

1ST
EDITION

ALL THE RECIPES YOU NEED

TODAY'S COOKING

Delicious Made Easy!

HAM, PORK & SAUSAGE



Each Volume has
Hundreds of Recipes

Volume

- a. **Appetizers**
- b. **Soups**
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Volume

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Turkey & more
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- n. **Casseroles/Stews**
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Cooking tips & tricks

Measures & equivalents



TODAY'S COOKING

Welcome!



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Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

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“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

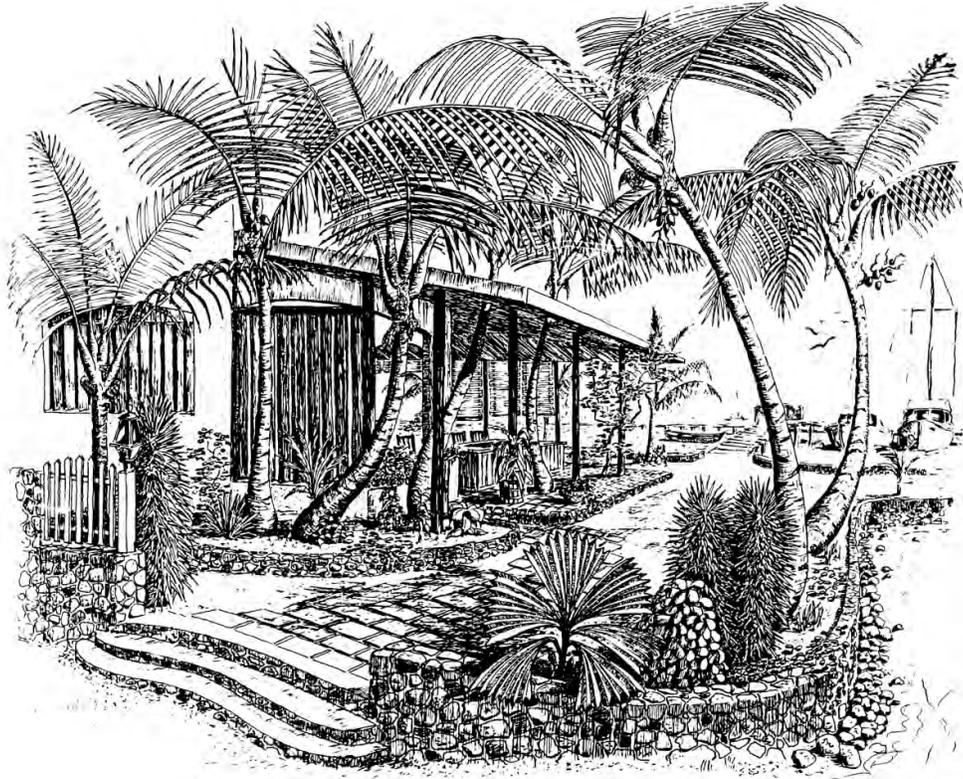
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

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Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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Ribs

SPANISH BAKED RIBS W/ SALSA VERDE - SERVES 2

Ingredients

1. 2 cloves garlic, peeled
2. 2 tsp. salt
3. 1/2 cup olive oil
4. 4 Tbs. paprika
5. 2 slabs pork baby back ribs
6. Salsa verde - see below

Preparations

1. Preheat oven to 225°F (107°C).
2. Combine garlic and salt in a mortar and mash to a paste. Add the oil and paprika and blend well.
3. Remove membrane from the back of the ribs and coat completely with the paste. Cover and refrigerate at least 2 hours and as much as 8 hours.
4. Wrap the ribs in foil and place on a rimmed baking sheet. Bake 1-1/2 hours; unwrap the ribs and bake until tender, about another 1-1/2 hours. Serve with the salsa.

Salsa Verde

1. 2 cloves garlic, peeled & minced or pressed
2. 1 cup chopped parsley
3. 1/4 cup chopped fresh oregano
4. 1/2 cup chopped fresh mint
5. 2 Tbs. drained and chopped capers
6. 1 Tbs. Dijon
7. 3 Tbs. red wine vinegar
8. 1 tsp. salt
9. 6 Tbs. olive oil

Preparations

1. Combine all the ingredient well and let rest at least an hour. Serve with the ribs.

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BBQ RIBS - SERVES 6

Ingredients

1. 5 lbs. ribs (Danish baby back ribs - 4 racks, St. Louis ribs - 2 racks)
2. 2 tsp. salt & 1 tsp. pepper
-
3. Honey rib sauce (see [Dressings_Sauces-Seasonings](#) pg. 76)

Preparation

1. Pre-heat oven @ 350° F (180° C).
2. Place racks meat side up on foil lined baking sheets. Season with salt & pepper.
3. Pour the sauce generously over the ribs and cover loosely with foil.
4. Bake Danish ribs for 1-1/2 hours or St. Louis ribs for 1-3/4 hours. Remove from oven and sauce generously again. Grill immediately or refrigerate to grill later.
5. Use tongs with a paper towel dipped in oil to brush your hot grill (medium-high for gas). Place the ribs meat side up and grill 5 minutes with lid down. Turn the ribs and grill with lid down another 4 to 5 minutes. Remove to cutting board and cover tightly with foil. Let rest 10 minutes; cut and serve.

BBQ RIBS - SERVES 4 TO 6

Ingredients

1. 2.5 to 3 lbs. St. Louis style ribs
2. Rib rub (see [Dressings_Sauces_Seasonings](#) pg. 121 & Rib sauce see pg. 76)

Preparation

1. Pre-heat oven @ 350° F (180° C).
2. Use the Rib Rub on the ribs and let sit 1 hour.
3. Place racks meat side up on foil lined baking sheets. Bake for 30 minutes
4. Pour half of the sauce over the ribs and cover loosely with foil.
5. Bake for another 45 minutes. Remove from oven and brush the ribs with the remaining sauce. Grill immediately or refrigerate to grill later.
6. Use tongs with a paper towel dipped in oil to brush your hot grill (medium-high for gas). Place the ribs meat side up and grill 5 minutes with lid down. Turn the ribs and grill with lid down

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another 4 to 5 minutes. Remove to cutting board and cover tightly with foil. Let rest 10 minutes; cut and serve.

SWEET & SOUR BBQ PORK RIBS - SERVES 10

Ingredients

1. 5 to 6 lbs. St. Louis style ribs
-
2. 1 cup soy sauce
3. 1 cup catsup
4. 1/2 cup honey
5. 5 garlic cloves
6. 1 medium onion
7. 1 tsp. each ground ginger, dry mustard and hot sauce
8. 1/4 cup vinegar
-
9. 2 Tbs. cornstarch dissolved in 4 Tbs. water

Preparations

1. Use a food processor to puree items 2 through 8. Cut the ribs; brush with sauce and seal in a plastic bag. Refrigerate overnight. Cover the sauce and also refrigerate.
2. Pre-heat oven @ 350° F (180° C).
3. Place the ribs on a rack over a deep roasting pan and bake 30 minutes. Turn the ribs and bake 25 to 30 minutes. Degrease the drippings and add to the sauce. Bring the sauce to a boil; add the cornstarch mix; reduce heat and cook down until thickened.
4. Place ribs in a large bowl and pour half of the sauce over them. Mix well to coat and grill about 4 minutes per side. Dip into remaining sauce and serve.

MASTER BBQ SPARE RIBS - SERVES 6

Ingredients

1. Master Rib Rub (see Dressings_Sauces_Seasonings pg. 122)
2. Master Rib Sauce (see Dressings_Sauces_Seasonings pg. 78)
3. 2 racks pork baby back ribs

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Preparations

1. Preheat oven to 225°F (107°C).
2. Use 3/4 cup of the Master Rib Rub on all sides of the ribs and let sit at room temperature for 1 hour.
3. Place racks meat side up on foil lined baking sheets. Bake for 40 minutes
4. Brush on the Master Rib Sauce over the ribs and cover loosely with foil.
5. Bake for another 45 minutes. Remove from oven and brush the ribs with more of the sauce. Grill immediately or refrigerate to grill later.
6. Use tongs with a paper towel dipped in oil to brush your hot grill (medium-high for gas). Place the ribs meat side up and grill 5 minutes with lid down. Turn the ribs and grill with lid down another 4 to 5 minutes. Remove to cutting board and cover tightly with foil. Let rest 10 minutes; cut and serve.

COUNTRY STYLE PORK RIBS - SERVES 4

Ingredients

1. 3 lbs. bone-in country-style pork ribs
2. 1/2 tsp. each garlic salt and black pepper
3. Easy Country Rib sauce ([see Dressings_Sauces_Seasonings, pg. 77](#))

Preparations

1. Place pork in a 5 qt. Dutch oven. Cover with water and add the salt and pepper.
2. Bring to a boil over medium heat; reduce heat; cover and simmer 1 hour.
3. Drain ribs and brush with the sauce. Grill, uncovered, over medium heat; turning and basting with more sauce for 40 to 50 minutes or until tender.

BABY BACK PORK RIBS - SERVES 6

Ingredients

1. 2 baby back pork ribs 3 lbs. each
2. Baby Back Rib Rub ([see Dressings_Sauces_Seasonings, pg. 123](#))
3. 1 bottle of beer (12 oz.)
4. Baby Back Rib sauce ([see Dressings_Sauces_Seasonings, pg. 78](#))

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Preparations

1. Place pork in a roasting pan and use the rub on both sides. Cover with foil and refrigerate at least 4 hours.
2. Preheat the oven @ 350° F (180° C). Pour the beer into the roasting pan and cover with the foil. Grill, covered, over medium heat; turning and basting with more sauce for about 8 minutes per lb. per side.

