

Kids' Pork Cookbook



Hey Kids!

We hope you will enjoy the Kids' Pork Cookbook. It is designed to teach you the basics of cooking pork, including step-by-step recipes using your favorite pork cuts.

Before you start to cook...

1. Ask an adult for help.
2. Read through the recipe.
3. Be sure you have all the ingredients.
4. Gather the equipment you'll need for the recipe.
5. Wash your hands.



Keep it safe in the kitchen

Cooking in the kitchen is fun – especially when it is done safely. Make sure your kitchen is safe.

- Keep soap by the sink to wash hands before preparing food.
- Have clean kitchen towels and sponges available.
- Use potholders to handle hot pans.
- Wash your hands and cutting board with hot soapy water after handling raw meat.
- Wrap your meat before putting it in the refrigerator so juices don't drip on other foods.
- Have an adult supervise when using sharp utensils and hot cooking equipment.

Shopping for Pork

There are many different kinds of pork, so look for the name of the pork cut on the package label. Ask the person at the meat counter for help if you have any questions.

To get you started, here are some pork cuts most popular with kids:

pork loin

Look for either a small roast (at least 1 pound) with the word *loin* on the package, or a package of pork loin chops.

pork chops

Any type of pork chop will work (rib chop, loin chop, etc.), it doesn't matter if it has a bone or is boneless.

ham

Ham comes in many shapes and sizes. You can purchase a bone-in ham, ham steak or even cubed ham in the deli section.

ground pork

Look for ground pork next to the pork sausage and other pork cuts.

pork shoulder

In the meatcase, you may find packages labeled Boston blade roast, Boston-style butt, or arm picnic.

pork tenderloin

You'll see pork tenderloin in the meatcase (usually about 1 pound each), offered in a variety of options:

- A single-wrapped tenderloin
- Two tenderloins in a single-wrapped package
- Premarinated single-wrapped tenderloin



Measuring Ingredients

The recipes in this cookbook use dry and liquid ingredients. It is important to use the correct equipment for measuring.

Liquids

measuring cup: Place liquid measuring cup on a flat surface. Slowly pour the liquid in the measuring cup until the liquid reaches the line for the measurement. Look at eye-level to read the measurement.

measuring spoons: Select the measuring spoon that is labeled with the amount the recipe calls for. Pour liquid into the spoon carefully, until it reaches the top. Since it is easy to spill, it's a good idea to measure over a bowl.



Measuring spoons work for both liquid and dry ingredients!



Dry Ingredients

measuring cups: Select the measuring cup that is labeled with the amount the recipe calls for. Spoon dry ingredients into the cup until overflowing. Level off the top with a straight edge (back of a knife) so that it is even with the top of the cup.

measuring spoons: Select the measuring spoon that is labeled with the amount the recipe calls for. Scoop the spoon into the dry ingredient until full or overflowing. Level off the top with a straight edge (back of a knife) so that it is even with the top of the spoon.



Cooking Terms:

baste

To lightly brush or spoon on a liquid coating to food during cooking



broil

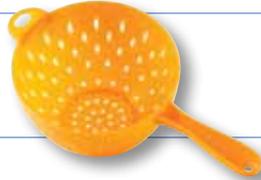
To cook food from the top using high heat

coat

To cover with an ingredient

drain

To remove the excess liquid from an ingredient



grill

To cook food using an indoor or outdoor grill

marinade

A liquid mixture that is used to add flavor to meats or vegetables

marinate

To soak meat or a vegetable in a liquid before cooking

saute

To fry in a small amount of fat



simmer

To cook at a low temperature so a mixture barely bubbles

stir

To mix ingredients using a spoon



Grilled Pork Panini



Ingredients:

- 3 cooked pork chops (see page 12 for cooking info), thinly sliced
- 8 slices Italian bread
- ½ cup pesto
OR honey-mustard
- 4 1-oz slices Provolone cheese
- olive oil

Cooking Directions: Spread 1 tablespoon pesto on each slice of bread. Top four slices of bread with sliced pork chops and cheese; top each sandwich with remaining bread. Lightly brush outer surface of sandwiches with olive oil; grill in a medium-hot skillet until toasted on each side. Serves 4.



Serving Suggestion: Leftover pork chops are great for this recipe. Serve with coleslaw and potato chips for an easy meal.

