add onion, garlic and peppers; cook and stir until onion is softened.

Drain peach slices, reserving juice. Add cornstarch in peach juice; stir until completely smooth. Stir in rice vinegar and soy sauce. Add to pork mixture in skillet. Cook and stir until mixture comes to a boil and is thickened. Add peach slices to skillet; cook and stir until peaches are heated through.

Serve with freshly cooked rice.

Serves 4.

Pork Chop Rhubarb Bake

6 pork chops, 3/4 to 1-inch thick
2 tablespoons vegetable oil
1 teaspoon salt
1/8 teaspoon pepper
2 cups soft bread cubes
1/3 cup brown sugar
3 tablespoons flour
1/2 teaspoon cinnamon
5 cups rhubarb pieces

Brown pork chops in oil and drain on paper toweling. Season with salt and pepper. Stir bread cubes into drippings in skillet. Mix sugar, flour, cinnamon and stir into rhubarb. Spread 1/2 bread cubes in 13 x 9-inch baking dish and spoon half of rhubarb over. Arrange chops on rhubarb and spoon remaining rhubarb over. Cover tightly with foil and bake at 350 degrees F for 50 minutes.

Remove foil. Top with remaining bread cubes. Bake 10 minutes longer.

Pork Chop Meal

3/4 cup uncooked rice
4 pork chops
1 sliced tomato
1 green bell pepper, sliced into rings
1 sliced onion
1 can beef broth
1/2 cup water (optional)
1 teaspoon Worcestershire sauce (optional)

Preheat oven to 375 degrees F.

Place rice in a buttered casserole. Brown meat in a skillet; arrange on top of rice. Place a slice of tomato, green pepper and onion on each chop. Add broth. Sprinkle with Worcestershire sauce. Cover and bake for 60 to 75 minutes. Test chops with a fork for tenderness. If moisture has evaporated, add water and Worcestershire sauce.

Pork Chop–Rice Bake

6 pork chops
2 tablespoons oil
1 cup uncooked rice
Hot water
1 envelope onion soup mix
1 can sliced mushrooms with juice
or 1 can cream of mushroom soup
2 tablespoons diced pimento

Brown pork chops in oil. Spread rice in bottom of a 13 x 9–inch baking dish. Reserve 1 tablespoon of seasonings from the soup mix. Sprinkle the remaining seasonings and onion bits over rice.

Drain mushrooms, reserving liquid, and distribute mushrooms over rice. Add hot water to reserved mushroom liquid to total 3 cups liquid. Pour this over the rice.

Arrange browned chops on top of the rice and sprinkle with reserved seasonings. Cover tightly with lid or foil and bake at 350 degrees F until just tender, 45 minutes to 1 hour, depending upon thickness of chops.

Remove lid or foil and continue baking for 10 minutes or until any excess liquid evaporates.

Serves 6.

Pork Chops and Apples

8 pork chops
1/2 teaspoon salt
1/2 teaspoon sage
4 apples
1/4 cup brown sugar
2 tablespoons flour
1 cup hot water
1 tablespoon vinegar
1/2 cup raisins

Brown pork chops in hot fat. Remove from fat. Add flour and sage to hot fat; cook until thickened. Add water and raisins. Return pork chops to pan and slice apples over them. Cover with brown sugar. Bake at 350 degrees F for 1 hour.

Pork Chops Cacciatore

**6 lean pork chops
1 envelope dry spaghetti sauce mix
1 (15 ounce) can tomatoes, crushed
1 tablespoon brown sugar
1 green bell pepper**

Preheat oven to 350 degrees F. Grease a 13 x 9–inch baking dish.

Brown pork chops; place into prepared baking dish.

Mix dry spaghetti sauce mix, tomatoes and brown sugar. Pour over the chops.

Cut the green pepper into large rings and place over top of each chop. Cover and bake for 60 minutes; uncover and bake 15 minutes more.

Pork Chops Deluxe

6 (4 ounce) boneless pork chops, trimmed
2 tablespoons water
1 (14 1/2 ounce) can diced tomatoes, undrained
1 can condensed golden mushroom soup
1/3 cup chopped onion
2 teaspoons Dijon mustard
1 pound fresh mushrooms, sliced
1/4 teaspoon salt
3 cups hot cooked rice
2 tablespoons minced fresh parsley

Coat a skillet with nonstick cooking spray/ brown pork chops on both sides. Remove and set aside. Add water, scraping bottom of the skillet to loosen any browned bits. Drain tomatoes, reserving juice; set tomatoes aside.

Add juice, soup, onion, mustard, mushrooms and salt, if desired, to skillet; mix well. Return chops to skillet. Cover and simmer for 30 minutes or until pork is tender.

Stir in tomatoes; heat through. Combine rice and parsley.

Serve the pork chops and sauce over rice.

Yield 6 servings.

Pork Chops in Ginger Ale

Makes 4–5 servings

1/4 cup butter, divided
2 large onions
4 to 6 pork chops
2 tablespoons brown sugar
1 tablespoon ketchup
1 tablespoon flour
1 cup ginger ale
Salt and pepper

Heat oven to 350 degrees F.

Melt half of butter in skillet over medium heat; add sliced onions and sauté until lightly browned. Remove sliced onions to 2–quart baking dish. In same skillet, brown pork chops (about 1 inch thick) in remaining butter. Place chops over onions in baking dish. Sprinkle with brown sugar (firmly packed to measure). Blend ketchup with flour to form paste; add ginger ale and stir well. Pour ginger ale mixture over pork chops; sprinkle with salt and fresh ground pepper. Bake at 350 degrees F for about 1 hour or until chops are tender.

Pork Chops Ole

6 (1/2-inch thick) loin pork chops
2 tablespoons vegetable oil
Seasoned salt and pepper to taste
3/4 cup uncooked long grain rice
1 1/2 cups water
1 (8 ounce) can tomato sauce
1/2 envelope taco seasoning mix (2 tablespoons)
1 medium green bell pepper, chopped
1/2 cup shredded Cheddar cheese

In a large skillet, brown pork chops in oil; sprinkle with seasoned salt and pepper.

Meanwhile, in a greased 13 x 9 x 2-inch baking dish, combine rice, water, tomato sauce and taco seasoning; mix well.

Arrange chops over rice; top with green pepper. Cover and bake at 350 degrees F for 1 1/2 hours or until chops are browned and juices run clear. Uncover and sprinkle with cheese; bake until cheese is melted.

Yield: 4 to 6 servings

Pork Chops with Apples

8 pork chops
1/2 teaspoon salt
1/2 teaspoon sage
4 apples
1/4 cup brown sugar
2 tablespoons flour
1 cup hot water
1 tablespoon vinegar
1/2 cup raisins

Brown pork chops in hot fat. Remove from pan. Add flour and sage to hot fat. Cook until thickened. Add water and raisins. Return pork chops to pan and slice apples over them. Cover with brown sugar. Bake at 350 degrees F for one hour.

Pork Chops with Applesauce Gravy

2 cups applesauce
3 pounds pork chops
1 tablespoon minced garlic
1/2 cup all-purpose flour
1 tablespoon salt
1/8 teaspoon pepper
3 cups boiling water
1 tablespoon lemon juice

Brown chops in frying pan. Remove to 3-quart casserole. Brown the garlic in remaining fat. Add flour, salt and pepper. Blend. Add water. Cook until mixture thickens, stirring constantly. Add applesauce and lemon juice. Stir. Pour over chops. Bake at 425 degrees F until tender (about 1 1/2 hours).

Serves 8.

Pork Chops with Blue Cheese Gravy

2 tablespoons butter
4 thick pork chops
1/2 teaspoon ground black pepper, or to taste
1/2 teaspoon garlic powder, or to taste
1 cup whipping cream
2 ounces blue cheese, crumbled

Melt butter in a large skillet, over medium heat. Season the pork chops with black pepper and garlic powder. Fry the chops in butter until no longer pink and the juices run clear, about 20 to 25 minutes. Turn occasionally to brown evenly. Remove chops to a plate and keep warm.

Stir the whipping cream into the skillet, loosening any bits of meat stuck to the bottom. Stir in blue cheese. Cook, stirring constantly until sauce thickens, about 5 minutes. Pour sauce over warm pork chops.

Pork Chops with Green Onion Sauce

4 pork chops
3 tablespoons vegetable oil
1/4 cup cornstarch

Marinade

1 teaspoon soy sauce
3/4 teaspoon granulated sugar
1 1/2 teaspoons wine

Green Onion Sauce

1 tablespoon vinegar
1 tablespoon sugar
2 teaspoons soy sauce
1/4 cup chopped green onion
1/2 teaspoon sesame oil
1/8 teaspoon chili oil (optional)

Combine ingredients for green onion sauce and set aside.