KANSAS CITY-STYLE RIBS - SERVES 12

Ingredients

1. 1-1/3 cups packed brown sugar
2. 2 tsp. ea. garlic powder, onion powder and smoked paprika
3. 1-1/4 tsp. ea. ground cumin, coarsely ground pepper and cayenne pepper
4. 12 bone-in country-style pork ribs (about 7 lbs.)

Preparations

1. Make the Kansas City-Style BBQ sauce ([See Today's Dressings_Sauces_Seasonings page 74](#)).
2. In a small bowl, mix brown sugar and seasonings; sprinkle over ribs. Refrigerate, covered, at least 1 hour.
3. Wrap ribs in a large piece of heavy-duty foil and seal the edges of foil.
4. Grill, covered, over indirect medium heat for 1-1/4 to 1-3/4 hours until the ribs are tender.
5. Gently remove ribs from the foil and place the ribs over direct medium heat; baste with some of the sauce. Grill, covered, 8-10 minutes or until browned, turning and basting occasionally with the remaining sauce.

Also see [Today's Slow Cooker](#) for more ribs & pork recipes

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Tenderloin & Roast

PORK TENDERLOIN DIABLO - SERVES 4

Ingredients

1. 1 (1 lb.) whole pork tenderloin
2. Salt and freshly ground black pepper to taste
3. 2 teaspoons vegetable oil
-
4. 1/2 cup chicken broth
5. 2 tablespoons heavy cream
6. 1 tablespoon extra-hot prepared horseradish
7. 1 tablespoon Dijon mustard
8. 1/4 teaspoon cayenne pepper
-
9. 1 tablespoon cold butter
10. 1 teaspoon chopped fresh chives

Preparation

1. Preheat oven to 375 F (190 C). Season pork with salt and pepper.
2. Heat oil in an ovenproof skillet over high heat. Cook pork until browned on one side, 3 to 4 minutes. Turn over pork and transfer the skillet to the preheated oven. Cook until pork is browned and still slightly pink in the center, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 145° F (63° C). Transfer pork to a plate.
3. Remove any excess oil from the skillet and place it over medium-high heat. Pour in chicken broth and bring to a boil, scraping any browned bits off of the bottom of the pan. Whisk in cream, horseradish, Dijon mustard, and cayenne pepper. Continue cooking until the mixture is reduced to a thick sauce, 3 to 4 minutes. Remove from heat and whisk in cold butter. Stir in chives. Slice pork into 1/2-inch slices and serve topped with sauce.

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FRUITED PORK TENDERLOIN - SERVES 8

Ingredients

1. 1 tsp. cumin
2. 1/2 tsp. ea. salt & pepper
3. 2 pork tenderloins, 1 lb. ea.
-
4. 2 cups chunky salsa
5. 1 cup unsweetened crushed pineapple
6. 1 cup orange juice
7. 1/2 cup tawny port
8. 1/4 cup lime juice
9. 1/4 cup brown sugar
10. 1/4 cup finely chopped onion
11. 2 garlic cloves, minced or pressed
12. 2 Tbs. Worcestershire sauce
13. 1 tsp. hot sauce

Preparation

1. Mix together items 1 & 2 and rub onto all sides of the pork
2. Combine items 4 through 13. Bring to a boil; reduce heat to low, and simmer 20 minutes, stirring occasionally, until reduced by half. Place half of the sauce in a bowl to use as a baste.
3. Cook the pork on a greased grill over medium heat, turning every 5 minutes. After about 10 minutes, begin basting the meat with the salsa sauce. Cook until pork reaches a minimum temperature of 140° F (60° C) to 145° F (63° C). Discard the sauce used for basting. Rest the pork 5 minutes; slice and serve with the rest of the salsa sauce.

GRILLED PORK LOIN WITH WINE SALT RUB - SERVES 8

Ingredients

1. 1 (3-1/2 lbs.) center cut boneless pork loin
2. Wine salt rub (see below)

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Preparation

1. Pat dry and place pork in a baking pan. Rub in 1/2 cup of the wine salt evenly over the pork
2. Light the grill for high heat indirect cooking (one side of the grill [gas or charcoal] is hot the other side is off) and place a foil roasting pan underneath the unlit side.
3. Place pork on the unlit side of the grill; cover and cook, turning every half an hour until the pork reaches an internal temperature of 140° F (60° C) to 145° F (63° C) - approximately one to one and a half hours. Let the pork rest 10 minutes before carving.

Wine Salt Ingredients

1. 2 cups fruity white wine
2. 3/4 cup coarse sea salt
3. 8 thyme sprigs - leaves stripped off (2 Tbs.)
4. 2 strips lemon zest, chopped fine
5. 1 cup sugar

Wine Salt Preparation

1. Mix together all the items.
2. In a saucepan, simmer the wine over medium heat until reduced by half (20 to 30 minutes)
3. Combine items 2 through 4 in a food processor. Add the wine reduction and pulse three times. Add the sugar and pulse until the mixture has the consistency of wet sand.
4. Place in a tightly sealed container and refrigerate at least three hours before using. Salt will last a month in the refrigerator.

Use the salt as a rub on meats and fish. It's also good as a finishing salt on vegetables.

FENNEL CRUSTED PORK TENDERLOIN - SERVES 4

Ingredients

1. 1 to 2 Tbs. whole fennel seed (1 to 2 tsp. ground)
2. 2-3 tsp. whole coriander seeds (3/4 to 1 tsp. ground)
3. 6 Tbs. chicken stock, divided
4. 1 Tbs. Worcestershire sauce
5. 2 garlic cloves, minced or pressed
6. 1/4 tsp. seasoned salt

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7. 1/8 tsp. freshly ground black pepper
8. 1 (1 lb.) pork tenderloin, trimmed
9. 2 tsp. olive oil

Preparations

1. Place the fennel and coriander seeds in a spice or coffee grinder and process until coarsely ground, or use a mortar and pestle.
2. Place the spice mixture in a blender or food processor. Add 2 Tbs. of the broth and items 4 through 7 and process until well-blended.
3. Slice the pork tenderloin into 2 equal pieces. Slice each piece of pork lengthwise, cutting to, but not through, the other side; open flat. Rub the spice mixture over the pork. Heat the olive oil in a large nonstick skillet over medium heat. Add the pork; cook 5-10 minutes on each side, depending on thickness, until done. Remove the pork from the pan; keep warm. Add the rest of the broth to the pan and cook until the liquid almost evaporates, scraping the pan to loosen the browned bits. Pour over the pork and serve.

MARINADED PORK LOIN - SERVES 10 TO 12

Ingredients

1. Dry mustard
2. Dried thyme
3. 5 to 6 lb. pork loin
4. 1/2 cup ea. dry sherry, soy sauce & chicken stock
5. 1/4 cup brown sugar
6. 2 Tbs. olive oil
7. 3 large garlic cloves, minced or pressed
8. 1 Tbs. minced fresh ginger or 1/2 Tbs. dried
9. 1/4 tsp. black pepper

Preparation

1. Combine first 2 items well and rub pork loin with the mixture.
2. Combine remaining items. Pour over the pork and marinate in the refrigerator for at least two hours.
3. Roast the pork @ 325° F (170° C), basting often, until a meat thermometer reaches a minimum temperature of 140° F (60° C) to 145° F (63° C).

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HONEY & GINGER PORK LOIN - 1 LB. LOIN (SERVES 2)

Ingredients

1. 3 Tbs. honey
2. 2 Tbs. sherry vinegar
3. 1 Tbs. fresh grated ginger
4. 1 tsp. pepper
5. 1 lb. pork loin
6. Salt

Preparation

1. Whisk together the first 4 ingredients.
2. Generously salt the pork on all sides
3. Heat a pan coated with cooking spray over medium. Cook 12 minutes, turning to brown all sides. Brush with the honey mixture and cook another 6 minutes. Remove and let rest 10 minutes.

BONELESS PORK WITH DRIED PRUNES - SERVES 4

Ingredients

1. 6 oz. pitted prunes
2. 1 cup dry red wine
3. 2 lbs. boneless pork
4. 2 tsp. each salt & pepper
5. 1 Tbs. each butter and oil
6. 2 garlic cloves, minced or pressed
7. 1 bay leaf
8. 2 cups chicken stock, divided
9. 2 Tbs. each brandy and half'n'half

Preparation

1. Combine prunes and wine and set aside.

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2. Cut the boneless pork into 1-1/2" cubes and toss with the salt and pepper.
3. In a large skillet, heat the butter and oil over medium-high. Sear the pork on all sides and add the garlic, bay leaf and prunes with wine. Reduce heat to medium-low; cover and cook 5 minutes.
4. Stir in 1 cup of the stock; partially cover and cook 10 minutes. Remove cover; stir in the remaining stock and simmer about an hour. Remove from the heat and stir in the remaining ingredients. Serve over polenta, rice or crusty French or Italian bread.

PORK PEANUT BUTTER CURRY - SERVES 6

Ingredients

1. 2 pork tenderloins (3/4 lb. ea.), cubed
2. 1/2 tsp. salt*
3. 1/2 tsp. pepper
4. 1 Tbs. olive oil
-
5. 1 cup sliced fresh carrots
6. 1 medium-sized onion, chopped
7. 2 garlic cloves, minced or pressed
-
8. 1 can (14-1/2 oz.) diced tomatoes, drained
9. 1 cup chicken stock
-
10. 1 cup coconut milk
11. 1/2 cup creamy peanut butter
12. 3 tsp. curry powder
13. 1/4 tsp. cayenne pepper
14. 1/2 tsp. salt*
15. Cooked brown rice

Preparations

1. Sprinkle pork with 1/2 tsp. salt and the pepper. In a large nonstick skillet, heat oil over medium-high. Add the pork and cook, stirring, until no longer pink, 4 to 6 minutes. Remove the pork.
2. In the same skillet, cook carrots and onion until softened, 4 to 6 minutes. Add the garlic and cook 2 minutes. Return the pork to the skillet. Add items 8 & 9. Reduce heat; simmer, covered, 6 to 8 minutes.