Nutrition: Calories: 454 • Protein: 32g
Fat: 22g • Sodium: 690mg • Cholesterol: 75mg
Saturated Fat: 5g • Carbohydrates: 32g



Pork & Pasta Skillet Supper



Cooking Directions: Heat nonstick skillet over medium-high heat. Add pork and onion; cook and stir until evenly browned. Stir in tomatoes and tomato sauce; bring to a boil. Reduce heat to low; cook for 5 minutes. Stir in squash and pasta. Cook for 2-5 minutes or until heated through. Serves 4.

Serving Suggestion: Serve with a crisp green salad and French bread.

Nutrition: Calories: 300 • Protein: 30g
Fat: 9g • Sodium: 400mg
Cholesterol: 70mg • Saturated Fat: 3g
Carbohydrates: 27g • Fiber: 4g

Ingredients:

- 1 pound ground pork
- 1 medium onion, chopped
- 1 14½-oz can pasta-ready tomatoes
- 1 8-oz can tomato sauce
- 1 small yellow summer squash, OR zucchini
- 1½ cups penne pasta, hot cooked, OR other small pasta shape



Bacon, Lettuce & Tomato Wraps



Ingredients:

- 1½ pounds peppered bacon, thick-sliced
- 6 10-inch flour tortillas
- 6 tablespoons mayonnaise, OR salad dressing
- 1 10-oz bag iceberg lettuce, shredded
- 3 large tomatoes, seeded and chopped

Cooking Directions: Place bacon slices side by side on griddle. Cook on medium heat until crisp and browned on both sides.* Drain on paper towels; keep warm. For each wrap, place tortilla on plate; spread 1 tablespoon mayonnaise over top. Place 1 cup lettuce, about ½ of a tomato and 3-4 slices bacon on top. Roll from one side to the other. Cut in half.

*Baked Bacon Option: Place bacon slices side by side on a rack in a shallow baking pan with sides. Bake in a 400° F. oven for 15-18 minutes or until crispy. Drain well on paper towels. Serves 6.

Serving Suggestions: For variety, add avocado or red bell pepper to your wrap! Serve with chips and fresh fruit.

Nutrition: Calories: 505 • Protein: 13g • Fat: 28g
Sodium: 1177mg • Cholesterol: 35mg
Saturated Fat: 9g • Carbohydrates: 44g • Fiber: 4g



Bottom-of-the-Box Crushed Cracker Pork



Cooking Directions: Combine egg, steak sauce and garlic powder in a dish. Place crushed crackers in another dish. Cut tenderloin crosswise into ½-inch-thick slices. Pound or flatten slices with the heel of your hand to ¼-inch thickness. Dip each slice first into egg mixture, then cracker crumbs, turning to coat. Heat one tablespoon of oil in a large nonstick skillet over medium heat. Add half the pork slices and cook 4-5 minutes per side or until browned. Repeat with remaining oil and pork slices. Serves 4.

Serving Suggestion: A good finger food to serve with your favorite dipping sauce like ranch dressing or barbecue sauce or even Dijon mustard.

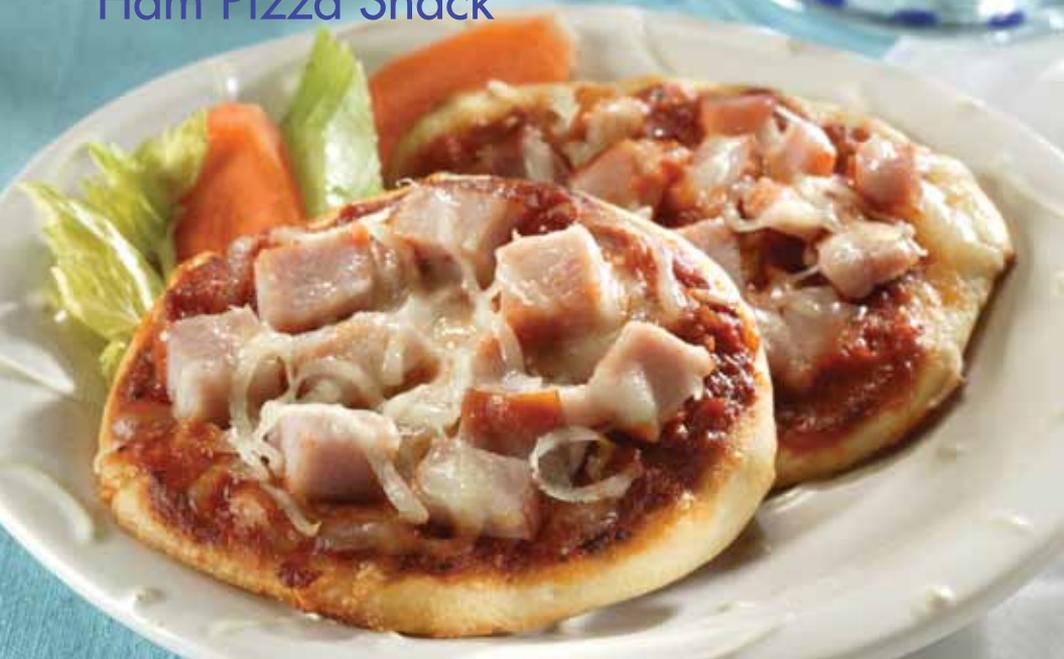
Nutrition: Calories: 328 • Protein: 27g • Fat: 19g • Sodium: 304mg
Cholesterol: 130mg • Saturated Fat: 5g • Carbohydrates: 12g • Fiber: 1g

