



Pork

Pork Wellington

Servings: 8

Total Time: 3 hours

Ingredient

Sear in 1 T. olive oil; chill:

2 pork tenderloins, trimmed and

Cut into 8 medallions

Salt and pepper

Sauté in T. olive oil:

1 T. garlic minced

½ t. red pepper flakes

1 bag baby spinach (6oz)

Prepare; Assemble with:

1 box frozen puff pastry,

Thawed (17 oz)

4 oz. prosciutto, thinly sliced,

Dived

Seared medallions

2/3 cup goat cheese, divided (3oz)

Sautéed spinach, divided

Brush with:

2 eggs beaten with 2 T. water

The Wellingtons can be assembled and decorated, then covered and chilled up to a day ahead. Before baking bring them to room temperature, brush with egg wash and bake according to instructions.

Directions:

1. To trim tenderloins, remove the thick white membrane, holding it taut, with the knife blade angled away from the meat.
2. Slice each tenderloin into four 5-6 oz pieces, for a total of 8 medallions. Season with salt and pepper.
3. To use the narrow end of the tenderloin for Wellingtons, fold the “tail” over and tie with string to hold in place during searing. (Remove the string before wrapping medallion in pastry.)
4. Sear medallions in 1 T. oil in a nonstick skillet over medium-high heat on both sides, 10 minutes total. Transfer to a plate and chill until completely cool, at least 30 minutes. (Do not wash the pan-use the drippings to start the mushroom sauce-see next page for directions.)
5. Sauté garlic and pepper flakes in 1 T. oil in a large skillet over medium-high heat until fragrant. Add spinach, toss to wilt, and season with salt. Drain spinach in a sieve, pressing with a spoon until dry, then coarsely chop; cool completely.
6. Thaw puff pastry sheets according to package directions. Trim off a 2” wide strip from 1 side of a pastry sheet and reserve for garnishing.
7. Roll out remaining pastry on a floured surface to a 12” square, and then cut into 4” squares. Repeat rolling and cutting with second pastry sheet.
8. Assemble Wellingtons by first laying a slice of prosciutto on each square, then topping with a pork medallion. Top pork with about 1 T. each of goat cheese and spinach, then another slice of prosciutto.
9. Brush corners of pastry with egg wash and fold a corner up to the top. Fold the opposite corner to the center in the same way; press corners to adhere.
10. Tuck in the sides as if wrapping a gift and fold up remaining corners, gently stretching pastry over open areas to enclose the fillings. Transfer Wellingtons to a parchment-lined baking sheet coated with nonstick spray.
11. Decorate Wellingtons with pastry cutouts (leaf, stem and berries). Cover with plastic and chill at least 30 minutes or up to 1 day. Let stand at room temperature for 30 minutes. Rest 5 minutes before serving.



Pork

Mushroom Sauce & Lemon Broccolini to accompany Pork Wellington Dish

Servings: 2 ½ cups

Total Time: 35 minutes

Ingredients:

Sauté in 1 T. olive oil; Add:

½ lb. assorted mushrooms,
sliced (4cups)

Pinch of salt

2 T. shallots, minced

1 T. tomato paste

2 T. all-purpose flour

2 T. unsalted butter

Deglaze with; Add:

1 cup dry white wine

2 cups chicken broth

1 sprig fresh thyme

1 sprig fresh parsley

Off Heat, Whisk In:

1 T. unsalted butter, optional

½ t. truffle oil, optional

Pepper to taste

Roasted Mushroom Sauce:

1. Sauté mushrooms with salt in oil over medium heat in the pan used to sear the pork. Cook until soft, about 2 minutes. Add shallots, sauté 1 minute, then stir in tomato paste and cook until it starts to brown, about 1 minute. Add flour and 2 T. butter; cook 1 minute.
2. Deglaze with wine; increase heat to high. Boil to reduce and thicken, 2 minutes, then add broth and herbs. Bring to a boil, reduce heat to medium, and simmer until sauce coats a spoon, 12-15 minutes.
3. Off heat, whisk in butter, truffle oil and pepper. Discard herb sprigs before serving.