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3. Add items 10 through 14 and stir until smooth. Simmer, uncovered, until thickened slightly, about 2 minutes. Serve over brown rice.

ITALIAN SHREDDED PORK STEW - SERVES 8 TO 10

Ingredients

1. 2 medium sweet potatoes, peeled and cubed
2. 2 cups chopped fresh kale
3. 1 large onion, chopped
4. 3 garlic cloves, minced
5. 1 boneless pork shoulder butt roast (2-1/2 to 3-1/2 lbs)
6. 1 can (14 oz.) white kidney or cannellini beans, rinsed and drained
7. 1-1/2 tsp. Italian seasoning
8. 1/2 tsp. salt
9. 1/2 tsp. pepper
10. 3 cans (14-1/2 oz. ea.) chicken broth
11. Sour cream, optional

Preparation

1. Place items 1 through 4 in a 5-qt. slow cooker. Place the roast on top and add items 6 through 10. Cover and cook on low for 8 to 10 hours or until meat is tender.
2. Remove meat; cool slightly. Skim fat from cooking juices. Shred pork with two forks and return to slow cooker; heat through. Garnish servings with sour cream if desired.

PORK VINDALOO - SERVES 6 TO 8

Ingredients

1. 1 (3 lb.) boneless pork butt (Boston butt), trimmed and cut into 1-1/2" cubes
2. 3 Tbs. canola or grape seed oil (both have high heat tolerance and neutral taste)
3. 3 medium onions, coarsely chopped
4. 9 cloves garlic, minced
-
5. 3 Tbs. flour

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6. 1 Tbs. paprika
7. 3/4 tsp. cumin
8. 1/2 tsp. cardamom
9. 1/4 tsp. cayenne
10. 1/4 tsp. clove
11. 1-1/2 cups chicken stock
-
12. 1 can (14-1/2 oz.) diced tomatoes
13. 2 Tbs. red wine vinegar
14. 1 Tbs. mustard seeds
15. 2 bay leaves
16. 1 tsp. sugar
-
17. 1/4 cup cilantro or parsley, minced

Preparation

1. Preheat the oven @ 350° F (180° C) with rack in lower-middle position.
2. Season the pork with salt & pepper. In a large oven-proof pot over medium-high heat, add 1 Tsp. oil and cook half the meat until brown - about 3 minutes. Turn pieces to brown all sides - about 5 minutes more. Remove to a bowl; add another Tbs. of oil and repeat browning process for remaining meat. Remove to bowl.
3. Add last of oil to pot. Reduce to medium heat and add onions and 1/4 tsp. salt. Stir often, scraping the bottom of the pot to loosen browned bits and cook about 5 minutes. Add garlic and cook another minute.
4. Add items 5 through 10 and mix well. Cook 2 minutes.
5. Add the stock and stir to dissolve the flour.
6. Add items 12 through 16 and bring to a simmer. Add the pork. Return to a simmer; cover and cook in the oven for 2 hours.
7. Remove bay leaves; stir in cilantro and serve.

RICH PORK RAGHU - SERVES 10 TO 12

Ingredients

1. 1 (3 lb.) boneless pork butt (Boston butt), trimmed
2. 2 tsp. kosher salt
3. 1 tsp. freshly ground pepper

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4. 2 Tbs. canola oil
-
5. 2 Tbs. minced or pressed garlic
6. 1-1/2 tsp. ea. chopped fresh rosemary and oregano or 1/4 tsp. dried
7. 6 medium-sized shallots, halved lengthwise
-
8. 4 Tbs. tomato paste
9. 1 cup dry red wine
-
10. 2/3 cup chicken stock
11. 2 Tbs. Dijon mustard
12. 2 cans (14-1/2 oz. ea.) diced tomatoes with liquid
-
13. 3 cups Swiss chard leaves, no stems
14. 1 Tbs. red wine vinegar

Preparation

1. Season the pork with the salt & pepper and in a large skillet, heat the oil over medium-high. Add the pork and cook 5 minutes, turning to brown all sides. Place pork in a slow cooker.
2. Reduce the heat on the skillet to medium and add items 5, 6 & 7. Cook 3 minutes, stirring occasionally. Add items 8 & 9, stirring constantly, bring to a boil. Cook until reduce by half, about 5 minutes.
3. Whisk together items 10 & 11 and add to the skillet along with the tomatoes. Bring to a boil and pour into the slow cooker. Set the slow cooker on low and cook 7 hours. Remove the pork to a cutting board and shred.
4. Set the slow cooker to high. When hot, add the pork and chard. Cook until the chard is tender, about 5 minutes. Stir in the vinegar and serve over rice, noodles or polenta.

PORK LOIN WITH CHUTNEY - SERVES 4 TO 6

Ingredients

1. 2 Tbs. ea. ground cinnamon, chili powder, ground cumin, fennel seeds & paprika
2. 2 Tbs. ea. freshly ground black pepper & kosher salt or to taste
-
3. 2 pork tenderloins
4. Olive oil, for searing
5. Cranberry Chutney, for serving, recipe follows

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Preparation

1. Preheat oven to 350° F (180° C)
2. In a medium bowl, combine items 1 & 2.
3. Rub the pork with the seasoning mix and let sit 1/2 hour at room temperature.
4. Preheat an oven-proof sauté pan over medium-high heat. Add enough oil, such as grape seed or avocado, and sear the pork on all sides until nicely browned (3 to 4 minutes each side).
5. Place the pan in the oven and cook 20 to 25 minutes. Internal temperature should read 145° F (63° C). Place the pork on a cutting board; tent with foil and let rest 10 to 15 minutes. Slice into 1" pieces; spoon chutney over each portion.

Chutney Ingredients

1. 1 onion, finely chopped
2. 4 cloves garlic, minced or pressed
3. 2/3 cup water
4. 1/4 cup sugar
5. 1/4 cup red wine vinegar
6. 2 Tbs. ground ginger
7. 1 Tbs. fennel seeds
8. 1 tsp. red pepper flakes
9. 1/4 tsp. ground allspice
10. 1/8 tsp. ground clove
-
11. 1 bag (6 oz.) dried cranberries
12. Salt & pepper to taste

Preparation

1. In a medium sauce pan, add items 1 through 10 and bring to a boil.
2. Add the cranberries and reduce heat to a simmer. Cook until the cranberries soften and start to breakdown. Add water if needed and continue to cook to the desired consistency. Season with salt and pepper.

TODAY'S COOKING

PORK TENDERLOIN DIANE - SERVES 4

Ingredients

1. 1 whole pork tenderloin cut crosswise into 8 pieces
2. 2 tsp. lemon pepper
3. 1 Tbs. butter
-
4. 1 Tbs. lemon juice
5. 1 Tbs. Worcestershire sauce
6. 1 tsp. Dijon mustard
7. 1 Tbs. minced parsley

Preparation

1. Place each pork piece between plastic wrap and slightly flatten with the heel of your hand. Season all sides with the lemon pepper.
2. In a nonstick skillet, evenly brown the pork, about 3 to 4 minutes each side. Remove the pork and keep warm. Add items 4, 5 & 6 and cook in the pan juices until thoroughly combined and hot. Pour the sauce over each portion and garnish with the parsley.

GRILLED PORK TENDERLOIN - SERVES 6

Ingredients

1. 1-1/2 cups lime juice
2. 3/4 cup olive oil
3. 6 garlic cloves, sliced
4. 2 tsp. salt
5. 6 Tbs. dried oregano
6. 2 (1 lb.) pork tenderloins

Preparation

1. Place items 1 through 5 in a large sealable plastic bag. Shake the bag until the ingredients are well combined. Add the pork; coat well and refrigerate at minimum 2 hours.

TODAY'S COOKING

2. Place the marinated pork on a lightly oiled grill preheated over medium heat. Cook 20 to 30 minutes, turning once. To serve, slice into medallions.

CRUSTED PORK MEDALLIONS - SERVES 6

Ingredients

1. 2 lbs. pork tenderloin, sliced into 1" thick medallions
2. 1/3 cup sour cream
-
3. 2/3 cup dry bread crumbs
4. 2/3 cup chopped nuts (almonds, cashews, peanuts, pecans, pistachios or walnuts)
5. 1/2 cup minced shallots
6. 2 Tbs. olive oil
7. 1 to 2 Tbs. prepared, plain horseradish
8. 1 Tbs. minced fresh dill or 1 teaspoon dried dill
9. 1/2 tsp. lemon or orange zest
10. 1/4 tsp. crushed red pepper flakes
11. 1 garlic clove, minced
12. Salt & pepper to taste

Preparations

1. Preheat oven to 350°F (180°C). Place pork in a baking pan lined with foil.
2. Spread sour cream over each medallion. Combine remaining items and pat the mixture onto the tops of the medallions, pressing to adhere.
3. Bake 12 to 15 minutes or until the temperature reads 145°F (63°C).

MARINATED PORK TENDERLOIN - SERVES 4 TO 6

Ingredients

1. 2 Tbs. dry sherry
2. 1/4 cup brown sugar, packed
3. 1/4 cup low-sodium soy sauce
4. 2 garlic cloves, sliced

TODAY'S COOKING

5. 1 tsp. ground cinnamon
6. 1 Tbs. minced onion
7. 2 (1 lb.) pork tenderloins

Preparation

1. Place items 1 through 6 in a sealable plastic bag and shake to mix well. Add the pork and refrigerate at least 6 hours.
2. Place the marinated pork on a lightly oiled grill preheated over medium heat. Cook 20 to 30 minutes, turning once. To serve, slice into medallions.

