



Pork Around the World Recipes

Recipes courtesy of Celebrity Chef and Reality TV Star, Stephanie Izard:

Pork and Peanut Ragu
Grilled Pork Tenderloin with Apple Butter, Rapini and Rosemary Aioli

Recipes courtesy of The National Pork Board:

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NORTH AMERICA: Boneless Pork Loin Roast with Herbed Pepper Rub

Pork and Peanut Ragu

Recipe courtesy of Stephanie Izard

1/2 pound ground pork
1/4 cup roasted peanuts, salted
2 tablespoons peanut oil
1 medium shallot, minced
1 garlic clove, minced
1 tablespoon white miso paste
1 1/2 teaspoons sugar
1 teaspoon tamarind concentrate OR 1/2 teaspoon tamarind paste
Juice of one lime, squeezed juice
Cilantro, chopped for garnish

Chop peanuts until pretty fine with some larger bits; set aside. Heat oil in medium sauté pan or skillet over medium heat. Add in shallot and garlic and cook without browning for 2 minutes, stirring occasionally. Add in pork and cook until lightly brown. Stir in all other ingredients, aside from peanuts and cilantro, along with 1/2 cup water. Simmer, uncovered, over medium heat for 4 to 5 minutes or until thickened. Stir in peanuts. Garnish with fresh cilantro. Serve over pasta or polenta, optional.

Makes 2 servings.

Grilled Pork Tenderloin with Apple Butter, Rapini and Rosemary Aioli

Recipe Courtesy of Stephanie Izard

1 (16 ounce)pork tenderloin
1 1/2 tablespoons olive oil
1/2 teaspoon sambal (chili garlic sauce)
2 cloves garlic, minced
2 sprigs thyme, leaves only
Salt and ground black pepper

Apple Butter

2 Granny Smith or Red Delicious apples peeled, cored and sliced
2 tablespoons sugar
2 tablespoons cider vinegar
Water
Salt and ground black pepper

Rapini

1 bunch rapini (broccoli rabe), stems trimmed
3 slices uncooked bacon, coarsely chopped
Water
Salt and ground black pepper

Rosemary Aioli

1 egg yolk
2 tablespoons sherry vinegar
1/2 tablespoon Dijon-style mustard
1/2 cup canola or grapeseed oil
2 tablespoons ground or minced fresh rosemary*
1/2 tablespoon honey
Salt and ground black pepper

Place pork tenderloin on a large piece of plastic wrap. Combine all ingredients and rub on pork. Wrap pork tenderloin in the plastic wrap; refrigerate up to 12 hours.

In a non-reactive medium saucepan, combine apples, sugar and cider vinegar. Add enough water to cover by about one half inch. Bring to boil then reduce to simmer. Simmer, uncovered, until most of the water is gone and the apples are very tender. Transfer to blender and blend until smooth. Season with salt and pepper. Can be made up to 3 days in advance and reheated to serve.

Bring water to boil in large saucepan. Season well with salt. Add in rapini and let cook for 1 to 2 minutes or until just tender. Transfer to ice bath to stop cooking and then drain. When getting ready to serve, add bacon to large sauté pan or skillet and cook over medium heat until just crisp. Add in rapini, toss to combine and heat through; remove from heat. Season with salt and pepper.

Combine yolks, sherry vinegar and mustard in blender. On low speed, slowly drizzle in the oil until thickened. Add in honey and rosemary. Season to taste with salt and pepper.

This will make extra vinaigrette, which can be held for up to 3 days and used on salads or other grilled proteins.

Prepare a medium-hot fire in grill. Unwrap pork; season pork tenderloin with salt and pepper. Grill, uncovered, over direct heat for 20 to 25 minutes or until internal temperature reaches 155° F, turning tenderloin over halfway during grilling. Transfer tenderloin to cutting board. Loosely cover with foil; let rest for 5 to 10 minutes.

To serve, place a heaping spoonful of apple butter on each plate. Top with rapini. Slice pork and divide among plates and fan over rapini. Drizzle with vinaigrette and serve.

Makes 4 servings.

* To grind fresh rosemary without an herb grinder, use a coffee bean grinder. Grind just the leaves from the rosemary and be sure to wash and dry the inside of the grinder thoroughly before reusing with coffee beans.

Red Beans and Rice with Ham Hocks

1 pound fresh ham hocks
1 pound dried red beans
3/4 teaspoon seasoned salt, divided
4 cups water
2 teaspoons vegetable oil
6 cloves garlic, peeled, finely chopped
1 cup onions, chopped
1 teaspoon ground thyme
1 bay leaf
1/2 teaspoon pepper
4 cups hot cooked rice

Sort and wash beans; place in large Dutch oven. Cover with water 2 inches above beans. Bring beans to a boil and cook for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain beans and set aside.