Lemon Broccolini

Servings: 4 cups

Total Time: 20 minutes

Ingredients:

Blanch:

1 lb. Broccolini spears

Toss with; Finish with:

2 T. olive oil

Salt to taste

Juice of ½ a lemon

Directions:

4. Preheat oven to 425°
5. Blanch Broccolini in boiling salted water 2 minutes. Transfer to a bowl of ice water, then drain in a salad spinner or colander to remove excess water.
6. Toss Broccolini with oil and salt, transfer to a baking sheet, and roast in oven until florets just begin to char, 4-5 minutes. Before serving, finish with lemon juice.



Pork

Festive Pork Loin Roast

Servings: 12 to 14

Prep: 45 minutes

Bake: 1 Hour, Stand: 15 minutes

Ingredient

2 (4-pound) Center cut boneless
Pork loins
1 teaspoon salt
1 teaspoon pepper
Sausage Stuffing
3 white bread slices
1 cup chopped pecans
3 tablespoons bourbon
1 cup chicken broth
Juice of 1 lemon
Mushroom Sauce
Garnishes: decoratively cut orange,
Fresh cranberries, fresh kale

Mushroom Sauce:

Makes 3 cups

Prep: 10 min., Cook: 20 min.

Ingredients:

½ cup butter
1 ½ (8-ounce) packages sliced fresh
mushrooms (3 ¾ cups)
1 large onion, finely chopped
1 bunch green onions, chopped
½ cup chopped fresh parsley
2 large garlic cloves, finely chopped
½ teaspoon salt
1 ½ cups white wine
½ cup reserved pan drippings or
chicken broth

Directions:

Melt butter in a large skillet over
medium heat; add mushrooms and
next 4 ingredients, and sauté 6 to 7
minutes or until tender. Stir in salt,
white wine, and pan drippings; cook
10 minutes

Directions:

1. Cut pork loins in half lengthwise; sprinkle pork with salt and pepper.
2. Spoon 2 cups of sausage stuffing evenly on each bottom half. Place each top half over stuffing, and tie firmly with kitchen string.
3. Pulse together bread, pecans, and bourbon in a food processor 6 times or until crumbly. Spread half bread mixture evenly over top of each roast. Place roasts on a rack in a roasting pan. Pour chicken broth and lemon juice into bottom of pan.
4. Bake covered with aluminum foil, at 425° for 30 minutes. Remove foil, and bake 30 more minutes or until a meat thermometer reaches 160°. Let stand 15 minutes before slicing. Serve with Mushroom Sauce. Garnish, if desired.

Sausage Stuffing:

Makes: 4 cups

Prep: 10 min, Cook: 15 min

Ingredients:

7 white bread slices
1 pound bulk pork sausage
1 large onion, finely chopped
3 celery ribs with leaves, finely chopped
1 cup chicken broth
1 tart apple, diced
1 teaspoon poultry seasoning

Directions:

Remove crusts from bread slices. Cut bread into cubes. Cook sausage in a large skillet, stirring until it crumbles and is no longer pink. Add onion and celery, and cook until tender. Remove from heat; stir in bread, broth, apple, and seasoning.



Pork

Stuffed Pork Roast

Servings: 10-12

Ingredients:

¼ pound bulk pork sausage
2 cups herb-seasoned stuffing mix
1 cup peeled, chopped, tart apple
¾ cup hot water
½ cup diced celery
½ cup raisins
1 tablespoon diced onion
½ teaspoon salt
½ teaspoon sage
1/8 teaspoon pepper
1 (4 to 6 pound) boneless, rolled pork loin roast
½ teaspoon salt, divided
½ teaspoon pepper, divided
½ teaspoon ground coriander, divided
6 slices bacon
1 (10 ounce) jar cherry preserves
2 tablespoons orange marmalade
Fresh watercress
Orange twists
Cherry tomatoes
Concord grapes

Directions:

Cook sausage until slightly pink; drain well. Combine sausage and next 9 ingredients; set aside.

Separate pork into two pieces, and sprinkle flat sides with ¼ teaspoon each of salt, pepper, and coriander. Spoon stuffing mixture lengthwise over one piece of pork. Top with remaining pork; turn under ends. Tie securely with heavy string at 2 to 3 inch intervals. Sprinkle outside with remaining ¼ teaspoon each of salt, pepper, and coriander. Place roast in a lightly greased shallow roasting pan. Place bacon lengthwise over roast. Insert meat thermometer into thickest part of roast.