TERIYAKI PORK TENDERLOIN - SERVES 6

Ingredients

1. 1/3 cup low-sodium soy sauce
2. 2 Tbs. olive oil
3. 2 tsp. brown sugar, packed
4. 2 garlic cloves, sliced
5. 1 tsp. ground ginger
6. 1 tsp. freshly ground black pepper
7. 2 (1 lb. ea.) pork tenderloins

Preparation

1. Place items 1 through 6 in a sealable plastic bag and shake to mix well. Add the pork and refrigerate at least 8 hours.
2. Place the marinated pork on a baking sheet coated with cooking spray. Bake in preheated 425° F (220° C) oven for 25 to 35 minutes - internal temperature should read 140° F (60° C) to 145° F (63° C). Let rest 5 to 8 minutes prior to slicing. Serve with pan juices.

PECAN CRUSTED PORK W/ ORANGE MAPLE GLAZE - SERVES 4

Ingredients

1. 1 pork tenderloin (1 to 1-1/2 lbs.)

TODAY'S COOKING

2. 1/2 tsp. salt
3. 1/4 tsp. black pepper
4. 4 Tbs. pure maple syrup
5. 1 cup pecan pieces, finely chopped
6. 2 Tbs. vegetable oil
7. 2 oranges
8. 1/4 tsp. ea. ground cumin and cayenne pepper

Preparations

1. Trim pork, then cut into 1/2" slices. Flatten slices with palm of hand; season with salt and pepper.
2. Place 3 Tbs. of the syrup in a shallow dish; place pecans in another shallow dish.
3. In a very large skillet heat the oil over medium. Coat pork in syrup, then press in pecans. Place pork in skillet in single layer; top with remaining pecans and syrup from dish.
4. Cook 3 to 4 minutes or until juices run clear, turning once. Remove from skillet. With a slotted spoon, remove any pecan pieces in skillet and spoon over the pork.
5. Juice one of the oranges. Stir orange juice, the remaining 1 Tbs. maple syrup, cumin, and cayenne into the skillet. Cook, uncovered, for 1 to 2 minutes or until slightly thickened. Pour over pork.
6. Cut remaining orange into wedges and serve with the pork.

PORK MEDALLIONS IN RED WINE - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 lb. pork tenderloin, cut into 12 slices
3. 1/2 tsp. ea. kosher salt & pepper
4. 2 tsp. chopped fresh thyme*
5. 1/2 cup dry red wine
6. 1 cup chicken stock
7. 1/3 cup cherry preserves (or use other fruit preserves, such as fig or blackberry)
8. 1 tsp. chopped fresh thyme*

Preparation

1. Heat the oil in a skillet over medium-high heat. Season the pork and add to the skillet. Cook 2 to 3 minutes per side and remove from the pan.

TODAY'S COOKING

2. Increase the heat to high and add items 4 & 5; cook 2 minutes and add items 6 & 7. Cook about 8 minutes, stirring occasionally. Add the pork to heat and sprinkle with the remaining thyme.

QUICK PORK MEDALLIONS - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 lb. pork tenderloin, cut into 1/2" thick slices
3. 1/4 tsp. ea. kosher salt & pepper
4. 1/2 cup sweet cider or hard cider
5. 2 Tbs. ea. Dijon mustard, grainy mustard and unsalted butter

Preparation

1. Heat the oil in a skillet over medium-high heat. Season the pork and add to the skillet. Cook 5 minutes and remove from the pan.
2. Add the cider to the skillet and cook 1 minute; stir in the mustards and butter; remove from the heat. Add the pork; let stand 3 minutes and serve.

Variation

1. Instead of the cider and mustards, cook the pork with a marinade of 3 Tbs. honey, 2 Tbs. sherry vinegar, 1 Tbs. grated, fresh ginger and 1 tsp. black pepper.

PORK & PEAR STIR FRY - SERVES 4

Ingredients

1. 1 lb. boneless pork
-
2. 1/2 cup plum preserves
3. 3 Tbs. soy sauce
4. 2 Tbs. lemon juice
5. 1 Tbs. horseradish
6. 2 tsp. cornstarch
7. 1/2 tsp. cayenne pepper or hot sauce

TODAY'S COOKING

-
- 8. 2 Tbs. canola oil
- 9. 2 tsp. grated ginger or 1/2 tsp. powdered ginger
- 10. 1 medium-sized bell pepper, julienned
- 11. 1 medium-sized pear, cored & sliced
- 12. 1/3 cup sliced water chestnuts
- 13. 1-1/2 cups fresh or thawed frozen pea pods
- 14. 2 Tbs. toasted, slivered almonds

Preparation

1. Cut the into strips for stir fry. Set aside.
2. Combine items 2 through 7 and set the sauce aside.
3. In a wok or large skillet, heat the oil and when hot, cook the ginger for 15 seconds. Add items 10 & 11 and cook 1-1/2 minutes. Remove and set aside.
4. Add the pork and stir-fry 2 to 3 minutes. Push to the sides; stir the sauce and add to the skillet. Cook, stirring until bubbling. Stir in items 12 & 13 and the pear and bell pepper. Cook 2 minutes; serve over hot rice and top with the almonds.

SWEET & SOUR PORK - SERVES 4

Ingredients

1. 1 cup chicken stock
2. 2 tsp. mushroom seasoning (replaces MSG)
3. 1/4 tsp. ground white pepper
4. 1/8 tsp. salt
5. 1-1/2 to 2 lbs. pork (pork tenderloin or pork butt, trimmed and cut into 3/4" pieces)
-
6. 1 egg, lightly beaten
7. 2 Tbs. cornstarch
-
8. 1 Tbs. cornstarch dissolved in 2 Tbs. water
9. 1 cup white vinegar
10. 1/4 cup catsup
11. 1 cup sugar
-
12. Oil for deep frying (such as grape seed, avocado or canola oil)

TODAY'S COOKING

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- 13. 2 cups Chinese style pickled vegetables (see [Todays Cooking Relishes_Pickles pg. 15](#))**
- 14. 1 cup fresh or canned pineapple cut into bite sized pieces

Preparation

1. Place items 1 through 4 in a large saucepan and bring to a boil. Add the pork and stir until it returns to a boil. Reduce heat to medium; cook, covered 3 minutes. Take off from the heat; remove the pork, reserving the liquid.
2. Let the pork cool and place in a bowl. Add the egg and mix well. Add the cornstarch and stir to coat the pork. Preheat the oven to 200°F (93°C).
3. In a large skillet add the oil and heat to 350°F (180°C). Fry the pork until golden. Remove the pork to a baking sheet lined with paper towels and place in the oven.
4. Add items 8 through 11 to the reserved liquid. Bring to a boil, stirring and when thickened, reduce the heat to medium. Add items 13 & 14 and let it come back to a boil. Stir in the pork and serve.
5. ** if not available, use 2 medium carrots, 3/4 cup of small cauliflower florets, 1/2 ea. green and red bell peppers cut into bite sized pieces. Cook in the sauce over medium heat for 6 or 7 minutes.

HERB & GARLIC CRUSTED PORK ROAST - SERVES 6+

Ingredients

1. 1/2 cup kosher salt
2. 1/4 cup brown sugar
3. 8 cups cold water
4. 1 center-cut boneless pork loin
-
5. 3 Tbs. canola or vegetable oil
6. 4 slices uncooked bacon, cut into 1" pieces
7. 1 Tbs. apricot or fig preserves
8. 2 tsp. finely chopped or pressed garlic
9. 1 Tbs. chopped fresh rosemary
10. 1-1/2 cups fresh bread crumbs
11. 3 Tbs. chopped parsley
12. 3 Tbs. melted butter
13. 1/2 tsp. ea. kosher salt & black pepper

TODAY'S COOKING

Preparations

1. In a large bowl, dissolve the salt and sugar in the water. Submerge the pork; cover and refrigerate 8 hours to 2 days. Pat dry the pork.
2. Heat the oil in a large skillet over medium-high and brown the pork on all sides. Set aside to cool slightly.
3. Use a food processor to purée the bacon and place half the purée in a bowl and stir in items 7, 8 and 2 tsp. of the rosemary. In another bowl, combine and mix well the remaining rosemary and items 10 through 13.
4. Preheat the oven @ 425° F (220° C). Place the oven rack at the lowest position.
5. Place the pork on wax paper and thinly spread on the purée and then press on the crumb mixture. Set a roasting rack in a foil-lined roasting pan; add the pork and roast 15 minutes. Reduce the heat to 350° F (180° C) and continue roasting for 45 minutes or until an inserted thermometer reads 145° F (63° C). Tent with foil if the crust starts to brown too much. Remove the pork; tent with foil and let rest about 15 minutes before carving.

NORTH CAROLINA PULLED PORK - SERVES 10

Ingredients

1. 8 lbs. pork butt
-
2. 1 Tbs. paprika
3. 1-1/2 tsp. smoked paprika
4. 2 tsp. brown sugar
5. 1/2 tsp. ea. garlic salt, celery salt, dry mustard, onion powder, black pepper
-
6. 2 cups cider vinegar
7. 1-1/3 cups water
8. 3/4 cup catsup
9. 1/4 cup brown sugar
10. 4 tsp. ea. salt and red pepper flakes
11. 1 tsp. ea. black & white pepper

Preparations

1. Combine items 2 through 5 and rub into the pork butt. Wrap in plastic and refrigerate overnight.

TODAY'S COOKING

2. Set up the grill to use indirect heat and use apple or hickory chips for smoke. On the side without heat, place the butt on a greased grate over a drip pan and roast slow and low for about 6 hours until the internal temperature reads 160° F (71° C).
3. When cool enough to handle, use a fork to pull the pork apart.
4. Combine the remaining ingredients; whisk until blended and mix into the pork. Place the meat in a large pot; cover and keep warm on the grill. If the grill is needed to cook other foods, use a slow cooker instead to keep the pork warm.

