

## **Zucchini and Sausage Casserole**

Serves 4

Edna Koons

1 pound sweet Italian sausage, crumbled  
1/4 cup dry breadcrumbs  
3 tablespoon Parmesan cheese  
1/2 pint sour cream  
6 small zucchini, cut into lengthwise slices  
6 ounces mozzarella cheese, grated

Cook sausage; drain. Stir in crumbs, Parmesan and sour cream. Set aside.

Sprinkle zucchini lightly with salt and pepper (omit if seasoned crumbs are used). Grease shallow casserole and arrange 1/2 zucchini, spoon sausage mixture over top and cover with remaining zucchini.

Bake in preheated 350-degree oven, covered, for 35 minutes (45 minutes if chilled). Uncover and spread mozzarella and 1tablespoon Parmesan over top. Bake 10 minutes or until cheese has melted.

### **Grilled Sausages with Onions and Peppers**

Serves 4

assorted sausages about 1 to 2 per person

1 each: red, yellow and green bell pepper, thinly sliced

1 large sweet onion, sliced

Pumpernickel bread

butter

dark beer

Preheat the barbecue on High.

Bring 1 gallon of water to boil in a large stock pot. Add sausages and bring back to a boil. Reduce the heat and simmer for 15 to 20 minutes. Drain and dry with paper towels.

Sauté peppers and onion in a 12-inch, non-stick fry pan. Grill sausages on barbecue until brown, turning frequently.

Serves sausages whole or sliced on the diagonal with sautéed vegetables, Pumpernickel bread, butter and dark beer.

### **\*Pork Satay**

Serves 4: This dish is hot! Reduce chili paste for milder version.

#### Marinade:

2 small garlic cloves  
½ tablespoons hot chili paste  
4 ½ tablespoons light soy sauce  
3 tablespoons peanut oil  
4 ½ tablespoons fresh lemon juice  
1 ½ teaspoons light brown sugar

1 ½ pound pork tenderloin

Garnish: green onion

#### Peanut Sauce

2 small garlic cloves  
¼ medium onion  
2 tablespoons peanut oil  
½ cup + 1 tablespoon peanuts  
3 tablespoons light soy sauce  
1/3 cup low-fat yogurt  
3 tablespoons lemon juice  
½ to 1 tablespoon hot chili paste  
1 ½ tablespoons light brown sugar

Marinade: Blend all marinade ingredients. Trim pork; cut into 1 ½-inch pieces. Marinade 45-60 minutes.

Barbecue pork on skewers (or sauté in oil) until cooked, about 6 to 8 minutes.  
Do not overcook.

Peanut Sauce: Blend all ingredients and heat in small saucepan.

Combine pork and some or all of sauce. Serve additional sauce to the side.

Suggestions: Serve over rice pilaf and garnish with sliced green onions.

### **Pork or Beef Taco Filling**

Café Pasqual's Barbacoca

1 pound tied beef chuck or boned pork shoulder or butt, rinsed  
1 onion, peeled and diced  
1 firm-ripe tomato, cored and chopped  
1 clove garlic, minced  
1 fresh jalapeno, minced  
½ bay leaf  
½ cup chicken broth  
2 tablespoons lime juice  
1 ½ teaspoons white wine vinegar  
½ teaspoon dried thyme  
½ teaspoon ground cumin  
¼ teaspoon oregano  
¼ teaspoon salt  
ground pepper

In 9 by 13-inch dish, mix all the ingredients. Turn meat to coat. Cover and chill one day, turning occasionally. Seal dish with foil.

Bake in preheated 300-degree oven until meat is tender enough to pull apart easily, 4 hours. Transfer meat to platter. Pour juices through strainer into a small pot (discard bay leaf). Skim and discard fat. Boil to reduce to  $\frac{1}{4}$  cup.

When meat to cool enough to handle, pull apart into shreds; discard fat and connective tissue. Add meat and reserved vegetable mix to pan with juices. Stir occasionally over medium heat. Season to taste with salt and pepper. Freezes well.

### **Grilled or Roasted Jamaican Tenderloin of Pork**

Serves 6 to 8

3 pork tenderloins, about 1 pound each

Marinade:

1 tablespoon allspice

1 tablespoon nutmeg

1 tablespoon cinnamon

2 teaspoons black pepper

1/4 cup coarsely chopped onions

1/4 cup coarsely chopped green onions

1 tablespoon chopped fresh ginger

1 tablespoon fresh thyme

2 Serrano chilies, seeded and chopped

1/4 cup lime juice

2 tablespoons olive oil

2 tablespoons soy sauce

1 tablespoon brown sugar

optional: mango salsa

Optional: coconut rice

Trim away any fat and sinew from meat and slice off the thin silver skin.  
Cut off pointed end.

Toast allspice, nutmeg, pepper and cinnamon in skillet over low heat until fragrant; set aside.