Ingredients:

- 1 pound pork tenderloin
- 1 egg, beaten
- 1 tablespoon steak sauce
- 1 teaspoon garlic powder
- 1 cup cheese crackers, finely crushed
- 2 tablespoons vegetable oil, divided



Ham Pizza Snack



Ingredients:

1 7 ½ oz package refrigerated
biscuit dough
Nonstick spray coating
¼ cup pizza sauce
⅔ cup ham, diced
⅔ cup mozzarella cheese,
shredded

Cooking Directions: Spray cookie sheet with nonstick spray. Separate biscuits, flatten on cookie sheet, leaving space between so edges do not touch. Spread 1 teaspoon pizza sauce on each biscuit. Top each biscuit with 1 tablespoon of diced ham and 1 tablespoon shredded cheese. Bake in a 400° F. oven 8-10 minutes or until biscuits are light brown and cheese is melted. Serves 10.

Serving Suggestion:

Serve individually as a snack or appetizer. For a complete meal, serve two pizzas with a salad and fresh fruit.



Nutrition: Calories: 100 • Protein: 6g
Fat: 4g • Sodium: 240mg • Cholesterol: 15mg
Saturated Fat: 1g • Carbohydrates: 10g.

Breakfast the Night Before



Cooking Directions: Cook sausage in skillet until brown, then drain. Pat sausage dry with paper towels. Grease 9x13-inch baking dish. Place bread cubes in baking dish. Sprinkle with cheese, then sausage. Combine eggs, milk and dry mustard in bowl; beat until well mixed. Pour egg mixture over layered mixture in baking dish. Cover with plastic wrap. Refrigerate 8-24 hours.

Heat oven to 300° F. Stir together cream of mushroom soup and ½ cup milk in small bowl. Pour over mixture in baking dish. Place baking dish on baking sheet. Bake, uncovered, 1½ hours or until center is set when baking dish is slightly jiggled. Let rest 10 minutes before serving. Serves 8.

Ingredients:
1 pound fresh pork sausage
8 slices bread, cubed
2 cups cubed Cheddar cheese
4 eggs
2½ cups milk
¾ teaspoon dry mustard
1 10¼-oz can condensed cream of mushroom soup
½ cup milk

Serving Suggestion: This recipe is a good addition to a brunch buffet or as a holiday breakfast with Cranberry Muffins.

Nutrition: Calories: 448 • Protein: 24g • Fat: 30g • Sodium: 1153mg
Cholesterol: 175mg • Saturated Fat: 13g • Carbohydrates: 20g • Fiber: 1g.



Lazy Man's Barbeque Pork Sandwiches



Ingredients:

- 4-5 pound boneless pork butt (shoulder)
- 1 1 $\frac{1}{2}$ -oz can beef broth
- $\frac{1}{3}$ cup hot pepper sauce
- $\frac{1}{3}$ cup Worcestershire sauce
- 10-12 sandwich buns
- 1 $\frac{1}{2}$ cups your favorite BBQ sauce (optional)

Cooking Directions: Place pork butt in large slow cooker. Combine broth, hot pepper sauce and Worcestershire sauce, pour over pork. Cover and cook on high for 5 hours (or 8 -10 hours on low) until pork is very tender. Place pork on cutting board; reserve $\frac{1}{2}$ cup cooking liquid. Chop pork (or shred with two forks); combine with cooking liquid and BBQ sauce in saucepan; heat over medium heat until warm. Spoon pork onto sandwich buns to serve. Serves 10-12.