Sprinkle 1/2 teaspoon seasoned salt over sides of ham hocks. Heat vegetable oil in Dutch oven; brown ham hocks 3 minutes on each side. Add reserved beans, remaining seasoned salt, onions, thyme, bay leaf and pepper and stir to blend. Bring mixture to a boil. Reduce heat and cover; simmer 2 to 3 hours or until beans are tender. Remove bay leaf and serve beans over rice.

Make sure to check that the dried beans are clean. This long simmering dish lets you out of the kitchen while it cooks. Enjoy with Jalapeño Corn Bread, coleslaw and chilled lemon sherbet.

Makes 6 servings.

Pork and Zucchini Stew

3 boneless pork chops, cut into 3/4-inch cubes
3 tablespoons flour
1/2 teaspoon garlic salt
1/2 teaspoon pepper
1 tablespoon vegetable oil
1 medium onion, chopped
1 green pepper, chopped
4 cups fresh mushrooms, sliced
2 cans (14 1/2-ounce) stewed tomatoes, undrained
2 medium zucchini, halved lengthwise and sliced 1/2-inch thick
2 teaspoons dried basil, crushed
1 teaspoon dried oregano, crushed
1/3 cup Parmesan cheese, grated

In a plastic or paper bag combine flour, garlic salt and pepper. Add pork cubes; shake until coated with flour mixture. Set aside.

In a Dutch oven heat oil over medium-high heat. Cook and stir onion and green pepper until onion is tender but not brown. Add pork, cook and stir for 2 to 3 minutes or until browned. Stir in mushrooms, tomatoes, zucchini, basil and oregano; bring to boiling, reduce heat, cover and simmer for 10 minutes or until pork is tender, stirring occasionally. Spoon stew into individual soup bowls. Sprinkle with Parmesan cheese.

Makes 6 servings.

Jiaozi or Chinese Dumplings

Recipe courtesy of Brian Yarvin, author of a World of Dumplings

1/2 pound ground pork
1/4 cup Chinese sausage*, finely chopped
1/4 cup carrot, shredded
1 1/2 teaspoons scallions, minced
1 1/2 teaspoons fresh garlic, minced (3 cloves)
1 1/2 teaspoons Chinese seasoned rice wine
1 1/2 teaspoons soy sauce
1 1/2 teaspoons Oriental sesame oil
1 teaspoon fresh ginger, minced
1/4 teaspoon salt
1/8 teaspoon ground white pepper
Napa cabbage leaves to line the steamer basket

Chinese Golden Egg Pasta Dumpling Wrappers

3 cups all-purpose flour
1 tablespoon turmeric
1 egg
2 tablespoons peanut oil
1 cup warm water

For filling, combine the pork, sausage, carrot, scallions, garlic, rice wine, soy sauce, sesame oil, ginger, salt and pepper in large bowl, and mix thoroughly so everything is well distributed.

Keep cool in your refrigerator until you're ready to start folding.

For wrappers, put the flour in a large bowl; stir in turmeric. Slightly beat egg, water and oil until combined; add to flour mixture. Use a wooden spoon to get the mixture well blended. If the dough is dry and cracking, add water, 1 tablespoon at a time until it's moist and springy. If the dough is sticky, add flour 1 tablespoon at a time until it's smooth.

When the mixture has cooled a bit, knead it for about 7 minutes or until the dough becomes really elastic. Then cover the bowl in plastic wrap and refrigerate for about 30 minutes.

After the dough has rested, use your thumb to poke a hole in the center. Gradually enlarge the hole until it looks like a large bagel. Using a sort of hand-over-hand technique, twist and pull the dough until it forms a rope about 3/4-inch in diameter.

Slice the dough into pieces about 3/4-inch long, and roll each piece into a ball between your palms. On a well-floured work surface, roll out the ball into a thin disk about 3 inches in diameter, place a piece of parchment paper between the dough and the rolling pin will make things a bit easier. If you're not satisfied

with the circles you're getting, use a cookie-cutter to trim them.

Store the formed wrappers between sheets of parchment or waxed paper so that they don't dry out.

Take a circle of dough, put 3/4 teaspoon of filling in the center, and fold dough in half to make half-moon shapes. Press the air out as you go and press or crimp the edges to seal.

Lay the Napa cabbage leaves out on the base of a steamer** and put the dumplings on them. Steam over medium-low heat for 10 to 12 minutes per batch or until the pork filling reaches internal temperature of 155° F.

Serve warm with a bit of soy sauce.

*Find this at your local Chinese Grocery or substitute it with 1/4 cup finely chopped pieces of cooked ham and 1/2 teaspoon of brown sugar.

**dumplings will need to be cooked in batches and not all at once

Makes about 4 dozen or 16 servings (3 per serving).

