

# Welcome

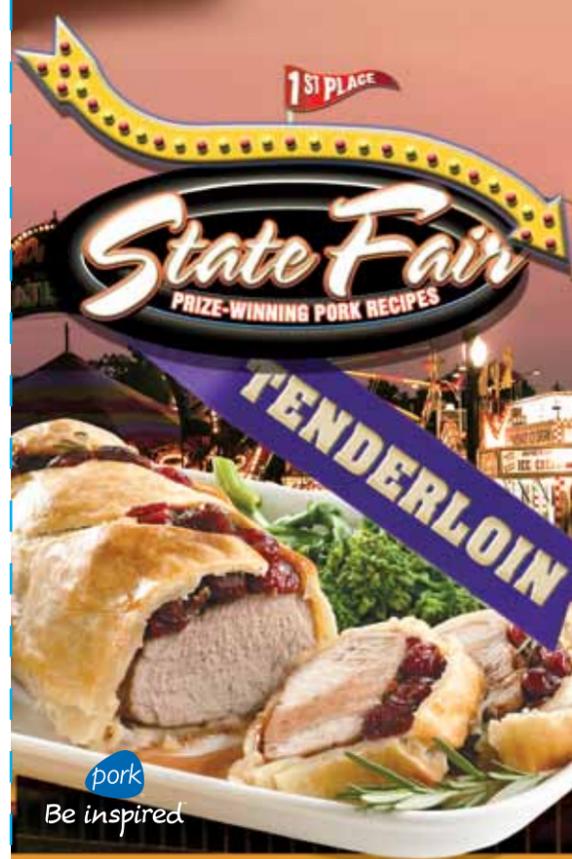
*"There's no state fair like my state fair!"* boasts the song tribute to the many state fairs that take place across the country every year. At the fair, you can experience the biggest and the best in your state—from the biggest boar to the best pork recipe!

The National Pork Board sponsored the "We Want WOW and cash to cooks across the country for their quick, easy, creative and tasty pork recipes. On behalf of America's pork producers, we are now sharing those first-place winners with you!

Each recipe has only five ingredients plus pork (salt, pepper, water and oil don't count) and were judged the best for getting a creative dinner together fast. Serve up these winners at your table. You may not get a ribbon, but empty plates, full stomachs and smiles all around will be the best prize of all!

## America's Pork Producers

For more recipe ideas, visit [www.PorkBelnspired.com](http://www.PorkBelnspired.com)



Brought to you by America's Pork Producers

Sheri Brock of New Albany  
1st Place, Ohio State Fair

## Pork Wellington Duxelle

- 1 1/4 to 1 1/2 pounds pork tenderloin
- 1/4 cup butter (4 tablespoons)
- 1 pound mushrooms, finely chopped
- 1/3 cup finely chopped onion
- 1/2 of 17.3-oz. package frozen puff pastry sheets, thawed (1 sheet, 91/2x10 inches)
- 1 1-oz. packaged peppercorn sauce mix (optional)

Preheat broiler. Melt butter in large skillet. Add mushrooms and onion. Cook, stirring occasionally, over medium heat for 15 minutes or until mushrooms are tender and liquid is absorbed. Remove from heat; cool slightly. Season with salt and pepper. Place pork tenderloin on rack in broiler pan. Broil 4 inches from heat for 8 to 10 minutes or until surface is brown, turning over halfway during broiling. Transfer tenderloin to plate. Move oven rack to center of oven; heat oven to 400 degrees F.

Place large sheet of waxed paper on counter. Roll pastry to a rectangle about 2 inches longer and 8 inches wider than tenderloin. Spread on mushroom mixture to within 2 inches of edges. Pat tenderloin dry with paper towels; place tenderloin on top of mushroom mixture in center. Use waxed paper to help lift long sides of pastry up and tightly around tenderloin, overlapping center edges; pinch edges together to seal. Fold short ends of pastry up; pinch to seal. Place pastry-wrapped tenderloin, seam side down, on parchment-lined baking sheet.

Bake for 25 to 35 minutes or until internal temperature is 145 degrees F, and pastry is golden. Transfer to cutting board. Loosely cover with foil; let rest 5 to 10 minutes.

