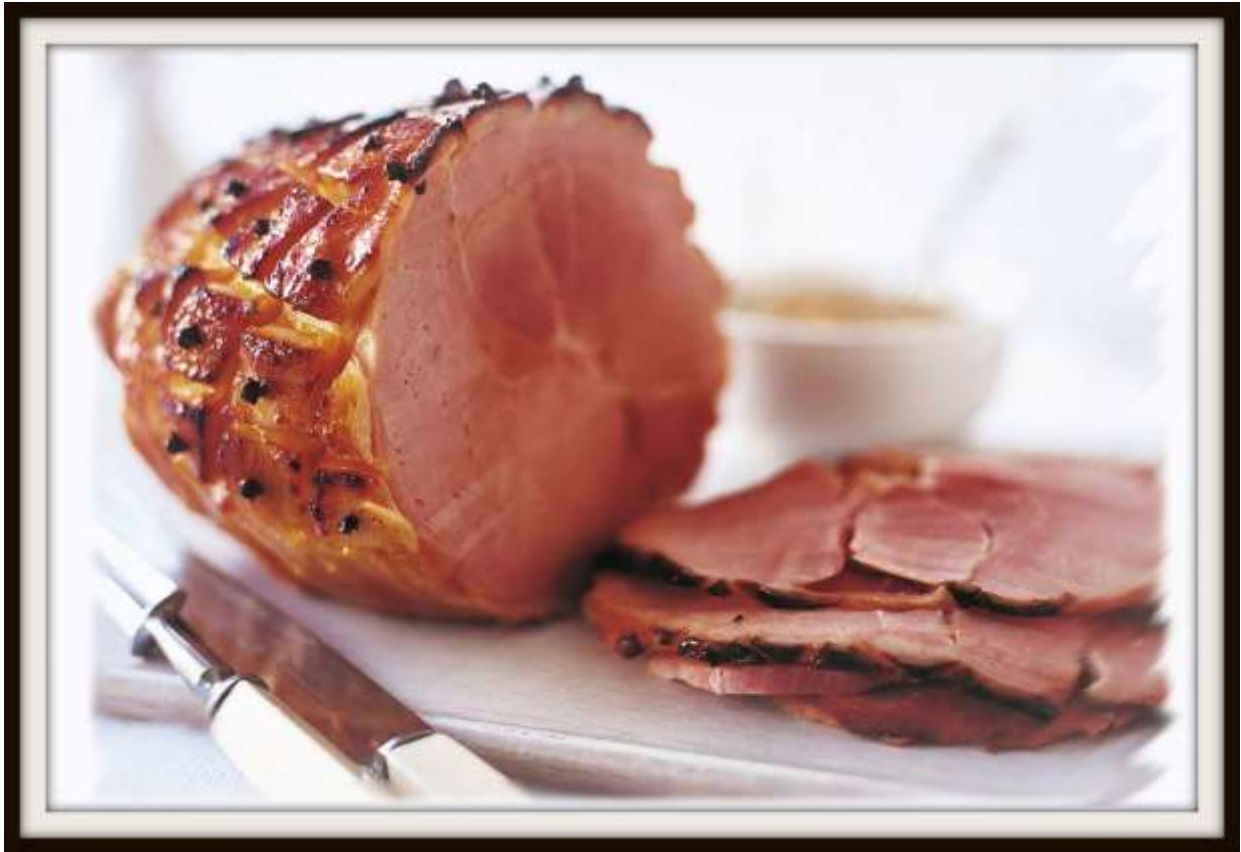
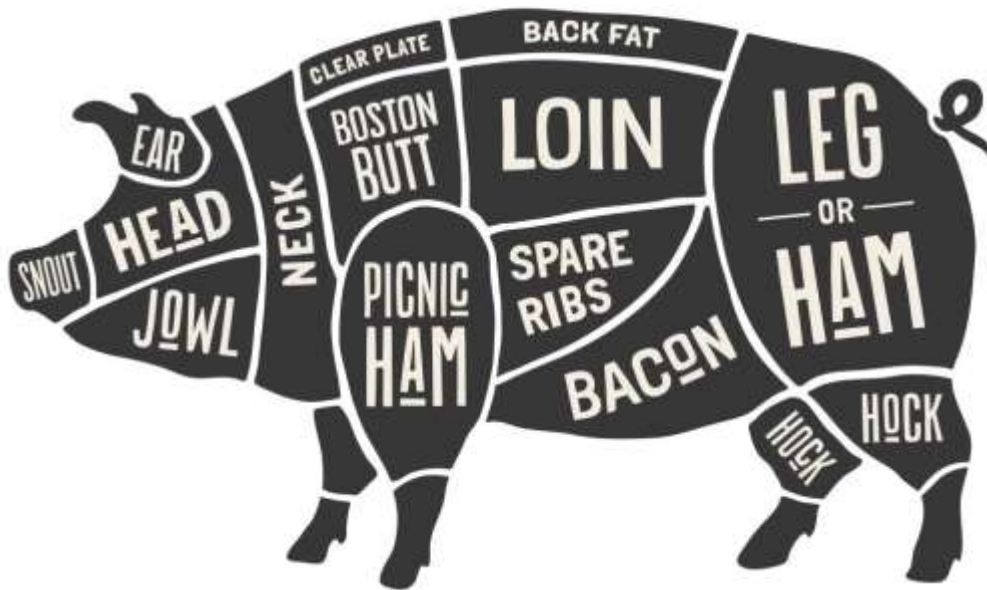


