



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

Now Pork Recipe Contest" at U.S. fairs, awarding ribbons

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.PorkBelinspired.com

Barbara Driscoll of West Allis
1st Place, Wisconsin State Fair

Islander Pork Roast

1 boneless pork loin roast
(about 2 1/2 to 3 lbs.)

4 whole cloves

1/2 to 1 whole orange, cut into 8 wedges

1 8-oz. can crushed pineapple, packed in its own

juice

3

tablespoons soy sauce

1/2

teaspoon ground allspice

1/2

teaspoon black pepper

Debbie Word of Mundelein, IL
1st Place, Lake County Fair

Unforgettable Pulled Pork

3 pounds pork shoulder blade

4 quarts water

2 tablespoons butter

1 cup finely chopped onion

1 cup finely chopped red bell pepper

1 cup finely chopped green

bell pepper

2 1/2 cups barbecue sauce

Bring water to boil in a large stockpot over high heat, add pork, return to a boil; reduce heat, cover and simmer 2 1/2

hours or until tender. Remove from water and cool slightly.

Using a fork, pull meat away from bones and shred.

Melt butter in a large skillet over medium heat. Cook onion

and peppers until tender, stirring frequently. Add barbecue

sauce and simmer 10 minutes. Add pork to barbecue

mixture, cook 5 minutes to heat thoroughly, stirring

occasionally. Makes 6 cups pork mixture total.

Serves 9; 3/4 cup per serving.

Nutrition Facts
Calories 330, Protein 22g, Fat 14g, Sodium 750mg, Cholesterol 75mg,

Saturated Fat 6g, Carbohydrates 26g, Fiber 1g

Saturated Fat 2.4g, Carbohydrates 10g, Fiber 1g

Calories 283, Protein 43.5g, Fat 7g, Sodium 633mg, Cholesterol 130mg,

Calories 234, Protein 30g, Fat 11g, Sodium 375mg, Cholesterol 87mg, Saturated Fat 4g, Carbohydrates 3g, Fiber 1g

Nutrition Facts (based on 6 servings)

Butcher's twine

Nonstick cooking spray

1/2 teaspoon coarse ground pepper

1/2 teaspoon salt

1 tablespoon chopped fresh rosemary leaves, divided

1/3 cup Gorgonzola cheese crumbles

2 cups fresh spinach leaves, coarsely chopped

1 extra lean center cut pork loin filet (about 1.7 lbs.)

