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 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

- **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.

- **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.

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

- **ground pork**
  Look for ground pork next to the pork sausage and other pork cuts.
Measuring Ingredients

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

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.

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!
<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>baste</td>
<td>To lightly brush or spoon on a liquid coating to food during cooking</td>
</tr>
<tr>
<td>broil</td>
<td>To cook food from the top using high heat</td>
</tr>
<tr>
<td>coat</td>
<td>To cover with an ingredient</td>
</tr>
<tr>
<td>drain</td>
<td>To remove the excess liquid from an ingredient</td>
</tr>
<tr>
<td>grill</td>
<td>To cook food using an indoor or outdoor grill</td>
</tr>
<tr>
<td>marinade</td>
<td>A liquid mixture that is used to add flavor to meats or vegetables</td>
</tr>
<tr>
<td>marinate</td>
<td>To soak meat or a vegetable in a liquid before cooking</td>
</tr>
<tr>
<td>saute</td>
<td>To fry in a small amount of fat</td>
</tr>
<tr>
<td>simmer</td>
<td>To cook at a low temperature so a mixture barely bubbles</td>
</tr>
<tr>
<td>stir</td>
<td>To mix ingredients using a spoon</td>
</tr>
</tbody>
</table>
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
1¾ cups penne pasta, hot cooked, OR other small pasta shape
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 400º 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
⅓ cup ham, diced
⅛ 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.

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

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 ½ 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

Ingredients:
4-5 pound boneless pork butt (shoulder)
1 14½-oz can beef broth
⅓ cup hot pepper sauce
⅓ cup Worcestershire sauce
10-12 sandwich buns
1½ cups your favorite BBQ sauce (optional)
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.

*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.

<table>
<thead>
<tr>
<th>Cooking Style</th>
<th>Cut</th>
<th>Final Internal Temp. (Fahrenheit)</th>
<th>Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sauté</td>
<td>¼ inch Cutlets</td>
<td>To tender</td>
<td>3–4 min.</td>
</tr>
<tr>
<td></td>
<td>¾ inch Chops</td>
<td>145°</td>
<td>7–8 min.</td>
</tr>
<tr>
<td></td>
<td>¼–½ inch Tenderloin Medallions</td>
<td>To tender</td>
<td>4–8 min.</td>
</tr>
<tr>
<td></td>
<td>½ inch Ground Pork Patties</td>
<td>160°</td>
<td>8–10 min.</td>
</tr>
<tr>
<td>Grill</td>
<td>¾ inch Chops</td>
<td>145°</td>
<td>8–9 min.</td>
</tr>
<tr>
<td></td>
<td>1⅛ inch Thick Chop</td>
<td>145°</td>
<td>12–16 min.</td>
</tr>
<tr>
<td>Broil</td>
<td>1-inch cube Kabobs</td>
<td>To tender</td>
<td>10–15 min.</td>
</tr>
<tr>
<td></td>
<td>1–⅓ lb. Tenderloin</td>
<td>145°</td>
<td>20 min.</td>
</tr>
<tr>
<td></td>
<td>½ inch Ground Pork Patties</td>
<td>160°</td>
<td>8–10 min.</td>
</tr>
<tr>
<td>Braise</td>
<td>¼–⅓ inch Chops/Cutlets</td>
<td>145°</td>
<td>6–8 min.</td>
</tr>
<tr>
<td></td>
<td>1 inch Cubes</td>
<td>To tender</td>
<td>8–10 min.</td>
</tr>
<tr>
<td></td>
<td>¼–⅓ inch Tenderloin Medallions</td>
<td>145°</td>
<td>6–8 min.</td>
</tr>
<tr>
<td></td>
<td>3–6 lbs. Shoulder Roast</td>
<td>To tender</td>
<td>2–2⅔ hours</td>
</tr>
<tr>
<td>Barbecue</td>
<td>2–5 lbs. Loin Roast*</td>
<td>145°</td>
<td>20 min. per pound</td>
</tr>
<tr>
<td></td>
<td>3–6 lbs. Shoulder Roast</td>
<td>To tender</td>
<td>2½–4 hours</td>
</tr>
<tr>
<td></td>
<td>Ribs</td>
<td>To tender</td>
<td>1½–2 hours</td>
</tr>
<tr>
<td>Roast</td>
<td>2–5 lbs. Loin Roast*</td>
<td>145°</td>
<td>20 min. per pound</td>
</tr>
<tr>
<td></td>
<td>6–10 lbs. Crown Roast*</td>
<td>145°</td>
<td>20 min. per pound</td>
</tr>
<tr>
<td></td>
<td>3⅓ lbs. Leg*</td>
<td>145°</td>
<td>20 min. per pound</td>
</tr>
<tr>
<td></td>
<td>3–6 lbs. Shoulder Roast* (cover pan)</td>
<td>To tender</td>
<td>30 min. per pound</td>
</tr>
<tr>
<td></td>
<td>Ribs</td>
<td>To tender</td>
<td>1½–2 hours</td>
</tr>
<tr>
<td></td>
<td>1 lb. Tenderloin (roast at 425–450°)</td>
<td>145°</td>
<td>20–27 min.</td>
</tr>
<tr>
<td>Stew</td>
<td>1 inch Cubes</td>
<td>To tender</td>
<td>45 min.–1 hour</td>
</tr>
</tbody>
</table>
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