CALYPSO ROAST PORK - SERVES 6 TO 8

Ingredients

1. 5 to 6 lbs. center cut pork loin
2. 1 cup brown sugar
3. 2 Tbs. dark rum
4. 2 tsp. minced garlic
5. 2 tsp. ground ginger
6. 1/2 tsp. ground cloves
7. 1 tsp. powdered bay
8. 1/4 tsp. black pepper
-
9. 2 cups chicken stock
10. 1/4 cup light rum
11. 2 tsp. cornstarch mixed with 1 Tbs. cold water
12. 3 Tbs. fresh lime juice

Preparations

1. Preheat the oven @ 350°F (180°C).
2. Lightly score the fat side of the loin with diagonal cuts 1/4" deep and spaced 1" apart. Place the scored side up in a roasting pan. Place on the middle rack and roast 1 hour. Drain the juices into a saucepan. Let sit and skim off the fat. Add the stock.
3. Combine items 2 through 8 and crush into a smooth paste. Spread the paste over the scored pork and return the meat to the oven for another 30 minutes. Internal temperature should be 140° F (60° C) to 145° F (63° C). Let rest 10 minutes before carving.
4. Warm the light rum and off heat, ignite it. When the flames die out, add the lime juice. Bring the juices/stock to a boil; stir in the cornstarch and cook, stirring constantly until thickened. Stir in the rum/lime and serve with the pork.

TODAY'S COOKING

ITALIAN PORK TENDERLOIN - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 1/4 cup chopped prosciutto
3. 2 Tbs. ea. chopped fresh sage, chopped fresh parsley & chopped oil-packed sun-dried tomatoes
4. 1/4 cup chopped onion
-
5. 1-1/2 lbs. pork tenderloin, cut into 1/2 inch strips
6. 1/2 cup chicken broth
7. 1/2 cup heavy cream
8. 1/4 tsp. salt
9. 1/2 tsp. ground black pepper

Preparation

1. Heat the oil in a skillet over medium-high heat. Sauté items 2, 3 & 4 for 5 minutes, until the onion is tender. Mix the pork strips into the skillet, and brown about 10 minutes, turning once.
2. Stir in the last 4 items; bring to a boil; reduce heat to low, and simmer 20 minutes, stirring occasionally, until pork reaches a minimum temperature of 140° F (60° C) to 145° F (63° C) and sauce is thickened.

HAITIAN GLAZED PORK - SERVES 4

Ingredients

1. 1/4 canola or vegetable oil
2. 2 lbs. boneless pork loin, cut into 2" cubes
-
3. 1 cup finely chopped onions
4. 1/4 cup finely chopped shallots or scallions (white part only)
5. 1 cup ea. fresh orange juice & fresh lime juice
6. 1/4 cup water
7. 1/4 tsp. dried thyme
8. 1/2 tsp. ea. salt & black pepper

TODAY'S COOKING

Preparations

1. In a large, heavy skillet, heat the oil over medium; add the pork and cook to a rich brown. Stir in the remaining items; bring to a boil; cover; reduce the heat and simmer 30 minutes.
2. Remove the cover and over high heat, cook, stirring constantly, until the sauce thickens, about 10 minutes. Serve over rice or noodles.

PORK & GRAPEFRUIT STIR-FRY - SERVES 4

Ingredients

1. 1/2 cup water
2. 2 Tbs. cornstarch
3. 1/2 cup grapefruit juice concentrate, thawed
4. 2 Tbs. soy sauce
5. 3/4 Tbs. honey
6. 1/2 tsp. ginger or to taste
-
7. 1 Tbs. canola oil
8. 1 medium-sized red bell pepper, julienned
9. 1/4 cup sliced scallions
10. 2 cups sliced zucchini
-
11. 1 lb. boneless pork loin, cut into thin strips
12. 2 medium-sized grapefruit, peeled and sectioned
13. 1 Tbs. toasted sesame seeds

Preparations

1. In a small bowl combine items 1 through 6 and set aside
2. In a large, heavy skillet, heat the oil over medium-high; add items 8, 9 & 10 and cook 3 to 4 minutes. Remove from the skillet and keep warm. Add half the pork and cook, stirring, about 4 minutes. Remove and keep warm. Cook the remaining pork and remove.
3. Stir the sauce and add to the skillet; bring to a boil; cook until thickened, about 2 minutes.
4. Add the meat and vegetables back into the skillet along with the grapefruit sections. Gently stir; sprinkle with the seeds and serve over rice or noodles.

TODAY'S COOKING

MANDARIN PORK STIR-FRY - SERVES 4

Ingredients

1. 1 Tbs. cornstarch
2. 1/2 tsp. ea. garlic powder & ground ginger
3. 1/2 cup orange juice
4. 1/4 cup water
5. 2 Tbs. soy sauce
6. 1 pork tenderloin (1 lb.), cut into 2-inch strips
7. 2 Tbs. canola oil
8. 1 pkg. (14 oz.) frozen sugar snap peas
9. 1 can (11 oz.) mandarin oranges, drained

Preparations

1. In a small bowl, combine the cornstarch, garlic powder and ginger. Stir in orange juice until smooth. Stir in water and soy sauce; set aside.
2. In a large wok or skillet, stir-fry pork in oil until juices run clear; remove to a platter and keep warm. In the same skillet, stir-fry peas until tender. Return the pork to skillet. Stir the orange juice mixture and add to the skillet. Cook, stirring for 2 minutes or until thickened. Gently stir in oranges. Serve with hot rice.

PORK LO MEIN - SERVES 4

Ingredients

1. 4 oz. stir-fry egg noodles (can also use angel hair pasta)
-
2. 2 tsp. cornstarch
3. 1/4 cup soy sauce
4. 2 Tbs. rice wine vinegar (can also use white vinegar)
5. 2 Tbs. hoisin sauce
6. 1 Tbs. minced fresh ginger or 1 tsp. ground ginger
7. 1 tsp. minced or pressed garlic
-
8. 2 Tbs. canola or vegetable oil, divided

TODAY'S COOKING

9. 2 cups broccoli florets
10. 1 cup julienned carrots
11. 1 large rib of celery, sliced
-
12. 1 lb. boneless pork, cut into strips
-
13. 1/4 cup finely chopped salted peanuts
14. 1/4 cup chopped scallions or chives

Preparation

1. In bowl, combine items 2 through 7. Stir until the cornstarch is fully incorporated and the mixture is smooth. Set aside.
2. Cook the noodles or pasta according to package directions.
3. Heat a wok or large skillet over high heat. Add 1 Tbs. of the oil and stir-fry the pork 5 to 8 minutes or until no longer pink. Remove with a slotted spoon. Add the remaining oil and stir-fry items 9, 10 & 11 for 5 minutes or until crisp-tender. Drain the noodles. Stir and add the cornstarch mixture to the skillet; bring to a boil and cook, stirring, 2 minutes or until thickened. Stir in the pork and noodles; cook, stirring, until heated. Sprinkle on the last 2 items and serve.

PORK PIE - SERVES 6

Ingredients

1. 1 lb. ground pork
2. 1 small onion, chopped
3. 2 garlic cloves, minced or pressed
- 4.
5. 1 cup cooked rice
6. 1/4 cup chicken broth
7. 1/2 tsp. ea. salt & dried thyme
- 8.
9. 2 Tbs. butter or margarine
10. 1 medium-sized carrot, diced
11. 1 small onion, chopped
12. 6 cups chopped cabbage
13. 1 cup chicken broth
14. 1/2 tsp. salt

TODAY'S COOKING

15. 1/4 tsp. pepper
- 16.
17. 2 cups mashed potatoes
18. 1/4 cup shredded cheddar cheese

Preparation

1. In a skillet over medium heat, brown pork until no longer pink. Add onion and garlic. Cook about 10 minutes; drain. Stir in the next 3 items and place into a greased baking dish.
2. In the same skillet, melt the butter over medium heat and sauté items 7, 8 & 9 for 5 minutes. Stir in items 10 through 13; cover and cook for 10 minutes. Spoon over the pork layer.
3. Spoon or pipe mashed potatoes on top; sprinkle with cheese. Bake, uncovered, @ 350° F (180° C) for 45 minutes or until browned.

Chops

BOURBON PORK CHOPS - SERVES 2

Ingredients

1. 1 Tbs. brown sugar
2. 1 tsp. smoked paprika
3. 1/2 tsp. herbed granulated garlic
4. 1/4 tsp. salt
-
5. 1 Tbs. grape seed oil, avocado oil or another oil that is stable at high temperature
6. 2 (4 oz.) pork chops
7. 1/2 cup bourbon
8. 1 Tbs. maple syrup
9. 1 tsp. Dijon mustard
10. 1/4 tsp. salt
11. 1 Tbs. cold water
12. 1/2 tsp. cornstarch

TODAY'S COOKING

Preparations

1. Combine the first 4 items and rub into both sides of the chops.
2. Sauté the chops in the oil for 3 to 4 minutes a side. Remove the chops and tent with foil.
3. Off heat, deglaze the skillet with the bourbon. Stir in items 8, 9 & 10. Stir the water into the cornstarch and when smooth, add to the skillet, stirring until thickened. Serve the chops topped with the sauce.