Bake roast at 325° for 1 hour. Remove bacon. Combine cherry preserves and orange marmalade; stir well. Brush roast with preserve mixture. Bake an additional 30 minutes to 1 ½ hours (30 to 35 minutes per pound) or until meat thermometer registers 170°, basting often. Place roast on a bed of watercress; garnish with orange twists, cherry tomatoes, and Concord grapes.



Pork

Italian-Stuffed Pork Loin Roast

Servings: 8 to 10

Prep: 30 minutes

Cook: 15 min, Bake: 1 hr, Stand 30 min

Ingredients:

1/3 cup finely chopped yellow onion	1 (7-ounce) container olive tapenade
1/3 cup finely chopped fresh mushrooms	1 teaspoon salt
1 garlic clove, minced	1/4 teaspoon pepper
3 tablespoons olive oil, divided	2 1/2 cups low-sodium fat-free chicken broth, divided
1 cup cornbread stuffing mix	1 cup Merlot
1/4 cup chopped jarred roasted red bell peppers, drained	1 tablespoon butter
3/4 cup low-sodium fat-free flat-leaf parsley	1 tablespoon flour
1 (3-pound) boneless pork loin roast	1/2 cup sliced fresh mushrooms
	1/4 teaspoon browning-and-seasoning sauce (optional)
	Sautéed Vegetable Garnish (recipe on next page)

Directions:

Sauté onion, mushrooms, and garlic in 1 tablespoon hot oil in a large skillet over medium-high heat 5 minutes or until vegetables are tender. Remove from heat. Add cornbread stuffing mix, peppers, 3/4 cup chicken broth, and parsley; stir until liquid is absorbed. Let stand 5 min.

Butterfly pork loin roast by making a horizontal cut (about one-third down from top) into 1 side of pork, cutting to within 1/2 inch of other side. (Do not cut all the way through the roast.) Unfold top cut piece, open, and lay flat. Repeat procedure on opposite side of remaining two-thirds portion of pork loin roast, beginning at top or bottom of inside cut. Place pork between 2 sheets of heavy-duty plastic wrap; flatten to 1/2 inch thickness using a meat mallet or rolling pin.

Spread roast evenly with olive tapenade, leaving a 1-inch border. Spoon stuffing mixture evenly over tapenade. Roll up roast, and tie with kitchen string at 1 1/2 inch intervals. Place roast, seam side down, in a lightly greased shallow roasting pan. Rub roast with remaining 2 tablespoons oil; sprinkle evenly with salt and pepper. Pour 1 1/2 cups, chicken broth and Merlot into pan.

Bake uncovered at 375° for 50 minutes to 1 hour or until a meat thermometer inserted into center of roast registers 160°. Remove roast from pan, reserving pan juices. Let roast stand 15 minutes before slicing or until meat thermometer reaches at least 165°. Removing string, and slice roast.

Pour pan juices through a large wire-mesh strainer into a glass measuring cup, discarding solids in strainer. Let pan juices in cup stand 10 minutes; spoon out fat, and discard.

Melt butter in medium saucepan over medium-high heat; whisk in flour until smooth. Cook, whisking constantly, 2 minutes. Whisk in reserved pan drippings, remaining 1 cup chicken broth, and sliced mushrooms; cook over medium-high heat, whisking often, 5 minutes or until thickened. Stir in browning-and-seasoning sauce, if desired. Serve pan dripping sauce with roast. Garnish if desired.



Pork

Sautéed Vegetable Garnish to accompany Italian-Stuffed Pork Loin Roast

Makes enough to Garnish 1 (15 inch platter)

Prep: 8 min, Cook: 8 min

Ingredients:

1 pound whole fresh mushrooms, halved
1 large red bell pepper, cut into 2-inch strips
1 large onion, cut into 8 wedges
2 tablespoons olive oil
Salt and pepper to taste (optional)
Fresh flat-leaf parsley sprigs

Directions:

Sauté first 3 ingredients in hot oil in large nonstick skillet over medium-high heat 8 minutes or just until lightly browned. Add salt and pepper to taste, if desired. Arrange vegetables on platter with Italian-Stuffed Pork Loin Roast. Tuck in fresh flat-leaf parsley sprigs.