Prepare sauce mix according to package directions, if desired. Cut pork into 1/2-inch-thick slices; arrange on serving plate. Serve with sauce. Serves 5 to 6

**Nutrition Facts**  
Calories 404, Protein 24g, Fat 26g, Sodium 196mg, Cholesterol 73 mg, Saturated Fat 10g, Carbohydrates 22g, Fiber 2g

## Tex-Mex Country Pork

- 1 pound pork tenderloin, cut into thin 1" wide strips
- 3 tablespoons canola oil
- 2 tablespoons dry chipotle pepper marinade mix
- 1 1/4 cups water
- 3 cups cornbread stuffing mix
- 3/4 cup thinly sliced green onions
- 1 11-oz. can Mexican-style kernel corn, drained
- 6 ounces finely shredded sharp Cheddar cheese (1 1/2 cups)

Stir oil and marinade mix in medium bowl. Add pork, toss until evenly coated. Cover; marinate in refrigerator 15 to 30 minutes. Boil water in medium saucepan. Stir in stuffing mix. Cover; remove from heat.

Heat large skillet over medium-high heat. Add pork and marinade mixture. Cook, stirring occasionally, for 3 minutes. Add onions; cook, stirring occasionally, for 1 to 2 minutes more or until pork is no longer pink and onions are crisp-tender.

Stir in corn; cook for 1 minute or until corn is heated. Fluff stuffing with fork. Add stuffing and 1 cup cheese to pork mixture in skillet; toss. Remove from heat; transfer mixture to a serving dish. Sprinkle remaining 1/2 cup cheese on top. Serves 4

**Nutrition Facts**  
Calories 826, Protein 47g, Fat 31g, Sodium 3353mg, Cholesterol 109mg, Saturated Fat 12g, Carbohydrates 92g, Fiber 8 grams



## Peking Pork Tenderloin with Dijon Sauce

- 2 pounds whole pork tenderloin
- 1/2 teaspoon onion powder
- 3/4 cup sweet and sour stir-fry sauce
- 1/2 Ground black pepper
- 1/2 cup light mayonnaise
- 3/4 cup Dijon mustard
- 1 3 tablespoons sweet and sour stir-fry sauce
- 1 1 teaspoon vegetable oil
- 1 Nonstick cooking spray

Rinse pork tenderloins and pat dry. Working with one tenderloin at a time, place meat on a piece of waxed paper 6 inches longer than the meat. Rub 1/4 teaspoon onion powder evenly onto tenderloin then brush with about 1/4 cup sweet and sour stir-fry sauce. Sprinkle tenderloin with ground black pepper to taste. Wrap in waxed paper and refrigerate for at least 90 minutes for flavors to blend.

Preheat an outdoor grill to 350 degrees F. Spray grill rack with nonstick cooking spray. Grill tenderloins over indirect heat until pork reaches an internal temperature of 145 degrees F (30 to 40 minutes), turning once or twice and brushing with remaining stir-fry sauce. Cover and let rest 5 minutes before serving.

Meanwhile, whisk together mayonnaise, Dijon mustard, 3 tablespoons stir-fry sauce and vegetable oil in a small bowl. Set aside.

Slice meat crosswise into medallions, about 1/2-inch thick. Drizzle with Dijon sauce. Serve with rice. Serves 8

**Nutrition Facts**  
Calories 215, Protein 23g, Fat 10g, Sodium 447mg, Cholesterol 68mg, Saturated Fat 2g, Carbohydrates 9g, Fiber 0g

Linda Spranger of Farmington Hills  
1st Place, Michigan State Fair

## Wow Wellington

- 1 pork tenderloin (about 11/4 lbs.)
- 1 cup pure maple syrup
- 1 sheet frozen puff pastry (1/2 of a 17.3-oz. package)
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 teaspoon vegetable oil
- 1 7-oz. package Brie cheese, sliced
- 1 cup prepared chipotle-raspberry sauce, divided
- 1 large egg
- 1 teaspoon water

Place pork tenderloin in a resealable plastic bag; pour maple syrup over pork; refrigerate and marinate for at least 1 hour and up to 12 hours. When ready to prepare, thaw puff pastry for about 45 minutes. Remove pork from marinade; discard marinade. Season pork with salt and pepper. Heat oil in large skillet over medium heat. Add pork; cook until brown on all sides (about 2 minutes per side). Remove from skillet; cool slightly. Heat oven to 375 degrees F. Open and flatten thawed pastry. Place slices of cheese in the center of the pastry. Place pork on top of cheese. Brush pork with about 1/3 cup chipotle-raspberry sauce.