1 orange bell pepper, chopped

1 cloves garlic, minced

1 tablespoon olive oil

1 Rosemary Pork Loin Spinach Roll

Matthew Reichert of Sioux Falls, SD

1st Place, Sioux Empire Fair

| Method | Cut | Thickness/ Weight | Internal Temp. followed by 3 minute rest | Average Recommended Cooking Time (minutes per pound OR total minutes) |
|--|--|---------------------------------|--|---|
| Roasting Roast at 350° F., unless otherwise noted. Roast in a shallow pan, uncovered | Loin Roast, Bone-In and Boneless* | 2–5 lbs. | 145° F | 20 minutes per lb. |
| | Crown Roast* | 10 lbs. | 145° | 12 minutes per lb. |
| | Fresh Leg/Uncured Ham* | 18–20 lbs. | 145° | 15 minutes per lb. |
| | Tenderloin (roast at 425°F.) | ½–1½ lbs. | 145° | 20–27 minutes total time |
| | Ribs | — | Tender | 1½–2 hours |
| | Ham, fully cooked | 5–6 lbs. | 140° | 20 minutes per lb. |
| Broiling 4–5 inches from heat | Loin Chops, Bone-In or Boneless (¾ inch thick) | ¾ inch | 145° | 8–9 minutes total time |
| OR | Thick Loin Chops, Boneless (1½ inch thick) | 1½ inches | 145° | 12–16 minutes total time |
| Grilling over direct, medium heat; turn once halfway through grilling | Loin Kabobs | 1 inch cubes | Tender | 10–15 minutes total |
| | Tenderloin | ½–1½ lbs. | 145° | 20 minutes total time |
| | Ground Pork Patties | ½–inch | 160° | 8–10 minutes total time |
| Barbecuing over indirect medium heat (285° F.) | Loin Roast, Bone-In and Boneless* | 2–5 lbs. | 145° | 2 lbs. roast = 20 minutes per lb. 3½–5 lbs. roast = 15 minutes per lb. |
| | Shoulder (Butt)* | 3–6 lbs. | Tender | 45 minutes per lb. |
| | Ribs | — | Tender | 1½–2 hours total |
| Sautéing Add a little cooking oil to pan; sauté over medium–high heat and turn once halfway through cooking time | Cutlets | ¼ inch | Tender | 3–4 minutes |
| | Loin Chops, Bone-In or Boneless | ¾ inch | 145° | 8 minutes total time |
| | Tenderloin Medallions | ¼–½ inch | Tender | 4–8 minutes total time |
| | Ground Pork Patties | ½ inch | 160° | 8–10 minutes total time |
| | Braising Cook, covered, with a liquid at a simmer; turn once halfway through cooking time | Loin Chops, Bone-In or Boneless | ½–¾ inch | 145° |
| | Loin Cubes | 1 inch | Tender | 8–10 minutes |
| | Tenderloin Medallions | ½–¾ inch | Tender | 8–10 minutes |
| | Shoulder Butt* | 3–6 lbs. | Tender | 2–2½ hours |
| | Ribs | — | Tender | 1½–2 hours |
| Stewing Cook, covered, with liquid at a slow simmer | Loin or Shoulder Cubes | 1 inch | Tender | 45 minutes–1 hour |

Pork today is very lean and shouldn't be overcooked.

To check doneness, use a digital cooking thermometer. Cook pork roasts, tenderloins, and chops to an internal temperature of 145 degrees F., followed by a 3 minute rest time, which results in a flavorful, tender and juicy eating experience.

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

***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.

Nutrition Facts

Calories 201, Fat 10g, Cholesterol 73mg, Carbohydrates 3g, Protein 26g, Sodium 174mg, Saturated Fat 2g, Fiber 0g

Transfer pork roast to cutting board. Loosely cover with foil; let rest for 5 to 10 minutes before slicing. Serves 14

briquettes, if necessary, to maintain an even grill temperature.

Stir together bread crumbs and Parmesan cheese in large baking pan or dish. Roll pork roast in crumb mixture, firmly pressing crumbs on surface. When chips begin to smoke, place roast in center of grill over drip pan. Cover and grill over indirect medium heat for 1 1/2 to 1 3/4 hours or until internal temperature reaches 155 degrees F., adding more

in center. Sprinkle 2 cups of the wood chips over the coals.

One hour before grilling, soak wood chips in enough water to cover.

Drain wood chips. In a covered charcoal grill, prepare a medium-hot fire. Bank coals on both sides of grill. Place drip pan

seal. Refrigerate for 2 hours or overnight.

Rub pork roast with oil, then garlic. Sprinkle with basil and oregano. Place roast in large, resealable plastic bag; close to

2 tablespoons grated Parmesan cheese

1/2 cup Italian-style bread crumbs

1 tablespoon dried oregano

1 tablespoon dried basil leaves

4 cloves garlic, minced (2 teaspoons)

2 tablespoons olive oil

4 to 4 1/2 pounds boneless pork loin roast

1st Place, Oklahoma State Fair

Dennis Peters, Oklahoma City

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Russell Van Camp of Spokane, WA
1st Place, Spokane Interstate Fair

“Holy Mole” Stuffed Loin

- 1 boneless pork loin (2 1/2 to 3 lbs.)
- 2 tablespoons mole* sauce (Dona Maria™ Mole recommended)
- 2 tablespoons honey
- 1/2 package (1.25-oz.) prepared taco seasoning mix
- Cotton string (3 14-inch pieces)

Slice loin lengthwise about 1 inch from outside edge, cut again lengthwise every inch toward the center to flatten out loin. (It will be uneven.) In medium bowl, stir together mole sauce and honey. Spread over center section of loin. Roll up (like jelly roll); tie with cotton string in three places. Rub taco seasoning over pork; grill over medium-hot fire (350 degrees F). Cover; cook for 50 to 60 minutes or until internal temperature is 145 degrees F. Turn halfway. Remove from grill; wrap in foil. Let rest for 15 minutes. Cut into 1/2 - inch slices. Serves 8

*Mole is a Mexican condiment.