Trim excess fat from pork chops. Pound and marinate 30 minutes. Lightly coat each chop with cornstarch. Let stand 5 minutes.

Heat 3 tablespoons oil in skillet over medium heat. Shake off excess starch from chops and brown in hot skillet for 3 to 3 1/2 minutes on each side. Pour Green Onion Sauce over pork chops and reduce heat. Simmer for 5 minutes.

Serve hot.

Pork Cutlets Tosca

- 1 pound boneless pork leg cutlets,
cut thin and pounded to 1/8 inch
- 2 eggs
- 2 cloves garlic, minced
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon chopped parsley
- 1/8 teaspoon salt and dash of pepper
- 4 teaspoons butter
- 3 tablespoons flour
- 1 tablespoon lemon juice

Combine eggs, garlic, cheese, parsley, salt and pepper well.

Heat butter in large skillet over medium–high heat. Dip pork cutlet in flour, then into egg batter. Sauté cutlets quickly until golden brown, about 2 to 3 minutes per side, turning once.

Serve sprinkled with lemon juice.

Pork Loin Cordon Bleu

8 thinly sliced pork loins
8 slices boiled ham
8 slices Swiss cheese
1/2 cup olive oil
1/2 cup chicken stock
1 small shallot, diced
1/2 cup Pere Magloire Calvados

With a rolling pin, pound each pork loin 3 times. On 4 pieces of pork, place a slice of ham and a slice of cheese and top with another piece of pork. Sprinkle with salt and pepper. In a large pan, heat the olive oil over medium high heat. Reduce to a simmer and cook the pork for about 1 1/2 minutes on each side. Add the shallot and cook for another minute. Next, add the chicken stock and place in the oven for 6 minutes at 300 degrees F.

Serve immediately.

Pork Loin Roast with Apple Glaze

1 pork loin roast with backbone loosened
1 tablespoon flour
1 teaspoon dry mustard
1 teaspoon salt
1/4 teaspoon pepper
2 cups sweetened applesauce
1/4 cup brown sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves

Rub roast with mixture of flour, mustard, salt and pepper. Roast 35 or 40 minutes per pound at 350 degrees F.

About an hour before roast is done, spread with apple glaze made by combining remaining ingredients. Return to oven until meat is done.

Serves 6 to 8.

Pork Loin Stuffed with Fruit and Nuts

Stuffing

1/2 cup coarsely chopped pitted dates
1/4 cup coarsely chopped dried apricots
1/4 cup finely chopped pecans
1 clove garlic, minced
1 1/2 teaspoons dried thyme, crushed
1 tablespoon molasses
1/4 teaspoon salt
1/4 teaspoon pepper

Heat oven to 350 degrees F. In a medium bowl, combine all stuffing ingredients. Set aside.

1 (2 pound) boneless pork loin roast
2/3 cup bourbon
2/3 cup chicken broth
1 tablespoon molasses
1/4 cup light cream
1/4 teaspoon salt

Double-butterfly pork roast by cutting lengthwise almost all the way through the roast. Lay open loin and pat flat. Butterfly again on the right hand side, lay open and pat flat. Starting in the center of the loin, butterfly again on the left side. Evenly spread stuffing over loin. Start with the shorter side and roll. Tie loin securely at 2- to 3-inch intervals with kitchen twine. Place roast in shallow roasting pan; set aside.

Combine bourbon, broth and molasses in small saucepan; bring to a boil. Pour over roast. Roast pork for 1 hour, or until internal temperature, measured with a meat thermometer, is 160 degrees F, basting occasionally with bourbon mixture.

Remove roast from pan, reserving the drippings; keep warm. Add cream and salt to pan drippings. Cook over medium-high heat, stirring constantly, until slightly thickened. Slice pork, arrange on serving platter, and serve with sauce.

Pork Medallions with Pesto Cream Sauce

**1 (1 1/4 to 1 1/2 pound) boneless center-cut single
pork loin, cut into 1/2-inch-thick slices**
1/2 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
4 tablespoons (1/2 stick) butter, divided
1/2 cup heavy cream
1/2 cup pesto sauce
3 plum tomatoes, cut into 1/4-inch slices

Lay each pork loin slice between 2 sheets of plastic wrap and pound with a kitchen mallet or rolling pin to 1/4-inch thickness.

Place the flour in a shallow dish. Season the pork medallions with the salt and pepper, then place in the flour and coat evenly on both sides.

Melt 2 tablespoons butter in a large skillet over medium-high heat. Add the pork and cook in batches for 2 to 4 minutes per side, or until golden, adding more butter as needed. Remove the pork to a covered platter to keep warm.

Add the cream and pesto to the skillet; mix well. Add the tomatoes and cook for 3 to 5 minutes, or until thoroughly heated. Pour over the pork medallions and serve.

Pork Piccata

1 (1-pound) boneless pork loin
3 tablespoons flour
1 1/2 teaspoons lemon pepper
2 tablespoons butter
1/4 cup Marsala or cream sherry
1/4 cup lemon juice
4 to 6 thin lemon slices
1/4 cup capers

Slice pork loin into 4 equal pieces. Pound cutlets thin (about 1/8-inch thick) evenly. Dredge lightly in flour and lemon pepper.

Melt butter in large skillet over medium-high heat. Quickly sauté cutlets, turning once, until golden brown, about 5 to 6 minutes.

Add wine and lemon juice to skillet; shake pan gently and cook 2 to 3 minutes, until sauce is slightly thickened. Serve cutlets garnished with lemon slices and capers.

Pork Ribs in Mole Verde

4 pounds country–style pork spareribs
1/2 white onion, sliced
2 cloves garlic, peeled
8 peppercorns
1 tablespoon salt
Water

Cut the meat into serving pieces. Put them into a pot with onion, garlic, peppercorns and salt. Cover with water, then bring to a boil. Lower the heat and simmer until the pork is tender, at least 25 minutes.

Pork Roast and Potato Dumplings

Dumplings

3 to 4 pounds starchy potatoes

2 to 3 eggs

1/2 to 1 cup all-purpose flour

Salt, to taste

1/4 teaspoon nutmeg

1/4 cup chopped fresh parsley

In a large pot, boil potatoes in salted water with the skins on. Peel and put them through a ricer (if you don't have a ricer, use the back of a spoon to smash potatoes through a sieve). Let cool completely.

Refrigerate.

The next day, set a large pot of salted water to boil. To the cooled, riced potatoes add eggs and 8 to 14 tablespoons of flour, depending on how starchy the potatoes are). Also add salt, nutmeg and parsley. Using your hands, form potatoes into balls between the size of golf and tennis balls. Add the potato balls to the boiling water but do not let the water continue to boil. When they float to the top in 15 to 20 minutes, they are done.

Pork Roast

Oil (for browning)

Salt and pepper, to taste

Paprika, to taste

1/2 to 1 pound coarsely chopped onions

1 large carrot, peeled and cut into

3-inch lengths (optional)

2 chopped tomatoes (optional)

In a large, heavy pot, heat oil. Sprinkle the roast with salt, pepper and paprika, and brown quickly in oil. Add onions and brown them, too. Turn heat down to medium-low. Add a little water. A carrot and a couple of fresh tomatoes can also be added if desired. Cover and cook for 2 hours, turning occasionally.

To make gravy (optional), remove the roast and add a little water to the pan to de-glaze it. Make gravy by adding a little flour or cornstarch to thicken the drippings.

Serve dumplings and pork roast with a fresh butter lettuce salad, red cabbage or sauerkraut.

Makes 8 servings.

Pork with Boggs Berry Sauce

1 (4 pound) boneless top pork loin roast
1/2 teaspoon salt
1/4 teaspoon pepper
1 (16 ounce) can whole cranberry sauce
1/2 cup Boggs cranberry liqueur
1/3 cup smoky barbecue sauce
Parsley
Crab apples

Sprinkle pork roast with salt and pepper. Place meat, fat side up, on rack in shallow roasting pan. Roast 2 1/2 hours.

Remove from pan. Allow to stand 15 minutes before carving.

To make sauce, mix 1/3 cup pan drippings, cranberry sauce, Boggs cranberry liqueur and barbecue sauce in saucepan; heat to boiling. Slice pork. Arrange slices on platter. Spoon sauce over slices. Garnish with parsley and crab apples.

Pork Roast with Rhubarb Sauce

1 (4 1/2 to 5 pound) boneless pork loin roast
1 teaspoon salt
1/2 teaspoon ground ginger
1/8 teaspoon pepper
1/2 cup granulated sugar
1 (6 ounce) can frozen orange juice concentrate, thawed
1 pound fresh rhubarb, trimmed and cut in chunks, or
1 (16 ounce) bag frozen unsweetened cut rhubarb

Heat oven to 325 degrees F.