Pulse onions, scallions, ginger briefly in food processor to chop coarsely. Then add ground spices, thyme and chilies. Pulse until mixture is finely chopped.

Pulse in olive oil, lime juice, soy sauce and sugar. Place tenderloins in 1-gallon plastic zip-lock bag. Pour in marinade and mix by hand. Marinate overnight. Drain liquid from marinade, saving the paste. Dry meat, salt and spread with paste.

Grease barbecue grill with olive oil and preheat on high. Place meat on hot, greased grill. Reduce heat to medium high. Cook 5 minutes per side. Reduce heat to low and cook an additional 5 to 10 minutes or until meat thermometer reads 140-degrees. Tent in foil for 10 minutes. Slice on diagonal. Serve with mango salsa and coconut rice.

To roast, preheat oven to 400-degrees. Transfer pork to roasting rack. Roast about 20 minutes or until 140-degrees. Continue above.



## Grilled Pork Chops

Serves 4

Cook's Illustrated

### Brine:

For 2 cup water dissolve 1 tablespoon table salt and 1 tablespoon sugar

4 bone-in loin pork chops or center-cut loin chops, each 1 ½-inchs thick

### Spice Rub:

1 tablespoon ground cumin

1 tablespoon chili powder

1 tablespoon curry powder or paprika

1 teaspoon ground black pepper

2 teaspoons brown sugar

Dissolve salt and sugar in cold water. Immerse chops in brine. (Use a large plastic container or 1-gallon zip lock bag.) Set aside for 1 hour. Drain the pork

and pat dry with paper towels. Mix all spice rub ingredients together. Pat spices onto both sides of chops.

Oil barbecue grill. Preheat on High, covered, for 15 minutes. Use wire brush to scrape grate clean. Turn off all but one burner. Place chops over hotter part of grill, cover, and cook until browned on each side, 3 to 4 minutes per side. Move chops to cooler side of grill. Cover and continue cooking, turning once, until instant-read thermometer inserted through side of chop and away from bone registers 140-degrees, about 2 to 4 minutes per side. (Hint: The first time you make this recipe, use the shorter times suggested. Pork gets tough when overcooked. Thermometer will tell you exactly when the chops are done.) Transfer chops to platter, cover with foil and let rest 5 minutes. Serve immediately.

### **\*Smoked Barbecued Baby Back Ribs**

Serves 4 to 5

Cook's Illustrated, July-August, 2002 and BadRabbit Ribs

#### Brine:

½ cup table salt or 1 cup kosher salt  
½ cup sugar  
4 racks (1 pound each) baby back or  
loin back ribs, cut rack in half if ribs  
are of uneven thickness

1 ½ teaspoons dark brown sugar  
¾ teaspoon salt  
¾ teaspoon dried oregano  
¾ teaspoon ground black pepper  
1 teaspoon ground white pepper  
½ teaspoon cayenne pepper

#### Spice Rub:

1 tablespoon + ½ teaspoon sweet  
paprika  
1 ½ teaspoons chili powder  
1 ¾ teaspoons ground cumin

one very large sweet onion, sliced  
wood chunks  
charcoal

Brining the Ribs: Dissolve salt and sugar in 4 quarts cold water in large, covered picnic

container. Submerge ribs in brine for 1 hour. Remove from brine and thoroughly pat dry with paper towels. Combine spice rub ingredients in small bowl. Rub each side of racks with mixture. Wrap ribs in plastic wrap and refrigerate 1 to 8 hours.

Setting up the Smoker: Fill chimney to very top with charcoal and heat. Meanwhile, remove smoker lid, center section and water pan. Remove any remaining ashes. Clean the grates. Open all vents on the bottom. When charcoal has formed gray ash, spread coals evenly over the charcoal grate. Add 3 to 4 chunks of hardwood on top of hot coals. Replace center section. Replace water pan and fill carefully to capacity without spilling water on the coals. Replace cooking grates and add the ribs. Replace the lid and open all vents.

Smoking the Ribs: Adjust vents to maintain temperature of 225 to 250-degrees. Check temperature frequently. Close vents to decrease temperature or open to increase. If you notice the temperature going up fill pan with more water if going down add more charcoal. Cook the ribs for 2 hours.

Remove ribs to foil. Add onions to the top of the top of the racks, wrap and return to smoker for 1 hour.

Then remove the ribs; remove and save the foil for later use and discard the onions. Place ribs back in the smoker to firm back up, or until done, about 1 hour—sometimes half the time, sometimes twice as long. (Insert a toothpick between bones toward thick end. When it goes through without resistance, they are done.) Wrap again in foil and let rest for 30 minutes.

Transfer ribs to cutting board, cut between bones to separate ribs and serve.