Nutrition Facts

Calories 226, Protein 33g, Fat 6g, Sodium 499mg, Cholesterol 98mg, Saturated Fat 2g, Carbohydrates 9g, Fiber 0.9g

Marilyn Cruz of La Verne, CA
1st Place, L.A. County Fair

Stuffing and Pork Roast

- 3 pounds boneless single loin pork roast
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons vegetable oil
- 1 cup minced mushrooms
- 1 cup minced onion
- 1 cup minced apple
- 1 cup bread stuffing
- 1 sheet puff pastry
- Nonstick cooking spray

Heat oven to 350 degrees F. Heat oil in large skillet over medium heat. Add mushrooms, onion and apple; cook 5 minutes or until tender. Add bread stuffing, stir until well blended, remove from heat and set aside to cool. Cut pork roast almost in half crosswise and lay flat forming rectangle. Sprinkle with salt and pepper and spread stuffing mixture evenly over all, leaving about a 1-inch border. Roll pork tightly forming a spiral effect.

Place pastry sheet on a baking sheet coated with cooking spray. Arrange rolled pork in the center of pastry sheet (seam side down) and pull up the sides of the pastry sheet to cover pork entirely, pinch dough seams tightly to seal well. Bake until pastry is golden brown, and pork is done, approximately 60 minutes. Cover pastry with foil if it begins to over-brown during cooking. Let rest on a cutting board 10 minutes before slicing and serving. Serves 8

Nutrition Facts

Calories 340, Protein 39g, Fat 14g, Sodium 400mg, Cholesterol 105mg, Saturated Fat 4, Carbohydrates 12g, Fiber 1g



ROASTS

Michael Schwartz of Little Rock
1st Place, Arkansas State Fair

Fig and Rice Stuffed Pork Loin

- 1 4-lb. boneless single loin pork roast
- 1/2 cup slivered almonds, (about 2 oz.), chopped
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cooked white rice
- 1/2 cup cooked wild rice
- 1 pint fig preserves

Heat oven to 350 degrees F. Butterfly pork loin by cutting through roast horizontally to within 1/4 inch of the other side. Do not cut all the way through. Lay out flat onto a large sheet of heavy-gauge aluminum foil and place on a baking sheet.

Heat a medium skillet over medium-high heat until hot. Add almonds and cook 2 to 3 minutes or until beginning to lightly brown. Remove from heat, add the white rice, wild rice and 1/2 of the fig preserves to the almonds and stir to blend. Spread the mixture on the pork loin up to 1 inch from the edges. Starting from the narrow end, roll up jelly-roll style so that the stuffing is in a spiral pattern. Wrap tightly with the foil and seal edges securely.

Bake 1 hour and 10 minutes or until meat probe registers 140 degrees F. Unwrap foil, spoon remaining fig preserves over pork and cook, uncovered, 15 minutes or until it reaches 145 degrees F. Place on cutting board and let stand 10 minutes before slicing. Serves 12

Nutrition Facts

Calories 420, Protein 35g, Fat 11g, Sodium 260mg, Cholesterol 95mg, Saturated Fat 3g, Carbohydrates 43g, Fiber 2g



Fig and Rice Stuffed Pork Loin



Lisa Buzzard of Stroudsburg, PA
1st Place, Allentown Fair

Slow-Cooked Spiced-Cranberry Pork Roast

- 3 1/2 to 4 pounds boneless pork shoulder roast (butt)
- 1 6-oz. can jellied cranberry sauce
- 2/3 cup sugar
- 3/4 cup cranberry juice
- 2 tablespoons Dijon-style mustard
- 1 1/2 teaspoons ground cloves
- 1 teaspoon ground black pepper
- Salt, to taste

Trim fat from pork roast, if necessary. Place roast in 4- to 6-quart slow cooker. Use wire whisk to stir together cranberry sauce and sugar in medium bowl.