Rub pork with salt, ginger and pepper. Insert meat thermometer into center of roast. Place meat in shallow roasting pan and roast about 2 1/2 hours or until thermometer registers 170 degrees F, basting 3 times with 1/2 cup undiluted orange juice concentrate during last 30 minutes.

Meanwhile mix rhubarb (no need to thaw if frozen), sugar and remaining 1/4 cup orange concentrate in a medium-size saucepan. Bring to boil, reduce heat and simmer uncovered about 8 minutes until rhubarb is tender. Keep warm and refrigerate other half for another meal. Skim off fat from pan drippings. Drain juices from rhubarb into drippings left in pan and stir over low heat until blended. Spoon rhubarb around roast; serve with the warm sauce.

Makes 4 servings

Pork Rolls Filled with Zucchini

1 1/2 cups (about 1 medium) shredded zucchini
1 clove garlic, crushed
2 tablespoons grated Parmesan cheese
1/4 teaspoon pepper
4 lean 3/4-inch thick boneless pork chops
1 teaspoon vegetable oil
1/2 cup dry white wine or chicken broth
1 tablespoon Dijon mustard
Flour for coating rolls

Squeeze zucchini with paper towels to remove all of the moisture.

Spray 10-inch nonstick skillet with nonstick cooking spray.

Cook zucchini and garlic in skillet over medium heat about 3 minutes or until tender. Stir in cheese and pepper. Remove zucchini mixture from skillet and cool.

Trim fat from pork chops. Flatten each pork chop to 1/4-inch thickness between waxed paper or plastic wrap.

Spread 1/4 of the zucchini mixture over each piece of pork. Roll up and secure with wooden toothpicks or tie with butcher's string. Roll in flour to coat well.

Add oil and pork rolls to skillet. Cover and cook over medium heat 15 to 20 minutes, turning once, until done. Remove from skillet and remove wooden toothpicks or string and keep warm.

Add wine to skillet. Cook over high heat 2 to 3 minutes or until reduced by half. Stir in mustard. Pour sauce over pork rolls and serve.

Makes 4 servings.

Pork Scrapple

Pork bone, such as ribs or shank

Salt to taste

1 cup cold water

1 cup enriched cornmeal

3 cups boiling water

Cook pork bone in 3 cups boiling water. (pressure cooker is best) Take all the meat off the bone.

Combine cold water, cornmeal and salt. Slowly pour into boiling meat juice, stirring constantly. Bring to boiling point, cover and continue cooking over low heat five minutes, stirring occasionally. Pour into a loaf pan. Cool slightly; cover and chill several hours or overnight.

When chilled, scrapple is cut into 1/2-inch slices. Fry on lightly greased griddle or in frying pan over medium heat until golden brown.

Serve with Maple syrup.

One-half pound fried bacon broken in small pieces, may be used instead of pork bone, stirring in after everything else is cooked.

Pork Stroganoff

1 1/2 pounds pork stew meat, cut into 1 1/2-inch cubes
1 1/2 cups water, divided
1 teaspoon instant chicken bouillon granules
2 teaspoons paprika
1 cup chopped onion
1 garlic clove, minced
1 tablespoon cornstarch
3/4 cup sour cream
2 tablespoons snipped fresh parsley
1 (12 ounce) package noodles, cooked and drained

In a saucepan coated with nonstick cooking spray, brown pork; drain. Remove meat and set aside.

In the same pan, bring 1 1/4 cups water, bouillon and paprika to a boil. Add pork, onion and garlic. Reduce heat; cover and simmer 45 minutes or until meat is tender. Combine cornstarch and remaining water; gradually add to pan, stirring constantly. Bring to a boil; cook and stir 2 minutes or until thickened. Remove from heat; stir in sour cream and parsley. Serve over noodles.

Yield: 6 servings.

Pork Tenderloin Diane

1 pound pork tenderloin, cut into 8 crosswise pieces
2 teaspoons lemon pepper
2 tablespoons butter
2 tablespoons lemon juice
1 tablespoon Worcestershire sauce
1 teaspoon Dijon–style mustard
1 tablespoon minced parsley or chives

Press each tenderloin slice to a 1–inch thickness. Sprinkle surfaces of medallions with lemon pepper.

Heat butter in heavy skillet. Cook tenderloin medallions 3 to 4 minutes on each side. Remove medallions to serving platter; keep warm. Add lemon juice, Worcestershire sauce and mustard to skillet. Cook, stirring with pan juices, until heated through.

Pour sauce over medallions. Sprinkle with parsley or chives and serve.

Pork Tenderloin with Raspberry Sauce Supreme

1 pound pork tenderloin, cut into 8 pieces
Cayenne pepper to taste
2 tablespoons butter
6 tablespoons red raspberry preserves
2 tablespoons red wine vinegar
1 tablespoon reduced-calorie ketchup
1/2 teaspoon horseradish
1/2 teaspoon soy sauce
1 clove garlic, minced
2 kiwi fruit, peeled, thinly sliced
Fresh raspberries

Press each pork tenderloin slice to 1-inch thickness. Lightly sprinkle both sides of each slice with cayenne pepper.

Heat butter in heavy skillet over medium high heat. Add pork slice. Cook 3 to 4 minutes on each side.

Meanwhile, combine next six ingredients in small saucepan, simmer over low heat for 3 minutes, stirring occasionally. Keep warm.

Place cooked pork slices on warm serving plate. Spoon sauce over them and top each pork slice with kiwi slice. Garnish with remaining kiwi slices and fresh raspberries, if desired.

Serves 4.

Potatoes and Pork Provencale

**4 medium potatoes, cut into 3/4-inch
cubes and microwaved 10 minutes**
1 tablespoon vegetable oil
1 pound lean pork, in thin strips
1 cup cherry tomatoes
1/3 cup orange marmalade
2 tablespoons Dijon-style mustard

While potatoes cook, heat oil in large skillet over high heat. Add pork and toss until opaque. Drain. Add potatoes and tomatoes; sauté and toss 3 minutes.

Add marmalade and mustard; toss until marmalade is melted. Season with salt and pepper.

Praline Pork Tenders

2 whole pork tenderloins (about 1 1/2 to 2 pounds total)
4 tablespoons butter, divided
1 1/2 cup maple-flavored syrup
1/2 cup brown sugar
1/4 cup dark rum (optional)
1 cup chopped pecans

Melt 2 tablespoons butter in large heavy skillet. Brown tenderloins on all sides. Remove to shallow baking pan.

Melt remaining butter in small saucepan. Add remaining ingredients and blend well. Pour sauce over tenderloins. Roast at 350 degrees F for 30 minutes, basting often, until internal temperature reaches 160 degrees F.

Slice into 1-inch slices and drizzle with remaining glaze to serve.

Pulled Pork with Mint Julep Barbecue Sauce

1 (5 pound) bone-in pork shoulder
2 teaspoons red pepper flakes
1 tablespoon salt
1 tablespoon freshly ground pepper
1 tablespoon yellow mustard seeds
1 cup apple cider
1 cup cider vinegar
4 yellow onions, thinly sliced
4 cloves garlic, chopped
1 green bell pepper, seeded and finely chopped
12 sesame seed-topped sandwich buns, split and warmed
12 dill pickle spears

Sauce

1/4 cup unsalted butter
3 yellow onions, thinly sliced
2 tablespoons peeled and chopped fresh ginger
2 cups tomato puree
3/4 cup dark molasses
1/3 cup coarse-grain Dijon mustard
1/2 cup bourbon
1/2 cup cider vinegar
2 tablespoons Worcestershire sauce
1 lemon, sliced
Salt and freshly ground pepper to taste
1/3 cup chopped fresh mint
1 teaspoon Tabasco or other hot-pepper sauce

Preheat oven to 300 degrees F. Lightly coat a large baking pan with vegetable oil.

Rub the pork shoulder with the pepper flakes, salt, pepper and mustard seeds, and place in the baking pan. Pour the cider and vinegar over and around the pork. Scatter the onions, garlic and bell pepper over and around the pork. Cover with aluminum foil.

Roast for 3 hours. Uncover and continue to roast until an instant-read thermometer inserted into the thickest part of the pork registers 180 degrees F, about 1 hour.

While the pork is roasting, make the sauce: In a saucepan over medium heat, melt the butter. Add the onions and ginger and sauté until soft, about 5 minutes.

Stir in the tomato puree, molasses, mustard, bourbon, vinegar, Worcestershire sauce, lemon, salt and pepper.