Meanwhile, in a small bowl, beat egg and water together to make egg wash; brush all edges of pastry. Fold up edges and pinch together tightly to seal. Place seam-side down on baking sheet that has been coated with cooking spray. Brush pastry with additional egg wash. Bake until pork reaches an internal temperature of 145 degrees F. (about 40 to 45 minutes) and pastry is light brown. Remove from oven. Let rest for 5 minutes. Slice; drizzle with additional chipotle-raspberry sauce. Serves 6

**Nutrition Facts**  
Calories 701, Protein 31 g, Fat 30g, Sodium 637mg, Cholesterol 139mg, Saturated Fat 11g, Carbohydrates 80g, Fiber .06g

Robin Emmet of Indianapolis  
1st Place, Indiana State Fair

## Georgia Pork

- 1 pound pork tenderloin, cut into bite-size pieces
- 1 1.25-oz. package taco seasoning mix
- 1 cup medium-spicy, chunky salsa
- 1 cup peach preserves
- 2 cups hot cooked rice
- 1/4 cup chopped fresh cilantro
- 1 Nonstick cooking spray

Toss pork with taco seasoning mix in a medium bowl to evenly coat pork. Spray large nonstick skillet with cooking spray. Heat skillet over medium heat and add pork. Cook, stirring frequently, until pork is cooked through (3 to 5 minutes). Stir in salsa and preserves. Cook, stirring occasionally, until heated through. Serve over hot cooked rice. Sprinkle with cilantro. Serves 4

**Nutrition Facts**  
Calories 363, Protein 26g, Fat 3g, Sodium 893mg, Cholesterol 63mg, Saturated Fat 1g, Carbohydrates 59g, Fiber 1g



Place small skillet over medium-high heat until hot. Add sesame seeds and cook 2 minutes or until golden, stirring constantly. Remove from heat and stir in remaining ingredients except pork and honey.

Line baking sheet with foil. Place pork on the baking sheet, coat all sides of the pork with honey and sprinkle the sesame mixture evenly over pork.

Cook 25 to 30 minutes or until the temperature reaches 145 degrees F, covering loosely with a sheet of foil if it begins to brown too much.

Place on cutting board and let stand 5 minutes before slicing. Serves 3 to 4

**Nutrition Facts**  
Calories 340, Protein 33g, Fat 11g, Sodium 330mg, Cholesterol 85mg, Saturated Fat 2g, Carbohydrates 26g, Fiber 2g

Heat oven to 400 degrees F.

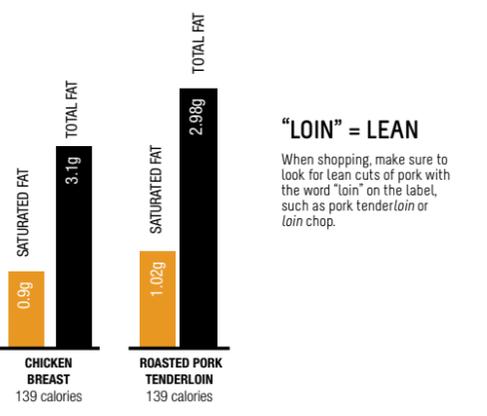
## Honey Sesame Pork Tenderloin

- 1 pound pork tenderloin
- 1/4 cup sesame seeds
- 3/4 cup crushed cornflake cereal
- 3/4 teaspoon paprika
- 3/4 teaspoon ground ginger
- 1/2 teaspoon black pepper, or to taste
- 1/4 teaspoon salt
- 3 tablespoons honey

Debra Crammond of Ponte Vedra Beach, FLA  
1st Place, Greater Jacksonville Fair

## Did you know?

Pork tenderloin meets the USDA's "extra lean" guideline with less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol per serving? That means pork tenderloin is just as lean as the leanest type of chicken – a skinless chicken breast.



### "LOIN" = LEAN

When shopping, make sure to look for lean cuts of pork with the word "loin" on the label, such as pork tenderloin or loin chop.