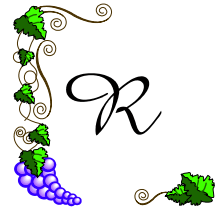
Pork ***“Terrier” Beans***

This recipe was given to us by our Wofford friend Therese White

Ingredients

- 1 ½ lbs sage pork sausage
- 1 ½ lbs original or hot pork sausage
- Bush’s Baked Beans (Original or Honey)
- 1 cup ketchup
- 2 Tb Worcestershire
- 4 Tb brown sugar
- 4 Tb vinegar
- 1 cup chopped green pepper
- 1 cup chopped onion

1. Sauté Green Pepper and Onion until translucent.
2. Mix all ingredients and bake at 350° for 50 minutes or in crock pot on low for several hours



Pork

Roast Pork Loin with Marmalade Glaze

Serving: 8

Ingredients:

- 1 bone-in pork roast, about 4 ½ lb., frenched
- Kosher salt and freshly ground pepper, to taste
- 1 Tbs. vegetable oil
- 1 fresh thyme sprig
- 1 fresh rosemary sprig
- 3 large garlic cloves, peeled
- ¼ cup Seville orange marmalade

Directions:

1. Using a sharp knife cut about an inch at each bone. This will allow the marmalade to get into the meat.
2. Then tie the pork roast between each bone with kitchen twine.
3. Generously season the pork on all sides with salt and pepper. Let stand at room temperature for 1 hour.
4. Preheat an oven to 375°F
5. In a 5 ½ quart round Dutch oven over medium-high heat, warm the oil. Place the pork, fat side down, in the pot and sear until well browned, about 4 minutes. Turn the pork over and add the thyme, rosemary and garlic to the pot.
 - * You can use a Roasting Pan instead of the Dutch oven. Cover pan with aluminum foil until you begin to baste the pork with the marmalade.
6. Transfer the pot to the oven and roast until an instant-read thermometer inserted into the thickest part of the meat, away from the bone, registers 140°F, about 1 hour; during the last 15 minutes of roasting, baste the top and sides of the pork with marmalade every five minutes.
 - * If using a Roasting Pan you will want to uncover the meat during the last 15 minutes of roasting and basting the pork.
7. Turn the oven to broil. Broil until the top of the pork is browned and the thermometer registers 145°F, 3 to 4 minutes.
8. Transfer the pork to a carving board, cover loosely with aluminum foil and let rest for 20 minutes before carving.



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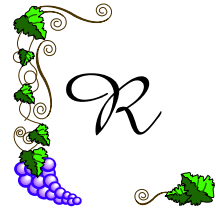
Ribs

Rub

- 1 tbs. + ½ tsp. of Granulated Sugar
- 1 tbs. + ½ tsp. Light Brown Sugar
- 1 tbs. + ½ tsp. Garlic Salt
- 1 tbs. + ½ tsp. Smoked Sweet
Paprika
- 1 tsp. Dehydrated Onion Flakes
- 1 tsp. Pure Chile Powder
- 1 tsp. Freshly Ground Black Pepper
- ½ tsp. Celery Seed
- ½ tsp. Dried Basil
- ½ tsp. Dried Tarragon
- ½ tsp. Dried oregano

We used St. Louis Baby Back ribs which are a little larger than your standard Baby Backs.