Reduce the heat to very low and simmer uncovered, stirring occasionally, until very thick, about 2 hours. Discard the lemon slices. Stir in the mint and Tabasco sauce.

Remove the pork from the oven, and transfer to a plate. Let stand for 1 hour. Reserve the roasted vegetables. Using two forks, shred the pork by steadying the meat with one fork and pulling it away

with the other, discarding any fat. Place the shredded pork in a bowl. With a slotted spoon, transfer the roasted vegetables to the bowl with the pork.

Mix the sauce with the shredded pork. Stuff each bun with some of the pork and serve immediately, with the pickle spears on the side.

Raspberry–Stuffed Pork Chops

4 boneless loin chops, 1–inch thick
4 tablespoons raspberry jam
1/2 cup dried apricots, sliced
1 tablespoon vegetable oil
4 tablespoons cider vinegar
2 tablespoons honey
4 tablespoons orange juice
1 tablespoon Dijon–style mustard

Cut deep pocket in one side of each chop. Mix together jam and apricots. Divide equally among chops and stuff each pocket with jam mixture.

Heat oil in heavy skillet over medium–high heat. Brown chops on one side, about 2 to 3 minutes. Turn chops.

Combine remaining ingredients and add to pan. Lower heat, cover and barely simmer 8 to 10 minutes.

Rhubarb Pork Loin

1 (3 pound) boneless rolled pork loin
1 clove garlic, peeled, sliced
1 teaspoon rosemary, crushed
4 stalks rhubarb, sliced
4 tablespoons cider vinegar
6 tablespoons honey
6 whole cloves
1/2 teaspoon salt
1/2 teaspoon dry mustard
2 to 3 drops red food color

Place pork roast in roasting pan. Cut 8 to 10 slits in surface of pork and insert slivers of garlic. Rub all surfaces of roast with rosemary. Roast for about 60 minutes.

Meanwhile, combine remaining ingredients in heavy saucepan; bring to boiling. Reduce heat and simmer about 10 minutes. Pour rhubarb sauce over pork and continue to roast, basting often, until pork reaches an internal temperature of 155 degrees F (about 45 minutes). Let pork roast rest for 10 minutes, letting internal temperature rise to 160 degrees F. Slice thinly and serve with rhubarb sauce.

Rio Grande Pork Chops

Serving size: 6

6 (1/2-inch thick) pork loin chops
1 teaspoon vegetable oil
Salt to taste
Pepper to taste
Chili powder to taste
1/2 cup water
3 zucchini, sliced 1/4-inch thick
2 cups frozen corn, thawed
2 large tomatoes, cubed
1 green bell pepper, cut into strips
1/2 cup pitted ripe olives
1 teaspoon salt
1 teaspoon chili powder
1 teaspoon garlic powder
1/2 teaspoon dried oregano leaves
1/4 teaspoon pepper
1 large onion, sliced

Heat oil in large nonstick skillet. Brown pork chops over medium-high heat. Season with salt, pepper and chili powder to taste. Add water. Cover; cook over medium-low heat for 50 minutes, adding water if needed.

Layer zucchini over pork chops; top with corn.

Combine tomatoes, green peppers, olives and seasonings; spoon over corn. Cover; cook 10 to 15 minutes longer or until pork chops and vegetables are tender.

Great served with a green salad and corn muffins!

Rio Grande Pork Roast

1 (3 to 4 pound) boneless pork loin
1/2 teaspoon salt
2 cloves garlic, minced
1/2 teaspoon chili powder
1/2 cup apple jelly
1/2 cup purchased barbecue sauce
1/2 teaspoon chili powder

Rub surfaces of roast well with salt, garlic and chili powder. Place roast in shallow baking pan and roast at 325 degrees F for 30 minutes.

Combine remaining ingredients in small saucepan. Simmer for 2 minutes. Pour sauce over roast. Continue roasting, basting occasionally, until meat thermometer registers 155 degrees F, about 50 to 60 minutes. Remove roast from pan. Let rest for 5 to 10 minutes, allowing internal temperature to rise to 160 degrees F.

Remove pan drippings to saucepan. Add enough water to make one cup; bring to a boil. Carve roast and serve with sauce.

Roast Pork Tenderloin with Apple Cider Sauce

**Salt and pepper to taste
1 pork tenderloin (about 1 pound)
1 cup apple cider or apple juice
1/2 cup heavy cream
2 tablespoons cold butter**

Preheat oven to 450 degrees F.

Salt and pepper the pork. Spray a baking pan with nonstick spray and place the pork in it. Bake for 20 minutes, or until a meat thermometer registers 155 to 160 degrees F. Remove from oven and place pork on a cutting board.

Pour the apple cider in the baking pan and scrape any brown bits from the bottom. Put the pan on the stove over medium–high heat (or pour the pan drippings and cider into a skillet). Stirring occasionally, let the cider boil until it is reduced to 1/4 cup. It will be quite dark. Add cream and boil 5 minutes, or until very thick. Remove from heat. Add 1 tablespoon butter and beat vigorously as it melts. Add the second tablespoon and beat until it melts.

To serve the pork, slice thinly and drizzle with sauce. Pass extra sauce in a gravy boat, if desired.

Makes 4 servings.

Roast Pork with 7-UP Gravy

1 (12 ounce) can 7-Up or ginger ale
1 1/2 tablespoons soy sauce
1 tablespoon minced green pepper
1 tablespoon minced onion
1 teaspoon fresh lemon juice
1 teaspoon granulated sugar
1 clove garlic, minced
1 (4 pound) center-cut pork roast

In a heavy cooking bag or 9-inch square glass baking dish, combine the 7-Up, soy sauce, green pepper, onion, lemon juice, sugar and garlic. Add the roast and seal the bag (if using). Refrigerate overnight, turning the roast three or four times if possible.

Preheat the oven to 325 degrees F.

If using the cooking bag, place in a baking dish or a roaster. Cut a 1/2-inch slice in the top side of the cooking bag. If using a baking dish, place the roast and marinade in the dish and complete the same process as if using cooking bag. Bake for 1 hour 45 minutes to 2 hours.

When roast is done, pour the juices from the roast into a 1-quart saucepan. Prepare Gravy.

Gravy

2 tablespoons water
2 tablespoons flour

In a small bowl, stir together the flour and water. Stir into the pan with the juices. Bring to a boil over medium-high heat. Serve the gravy over ham and on mashed potatoes.

Roast Pork, Cuban–Style

1/2 cup orange juice
1/4 cup lime juice
2 tablespoons garlic
2 tablespoons dried oregano
2 teaspoons salt
1 teaspoon pepper
Pinch of cayenne
1 (2 pound) boneless pork loin roast

Combine first seven ingredients for marinade and pour over roast. Cover and refrigerate overnight.

Place roast in pan, reserving marinade. Bake at 350 degrees F for 55 minutes or until internal temperature reaches 165 degrees F. Bring reserved marinade to a boil. Let roast sit for 10 minutes, carve and pour reserved marinade over roast and serve.

Yields 6 servings

Rolled Boneless Pork Roast with Sauerkraut

Rolled boneless pork roast

Salt and pepper

1/2 pound bacon

1 large package or several large cans sauerkraut

Brown sugar

1 jar applesauce

Fry bacon and drain well, reserving grease. Chop the bacon.

Salt and pepper the roast and brown well in the bacon grease.

Mix sauerkraut with chopped bacon, brown sugar to taste (I use about 1/2–1 cup), and applesauce. Put the sauerkraut mixture in the bottom of a large casserole or Dutch oven. Put the pork roast on top; cover and bake for 2–3 hours. Uncover the last 30 minutes to 1 hour to brown.

Sage–Marinated Pork Chops Stuffed with Walnut–Cranberry Cornbread Dressing

Serves 6

The chops should be at least an inch thick to accommodate the stuffing.

Sage Marinade

3 tablespoons olive oil

2 cloves garlic, minced

2 tablespoons dried sage

Pork chops

6 thick pork chops (about 1 inch thick)

1 recipe Walnut–Cranberry Corn Bread Stuffing (see recipe)

4 tablespoon olive oil, divided

Preheat oven to 425 degrees F.

Prepare marinade by combining olive oil, garlic and sage in a small bowl. Rub marinade into pork chops. Slash a horizontal pocket in pork chops, cutting through to bone. Place about 3/4 cup stuffing in each pork chop cavity.

In a large skillet over medium heat, add 3 tablespoons oil; cook 2 or 3 chops at a time until browned on one side (about 5 minutes). Turn and brown second side (about 3 minutes). Remove and reserve. Add remaining oil and repeat with remaining chops.