**pork**  
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## TENDERLOIN

Tom Carroll of Pfafftown, NC  
1st Place, Dixie Classic Fair

### Hungry Man's Pork Loin

- 2 pounds whole pork tenderloin
- 1/3 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1 tablespoon Emeril's™ Essence seasoning OR all-purpose seasoning
- 1 teaspoon hot sauce
- 1 clove garlic, minced

Place tenderloin in a plastic bag. Combine Worcestershire, soy sauce, seasoning, hot sauce and garlic. Pour over pork; seal bag. Marinate overnight in refrigerator. Preheat an outdoor grill to 350 degrees F. Grill tenderloin over indirect heat until pork reaches an internal temperature of 145 degrees F. (30 to 40 minutes), turning once or twice. Remove from grill, cover with foil and let it sit 5 minutes. Slice thinly and serve. Serves 8

**Nutrition Facts**  
Calories 144, Protein 23g, Fat 4g, Sodium 840mg, Cholesterol 63mg, Saturated Fat 1g, Carbohydrates 3g, Fiber .08g

Gerri Platt, City of Holland, PA  
1st Place, Middletown Grange Fair

### Blackberry Pork Tenderloin

- 1 pound pork tenderloin
- 1/2 cup seedless blackberry preserves
- 3 tablespoons Dijon-style mustard
- 2 tablespoons raspberry vinegar
- Fresh blackberries (optional)

Heat oven to 350 degrees F. Place tenderloin in shallow roasting pan. Stir together preserves and mustard; pour over tenderloin. Tightly cover pan with foil. Bake in heated oven 30 to 40 minutes or until internal temperature is 145 degrees F. Transfer meat to cutting board. Loosely cover with foil; let rest for 5 to 10 minutes.

Meanwhile, transfer juices from roasting pan to small saucepan. Add raspberry vinegar. Bring to boil. Reduce heat; cover and simmer, stirring occasionally, until mixture is slightly thickened.

To serve, cut pork tenderloin into 1/2 -inch-thick slices; arrange on serving platter. Drizzle with thickened juice mixture. Garnish with blackberries, if desired. Serves 4

**Nutrition Facts**  
Calories 229, Protein 23g, Fat 4g, Sodium 329mg, Cholesterol 63mg, Saturated Fat 1g, Carbohydrates 28g, Fiber 0g

Lynne Laino of Downingtown, PA  
1st Place, Kimberton County Fair

### Parmesan-Macadamia Crusted Pork Tenderloin

- 1 1/4 to 1 1/2 pounds pork tenderloin
- Ground black pepper, to taste
- 1/2 cup macadamia nuts OR 2/3 cup slivered almonds
- 1/2 cup grated Parmesan cheese
- 1 egg, slightly beaten
- 1 tablespoon Dijon-style mustard
- 2 tablespoons canola oil

Heat oven to 350 degrees F. Season pork tenderloin to taste with pepper.

Place nuts in blender or food processor container. Cover and blend or process with on/off turns just until crumbly, but not paste-like. Transfer mixture to an 18-inch-long piece of waxed paper. Stir in Parmesan cheese.

Stir together egg and mustard in pie plate. Dip pork tenderloin in egg mixture; coat pork in nut mixture using waxed paper to firmly press nut mixture on pork.

Heat oil in large, ovenproof skillet over medium-high heat. Add pork tenderloin and cook 5 minutes or until surface is brown, turning tenderloin over halfway during cooking. (Tenderloin will not be completely cooked.)

Roast pork tenderloin in ovenproof skillet in heated oven for 30 to 40 minutes or until internal temperature is 145 degrees F. Transfer tenderloin to cutting board. Loosely cover with foil; let rest for 5 to 10 minutes.

To serve, cut pork tenderloin into 1/2 -inch-thick slices. Serves 4

**Nutrition Facts**  
Calories 393, Protein 35g, Fat 28g, Sodium 365mg, Cholesterol 141mg, Saturated Fat 6g, Carbohydrates 3g, Fiber 2g



Lynn Corsaro of Florence  
1st Place, Colorado State Fair

### Awesome Pork Tenderloin

- 2 pounds whole pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 sticks butter
- 1 8-oz package sliced fresh mushroom.s or 1 8-oz. can, drained
- 4 cloves garlic, peeled
- 1 tablespoon balsamic vinegar

Heat oven to 350 degrees F. Sprinkle salt and pepper evenly over pork, place in 9x13-inch baking pan, set aside.