PORK CHOPS WITH VEGETABLE/WINE SAUCE - SERVES 4

Ingredients

1. 4 pork chops
2. 2 Tbs. oil
3. 4 Tbs. butter
-
4. 1/2 cup each chopped carrots and celery
5. 1 cup chopped onion
6. 2 Tbs. minced garlic
7. 1/2 tsp. dried thyme
8. 1 bay leaf
9. 6 sprigs parsley
-
10. 1 cup chicken stock
11. 1/4 cup each dry white wine and dry vermouth
12. 1 Tbs. tomato paste
-
13. 1 Tbs. Dijon mustard
14. 1 cup sour cream
15. 1/4 cup capers, drained

Preparations

1. In a large skillet, heat the oil and butter and brown the chops 3 to 4 minutes per side. Pour off fat.
2. Scatter items 4 through 9 into the skillet; cover and cook 10 minutes. Add items 10, 11 & 12; cover and cook 20 to 45 minutes depending upon the thickness of the chops. Remove chops and

TODAY'S COOKING

keep warm. Stir in the last 3 items; heat just to a boil and put through a sieve or use a food processor. Pour the sauce over the chops and top with the capers.

DEILED PORK CHOPS - SERVES 4

Ingredients

1. 4 Tbs. butter (divided to 1 Tbs. and 3 Tbs.)
2. 1 red cooking apple, cut into 8 wedges
-
3. 1 lb. sliced mushrooms
-
4. 1/2 cup mayonnaise
5. 1/3 cup soft bread crumbs
6. 1 Tbs. minced watercress or parsley
7. 1 Tbs. coarse grain mustard
8. 1/4 tsp. salt
9. 1/8 tsp. paprika
-
10. 1/4 tsp. each salt & pepper
11. 4 pork loin butterflied chops, 1/2" thick

Preparations

1. In a large skillet, heat 1 Tbs. of butter and cook the apple about 7 minutes. Set the apples aside.
2. Add the remaining butter to the skillet and sauté the mushrooms 10 minutes. Set the mushrooms aside.
3. Combine items 6 through 11 and mix well.
4. Season the chops and broil for 3 minutes; turn and broil 2 minutes. Remove the chops and stuff with the mayonnaise mixture. Broil 1 minute more.

TODAY'S COOKING

STUFFED PORK CHOPS - SERVES 6

Ingredients

1. 4 Tbs. butter
2. 1 medium onion, chopped
3. 1 celery rib, finely chopped
4. 2 garlic cloves, minced or pressed
5. 1/4 cup chopped mushrooms
6. 1 tsp. thyme
-
7. 1-1/4 cup dry bread crumbs
8. 1/4 cup chopped parsley
9. 1 tsp. salt
10. 1/2 tsp. black pepper
-
11. 6 (2 " thick) pork chops
12. 3 Tbs. oil
13. Dry white wine or stock
14. 1 cup heavy cream
15. 1/4 cup sour cream
16. 1 Tbs Dijon mustard

Preparations

1. Heat the butter in a skillet and sauté the onion until limp. Add items 3 through 6 and cook 5 minutes. Add items 7 through 10 and blend well. Remove from heat and let cool.
2. Slice the chops along the edge to the bone to form a pocket and stuff with the onion mixture.
3. Heat the oil in the skillet and brown the chops on both sides. Remove the chops and add the wine or stock to cover the bottom of the skillet. Bring to a boil; add the chops; cover; reduce heat and simmer 25 minutes. Turn the chops; cover and simmer another 10 to 20 minutes. (Note that after browning, you can cook the chops in a 350°F (180°C) oven in the same manner and time). Remove excess fat; add the cream and cook down. Stir in the sour cream and Dijon and serve.

TODAY'S COOKING

GRILLED PORK CHOPS - SERVES 2

Ingredients

1. 1/4 cup honey
2. 1 Tbs. apple cider or malt vinegar
3. 1/2 tsp. cumin
4. 1/2 tsp. Five Spice (see [Todays Cooking Dressings pg.125](#))
5. Dash of hot sauce
6. Salt & pepper to taste
-
7. 2 (6 oz.) bone-in pork chops

Preparations

1. Combine the first 6 items. Whisk well and pour into a resealable bag with the chops.
2. Marinate an hour in the refrigerator. Remove and let sit at least 30 minutes at room temperature.
3. Grill the chops over medium heat for 4 minutes; turn and grill another 3 minutes. Let rest 4 minutes.

PORK CHOPS W/ LEMON - SERVES 2

Ingredients

1. Cooking spray
2. 2 (6 oz.) bone-in pork chops about 1/2" to 3/4" thick
3. 2 lemon slices
-
4. 1/3 cup apple cider
5. 1-1/2 Tbs. ea. brown sugar and vinegar
6. 1/4 tsp. ground ginger
7. 1/2 garlic clove, minced or pressed
8. Dash of hot sauce
9. 1/8 tsp. ea. salt & pepper or to taste
-
10. 1-1/2 Tbs. cold water
11. 2 tsp. corn starch

TODAY'S COOKING

Preparations

1. Coat a skillet with the spray and cook the chops over medium heat for 2 to 3 minutes per side. Add the lemons; combine items 4 through 9 and pour over the chops. Cover and simmer 5 to 6 minutes.
2. Remove the chops and lemons and keep warm. Combine the last 2 items and add to the sauce. Bring the sauce to a boil; reduce heat; and cook, stirring, until thickened. Pour the sauce over the chops and serve.

GRILLED SWEET & SOUR PORK CHOPS - SERVES 4

Ingredients

1. 1/2 cup ea. maple syrup & balsamic vinegar
2. 1/2 tsp. ea. salt & pepper
3. Dash of hot sauce
-
4. 4 (6 oz.) boneless pork loin chops

Preparations

1. Combine the first 3 items. Whisk well and pour into a resealable bag with the chops.
2. Marinate an hour in the refrigerator. Remove and let sit at least 30 minutes at room temperature.
3. Grill the chops over medium heat for 4 minutes; turn and grill another 3 minutes. Check with a meat thermometer. It should read 140° F (60° C) to 145° F (63° C). Let rest 4 minutes.

STUART'S SAVORY ORIENTAL PORK - SERVES 2

Ingredients

1. Cubed pork for 2 (I have used pork chops, ribs and boneless pork - save some of the fat)
-
2. 1/2 cup tomato sauce
3. 1/4 cup chili sauce
4. 1 Tbs. horseradish
5. 2 Tbs. dry Sherry
6. 1 tsp. dry mustard

TODAY'S COOKING

7. Black pepper to taste
8. Dash or 2 of hot sauce
-
9. Sesame oil
10. Small onion, thinly sliced
11. 1 garlic clove, minced or pressed
12. 1 Tbs. powdered ginger
-
13. 1 can sliced water chestnuts, drained
14. 2 celery ribs, sliced
15. 1 cup chicken stock
-
16. 2 Tbs. dark soy sauce
17. 1 tsp. brown sugar
18. 1 Tbs. cornstarch
19. Salt to taste if needed
20. 1 cup frozen peas, thawed
-
21. Cooked rice or noodles

Preparations

1. Drop pork cubes into boiling water; lower heat to medium and cook 5 minutes. Drain.
2. Combine items 2 through 8 and marinate the pork for an hour in the refrigerator. Remove and let sit at least 30 minutes at room temperature.
3. Render some of the fat in the sesame oil. Stir in items 10, 11 & 12 and cook until brown. Add items 13, 14 & 15 and the pork with the marinade. Cover and cook 5 minutes.
4. Combine items 16 through 19 and stir into the pork. Add the peas; cover and cook 5 minutes. Serve over rice or noodles.

SLOW COOKED PORK CHOPS & KRAUT - SERVES 6

Ingredients

1. 1 large onion, coarsely chopped
2. 1 Granny Smith apple, peeled, cored and chopped
3. 1 jar (32 oz.) sauerkraut including the liquid

TODAY'S COOKING

4. 1-1/2 tsp. each caraway seeds and fennel seeds
-
5. 6 pork chops (inexpensive tougher cuts work fine)
6. 1 Tbs. olive oil
7. 1/2 cup water or stock
8. 3 Bay leaves

Preparation

1. Combine ingredients 1 through 4 and set aside.
2. Brown both sides of the chops in the oil in a large skillet in 2 batches. Drain any oil; add the water or stock; bring to a boil and stir, scrapping up the brown bits.
3. Place a layer of a 3rd of the sauerkraut into the skillet; top with 3 of the chops. Add more sauerkraut; top with the remaining chops and then the rest of the sauerkraut. Top with the Bay leaves. Bring to a boil; cover and reduce heat to low. Simmer 2 to 3 hours or until pork is tender.

MUSTARD GLAZED PORK CHOPS - SERVES 4

Ingredients

1. 4 bone-in pork chops 1/2" thick
2. Salt & black pepper
3. 2 tsp. canola or vegetable oil
4. 1 large onion, cut into thin wedges
-
5. 1/2 cup apricot or fig preserves
6. 1 Tbs. Dijon or spicy mustard
7. 1/4 cup water
8. 1 tsp. paprika
9. 1/2 tsp. ground nutmeg
10. Fresh sage leaves (optional)

Preparations

1. Season pork with salt and pepper. In a very large skillet heat oil over medium-high. Add pork and onion to the skillet. Cook for 2 minutes; turn pork and onion. Cook for 2 minutes more and remove chops.

TODAY'S COOKING

2. In the skillet, combine items 5 through 9. Heat on high for 1 to 2 minutes or until melted. Reduce heat to medium and return the chops to the skillet. Cook, covered, until a meat thermometer reads 140° F (60° C) and the pork is slightly pink in the center, about 2 minutes.
3. Divide pork and onion mixture among serving plates and top with sage, if used.