Serving Suggestion: Serve with potato salad and any other family picnic favorites.

Nutrition: Calories: 530 • Protein: 45g
Fat: 16g • Sodium: 870mg
Cholesterol: 120mg • Saturated Fat: 6g
Carbohydrates: 51g



Southwestern Kabobs



Cooking Directions: In a plastic bag or bowl, toss together pork cubes with seasoning until pork is evenly coated. Thread pork cubes, alternating with pepper and onion pieces, onto skewers.* Grill over medium-hot fire, turning occasionally, until pork is browned, about 10 minutes. Serves 4.

*If using wooden skewers, soak in water for 20 minutes before using.

Serving Suggestion: For more colorful kabobs, try a mix of red, yellow and green peppers. Instead of using a large onion, cut up green onions. Serve with beans and rice. Finish off the meal with a bowl of sorbet with sliced fresh fruit.

Nutrition: Calories: 170 • Protein: 23g
Fat: 6g • Sodium: 280mg • Cholesterol: 55mg
Saturated Fat: 2g • Carbohydrates: 5g

Ingredients:
4 boneless pork chops,
cut into 1-inch cubes
4 tablespoons taco
seasoning
½ large white or red
onion, peeled,
cut into 1-inch pieces
½ green bell pepper,
seeded, cut into
1-inch pieces



When Is Pork Done?

Pork today is very lean and shouldn't be overcooked. To check doneness, use a digital cooking thermometer. The National Pork Board follows the guidance of the U.S. Department of Agriculture, which recommends cooking roasts, tenderloins, and chops to an internal temperature of 145°F, followed by a 3 minute rest time, resulting in a flavorful, tender and juicy eating experience.

Ground pork, like all ground meat, should be cooked to 160°F. Pre-cooked ham can be reheated to 140°F or enjoyed cold.

Cooking Style	Cut	Final Internal Temp. (Fahrenheit)	Cooking Time
Sauté Sauté with a small amount of oil over medium-high heat in an uncovered pan	¼ inch Cutlets	To tender	3–4 min.
	¾ inch Chops	145°	7–8 min.
	¾–½ inch Tenderloin Medallions	To tender	4–8 min.
	½ inch Ground Pork Patties	160°	8–10 min.
Grill Grill over direct heat or Broil Broil 4 inches from heat	¾ inch Chops	145°	8–9 min.
	1½ inch Thick Chop	145°	12–16 min.
	1-inch cube Kabobs	To tender	10–15 min.
	1–1½ lb. Tenderloin	145°	20 min.
Braise Braise with a small amount of liquid over low heat in a tightly covered pan	¾–1 inch Chops/Cutlets	145°	6–8 min.
	1 inch Cubes	To tender	8–10 min.
	½–¾ inch Tenderloin Medallions	145°	6–8 min.
	3–6 lbs. Shoulder Roast	To tender	2–2½ hours
Barbecue Grill over indirect heat	2–5 lbs. Loin Roast*	145°	20 min. per pound
	3–6 lbs. Shoulder Roast	To tender	2½–4 hours
	Ribs	To tender	1½–2 hours
Roast Unless specified, roast in an uncovered, shallow pan at 350°F.	2–5 lbs. Loin Roast*	145°	20 min. per pound
	6–10 lbs. Crown Roast*	145°	20 min. per pound
	3½ lbs. Leg*	145°	20 min. per pound
	3–6 lbs. Shoulder Roast* (cover pan)	To tender	30 min. per pound
	Ribs	To tender	1½–2 hours
Stew Stew in liquid at a slow simmer in a covered pot	1 lb. Tenderloin (roast at 425–450°)	145°	20–27 min.
	1 inch Cubes	To tender	45 min.–1 hour

*Note: For easier slicing and to let the pork juices redistribute throughout the meat, remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving.

Want more?

You can find recipes,
activities and more
on our websites!

PorkBeInspired.com
and *Pork4kids.com*





Be inspired[®]



National Pork Board

1776 NW 114th St • Des Moines, IA 50325 • 515-223-2600
PorkBeInspired.com • Pork4Kids.com

©2010, 2011, 2012 National Pork Board, Des Moines, IA USA. This message
funded by America's Pork Producers and the Pork Checkoff. #01102 2/2012