Place pork chops in a small roasting pan and bake until center of meat registers 160 degrees (medium) or 170 degrees F (well done) and center of stuffing registers 165 degrees F (about 25 minutes). Serve immediately.

Santa Fe Pork Loin Roast

1 (4 to 5 pound) boneless pork loin roast
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon chili powder
1/2 teaspoon garlic salt
3/4 cup apple jelly
3/4 cup ketchup
1 1/2 tablespoons vinegar
1/2 teaspoon chili powder
1 cup crushed corn chips

Rinse meat well and pat dry with paper towel.

In small bowl, mix salt, black pepper, 1 teaspoon chili powder and garlic salt together. Rub on outside of roast, then place roast on rack in shallow roasting pan.

Bake at 325 degrees F for about 2 to 2 1/2 hours or until meat thermometer reads 165 degrees F.

Meanwhile, in small saucepan, stir apple jelly, ketchup, vinegar and 1/2 teaspoon chili powder together. Heat until mixture comes to a boil. At that time, reduce heat and simmer, uncovered, for about 2 minutes.

When temperature inside meat reaches 165 degrees F, brush or spoon on apple jelly and ketchup glaze. Sprinkle corn chips over top of roast. Continue baking until internal temperature reaches 170 degrees F (about 15 minutes longer).

After baking, remove from oven and allow roast to rest for about 10 minutes before slicing.

Each pound of meat serves 3 to 4 people.

Santa Fe Schnitzel

1 pound boneless pork loin, sliced into 4 equal pieces
1 (7 ounce) can whole green chiles
4 slices Monterey jack cheese
1/4 cup all-purpose flour
1 large egg, beaten
1/2 cup fine dry bread crumbs
1 envelope taco seasoning mix
2 tablespoons vegetable oil
1/2 cup sour cream, if desired

Pound each loin slice to 1/8-inch thickness. Rinse chiles and pat dry. Place one chile and one slice of cheese on one-half of each thin cutlet. Fold other half over, creating an "envelope." Press edges firmly together.

In shallow dish, mix together bread crumbs and seasoning mix. Coat each cutlet with flour, dip into egg, and coat with crumb-seasoning mixture.

Heat oil in large skillet over medium heat. Cook cutlets 2 to 3 minutes per side, turning once, until golden brown. If desired, serve with a dollop of sour cream.

Sausages and Peppers

1 pound sweet or hot Italian sausages
1/2 cup water
2 green bell peppers, cut into bite-size pieces
1 onion, cut into bite-size pieces
1 tablespoon minced fresh garlic
1 (28 ounce) can crushed tomatoes or tomato sauce
1 teaspoon Italian seasoning
1/2 teaspoon salt

In a large skillet, bring the sausages and water to a boil over high heat. Reduce the heat to low. Cover and simmer for 4 to 5 minutes, or until the sausages are no longer pink. Remove the skillet from the heat. Drain off the water and sausage fat.

Add bell peppers, onion, garlic, tomatoes and seasonings to the skillet and bring to a boil over medium high heat. Reduce the heat to low. Simmer for 8 to 9 minutes, stirring occasionally, until the vegetables are tender.

Serve immediately over rice.

Sautéed Tenderloin Steaks with Wine Sauce

Serves: 2

My sister sent me this recipe to try. She makes this all the time and says it's delicious.

2 (1 1/4-inch thick – 8 ounce weight) tenderloin steaks, top loin center cut

1 tablespoon olive oil

Nonstick pan

1 tablespoon or so finely sliced scallion

1/2 cup good red wine

1 tablespoon butter

Minced parsley or chopped chives

Salt and pepper

Trim steaks off of any excess fat and pat dry with paper towels. Brush them lightly with some olive oil. Lightly oil a nonstick pan.

Sauté steaks 1 1/2 to 2 minutes a side for red rare, longer for medium. Remove steaks to a warm plate.

Remove most of the fat, with the browned stuff in the bottom of pan, leaving only a teaspoon in skillet. Add the scallions and stir for a moment. Pour in wine and scrape deglazing, boil down until syrupy. Remove from heat, add butter and parsley or chives if you wish, pour over steaks and serve.

Scalloped Pork Chops

6 to 8 pork chops, 1/2 to 3/4-inch thick
1 teaspoon salt
2 cups water
2 medium carrots, thin sliced (about 1 cup)
1 (10 ounce) package frozen Italian green beans
2 tablespoons butter or margarine
1 (5.5 ounce) package scalloped potatoes
1 (10 3/4 ounce) can condensed cream of celery soup
2/3 cup milk
1/2 teaspoon dried basil leaves
1/2 teaspoon Worcestershire sauce

Preheat oven to 350 degrees F.

Trim excess fat from pork chops. Rub skillet with fat from pork. Brown pork in skillet; sprinkle with salt.

Heat water to boiling in 3-quart saucepan. Add carrots and frozen beans, heat to boiling. Stir in butter and potato slices and sauce mix from scalloped potato package. Mix soup, milk, basil and Worcestershire sauce. Stir into vegetable mixture. Pour into ungreased 13 x 9-inch baking dish. Place pork on top. Cover and bake 45 minutes.

Uncover and bake until pork is tender, 10 to 15 minutes.

Let stand 5 minutes before serving.

Seared Pork Chops with Coconut Rum and Caramelized Pineapple Sauce

4 (1 1/2-inch thick) pork chops
Salt and pepper, to taste
1/4 cup peanut oil
4 to 6 tablespoons unsalted butter
1 1/2 cups pineapple, medium dice
2 tablespoons brown sugar
2 tablespoons shallots, minced
1/2 cup coconut rum
1 cups chicken stock
2 tablespoons cilantro, chopped
1 teaspoon garlic, chopped
1 to 2 tablespoons fresh lime juice
1 small tomato, seeded and diced fine
Hot pepper sauce, to taste

Heat skillet to medium high heat. Season pork chops liberally with salt and pepper. Add peanut oil to skillet and sear pork chops until golden brown on both sides. Remove pork chops from pan and put into a preheated 450 degree oven for 6 to 8 minutes, or until done to your likeness. In same skillet, add 2 tablespoons butter and when it starts to brown add pineapple and cook until edges start to caramelize. Now add brown sugar, mix thoroughly, then add shallots and garlic and bring to a simmer. Next add rum and flambé ingredients. When the flame dies down, add chicken stock and bring to another simmer and reduce liquid by 1/2. Add lime juice, tomato, hot sauce, salt and pepper. Add remaining butter to thicken sauce. Garnish with chopped cilantro.

Yield: 4 servings

Sesame Butterfly Chops

4 boneless loin pork chops, butterflied (about 1 pound)
1 tablespoon sesame oil
2 tablespoons sesame seed
1 teaspoon dry ginger
2 tablespoons soy sauce
1/4 cup dry white wine
1/2 pound fresh mushrooms, sliced
2 scallions and tops, sliced
1 teaspoon butter

Heat sesame oil in heavy skillet over medium heat. Add chops and brown, sprinkling with sesame seed and ginger. When both sides are browned, add soy sauce and white wine to skillet. Cover and cook over low heat 10 minutes.

Uncover skillet, add mushrooms and onions; stir gently to sauté, 1 to 2 minutes.

Remove chop to serving platter. Add butter to pan, stirring constantly to de-glaze pan. Pour mushroom-onion sauce over chops to serve.

Sesame Pork Strips

1 tablespoon margarine or butter, melted
1 pound pork boneless top loin
1 1/4 cups Original Bisquick
1/3 cup sesame seed
1 teaspoon salt
1 teaspoon paprika
1 teaspoon ground mustard
2 eggs
2 tablespoons milk
2 tablespoons margarine or butter, melted
Sweet and sour sauce or mustard, if desired

Heat oven to 425 degrees F. Spread 1 tablespoon melted margarine in rectangular pan, 13 x 9 x 2 inches. Trim excess fat from pork; cut pork into 1/4-inch slices. Cut slices into strips 1/4 inch wide.

Stir together Bisquick, sesame seed, salt, paprika and mustard. Beat eggs and milk with fork. Dip pork strips into egg mixture; coat with sesame seed mixture. Place pork strips in single layer in pan. Drizzle 2 tablespoons melted margarine over pork.

Bake uncovered 30 to 35 minutes or until brown and crisp. Serve with sauce.

Makes 8 servings.

Shredded Pork Tenderloin with Lime Sauce

1 (1 1/4 pound) pork tenderloin, cut into thin strips
1 tablespoon olive oil
1 1/2 cups chopped onions
2 bacon slices, chopped
1 tablespoon chopped seeded jalapeño chile
1/2 cup dry white wine
1 cup chicken stock or canned low-salt chicken broth
3/4 cup whipping cream
1/4 cup fresh lime juice
2 large tomatoes, seeded, diced
1 cup chopped green onions

Sprinkle pork with salt and pepper. Heat oil in large nonstick skillet over high heat. Add pork and sauté until almost cooked through, about 1 minute. Transfer to plate.