Melt butter with garlic in medium saucepan, add mushrooms, bring to boil, reduce heat, simmer, uncovered 5 to 6 minutes or until just tender, stirring frequently. Add vinegar to mushroom mixture, spoon over pork, place some of the mushrooms on top of the pork. Roast 1 hour, uncovered or until internal temperature reaches 145 degrees F. Baste occasionally, if desired. Let rest 5 minutes. Makes 1 cup mushroom sauce. Serves 6 to 8

**Nutrition Facts**  
Calories 292, Protein 24g, Fat 21g, Sodium 313mg, Cholesterol 108mg, Saturated Fat 12g, Carbohydrates 2g, Fiber 0g



Debbie Schoonover of San Diego  
1st Place, San Diego County Fair

### Marinated Pork Tenderloin

- 2 pounds whole pork tenderloin
- 1/4 cup soy sauce
- 1/4 cup dry sherry
- 1/2 teaspoon dried thyme leaves
- 1 clove garlic, minced
- 1/4 teaspoon black pepper
- 1 10-oz. jar currant jelly
- 2 tablespoons soy sauce
- 2 tablespoons dry sherry
- Nonstick cooking spray

Combine 1/4 cup soy sauce, 1/4 cup sherry, thyme, garlic and black pepper in a large self-sealing plastic bag. Place pork in marinade and seal bag, releasing any excess air. Marinate pork in refrigerator at least 3 hours or overnight.

Heat oven to 375 degrees F. Remove pork from bag, reserving marinade. Pat pork dry with paper towel. Heat a large skillet over medium-high heat. Coat skillet with cooking spray, add pork and brown on all sides, about 5 minutes.

Coat a 8x12-inch baking dish with cooking spray, place pork and 2 tablespoons of the marinade in the dish. Roast 25 to 30 minutes or until internal temperature is 145 degrees F, basting with 2 tablespoons marinade after 10 minutes.

Remove pork from oven, place on cutting board and let stand 10 minutes before slicing.

Meanwhile, combine jelly, 2 tablespoons soy sauce and 2 tablespoons sherry in a small saucepan and bring to a simmer over medium heat, about 2 to 3 minutes. Serve with pork slides. Makes 1 cup sauce total. Serves 6 to 8

**Nutrition Facts**  
Calories 330, Protein 33g, Fat 5g, Sodium 1380mg, Cholesterol 90mg, Saturated Fat 2g, Carbohydrates 33g, Fiber 0g



Virginia Mansfield of Goshen, IN  
1st Place, Elkhart County Fair

### Pork Tenderloin with Mushroom Brie Stuffing

- 1 pound whole pork tenderloin
- 2 tablespoons butter or margarine
- 2 cups finely chopped mushrooms
- 1 3 1/2-oz. package sliced pepperoni, finely chopped (3/4 cup)
- 1 5-oz. package creamy herb Brie
- 3/4 cup crushed rich round crackers

Preheat oven to 425 degrees F. Melt butter in large skillet. Add mushrooms and pepperoni, sauté on medium heat until tender. Drain fat. Add Brie, stir until melted. Stir in crushed crackers until well blended.

Place foil (large enough to wrap around the tenderloin) on baking sheet. Place tenderloin on foil, cut diagonal slits approximately 1 inch apart, cutting to but not through bottom of tenderloin. Separate each slit and spoon in mounded tablespoon of Brie stuffing. Sprinkle with pepper. Seal foil loosely around tenderloin. Place in heated oven, bake 20 minutes. Open foil almost flat and bake 10 minutes longer or until internal temperature is 145 degrees F. Let stand 5 minutes.

**Nutrition Facts**  
Calories 471, Protein 34g, Fat 33g, Sodium 924mg, Cholesterol 131mg, Saturated Fat 15g, Carbohydrates 10g, Fiber 1g

Carolyn Davis of Louisville  
1st Place, Kentucky State Fair

### Pork and Cherries En Crouste

- 2 1-lb. whole pork tenderloins
- 1 cup pure maple syrup
- 1 tablespoon coarsely chopped fresh rosemary
- 1 tablespoon finely minced fresh garlic (about 4 cloves)
- 1 cup dried sweet cherries
- 1 1/2 teaspoons fresh ground pepper
- 2 tablespoons olive oil
- 2 refrigerated rollout piecrusts
- Nonstick cooking spray

Combine maple syrup, cherries, rosemary and garlic in a medium saucepan. Bring to a boil over medium heat and boil 1 minute. Remove from heat and let sit until cool.