“Sausage Sizzle” Sandwiches

4 pounds sweet or hot Italian sausage links, 16 pieces
4 red bell peppers, stemmed, seeded and sliced into 1/4-inch strips
4 green bell peppers, stemmed, seeded and sliced into 1/4-inch strips
2 tablespoons olive oil
6 large sweet onions, peeled and thinly sliced
6 cloves garlic, crushed
Salt, to taste
Ground black pepper, to taste
16 long sandwich rolls, sliced lengthwise and toasted

In large skillet sauté peppers in oil until soft, about 5 minutes. Add onions and garlic, season with salt and pepper and continue cooking, stirring frequently, until vegetables are lightly browned, 10-15 minutes. Pepper mixture can be made ahead; reheat at serving time or serve at room temperature.

Prepare fairly hot fire in grill. Grill sausage directly over hot fire, turning occasionally, until internal temperature reaches 155°F, about 10 minutes total. Place sausage links in rolls, add generous helping of sautéed peppers and onions.

Wine suggestion: Serve with a medium-bodied red – a Shiraz or a Pinot Noir – or chilled beer.

These hearty and simple sandwiches are a street fair favorite, which can be enjoyed at home. Serve with creamy coleslaw, assortment of sweet, hot and dill pickles, chips and watermelon wedges.

Makes 16 servings.

Wiener Schnitzel

1 (12-ounce) pork tenderloin, cut into 1/2 inch circles
Juice of 1/2 lemon
1/3 cup all-purpose flour
1/4 teaspoon poultry seasoning
2 large eggs
1 tablespoon Dijon-style mustard
1 cup Italian-flavored bread crumbs
2 tablespoons canola or vegetable oil, for frying

Lemon-Caper Cream Sauce

2 tablespoons unsalted butter
2 tablespoons shallots, minced
1/3 cup dry white wine
1/3 cup chicken broth
1/4 cup heavy cream
1/4 cup jarred lemon curd
1/4 cup drained small capers, room temperature

Pound pork circles between pieces of plastic wrap to flatten to 1/4 inch thickness. Sprinkle both sides of medallions with lemon juice. Combine flour and poultry seasoning in shallow dish. Coat medallions with flour mixture; shake off excess flour and set aside.

In a deep pie plate, beat the eggs and mix in the mustard. Place bread crumbs in another pie plate. Dip the pork medallions into the egg mixture; coat well with bread crumbs. Place in refrigerator for 15 minutes.

For the cream sauce, melt the butter in a small heavy saucepan. Add shallots and sauté over medium heat until fragrant (approximately 2 minutes). Remove saucepan from heat; add the wine, chicken broth and cream. Return saucepan to heat and bring to a boil. Reduce heat to medium-low and simmer, uncovered, for 12 to 15 minutes to reduce by half.

Meanwhile, heat 1 tablespoon of oil in a large heavy skillet. Add half of the medallions; fry over medium-high heat on both sides for 1-2 minutes or until internal temperature reaches 155°F. Transfer to a plate and tent with foil. Repeat with remaining oil and medallions.

Remove sauce from heat and stir in lemon curd & capers. Serve with buttered spaetzle and garnish with lemon wedges.

Makes 4 servings. Sauce makes 1 cup.

Pork Tamales/Fajitas

4 whole pork tenderloins (about 3 1/2-4 1/4 pounds total)
12 ounces (1 1/2 cups) purchased fajita marinade

Place tenderloins in large self-sealing bag; pour marinade over. Seal bag and refrigerate for 2 to 24 hours. Heat oven to 450°F. Remove tenderloins from marinade (discard remaining marinade), pat dry and place in shallow roasting pan. Roast tenderloins for 20 to 25 minutes, until internal temperature (measured with a meat thermometer) is 155°F. Remove from oven, slice enough to serve.

Wrap and refrigerate leftovers up to three days.

Makes 9 to 12 servings.

Boneless Pork Loin Roast with Herbed Pepper Rub

1 3-pound boneless pork loin roast

Herbed Pepper Rub

2 tablespoons cracked black pepper

2 tablespoons Parmesan cheese, grated

2 teaspoons dried basil

2 teaspoons dried rosemary

2 teaspoons dried thyme

1/4 teaspoon garlic powder

1/4 teaspoon salt

Pat pork dry with paper towel. In small bowl, combine all rub ingredients well and apply to all surfaces of the pork roast. Place roast in a shallow pan and roast in a 350°F oven for 1-1 1/4 hours (18 to 20 minutes per pound), until internal temperature, measured with a meat thermometer, registers 155°F. Remove roast from oven and let rest for 5 to 10 minutes before slicing to serve.

Makes 6 to 8 servings, with leftovers.