Add 1 1/2 cups onions, bacon and jalapeño to same skillet and sauté until onions are tender, about 5 minutes. Add wine; cook 1 minute. Add stock and cream and simmer until mixture is reduced to 1 cup, about 7 minutes. Return pork to skillet. Stir in lime juice. Add tomatoes and sauté until pork is cooked through, about 1 minute longer. Transfer to serving dish. Sprinkle chopped green onions over and serve.

Serves 4

Smothered Pork Chops

2 tablespoons cornstarch
1 (14 1/2 ounce) can beef broth
1/4 teaspoon pepper
Vegetable cooking spray
6 pork chops, 1/2-inch thick
1 medium onion, sliced

Mix cornstarch, broth and pepper until smooth. Set aside.

Spray skillet with cooking spray and heat over medium–high heat 1 minute. Cook chops in batches 10 minutes or until browned. Set chops aside.

Remove pan from heat. Spray with cooking spray. Add onion and cook over medium heat until tender–crisp. Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly.

Return chops to pan. Cover and cook over low heat 5 minutes or until chops are done.

Serves 6.

Smothered Pork Chops

1 tablespoon brown sugar
1/2 teaspoon salt
1/4 teaspoon pepper
6 (3/4-inch thick) pork chops
All-purpose flour
Hot bacon drippings
1 onion, peeled and sliced
1 green bell pepper, sliced
1 lemon, sliced and seeded
Water

Combine sugar, salt and pepper; rub mixture onto both sides of pork chops. Coat chops well with flour. Fry in 1/4 inch of hot bacon drippings in a large heavy skillet until browned on both sides; remove from skillet and set aside.

Add onion and green bell pepper; sauté until just tender.

Return chops to skillet. Add lemon slices and water to come 1/2 inch up sides of pan. Cover and simmer over low heat 1 to 1 1/2 hours, or until very tender, adding additional water if necessary.

Sour Cream Pork Loin

1 (2 pound) pork loin, sliced 1/4-inch thick
4 tablespoons butter
4 cloves garlic, minced
2 cups sour cream
Cooked rice or egg noodles

Using a large skillet over medium–high heat, melt butter and add garlic. Add the pork and brown on both sides. This cooks very quickly. Remove the pork loin from the pan, lower the heat and add the sour cream, mix well. Return the pork to the pan and simmer for 5 minutes.

Add salt and pepper to taste.

Serve over rice or egg noodles.

Southern BBQ Pork Chops

1/4 cup Italian salad dressing

1/4 cup barbecue sauce

1 teaspoon chili powder

4 boneless center cut pork chops, 3/8-inch thick

Combine first three ingredients and pour over pork. Cover container and place pork in refrigerator for 30 minutes or overnight.

Heat nonstick skillet over medium–high heat. Drain liquid from pork and save. Place pork in skillet and brown for a few minutes on both sides. Pour the liquid that was saved over the top of chops. Cover pan. Simmer over medium heat for 5 minutes.

Serves 4.

Southern Style Smothered Ham

2 slices ham, cut 1/2-inch thick (uncooked)
1 teaspoon dry mustard
2 onions, sliced
2 cups sliced pared apples
12 whole cloves
1 cup brown sugar
1/2 cup water

Preheat oven to 350 degrees F.

Place 1 slice ham in shallow baking pan; spread half the mustard on ham. Top with onions and apples; cover with second slice of ham. Rub remaining mustard onto meat; place cloves in fat portion of ham. Mix sugar and water together; boil 5 minutes. Pour syrup over ham. Bake for 1 hour, basting with sugar and water syrup 2 or 3 times.

Southwestern Ribs

1/4 cup flour
1 large size (14 x 20–inch)
 Reynolds Oven Cooking Bag
1 1/2 cups barbecue sauce
1 medium onion, cut into wedges
2 teaspoons chili powder
1 teaspoon dry mustard
1/4 teaspoon garlic powder
1/4 teaspoon cayenne pepper
3 pounds pork spareribs, fat trimmed

Preheat oven to 325 degrees F.

Shake flour in Reynolds Oven Cooking Bag; place in 13 x 9–inch baking pan. Add barbecue sauce, onion and seasonings. Squeeze bag to blend ingredients. Cut ribs into serving size pieces; place in bag. Turn bag to coat ribs with sauce. Arrange ribs in an even layer. Close bag with nylon tie; cut 6 half–inch slits in top. Bake 1 1/2 hours or until ribs are tender.

Makes 4 to 6 servings.

Microwave directions: Follow recipe as directed. Place bag in shallow 2 1/2–quart microwave–safe casserole. Close bag with nylon tie; cut 6 half–inch slits in neck of bag below tie. Microwave on **HIGH** 5 minutes. Rotate dish.

Microwave on **MEDIUM HIGH** (70% power) 30 to 40 minutes or until ribs are tender, using oven mitts to turn bag over and rearrange ribs after 15 minutes. Let stand in bag 10 minutes.

Southwestern Stir Fry

**1 pound pork tenderloin, cut in quarters
lengthwise and then cut 1/4-inch thick**
2 tablespoons dry sherry
2 teaspoons cornstarch
1 teaspoon ground cumin
1 clove garlic, minced
1/2 teaspoon seasoned salt
1 tablespoon vegetable oil
1 green bell pepper, seeded and cut into strips
1 medium onion, thinly sliced
12 cherry tomatoes, halved

Combine sherry, cornstarch, cumin, garlic and salt in a medium bowl. Add pork slices and stir to coat.

Heat oil over medium–high heat in heavy skillet. Add pork mixture and stir fry about 3 to 4 minutes. Add remaining ingredients. Cover pan and simmer for 3 to 4 minutes. Serve hot with green chile salsa.

Spanish Pork Chops

4 pork chops, 1/2-inch thick
2 tablespoons oil
1 cup uncooked rice
1 onion, chopped
3 1/2 cups tomato juice
1 bay leaf
Salt and pepper, to taste
1 (4 ounce) can diced green chiles

Heat oil in a large skillet. Dredge pork chops in flour; season with salt and pepper and brown in oil. Remove chops. Drain oil and cool pan.

Add rice, onion, tomato juice, bay leaf and diced green chiles. Arrange chops on top. Cover and simmer for 45 to 50 minutes.

Spareribs and Apples

3 to 3 1/2 pound pork spareribs
Salt, black pepper and red pepper to taste
1 medium onion, chopped
1 cup red wine
4 tablespoons brown sugar
1 cup chili sauce
4 tart apples, cored and halved or quartered

Preheat oven to 450 degrees F.

Rinse off meat and pat dry with paper towel. Sprinkle with salt and peppers. Place ribs in shallow baking pan. Roast for 30 minutes then pour off fat from pan. Reduce baking temperature to 350 degrees F. Sprinkle onions over ribs.

In medium bowl mix wine, brown sugar and chili sauce together. Pour evenly over ribs and continue baking for 1 hour. Add the apple halves. Spoon pan drippings over apples and continue cooking an additional 30 minutes. Serves 4.

Spareribs with Champagne and Sauerkraut

1 or 2 slabs pork ribs

Seasoned salt

Black pepper

Garlic powder

1 jar sauerkraut, drained

1 bottle domestic champagne

Season ribs on both sides with seasoned salt, black pepper and garlic powder to taste. Put ribs in baking pan; enclose with aluminum foil. Bake at 425 degrees F for 1 hour.

Add sauerkraut. Add champagne and return to oven for another hour. Serve with either mashed or baked potatoes and a salad.

Spicy Peanutty Pork

4 boneless pork loin chops (well trimmed)

Salt and pepper

4 scallions, cut in 1-inch diagonal slices

8 ounces snow peas, with strings removed

1 tablespoon minced fresh ginger

3 garlic cloves, crushed

1/4 cup creamy peanut butter

1 tablespoon granulated sugar

1 tablespoon soy sauce

1/8 tsp cayenne (or to taste)

Season pork with salt and pepper. Heat nonstick skillet. Cook pork for 4 minutes on each side.

Transfer pork to a platter and keep it warm.

To same skillet add scallions and snow peas and cook 4 minutes, stirring frequently. Stir in ginger and garlic. Cook 1 minute. Return pork to skillet.

Meanwhile in small bowl mix peanut butter, sugar, soy sauce, cayenne and 3/4 cup water until blended. Pour mixture into skillet and heat until boiling. Reduce heat to low; simmer 1 minute.

Serve with steamed rice.