**Menu Suggestions:** Beans in barbecue sauce, bread or potato salad, summer squash with cheddar, blueberry cobbler.

### **Lima Beans with Ham**

2 main servings

Bon Appétit

¼ pound bacon, diced  
¾ medium onion, chopped  
½ cup tomatillo, chopped  
2 cups frozen baby lima beans  
¾ - 1 pound ham, cut into ½-inch  
dice  
ground black pepper  
pinch all spice

pinch cloves  
2 springs fresh summer savory  
1 tablespoon Dijon mustard  
1 tablespoons brown sugar  
1 cup low-salt chicken broth  
4 shakes Tabasco  
fresh parsley, chopped  
salt to taste

In large non-stick frying pan, sauté bacon until crisp and lightly brown. Reserve bacon bits leaving oil in pan. In a medium saucepan, sauté onion for 5 minutes on medium-high heat. Add Tomatillo and sauté an additional 3 minutes. Add all other ingredients, including bacon bits, except Tabasco, parsley and salt. Simmer, slightly covered, for 20 to 25 minutes or until lima beans are tender.

Add Tabasco, parsley and salt to taste. Serve in shallow bowl.

For thicker sauce, puree up to 1/2 of the cooked lima bean-ham mixture and stir back into the saucepan.

## **Crock Pot Chinese Pork Shoulder**

Serves 8 to 10

NOTE: Make this recipe one day ahead.

6 pounds pork shoulder, trimmed and tied

2 teaspoons Chinese five-spice powder

3 to 4 cups chicken broth (reduced salt)

1 cup dark soy sauce, reduced salt

½ cup dark brown sugar

2 tablespoons toasted sesame oil

½ teaspoon crushed red pepper

4 scallions, cut 2-inch pieces

1 garlic head, halved

1 (2-inch) knob unpeeled fresh ginger, thinly sliced

Rub pork all over with the five-spice powder. Add to slow cooker the chicken broth, soy sauce, brown sugar, sesame oil and red pepper. Stir to dissolve the



sugar. Add the scallions, garlic, ginger and meat, turning it a few times to coat. If necessary, add more chicken broth to cover the meat. Cover the cooker, set it on HIGH, and cook for 5 hours. Set the cooker on LOW and cook until meat is very tender, about 3 hours.

Remove meat from the broth; remove the string and fat. Separate the large sections of meat and rinse in hot water to remove more of the fat. Wrap meat in foil and refrigerate. Strain cooking liquid into a large bowl and refrigerate overnight. Skim off the fat. Season the broth to taste. Reheat meat with broth.

To serve for a buffet, coarsely shred the meat and add to large bowl with some of the broth. Serve with oriental rice or wide noodles.

**\*Spice-Rubbed Pork Tenderloin with Roasted Baby Carrots**

Serves 6

Bon Appétit

Carrots:

2 pounds baby carrots, peeled,  
trimmed leaving ¼-inch of green  
tops attached  
2 tablespoons water  
1 tablespoon olive oil  
1 tablespoon butter, diced  
2 garlic cloves, thinly sliced  
1 small jalapeno, seeded, coarsely  
chopped  
1 teaspoon honey  
½ teaspoon chipotle chili powder  
½ teaspoon ground cumin  
¼ teaspoon kosher salt

Pork:

2 1 to 1 ¼ pounds pork tenderloins  
2 teaspoons dried oregano  
2 teaspoons ground cumin  
1 teaspoon chipotle chili powder  
1 teaspoon smoked paprika  
1 teaspoon kosher salt  
1 tablespoon olive oil

Carrots: Cover large rimmed baking sheet with foil. Arrange carrots on foil. Whisk 2 tablespoons water and all remaining ingredients in small bowl; pour over carrots and toss to coat. Cover tightly with heavy foil. Roast carrots in preheated 400-degree oven for 30 minutes or until just tender.

Pork: Stir oregano, cumin, chili powder, smoked paprika and 1 teaspoon kosher salt in small bowl; rub mixture all over tenderloins. Heat oil in heavy nonstick skillet over medium-high heat. Add pork to skillet and brown on all sides, about 5 minutes. Remove foil from carrots. Nestle pork among carrots. Roast uncovered until pork registered 145-degrees, stirring carrots occasionally if beginning to caramelize, about 18 minutes. Let rest 5 to 10 minutes.

Transfer pork to work surface. Cut crosswise into ½-inch-thick slices. Arrange carrots on platter. Top with pork slices drizzling any pan juices over.

## **Thai Pork Lettuce Wraps**

Serves 4

America's Test Kitchen

1 pound pork tenderloin, trimmed and cut into 1-inch chunks

2 ½ tablespoons fish sauce, separated

1 tablespoon white rice

¼ cup chicken broth

2 medium shallots (½ cup), peeled and sliced into thin rings

3 tablespoons lime juice

2 teaspoons sugar

½ teaspoon red pepper flakes

3 tablespoons roughly chopped mint

3 tablespoons roughly chopped cilantro

1 head Boston lettuce, leaves separated and left whole

Freeze pork about 20 to 30 minutes. Coarsely chopped pork in food processor in two batches. Stir in 1 tablespoon fish sauce and set aside for 15 minutes.