Stir in juice, mustard, cloves and pepper until well combined. Pour cranberry mixture over roast in slow cooker.

Cover slow cooker and cook on low for 6 to 8 hours or until pork roast is tender. Season roast to taste with salt; serve juices with roast. Serves 8

Nutrition Facts

Calories 485, Protein 34g, Fat 20g, Sodium 230mg, Cholesterol 118mg, Saturated Fat 7g, Carbohydrates 42g, Fiber 1 gram

Joy Trojahn of Elgin
1st Place, South Carolina State Fair

Louise's Pineapple Pork Roast

- 1 boneless pork loin (about 3 1/2 lbs.)
- 1 teaspoon garlic powder
- 1 teaspoon coarse ground pepper
- 1/4 cup packed brown sugar
- 2 tablespoons soy sauce
- 1 teaspoon prepared yellow mustard
- 1 20-oz. can crushed pineapple, packed in its own juice
- 1 cup water

Pineapple Sauce:

- 1 cup cool water
- 3 tablespoons cornstarch
- 1 tablespoon soy sauce
- 1/4 cup packed brown sugar

Heat oven to 325 degrees F. Place roast in shallow roasting pan, fat side up; set aside. In small bowl, combine garlic powder and pepper; rub on pork. In a small bowl, stir together brown sugar, soy sauce and mustard; pour and brush on pork. Drain juice from pineapple; reserve pineapple for sauce below. Pour juice and 1 cup water into bottom of roasting pan. Roast, uncovered, until pork reaches an internal temperature of 145 degrees F. (about 1 to 1 1/2 hours). Place pork on platter to rest; cover with foil to keep warm; let rest about 10 minutes.

Pour remaining liquid (drippings) into medium saucepan; bring to boil. In 2-cup glass measure, whisk together 1 cup water, cornstarch and soy sauce; stir into drippings. Cook and stir until mixture thickens. Add 1/4 cup brown sugar and reserved pineapple. Stir to combine; simmer 2 minutes. Season with salt and pepper, if desired.

Serves 10 to 12

Nutrition Facts (based on 10 servings)

Calories 312, Protein 36g, Fat 8g, Sodium 421mg, Cholesterol 100mg, Saturated Fat 3g, Carbohydrates 23g, Fiber 0.6g



Renae Woods of Ogden
1st Place, Utah State Fair

5-Minute Crock-Pot™ Burritos

- 1 sirloin end pork roast (about 3 lbs.)
- 2 teaspoons Southwest seasoning
- 3 cups prepared chunky salsa, divided (use mild, medium or hot)
- 8 -10 flour or corn tortillas
- 1 cup grated Cheddar or Colby-Jack cheese
- 1 tablespoon snipped (or chopped) fresh cilantro leaves

Rub Southwest seasoning on both sides of pork; place in slow cooker. Pour 2 cups salsa over pork; cover and cook on low for 6 to 8 hours. Using two forks, shred pork. Meanwhile, wrap tortillas in aluminum foil; heat in a 350-degree F. oven for 20 minutes or until heated through. Spoon pork mixture onto center of each tortilla; top with additional salsa, cheese and cilantro. Broil 1 minute or until cheese is bubbly. Roll up like a burrito to eat. Serve with black beans and Spanish rice. Serves 8 to 10

Nutrition Facts (based on 10 servings)

Calories 338, Protein 35g, Fat 12g, Sodium 814mg, Cholesterol 98 mg, Saturated Fat 5g, Carbohydrates 20g, Fiber 2g

Some cooks are intimidated in preparing this larger cut of pork, but not our prize-winning contestants. They know how easy it is to win rave reviews when serving a delicious pork roast dinner to a crowd. Simply put the roast in the oven, on the grill or in a slow cooker, then let it cook on its own while you relax or entertain dinner guests.