1. Flip ribs on the bone side and pull sliver skin membrane off of the ribs. To do this we suggest that you use a paper towel to get started. Once you get started the membrane should pull off easily.
2. Apply the Dry Rub to the ribs several hours before you plan to cook them.
3. We suggest cooking the Ribs on a Rib Rack so that the ribs stand on their sides and no flipping is required. This also allows the ribs to cook more evenly.
4. A Grill that allows for indirect heat works best. For best results place your charcoal on one side of the grill and on the opposite side place a pan of water under the ribs.
5. Smoke ribs using a Natural Charcoal and soaked Hickory Chips. We *do not* use liter fluid but instead use a chimney starter for best results.
6. Cook at 225 degrees for 4-6 hours
7. In a spray bottle mix up $\frac{3}{4}$ Worcestershire sauce and $\frac{1}{4}$ strained pineapple juice. Keep the ribs sprayed and moist throughout the cooking process.
8. Pull on the bone to see if it will separate from the meat. When it will separate you are ready to cover the ribs in your BBQ Sauce of choice. Once the ribs have been covered in the sauce you will need to cook the ribs for 30 minutes.
9. Remove the ribs from the grill and wrap in Aluminum Foil. Place ribs back on the grill and cook for another hour to hour and half.
10. Unwrap the ribs and place back on the grill on low heat. Enjoy!



Pork

Boston Butt

Rub

- 1 tbs. + ½ tsp. of Granulated Sugar
- 1 tbs. + ½ tsp. Light Brown Sugar
- 1 tbs. + ½ tsp. Garlic Salt
- 1 tbs. + ½ tsp. Smoked Sweet Paprika
- 1 tsp. Dehydrated Onion Flakes
- 1 tsp. Pure Chile Powder
- 1 tsp. Freshly Ground Black Pepper
- ½ tsp. Celery Seed
- ½ tsp. Dried Basil
- ½ tsp. Dried Tarragon
- ½ tsp. Dried oregano

1. Apply Dry Rub to meat 12-24 hours before you plan to cook them. Make sure that you work the dry rub into all cracks of the meat.
2. Cook the Boston Butt on low heat 225 degrees for 6-8 hours.
3. You will need to flip the meat every hour and a half. We strongly suggest that you use cooking gloves to flip the meat. This is needed so that you do not pierce the meat when flipping.
4. In a spray bottle mix up ¾ Worcestershire sauce and ¼ strained pineapple juice. Keep the butt sprayed and moist throughout the cooking process.
5. When a meat thermometer reads 135 degrees or the meat is ¾ done inject the meat (using a commercial grade injector) with Pork BBQ Sauce. Strain the sauce before injecting into the meat.
The main ingredients that we use in our Pork BBQ sauce are White Vinegar and Brown Sugar. The amounts of ingredients use vary as they are added to taste. We add red pepper flakes, honey, black pepper, garlic salt, apple juice, Worcestershire sauce, and hot sauce to the White Vinegar and Brown Sugar.
6. After you inject the Pork BBQ Sauce cook the meat for an hour.
7. Inject the meat a second time with more Pork BBQ Sauce and wrap the meat in tin foil.
8. Cook the meat for an additional hour to hour and half.



Pork

Pork Chop Saltimbocca

Ingredients:

Fresh bone-in pork chop 1 ½ -2” thick
Cracked Blacked Pepper
Salt
1 Sage Leaf per pork chop
Prosciutto Ham
Fresh Spinach Leaves
Red Pepper Chili Flakes
Italian Fontina Cheese
Olive Oil

Mushroom Sauce Topping:

Fresh Mushrooms
Olive Oil
Beef Broth
Salt
Pepper
Heavy Whipping Cream

Directions:

1. Cut a pocket all the way to the bone in the middle of the pork chop.
2. Season both sides of pork chop with cracked black pepper and salt.
3. Finely chop one sage leaf and sprinkle inside the pocket of the pork chop.
4. Insert one slice of Prosciutto Ham and Fontina Cheese into the pocket of the pork chop.
5. Sauté garlic and fresh spinach leaves (cut off stems) sprinkled with red pepper chili flakes. Drain and add to the pocket of the pork chop.
6. Preferably in a black iron skillet (if you don't have a black iron skillet another pan can be substituted) cook pork chops in olive oil on medium-high. Pork Chops should be sautéed on each side until golden brown.
7. Place skillet into oven and cook Pork Chops until desired temp.

Mushroom Sauce Topping:

1. Sauté fresh mushrooms in olive oil.
2. Add Beef Broth, salt, pepper and heavy whipping cream.
3. Serve Sauce over Pork Chops

Side Dish Suggestions:

Sweet Potatoes

Risotto

Caramelized Baby Carrots (caramelize with butter, brown sugar and Grand Marnier)