Heat rice in small skillet over medium-high heat, stirring constantly until deep golden brown. Transfer to bowl and cool 5 minutes. Grind rice with spice grinder until it resembles fine meal.

Bring broth to simmer in 12-inch non-stick skillet over medium-high heat. Add pork and cook, stirring frequently, until about half of pork is no longer pink. Sprinkle 1 teaspoon rice powder over pork. Continue to cook and stir until remaining pork is no longer pink. Transfer bowl; let cool 10 minutes.

Add remaining 1 ½ tablespoons fish sauce, remaining 2 teaspoons rice powder, shallots, lime juice, sugar, red pepper flakes, mint and cilantro to pork; toss to combine. Serve with lettuce leaves.

## **Pork Wellington**

Serves 4

Alton Brown

1 whole egg  
1 tablespoon water  
1-ounce dried apple rings  
1 whole pork tenderloin, approximately 1 pound  
4 1/2 ounces thinly slice prosciutto ham  
1/4 teaspoon kosher salt  
1/4 teaspoon freshly ground black pepper  
1 teaspoon chopped fresh thyme leaves  
1 teaspoon all-purpose flour  
1 sheet puff pastry, thawed completely  
1 tablespoon whole-grain mustard

Place a rack in the upper third of the oven and heat to 400 degrees F.  
Whisk the egg and water in a small bowl and set aside. Place the apple rings

into the bowl of a mini food processor and process for 30 to 45 seconds or until they are the size of a medium dice. Set aside.

Trim the pork tenderloin of any excess fat and silver skin. Slice the tenderloin down the middle lengthwise, creating 2 separate pieces. Lay the tenderloin pieces next to each other head to tail, so when laid back together they are the same size at the ends.

Lay out a 12 by 16-inch piece of parchment paper on the counter and arrange the pieces of prosciutto in the center, overlapping them enough to create solid layer that is as long as the tenderloin. Top with a second piece of parchment, and using a rolling pin, roll over the prosciutto to help adhere the pieces to each other. Remove the parchment paper and sprinkle the prosciutto with the salt, pepper, and thyme. Set the tenderloin down the middle of the prosciutto. Spread the dried apples in between the 2 pieces of tenderloin and push back together so the apples are held between them. Using the parchment paper to assist, wrap the prosciutto around the tenderloin to completely enclose in a package.

Sprinkle the counter with flour and roll out the pastry to 12 by 14 inches.

Spread the mustard thinly in the center of pastry and lay the prosciutto wrapped tenderloin in the center of the pastry on the mustard. Fold the puff pastry up and over the top of the tenderloin, then roll to completely enclose, brushing the edges of the pastry with the egg wash in order to seal. Turn the tenderloin over so the side of the tenderloin with the double thickness of pastry is underneath. Pinch the ends of the pastry to seal.

Brush the entire pastry with the egg wash. Place the tenderloin on a parchment lined half sheet pan and bake for 25 to 30 minutes or until the pork reaches an internal temperature of at least 140 degrees F.

Remove the tenderloin from the oven, transfer to a cooling rack and let rest for 10 minutes, uncovered, before slicing and serving.



### **Crock Pot Pepper Pork Chops**

Serves 4, NOTE: BRINE OVERNIGHT

Alton Brown

2 cups vegetable broth	1 cup dried apple slices
½ cup kosher salt	2 tablespoons olive oil
½ cup light brown sugar	1 large onion, julienned
2 tablespoons black peppercorns, slightly crushed	1 ½ cups chicken broth
1 pound ice	1 tablespoon coarsely ground black pepper
4 bone-in pork chops, trimmed	5 sprigs fresh thyme

Combine vegetable broth, ½ cup salt, brown sugar and peppercorns in a saucepan and cook just until the salt and sugar dissolve. Remove from heat and add ice. Place pork chops into a 1 gallon zip-lock bag along with the mixture and seal. Refrigerate overnight.

Remove chops from brine, rinse and pat dry. Heat 1 ½ tablespoons oil in 12-inch stainless steel sauté pan over medium-high heat. Sauté chops on both sides

until golden brown, approximately 5 to 6 minutes per side. Place apples in the crock pot and then the chops.

Add the remaining ½ tablespoon oil to the pan followed by the onions and sauté until they begin to brown, 3 to 4 minutes. Add chicken broth to deglaze. Add black pepper and thyme and stir to combine. Transfer this to the crock pot, set to high, cover and cook for 1 ½ hours. Decrease heat to low and continue cooking for another 4 to 4 ½ hours, or until pork is tender and falling away from the bone.