BRINED GRILLED PORK CHOPS - SERVES 4

Ingredients

1. 4 (8 oz. ea.) bone-in center-cut pork chops 1" thick
2. 1/4 cup kosher salt or sea salt
3. 1/4 cup sugar
4. 2 cups water
5. 2 cups ice water
-
6. 2 Tbs. canola or vegetable oil
7. 3 Tbs. paprika
8. 1 tsp. ea. cumin, dry mustard, garlic powder, onion powder & black pepper
9. 1/2 tsp. ground chipotle

Preparations

1. In a large saucepan, combine items 2 through 5. Cook over medium heat, stirring until the salt and sugar dissolve. Remove from the heat and add the ice water. Place the chops in a resealable bag and add the brine. Seal; shake and refrigerate 8 hours, but not longer than 10 hours.
2. Discard brine; rinse the chops and pat dry. Brush both sides of the chops with the oil. Combine items 6 through 9 and rub onto the chops. Let the chops come to room temperature, about 30 to 45 minutes. Set the grill at medium heat; lightly oil the rack and cook the chops, covered, 4 to 6 minutes per side. Use a thermometer and remove chops when it reads 145° F (63° C). Let rest 5 minutes and serve.

For a smokey flavor use smoked paprika. For a sweet flavor add 3 Tbs. brown sugar to the rub.

TODAY'S COOKING

HAWAIIAN PORK CHOPS - SERVES 4

Ingredients

1. 1-1/2 cups unsweetened pineapple juice
2. 2 tsp. peeled and minced ginger
3. 3 scallions, only white sliced into rounds
4. 3 Tbs. soy sauce
5. 2 Tbs. dark sesame oil
6. 2 Tbs. brown sugar
7. 3/4 tsp. black pepper
8. 1/2 tsp. sea salt
-
9. 4 bone-in pork chops 3/4" thick

Preparations

1. Combine items 1 through 8 in a resealable bag. Shake well and add the chops. Refrigerate 2 to 8 hours. Pat chops dry; discard marinade and grill the chops directly over a medium-hot fire on a lightly oiled grate for 4 to 5 minutes. Turn the chops and grill another 3 to 4 minutes, testing with a thermometer. Remove chops when the internal temperature reaches 140° F (60° C) to 145° F (63° C). Let rest 3 to 5 minutes.

SPICED PORK CHOPS - SERVES 4

Ingredients

1. 4 bone-in pork chops
2. Olive oil
3. 6 Tbs. apple jelly
4. 1/4 cup spicy mustard
5. 1/2 tsp. cinnamon

Preparations

1. Lightly brush the chops with the oil and place into a large skillet over medium-high heat. Brown both sides of the chops and remove from the skillet.

TODAY'S COOKING

2. Combine the remaining items and add to the skillet. Reduce the heat; add the chops; turn to coat both sides; cover and simmer about 5 minutes.

Variations: add some Sambal Oelek (chili paste) for more zip. Or use 3 Tbs. jalapeño jelly with 3 Tbs. apple jelly.

Ham & Sausage

MAPLE ORANGE BAKED HAM - SERVES 20 TO 25

Ingredients

1. 1 cup fresh orange juice
2. 2/3 cup ea. maple syrup and catsup
3. 1/3 cup low-salt soy sauce
4. 2 Tbs. packed brown sugar
5. 2 Tbs. minced or pressed garlic
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6. 1 bone-in smoked ham - approximately 15 lbs.
7. Whole cloves
8. 2 Tbs. Dijon mustard

Preparations

1. Combine the first 5 items and set aside.
2. Preheat the oven @350° F (180° C).
3. Trim of the rind and all but 1/4" of the fat from the ham. Score the fat in a diamond pattern and insert the cloves at the diamond points.
4. Place the ham in a shallow roasting pan and brush the top with the mustard. Use 1/2 cup of the glaze and bush over the entire ham. Bake for 1-1/2 hours, brushing the ham with the glaze every 15 minutes. Let the ham rest for 15 minutes before carving.

TODAY'S COOKING

CITRUS & MOLASSES HAM - SERVES 12

Ingredients

1. 1/2 cup ea. grapefruit juice and orange juice
2. 1/4 cup molasses
3. 3 Tbs. honey
4. 1 Tbs. packed brown sugar
5. 1 Tbs. Dijon mustard
6. 3 tsp. coarsely ground black pepper

Preparations

1. Place the juices in a saucepan and bring to a boil. Cook until reduced by half, about 8 to 10 minutes.
2. Stir in the rest of the items; bring to a boil; reduce heat and simmer, uncovered, until thickened, about 12 to 15 minutes.

To use: Score the surface of a 7 to 9 lb. fully cooked, bone-in ham (serves 12). Make the cuts 1/4" deep in a diamond pattern. Cover and bake @ 325° F (170° C) for about 2 hours or until a thermometer reads 130° F (54.4° C). Remove the ham and brush on 1/3 cup of the glaze. Return the ham to the oven, uncovered, and bake, basting occasionally, for about 15 minutes more or until a thermometer reads 140° F (60° C).

HAM, PASTA & GREENS ALFREDO - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 1 Tbs. butter
3. 1/2 cup sliced onion
4. 1/4 cup ea. diced green & yellow bell pepper
5. 2 cloves garlic, peeled, minced or pressed
6. 1 can (14.5 oz.) seasoned turnip greens, well drained
7. 1 pkg. (4.4 oz.) pasta noodles with Alfredo sauce or make the sauce ([see Todays Dressings_Sauces Seasonings pg. 31 & 32](#))
8. 1/2 cup milk
9. 1 egg yolk, beaten
10. 1 lb. cubed ham (or use cooked chicken, beef or Kielbasa)

TODAY'S COOKING

11. 1 tomato, quartered then each quarter cut in half

Preparations

1. In a large skillet, sauté items 3, 4 & 5 in the oil and butter over medium heat until tender. Lower heat to simmer and add greens.
2. Cook pasta Alfredo according to box directions, but include the additional milk. When almost done, stir in the egg and cook until thickened. Add Kielbasa and pasta Alfredo to the skillet, mixing well. Add the tomatoes and mix gently. Cook until heated through and serve.

HAM WITH APPLE & POTATOES - SERVES 2

Ingredients

1. 1/2 Tbs. dry mustard
2. 1/2 Tbs. vinegar
3. 2 (4 or 5 oz. ea.) ham slices
4. 1 Tbs. butter
5. 1 apple, peeled, cored and sliced
6. 1 Tbs. honey
7. 1 Tbs. packed brown sugar
8. Prepared scalloped potatoes au gratin

Preparations

1. Combine the first 2 items brush onto one side of each ham slice.
2. In a large skillet, over medium heat, melt the butter and add the apples. Cook 5 minutes.
3. Combine items 6 & 7 and add to the apples a little at a time. Add the ham; cover with the glaze and heat.
4. Place the potatoes in individual oven-proof dishes. Place the ham slices over the potatoes and then top with the apples.
5. Broil until the apples start to caramelize.

TODAY'S COOKING

ORANGE HAM STEAK - SERVES 4

Ingredients

1. 1 lb. ham steak
2. 1/4 cup orange marmalade
3. 2 Tbs. water
4. 1 Tbs. ea. butter and mustard
5. 1 tsp. corn syrup
6. 1/4 tsp. ground ginger

Preparations

1. Sauté the ham steak in a greased skillet until lightly browned on each side.
2. Stir together items 2 through 6 and pour over the steak. Bring to a simmer; portion out and serve.

HAM W/ PINEAPPLE GLAZE - SERVES 20

Ingredients

1. 1 fully cooked bone-in ham
2. Whole cloves

Glaze Ingredients

1. 2 Tbs. cornstarch
2. 1/4 cup cool water
3. 2-1/2 cups packed dark brown sugar, divided
4. 1 can (20 oz.) unsweetened crushed pineapple, undrained
5. 1/4 cup lemon juice
6. 2 Tbs. Dijon mustard
7. 1/4 tsp. salt
8. 1 cup packed light brown sugar

TODAY'S COOKING

Preparations

1. Score the surface of the ham. Make the cuts 1/4" deep in a diamond pattern. Insert a clove in each diamond. Place the ham on a rack in a roasting pan. Cover and bake @ 325° F (170° C) for about 2 to 2-1/2 hours or until an internal temperature reads 130° F (54.4° C).
2. In a large saucepan, dissolve the cornstarch in the water; stir in 2 cups of the dark sugar and items 4, 5, 6 & 7. Bring to a boil and cook, stirring, until slightly thickened, about 1 to 2 minutes. Set aside 2 cups of the sauce and keep warm.
3. Remove the ham and pour the remaining glaze over the ham. Increase the oven temperature to 425° F (220° C). In a bowl, mix the remaining sugars together and spread over the ham.
4. Return the ham to the oven, uncovered, and bake for 10 to 15 minutes more or until a thermometer reads 140° F (60° C). Serve with the reserved sauce.

KIELBASA, PASTA & SPINACH ALFREDO - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 1 Tbs. butter
3. 1/4 cup diced onion
4. 2 cloves garlic, peeled, minced or pressed
5. 1 box bow tie pasta
6. 1 pkg. (12 oz.) beef Kielbasa, sliced
7. 1-1/2 cups Alfredo sauce (store bought or see [Todays Dressings_Sauces_Seasonings pg. 31 & 32](#))
8. 2 cups rough cut spinach leaves
9. 1 cup grape tomatoes, halved

Preparations

1. Cook pasta according to box directions
2. Sauté onion and garlic in the oil and butter.
3. Add Kielbasa and Alfredo sauce, mixing well.
4. Add drained pasta and mix well.
5. Add spinach and tomatoes and mix gently. Serve when spinach is wilted.

