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Take a Culinary Trip with Pork As Your Passport!

Few foods are as international as pork – it is versatile, easy to prepare and pairs well with many flavor profiles. In fact, pork can be found in traditional dishes on every continent around the world! From Africa’s “Red Beans and Rice” to Australia’s “Sausage Sizzle Sandwiches,” pork makes it easy to bring global flavors to your dinner table.







Just in time for the holiday entertaining season, The National Pork Board, culinary non-profit Common Threads and celebrity chef/reality TV star Stephanie Izard are teaming up to add international flavor to America’s kitchens. Experience “Pork Around the World” with these global recipes and traditions for culinary inspiration. For additional recipes and tips visit www.TheOtherWhiteMeat.com.

Smaaklike ete! Lekker eet! 食飯 (*sikh faahn*)! Bon appetit!
 Guten apetit! Enjoy! ¡Buen provecho!

Country	CUISINE	HISTORY / TRADITION
South Africa 	Red Beans and Rice with Ham Hocks 	<p>Many of Africa’s native fruits, vegetables and meats were brought to the Americas and later combined with more traditional foods of the South to create what is now considered “soul food.” Popular ingredients from the pig include the snout, ears, feet, tail, ribs, thighs (hocks) and small intestines¹.</p> <p>This dish, perfect for celebrating Kwanzaa, uses traditional African ingredients such as beans, rice and ham hocks. Kwanzaa is a weeklong holiday celebrating the traditional African values of family, community responsibility, commerce and self-improvement².</p>

¹ www.sallys-place.com




² Appiah, A. Kwame and Gates, L. Henry. **AFRICANA: THE ENCYCLOPEDIA OF THE AFRICAN AND AFRICAN AMERICAN EXPERIENCE**. 2nd ed. Oxford University Press, April 2005.

<p>Antarctica</p> 	<p>Pork and Zucchini Stew</p> 	<p>Antarctica people don't have organized religion or an official government</p> <p>As a result, they don't celebrate holidays. However, people of Antarctica do love to eat and they don't need any special occasion to do so!</p> <p>While seafood (shellfish, in particular) is the most popular food in Antarctica, the most popular meat is pork!</p> <p>People of Antarctica generally eat pork in one form or another at least once a day, either as chops, roasts, sausages, stuffing's, marinated slices or in stews to help keep them warm. It is also frequently enjoyed as smoked hams and bacon³.</p>
<p>China</p> 	<p>Jiaozi or Chinese Dumplings</p> 	<p>The Chinese New Year, or Spring Festival, is the most celebrated of the traditional Chinese/Eastern Asia holidays.</p> <p>The hallmark food found on menus during the Chinese New Year is Jiaozi, which typically consists of a filling wrapped into a thinly rolled piece of dough. Pork is one of the more popular meats incorporated into these dumplings.</p> <p>Because its shape resembles the Chinese Yuanbao (a kind of money used in ancient times), eating Jiaozi means wealth in the coming year. During the holiday, the Chinese drop in at friends' houses with a plate of Jiaozi⁴.</p>
<p>Australia</p> 	<p>"Sausage Sizzle" Sandwiches</p> 	<p>Australia Day, January 26, commemorates the establishment of the first British settlement on the continent of Australia.</p> <p>During this holiday, many Australians gather with friends and family for "sausage sizzles" – barbecues where the main fare is sausage sandwiches topped with a traditional tomato sauce and vegetables⁵.</p>

³ www.ralphrobertmoore.com

⁴ www.travelchinaguide.com

⁵ www.australiaday.org

<p>Austria</p> 	<p>Wiener Schnitzel</p> 	<p>Christmas is celebrated throughout Europe, with each country honoring its own unique holiday recipe. For instance, Austrians enjoy Wiener Schnitzel, a cut of pork coated in breadcrumbs and then fried.</p> <p>While traditional Wiener Schnitzel is made out of veal, it is also popular with pork. Pork Schnitzel is referred to as <i>Schnitzel Wiener Art</i> (Germany) or <i>Wiener Schnitzel vom Schwein</i> (Austria) to differentiate it from the original⁶.</p>
<p>United States of America</p> 	<p>Boneless Pork Loin Roast with Herbed Pepper Rub</p> 	<p>As America is truly a “melting pot” of cultures and beliefs, Americans celebrate various holidays, including Thanksgiving, Christmas, Hanukah, Kwanzaa and New Year’s Eve.</p> <p>Since most celebrations include large groups of family and friends gathering for a meal, the pork loin roast is perfect for feeding a crowd at holiday dinners⁷.</p>
<p>Chile</p> 	<p>Pork Tamales/Fajitas</p> 	<p>Christmas is celebrated throughout South America. In Brazil, Chile and Venezuela, families spend Christmas Eve, “Noche Buena” as it is called in Spanish, attending parties and religious services⁸.</p> <p>Across the continent, a Christmas Day feast is served at lunchtime, where families enjoy the traditional holiday meal: “hallacas,” a dish similar to American tamales and fajitas. Hallacas are made of corn flour dough filled with pork, olives, raisins and spices in a long bread⁹.</p>

⁶ www.wikipedia.org

⁷ www.TheOtherWhiteMeat.com

⁸ www.gosouthamerica.about.com

⁹ Parnel, Helga. Cooking the South American Way. Lerner Publishing Group; Library Binding edition, August 1992.