Spicy Pork Tenderloin

2 (1 pound) pork tenderloins, trimmed
1/3 cup olive or vegetable oil
1/4 cup fresh parsley, minced
2 garlic cloves, minced
1 tablespoon grated fresh gingerroot or
1/2 teaspoon ground ginger
2 teaspoons dried oregano
2 teaspoons dried rosemary, crushed
1/2 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground nutmeg

Place tenderloins in an ungreased 13 x 9-inch glass baking dish. Combine remaining ingredients; rub over tenderloins. Cover and refrigerate 6 hours or overnight.

Bake, uncovered, at 425 degrees F for 25 to 30 minutes or until a meat thermometer reads 160 to 170 degrees F. Let stand for 5 minutes before slicing. Yields 8 servings.

Spicy Rhubarb Pork Chops

6 pork chops
1/4 cup water
5 to 6 tablespoons ketchup
2 tablespoons lemon juice
1/2 teaspoon salt
1 tablespoon grated onion
2 cups sliced rhubarb (1 1/2-inch pieces)
1/2 cup granulated sugar
1/2 cup firmly packed brown sugar
1/2 teaspoon cinnamon

Mix water, ketchup, lemon juice, salt and onion together and marinate the pork chops for 1 to 2 hours (or overnight). Drain liquid.

Combine rhubarb, granulated sugar, brown sugar and cinnamon.

Place pork chops in a single layer in a 13 x 9-inch baking dish. Pour rhubarb mix over pork chops and cover. Bake at 350 degrees F for 1 1/2 hours. Cover may be removed during the last 10 to 20 minutes of baking time if there is too much liquid. Cooking liquid can be used as a sauce.

Spuds and Sausages in a Bag

4 lunch-size paper bags
4 medium-size potatoes, peeled, sliced 1/4-inch thick
2 scallions, chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/2 teaspoon dried oregano or 2 teaspoon fresh oregano
2 tablespoons melted butter, margarine or olive oil
4 mild Italian sausages or smoked bratwurst

Preheat oven to 375 degrees F.

Lightly oil inside bottom of paper bags. Place bags on a cookie sheet. Divide potatoes and onions equally among bags. Sprinkle salt, pepper and oregano over potatoes and drizzle with butter, margarine or olive oil.

Place 1 sausage in each bag. Fold down bag tops and secure with paper clips. Bake 1 hour, until potatoes are cooked through.

Serve on individual plates.

Makes 4 servings.

Stuffed Pork Chops

6 pork chops, 1 1/2 inches thick
Salt and pepper, to taste
1 1/2 cups toasted bread crumbs
1/2 cup chopped unpeeled apple
1/2 cup shredded sharp natural Cheddar cheese
2 tablespoons light raisins
2 tablespoons butter or margarine, melted
2 tablespoons orange juice
1/4 teaspoon salt
1/8 teaspoon cinnamon

Have a pocket cut in each pork chop along the fat side. Salt and pepper the insides of the pockets.

In a bowl toss the bread crumbs, apple, cheese and raisins together.

In a separate bowl combine the melted butter, orange juice, salt and cinnamon, and pour the mixture over the bread crumb mixture. Mix gently. Lightly stuff the pork chops with the mixture. Place in a shallow baking pan. Bake at 350 degrees F for 1 hour and 15 minutes. Cover lightly with foil and bake for 15 minutes more.

Serves 6.

Sugar Cure for Ham

1 1/2 pints salt

1 /2 cup brown sugar

3 to 4 tablespoons black pepper

2 tablespoons red pepper

1 joint ham from a 300 to 400 pound hog

Mix together and rub in and pack on joint of meat. Spread some on newspaper and lay joint, rind down, on mixture. Wrap in paper and then in cloth. Tie like a package. Hang where there is even temperature, a little cool, but not necessary. Hang with bone pointing down. It will drain a little. Leave for several months. When cured, slice and store in freezer if weather is hot.

Sugar–Spiced Pork Chops with Chipotle Pumpkin Sauce

4 (1–inch thick) boneless pork chops
1 cup canned solid pack pumpkin
1 chipotle pepper, snipped into tiny pieces
1 (8 ounce) jar salsa
1/4 cup shredded fresh Parmesan cheese
1/4 teaspoon ground nutmeg
2 tablespoons brown sugar
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon olive oil
2 plum tomatoes, seeded and diced
2 tablespoons s chopped fresh cilantro

In a medium saucepan over medium heat, combine pumpkin, chipotle pepper, salsa, Parmesan and nutmeg. Cook until the mixture almost boils, stirring occasionally. Reduce heat to low; cook 10 minutes more, stirring occasionally.

In a small bowl, combine brown sugar, cumin, chili powder, salt and pepper; sprinkle evenly over pork chops; cook 8 to 10 minutes, or until done, turning occasionally.

To serve, spoon a generous 1/3 cup of the pumpkin mixture over the bottom of each of four serving plates. Place pork chops on top of mixture; garnish with chopped tomatoes and cilantro.

Sweet and Sour Cranberry Pork Chops

Pork chops

1 cup Russian salad dressing

1 package dry Lipton onion soup mix

1 (15 ounce) can whole cranberry sauce

Place pork chops in a greased casserole. Mix together remaining ingredients, and pour over the chops. Bake, uncovered, at 300 degrees F for 2 to 3 hours.

Serve with rice or noodles.

NOTE: Chicken may be substituted for the pork chops.

Sweet and Sour Fried Pork

Cubed pork

Batter

1 cup all-purpose flour

1/2 teaspoon salt

1 egg

1 teaspoon baking powder

Milk (enough for thick consistency)

Sweet And Sour Sauce

1 can pineapple chunks, juice reserved

1 package raspberry Danish dessert

1/4 cup vinegar

Pineapple juice

Cut pork into 1-inch cubes. Boil in 2 cups water until pink disappears. Dip in batter and deep fry.

Make Danish dessert according to package directions on package, replacing water with 1/4 cup vinegar and drained pineapple juice to make the difference.

Just before serving, add pineapple chunks to pork and pour Danish dessert over top. Serve with white rice. If desired, sprinkle sesame seeds on top of sauce.

Sweet and Sour Pork Chops

1 teaspoon ginger
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon paprika
1/4 cup unbleached flour
6 pork chops
3 tablespoons oil
1 cup pineapple juice
2 tablespoons vinegar
3 tablespoons brown sugar

Mix together ginger, salt, pepper, paprika and unbleached flour. Use this to coat pork chops. Brown pork chops in oil. After browning chops, place in a baking dish and cover with combination of pineapple juice, vinegar and brown sugar. Cover casserole dish with foil and bake 1 hour at 350 degrees F.

Yields 4 to 6 servings.

Sweet and Sour Raspberry Pork Chops

1/4 cup seedless raspberry jam
2 1/2 tablespoons red raspberry vinegar
2 teaspoons chopped fresh thyme
4 boneless pork loin chops

In a small saucepan, bring jam and vinegar to a boil. Reduce heat and simmer for 2 to 3 minutes. Add thyme, remove from heat and set aside.

Meanwhile, rinse chops and pat dry. Place on an oiled grill over medium hot coals and grill for about 7 to 9 minutes per side, depending on thickness of chops. (Internal temperature should reach 165 degrees F.) Place chops on a serving platter or individual plates and top with raspberry sauce.

Makes 4 servings

Sweet and Spicy Pork Tenderloin

2 teaspoons dried tarragon leaves
1/2 teaspoon dried black thyme leaves
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
1 pound pork tenderloin, cut crosswise into 1–2–inch pieces
2 tablespoons margarine, melted
1 1/2 tablespoons honey

In small bowl, combine tarragon, thyme, pepper and salt; blend well. Brush both sides of each pork tenderloin piece with margarine; sprinkle both sides with seasoning mixture.

Arrange tenderloin pieces on broiler pan. Broil 5 to 6 inches from heat for 2 minutes per side.

Remove from broiler. Brush top side of each piece with honey. Broil for an additional minute.

Place pork pieces on serving plate.

Sweet Baked Ham Supreme

1 (5 to 6 pound) ham
Whole cloves
Meat tenderizer
Accent®
Season–All®
Brown sugar
2 cans sliced pineapple, juice reserved
Maraschino cherries, juice reserved

Cut off the fat and make thin slices across the meat to form diamonds, about 1 1/2 inches apart. Embed meat with whole cloves, about 1 inch apart, then liberally sprinkle the meat with tenderizer, Accent® and Season–All®. Rub liberally with brown sugar and press against the meat so that liquids soak through the sugar. Add more brown sugar and continue to press it against the meat until no more liquids soak through.