TODAY'S COOKING

KIELBASA & TORTELLINI - SERVES 4

Ingredients

1. 1 Tbs. butter
2. 2 Tbs. ea. minced onion & diced red bell pepper
-
3. 1 pkg. (12 oz.) beef Kielbasa, sliced
4. 1 pkg. (20 oz.) cheese tortellini
5. 1 tsp. garlic powder
6. 1/2 tsp. paprika
7. 3 cups water
8. 1/4 cup frozen peas
9. 1 tsp. Dijon mustard
-
10. 1-1/2 cups heavy cream
11. 2 cups shredded sharp cheddar cheese
12. Chopped parsley

Preparations

1. In a large skillet over medium-high heat, melt the butter and sauté the onion and pepper 4 minutes.
2. Add items 3 through 9; cover and cook, stirring occasionally, until the tortellini is almost done.
3. Reduce heat to medium-low and stir in items 10 & 11 until cheese melts. Sprinkle with parsley and serve.

SAUSAGE & ROASTED VEGETABLE PENNE - SERVES 4

Ingredients

1. 2-1/2 Tbs. olive oil, divided
2. 1 sweet onion, cut into wedges
3. 1 medium zucchini, sliced in 1/2 lengthwise
4. 1 red bell pepper, stems and seeds removed
5. 1/2 lb. button mushrooms
6. Salt & pepper to taste
-

TODAY'S COOKING

7. 1/2 pint grape tomatoes
-
8. 2 sweet or hot Italian sausages (or a combo of both), thinly sliced
9. 1/4 cup dry white wine
10. 12 oz. penne pasta, cooked according to box directions (reserve 1 cup of the cooking water)
11. Grated Parmesan cheese

Preparations

1. Preheat the oven to 400° F(200° C)
2. In a bowl, toss all the vegetables, except the tomatoes, with 1-1/2 tablespoons oil. Season with salt and pepper, to taste. Place on a baking sheet and roast, until caramelized, about 15 minutes. In a small bowl, add the tomatoes and the remaining olive oil and toss to coat. Season with salt and pepper to taste. Turn the roasting vegetables over and add the tomatoes to the baking sheet. Roast the vegetables an additional 15 minutes. Remove from the oven and when the vegetables are cool enough to handle, coarsely chop them.
3. Sauté the sausages in a large skillet over medium heat until cooked. Increase the heat and deglaze the pan with the wine. Add the vegetables and any pan juices to the skillet. Toss in the cooked penne, adding reserved pasta water, if needed, to moisten. Season with salt & pepper and serve with Parmesan cheese.

SAUSAGE & VEGETABLE SKILLET - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 large onion, chopped
3. 1 pkg. (12oz.) fully cooked Italian chicken sausage links, cut into 1" pieces
-
4. 3 garlic cloves, minced or pressed
5. 1/4 tsp. crushed red pepper flakes
-
6. 8 medium red potatoes (about 2lbs.), thinly sliced
7. 1 pkg. (10oz.) frozen corn kernels
8. 1-1/4 cups vegetable stock
9. 1/4 tsp. black pepper
-
10. 2 cups fresh baby spinach

TODAY'S COOKING

Preparations

1. In a large skillet, heat the oil over medium-high. Add items 2 & 3 and cook, stirring, until the onion is translucent and the sausage is browned. Add items 4 & 5 and cook for 1 minute longer.
2. Add items 6 through 9 and bring to a boil. Reduce heat; simmer, covered, for 12-15 minutes or until potatoes are tender. Add the spinach and cook just until wilted.

SAUSAGE & ZUCCHINI - SERVES 4

Ingredients

1. 2 Tbs. vegetable oil
2. 1/2 lb. fully cooked smoked Polish sausage, cut into 1/2-inch diagonal slices
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3. 1 cup chopped onion
4. 1 cup sliced celery
5. 1/2 cup chopped green pepper
6. 1 garlic clove, minced
7. 1/2 tsp. dried oregano
8. 1/2 tsp. pepper
-
9. 4 to 5 medium zucchini, sliced
10. 4 to 5 medium tomatoes, coarsely chopped
11. Favorite herb seasoning blend to taste

Preparations

1. Heat oil in a large skillet, lightly brown sausage.
2. Add items 3 through 8. Cook and stir until vegetables are almost tender.
3. Add the zucchini and tomatoes; cook and stir until zucchini is just tender. Sprinkle with seasoning blend.

TODAY'S COOKING

PORK SLOPPY JOES - SERVES 8

Ingredients

1. 1 lb. bulk spicy pork sausage
2. 1-1/2 cups sauerkraut, rinsed and well drained
3. 1 each medium-sized green and red bell peppers, chopped
4. 1 medium-sized onion, chopped
5. 8 pretzel or regular hamburger buns, split
6. 8 slices provolone cheese

Preparations

1. Preheat oven @ 350° F (180° C). In a large skillet, cook sausage over medium heat 4-6 minutes or until no longer pink, breaking into crumbles; drain. Add sauerkraut, peppers and onion; cook and stir 8-10 minutes longer or until vegetables are tender.
2. Spoon meat mixture onto the bottom of the buns; top with the cheese. Replace tops. Place on a baking sheet. Bake 4-6 minutes or until cheese is melted.

Bacon

GLAZED BACON - SERVES 6

Ingredients

1. 1 tsp. flour
2. 1/4 cup dark brown sugar
3. 1/2 cup walnuts, finely chopped
4. 12 thick sliced bacon strips

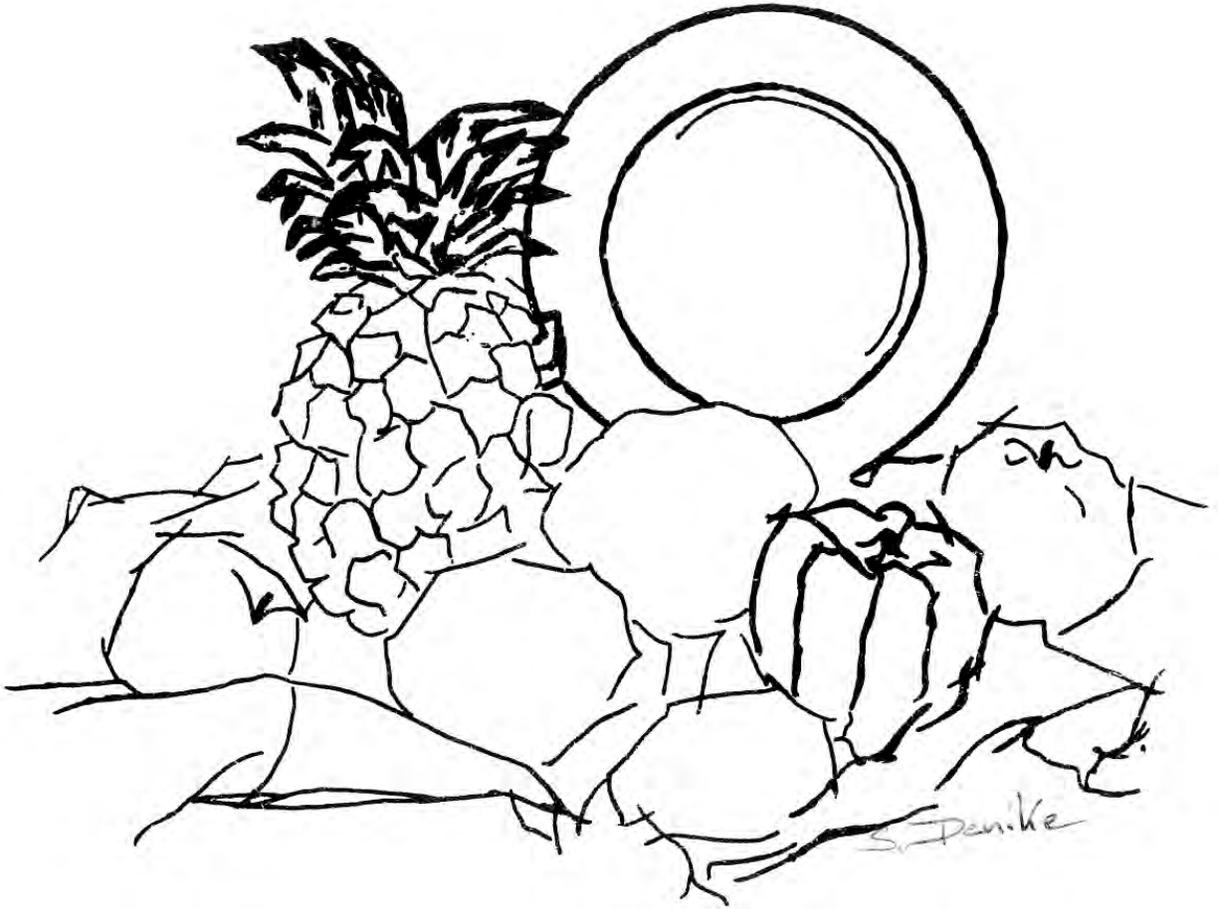
Preparations

1. Combine the first 3 items.
2. Place the bacon strips on a greased broiler pan and sprinkle with the nut mixture. Bake @ 350°F (180°C) 25 to 30 minutes.

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JANANESE

SMAKLIG MÁLTID!
SWEDISH

CHIÁH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAĀND LIJĪYAI
HINDI

NIZHÓNÍGO ADÍYÍÍĪ
NAVAJO

GIN HÁI A-RÒI
THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

SMAKLIG MÁLTID!
SWEDISH

POFTĂ BUNĂ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC