

The Pork Loin

Any way you slice it!

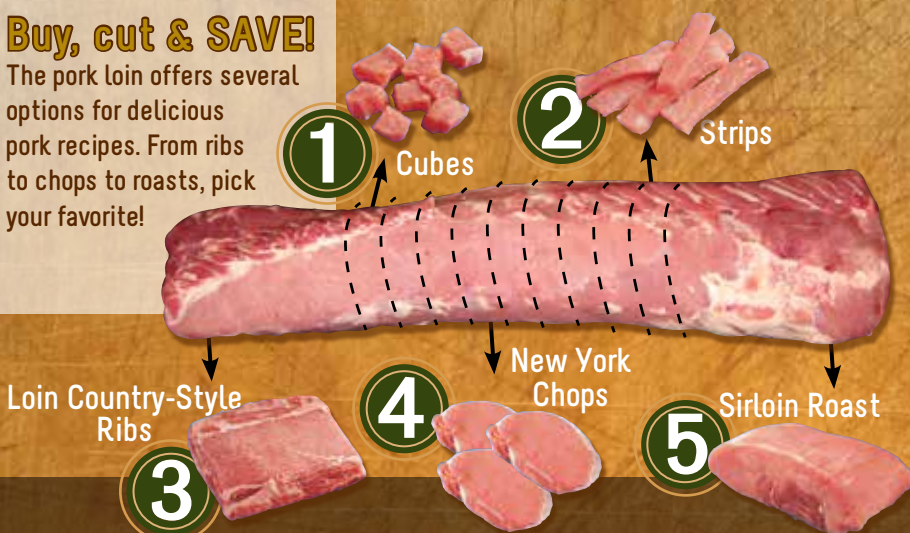
pork

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The pork loin offers several options for delicious pork recipes. From ribs to chops to roasts, pick your favorite!



Southwestern Kabobs

1



Hot Pork and Pear Salad

1 pound boneless pork chops, cut into strips
2 pears (firm and ripe)
1 tablespoon butter
1 tablespoon vegetable oil

1/4 cup cider vinegar
2 tablespoons sugar
1/2 teaspoons salt
1/4 cup raisins
1/2 cup walnuts, toasted and coarsely chopped
6 cups mixed salad greens

Strips 2

Pare and core pears; cut into 12 slices. Melt butter in a large nonstick skillet; gently sauté pears until they are tender but still hold their shape. Remove from pan and set aside. Add oil to pan and stir-fry pork until lightly browned, about 3 minutes. Remove pork from pan; add vinegar, sugar and salt to pan juices; cook and stir until sugar dissolves. Return pork and pears to pan with raisins, stir gently to heat through. Put salad greens in a large salad bowl; spoon over pork mixture, toss. Garnish with walnuts. Serves 6.

Nutrition Facts: Calories-244, Protein-20g, Fat-13g Sodium-260mg, Cholesterol-45mg, Saturated Fat-2g, Carbohydrates-17g.

Carolina Country-Style Ribs

3



Tangy Maple-Marinated Pork Chops

4 New York chops (1 1/2-inch thick)
1/4 cup maple syrup

1/4 cup balsamic vinegar
1/2 tsp. coarse-ground pepper

Chops 4

Place pork chops in resealable plastic bag. In a 1-cup glass measure, stir together maple syrup, vinegar and pepper. Pour over pork in bag; seal bag. Refrigerate for 2 hours. When ready to cook, preheat grill to 400-450°F. Remove chops from bag and discard marinade. Spray chops lightly with cooking spray; place on hot grill. Cook for 7 minutes per side or until internal temperature reaches 145°F using an instant-read thermometer. Remove from grill; cover with foil and let rest for 5 minutes. Serves 4.

Serving Suggestions: Topping chops with a fruit salsa is a fantastic way to combine the sweetness of fruit and the fiery tang of balsamic vinegar.

Nutrition Facts: Calories-273, Protein-31g, Fat-9g, Sodium-215mg, Cholesterol-80mg, Saturated Fat-2g, Carbohydrates-20g, Fiber-1g.

Cuban Glazed Pork Loin

5



Recipe by Chef Cindy Pawlcyen

Today's Pork: Cooking Guide

Method	Cut	Thickness/ Weight	Final Internal Temp.*	Total Cook Time
Sautéing Sauté with a small amount of oil over medium-high heat in an uncovered pan	Chops	¾ inch	145°	7 – 8 min.
Grilling Grill over direct heat OR	Chops	¾ inch	145°*	8 – 10 min.
Broiling Broil 4 inches from heat	Thick Chop	1 ½ inches	145°	12 – 16 min.
Braising Braise with a small amount of liquid over low heat in a tightly covered pan	Kabobs	1-inch cubes	To tender	10 – 15 min.
Grilling Grill over indirect heat	Chops	¼ – 1 inch	145°	8 – 15 min.
Roasting Roast in an uncovered, shallow pan at 350°F.	Cubes	1 inch	To tender	8 – 10 min.
Grilling Grill over indirect heat	Loin Roast*	2 – 5 lbs.	145°	45 – 60 min.
Roasting Roast in an uncovered, shallow pan at 350°F.	Loin Roast*	2 – 5 lbs.	145°	20 min. / lb.
Stewing Stew in liquid at a slow simmer in a covered pot	Cubes	1 inch	To tender	45 min. – 1 hr.

The National Pork Board recommends cooking pork chops, roasts and tenderloin to an internal temperature between 145° F. (medium rare) and 160° F. (medium), followed by a 3-minute rest.

*Note: For easier slicing and to let the pork juices redistribute throughout the meat, let pork rest for 3 minutes. Remove larger cuts, such as roasts, from the oven or grill and let them stand for a total of 10 minutes before serving.

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Southwestern Kabobs

Cubes

1

- 4 boneless pork chops, cut into 1-inch cubes
- 4 T. taco seasoning
- ½ large onion, peeled and cut into 1-inch pieces
- ½ green bell pepper, seeded and cut into 1-inch pieces

In a plastic bag or shallow 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 nicely browned, about 10 minutes. Serves 4.

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

Nutrition Facts: Calories-170, Protein-23g, Fat-6g, Sodium-280mg, Cholesterol-55mg, Saturated Fat-2g, Carbohydrates-5g, Fiber-0g.

Hot Pork and Pear Salad

2



Carolina Country Style Ribs

Ribs

3

- 1 ½-2 pounds loin country-style ribs, boneless
- 2 cups apple cider vinegar
- 1 cup cold water
- 2 T. vegetable oil
- 2 T. molasses or ¼ cup brown sugar
- 1 T. Kosher salt
- 1 ½ tsp. red pepper flakes
- ½ tsp. cayenne pepper

Place ribs in a bowl or resealable plastic bag, set aside. In 4-cup glass measure, stir together vinegar, water, oil, molasses, salt, red pepper flakes and cayenne pepper until salt is dissolved. Remove ½ cup marinade; set aside. Add remaining marinade to ribs; seal bag and refrigerate 4-6 hours. Remove ribs from marinade; discard marinade.

Prepare medium-hot fire; grill ribs over indirect heat for 50-60 minutes or until pork is tender and the internal temperature reaches 145°F. Let rest 3 minutes before serving. Baste ribs twice with reserved sauce mixture during last 15 minutes of grilling. Serves 6.

Nutrition Facts: Calories-198, Protein-14g, Fat-14g, Sodium-355mg, Cholesterol-51mg, Saturated Fat-5g, Carbohydrates-2g, Fiber-0g.

Tangy Maple Pork Chop

4



Cuban Glazed Pork Loin

Roast

5

- 3 ¼ to 3 ½ pound New York roast
- 1 lime
- 2 tablespoons frozen orange juice concentrate, thawed
- 1 tablespoon garlic, minced
- 1 tablespoon olive oil
- 1 ½ teaspoons ground cumin
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 2 medium sweet potatoes, peeled and cut into chunks (optional)
- 1 large red onion, cut into 1-inch wedges (optional)

Preheat oven to 350°F. Arrange pork in center of shallow roasting pan. Grate zest of lime into small bowl. Juice lime and add 1 tablespoon to the bowl; reserve remaining juice for another use. Stir remaining ingredients into bowl. Spread citrus mixture over pork. Surround pork with sweet potatoes and onion if desired. Roast 20 minutes per pound or about 65 to 70 minutes until internal temperature on instant read thermometer reaches 145°F. Remove from oven and let rest 10 minutes. Slice slightly over a third of roast, surround with roasted vegetables if desired and serve. Reserve remaining roast, cut in cubes and refrigerate, covered, for two additional meals. Makes 4 servings.

Nutrition Facts: Calories-160, Protein-26g, Fat-4g, Sodium-210mg, Cholesterol-80mg, Saturated Fat-1g, Carbohydrates-3g, Fiber-0g.



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