Using 2 cans of sliced pineapple, cut the pineapple into 1–inch chunks and place them on the ham with wooden picks, about 2 inches apart. Between the pineapple, place maraschino cherries with wooden picks. Put the ham in a large baking pan. In the bottom of the pan pour:

1 can Coca–Cola®
1 cup Madeira wine
Juice from 2 cans of pineapple
Juice from bottle of maraschino cherries
1 can undiluted frozen orange juice

Bake at 350 degrees F for at least 3 hours. After the first hour, baste frequently. Thicken gravy with a paste made by combining cornstarch with water.

Sweet Carolina Ribs

4 pound baby back pork ribs, scored
1 bottle Dijon and honey marinade with lemon juice
2/3 cup packed dark brown sugar
2/3 cup cider vinegar
2 teaspoon seasoned salt
Nonstick cooking spray

If necessary, trim ribs and cut into lengths to fit in a large resealable plastic bag; place ribs in bag.

In medium bowl, combine marinade, sugar, vinegar and seasoned salt. Set aside 3/4 cup marinade. Pour remaining marinade over ribs. Seal bag and marinate in refrigerator 3 hours or overnight.

Preheat oven to 300 degrees F.

Discard used marinade and place ribs on foil-lined baking sheet sprayed with nonstick cooking spray. Bake, covered, 2 hours or until tender. Finish on grill (medium-low heat), basting often with remaining Marinade until glazed.

Makes 4 to 6 servings

Sweet Pork Roast

The sugar in the soda gives the dish real Southern flavor.

4 1/2 pound pork center-cut loin (you may want to ask the butcher to tie it)
1 tablespoon Worcestershire sauce
1 tablespoon soy sauce
2 teaspoons Mrs. Dash
2 teaspoons Lawry's seasoning salt
2 teaspoons garlic salt
1 cup Pepsi Cola

Preheat oven to 350 degrees F.

Place pork in 9 x 13-inch baking pan. Rub with Worcestershire and soy sauce. Sprinkle with Mrs. Dash, Lawry's and garlic salt. Roll roast and rub to coat with spices. Pour Pepsi Cola over all. Place roast in oven. Bake for 2 1/2 to 3 hours, until a meat thermometer inserted in the center reads 180 degrees F.

Serves 8 to 10.

Tahitian Pork Chops

8 pork chops
3 to 4 tablespoons oil
3/4 cup white wine
1/4 cup soy sauce
1/4 cup vegetable oil
1 teaspoon garlic salt
3/4 teaspoon ginger
1/4 teaspoon oregano
1 tablespoon maple syrup

Brown pork chops in oil on both sides. Combine remaining ingredients in blender. Mix well. Put pork chops in shallow baking pan. Pour blended ingredients over pork chops. Bake at 350 degrees F for 30 minutes. Turn chops over. Bake another 30 minutes.

Yields 4 to 8 servings.

Tequila Pork Tenderloin

1/4 cup vegetable oil
2 cloves garlic
1 (2 pound) pork tenderloin (all fat removed)
1/4 cup prepared mustard
1 small onion, chopped
1/4 cup carrot, chopped
1/4 cup celery, chopped
4 small tomatoes, chopped
1 lime, juiced (about 1/4 cup)
1 teaspoon chili powder
1 bay leaf
1 teaspoon salt
1 teaspoon dried oregano
1 teaspoon dried thyme leaves
1/2 teaspoon pepper
1/4 cup tequila
1/2 cup snipped parsley

Heat oil and garlic in 10-inch skillet. Coat pork with mustard; cook pork over medium heat until brown. Remove garlic. Stir in remaining ingredients, except parsley. Cover; simmer until pork is tender, 30 minutes, more or less. Let pork rest for about 15 minutes, then slice.

To serve, cover pork with vegetables; sprinkle with parsley. Makes 4 generous servings.

Tex–Mex Chops

4 boneless loin chops (1 pound)
1 tablespoon vegetable oil
1 1/2 cups bottled chunky salsa
1 (4 ounce) can diced green chiles
1/2 teaspoon ground cumin
1/4 cup grated Cheddar cheese

Heat oil in heavy skillet over medium–high heat. Brown chops on one side, about 2 minutes. Turn chops. Add salsa, chiles and cumin to skillet. Lower heat. Cover and barely simmer for 8 minutes. Uncover.

Top each chop with 1 tablespoon cheese. Cover and simmer an additional minute, until cheese melts. Serve immediately.

Topped Chops

4 (4 ounce) boneless pork chops, 3/4-inch thick

Vegetable oil

1 teaspoon black pepper

1/2 cup chicken broth

1 tablespoon lemon juice

Chunky applesauce with cinnamon

Heat a nonstick skillet over medium–high heat. Brush chops lightly with oil, and brown on both sides, turning once, about 3 to 4 minutes.

Sprinkle pepper over the chops; add broth, lemon juice, and chunky applesauce with cinnamon. Reduce heat to low, cover and simmer gently for 5 minutes.

Tuscan Pork Roast

8 cloves garlic, peeled
1 tablespoon dried rosemary
1 tablespoon olive oil
1/2 teaspoon salt
1 (4 pound) pork loin roast, boneless

In a blender or food processor, combine garlic, rosemary, olive oil and salt; blend until mixture turns to paste. Rub over the roast; cover and let stand 30 minutes.

Place on a greased baking rack, fat side up, in a roasting pan. Bake, uncovered, at 325 degrees F for 2 to 2 1/2 hours or until the internal temperature reaches 160 to 170 degrees F. Let stand 15 minutes before slicing.

Yields 12 servings.

Virginia Ham with Dressing Patties

1 (12 to 14 pound) Virginia ham
3 cups sherry wine
3 bay leaves
2 tablespoons whole cloves
Vinegar
Brown sugar
Prepared mustard
Bread crumbs

Soak ham in water to cover several hours or overnight, depending on how strong the salt and flavor is.

Place ham in large pan; mix sherry, bay leaves and cloves and pour over ham. Cover and bake at 275 degrees F for 20 to 25 minutes per pound, turning periodically. Cool overnight in mixture.

Skin. Make a paste of remaining ingredients (approximately 1 part vinegar, 2 parts sugar, 1 part mustard and 3 parts bread crumbs) and spread over ham. Dot with additional cloves. Bake uncovered at 400 degrees F for about 30 minutes to brown. Slice thinly and serve with Dressing Patties. Serves 25.

Dressing Patties

1 1/2 cups hand-crumbled white bread
3 cups hand-crumbled cornbread
1 teaspoon dry mustard
1/2 teaspoon black pepper
2 tablespoons celery seed
1 medium onion, chopped
1/4 teaspoon cayenne pepper
2 eggs, beaten
1 teaspoon granulated sugar
1/3 cup cider vinegar
2 tablespoons ham fat, melted
1 teaspoon salt
1/2 cup milk
3 tablespoons ham liquid

Grease cookie sheet or miniature muffin tins. Mix together all ingredients. Taste for seasoning, adding more pepper or vinegar as desired. Heat baking pans. If using muffin tins, fill about half full, using about 1 tablespoon of mixture for each muffin. If making patties, use same amount on cookie sheet. Bake in a preheated 400 degrees F oven for 30 minutes. Serve hot preferably, but can use cold.

The patties may be stored in the refrigerator or freezer. Patties are hot and are intended more as a taste enhancer with the ham than as a dressing.

Yields about 4 dozen patties.

Patties are great for a cocktail buffet.

West Indian Pork

1 pound pork tenderloin
4 tablespoons butter, divided
2 bananas, peeled and sliced
1/4 cup brown sugar
1/4 cup brandy or rum

Slice tenderloin crosswise into 1-inch pieces. Flatten slightly with heel of hand.

Melt 1 tablespoon butter in large skillet over medium heat. Brown pork quickly on both sides, about 4 to 5 minutes. Remove pork from skillet. Keep warm.

Melt remaining butter in pan. Add bananas and sauté for 2 to 3 minutes.

Add brown sugar and brandy. Cook and stir until sauce is thick and bubbly. Return pork to pan. Heat through.

When Pigs Fly!

Serves 8

4 pork chops, cut into 3/4-inch cubes
2 teaspoons vegetable oil
14 ounces hot-style ketchup*
3 tablespoons honey
2 tablespoons lemon juice
2 1/2 teaspoons hot pepper sauce
1 teaspoon crushed thyme
1/2 teaspoon crushed rosemary
1/2 teaspoon lemon pepper

In a large skillet heat oil over medium-high heat. Cook and stir pork cubes for 4 to 5 minutes or until pork is just done. Remove excess fat from skillet; reduce heat to low.

Add remaining ingredients to skillet, stirring to coat pork cubes. Cover and cook about 1 minute or until heated through. Transfer to warm serving dish; serve with wooden picks.