Sprinkle tenderloins with pepper. Heat a heavy skillet on medium-high heat. When hot, add olive oil. Brown tenderloins 2 to 3 minutes on each side. Cool meat and place in plastic bag with cooled maple syrup mixture. Seal and refrigerate at least 1 hour or overnight.

Heat oven to 425 degrees F. Drain tenderloins and cherries, reserving syrup mixture. Lightly spray a baking sheet with nonstick cooking spray. Roll out one piecrust round. Place a tenderloin in center and top with half of the cherries. Moisten outer edges of piecrust with water. Fold piecrust over bottom long side of tenderloin; then fold the sides in. Pull the remaining crust from the top over the tenderloin pressing to seal seams. Set on prepared baking sheet, seam side up. Repeat with other tenderloin. Make three slits across top of each roll. Bake 20 to 30 minutes, or until crusts are golden and pork reaches an internal temperature of 150 degrees F. Let rest 5 minutes before serving. Heat syrup mixture to boiling. Serve with meat. Serves 6

**Nutrition Facts**  
Calories 740, Protein 34g, Fat 27g, Sodium 335mg, Cholesterol 98mg, Saturated Fat 10g, Carbohydrates 89g, Fiber 2g



Lori Beach of Maple Grove  
1st Place, Minnesota State Fair

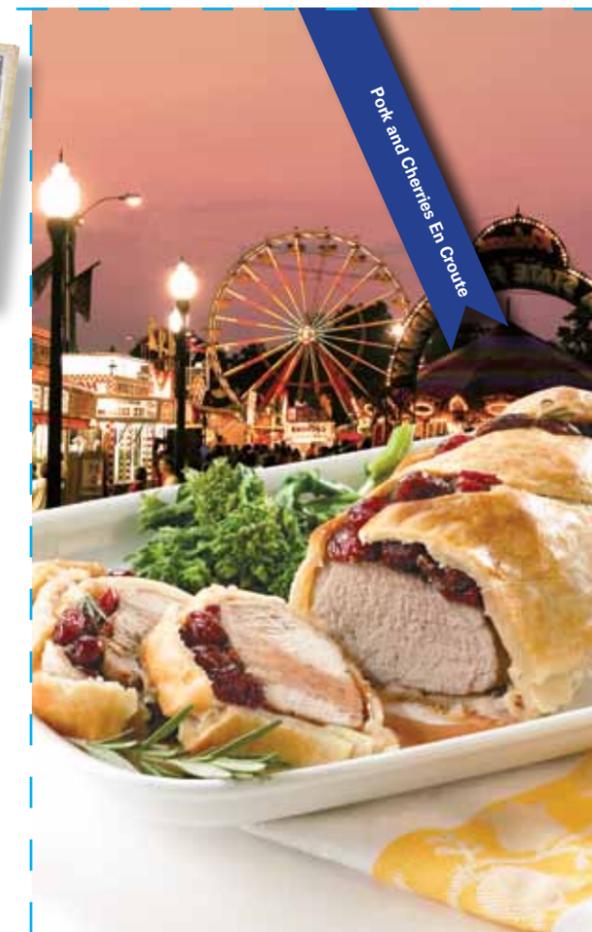
### Cashew BBQ Pork

- 1 1/2 pounds whole pork tenderloin
- 1 12-oz. bottle Caribbean Jerk marinade sauce
- 4 cups hot cooked rice
- 3/4 cup cashews
- 1/4 cup chopped green onion
- Sesame seeds
- Nonstick cooking spray

Place tenderloin in a plastic bag. Pour 1 cup marinade sauce over pork. Seal, refrigerate and marinate overnight. Preheat an outdoor grill to 350 degrees F. Spray grill rack with nonstick cooking spray. Grill tenderloin over indirect heat until pork reaches an internal temperature of 145 degrees F. (30 to 40 minutes), turning once or twice. Cover and let rest 5 minutes before serving.

Slice into thin, bite-sized pieces. Serve on hot cooked rice and top with remaining marinade sauce, cashews, chopped green onion and sesame seeds to taste. Serves 6

**Nutrition Facts**  
Calories 439, Protein 28g, Fat 11g, Sodium 1722mg, Cholesterol 63mg, Saturated Fat 3g, Carbohydrates 54g, Fiber 1g



Pork and Cherries En Crouste