Pork



• CUTS OF PORK •



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Let's talk pork chops.

THE KEYS TO A GREAT CHOP:

Don't cook them straight from the fridge. Let them sit and come to room temp first, so they will cook evenly.

Season well. Very well. Use salt. We don't normally advocate this, but you want that salt for two reasons: it will add flavor to an otherwise bland cut of meat, and it helps give a nice crust. Same for pepper. Be generous.

Adjust cooking temperature. Cook at really high heat to begin to get a nice sear, but then reduce the temperature to medium to finish. This helps to evenly cook the chops.

Use a thermometer. The main thing about keeping chops tender is not cooking them past 145 F. That's the sweet spot for pork chop perfection. So, use a thermometer. Also, don't hold in the oven. In fact, try to not have to hold them at all other than what's on the line for serving. Cook in batches so you keep them fresh.

Brine. It works just like it does for a 20 pound turkey. And, there happens to be a good brine recipe in the "Basics" section in this very book. Give it a shot.

Breaded Pork Chops or Cutlets

Serve with mashed potatoes, brown or white gravy (or both), and some good home style vegetables like peas, green beans, or greens.

Makes 25 Cutlets

25	each	pork cutlets or chops
8	each	eggs, beaten
2	cups	milk
2	tsp	garlic powder
2	Tbsp	salt
1 1/2	tsp	black pepper
5	cups	flour
10	cups	bread crumbs

- Flatten the cutlets (but not chops) with a mallet to about 1/4 inch thick.
- Beat the milk and eggs together in a shallow bowl; blend in spices.
- Dredge the cutlets in flour, then egg wash.
- Place in bread crumbs, press down to coat and place on a sheet pan.
- Deep fry at 325 to 350 F until golden brown (or pan fry) until golden brown.
- Place in a steamtable pan for serving.



Braised Pork Ragu

Makes about 16 to 20 servings

8	lbs	Boston butt roast, cubed about 1 inch cubes
4	tsp	dried rosemary, pulverized
4	tsp	dried thyme
4	tsp	black pepper
2	tsp	salt
1/4	cup	oil
2	each	large onions, diced
4	each	carrots, peeled and diced
3	Tbsp	garlic, minced
1	cup	grape juice
2	Tbsp	white vinegar
1	quart	chicken stock
2	each	28 ounce can diced tomatoes

- Salt and pepper pork cubes.
- In a large stockpot or braising pan, sear pork in batches, then return all pork to the pot.
- Add onions and carrots; cook until soft and add garlic. Cook about 3 minutes and add juice and vinegar. Scrape bottom of pan well.
- Add tomatoes and chicken stock. Bring to a boil, then reduce to simmer.
- Cook until meat is very tender (about 4 minutes to an hour).
- Serve over parmesan mashed potatoes, risotto, polenta, or mashed potatoes.

Creole Smothered Boston Pork Roast

Serves about 15

1	each	8-9 lb pork roast (Boston butt or pork shoulder)
6	cups	chicken stock
3	cups	onions, thinly sliced
1/2	cup	butter
1/2	cup	flour
1/4	cup	parsley, fresh, chopped (or green onions)
3	Tbsp	minced garlic
1/4	cup	vegetable oil
1	Tbsp	salt
1	Tbsp	black pepper
1	Tbsp	Tony's seasoning (or other creole seasoning)
1	tsp	dried rosemary

- Preheat oven to 275 F
- Season the roast generously with salt and pepper.
- In a large Dutch oven, heat oil on high heat. Sear roast on all sides, turning to keep the roast from burning. Remove from pan and set aside.
- Reduce heat to medium; stir in butter, then add flour to make a roux.
- Stir constantly until the roux is the color of peanut butter.
- Add onions and cook until wilted. Add seasoning, stir in and then stock, whisking in to remove lumps.
- Add roast and coat top of the roast with gravy and onions.
- Cover, put in oven and cook for 3 hours, turning roast every half hour, until roast is fork tender.
- Remove, either break into chunks or rough slice and put in steamtable pan. Garnish with parsley or chopped onions.
- Serve with rice.

Cuban Style Pork Chops in Mojo Sauce

Makes 12 chops

1/2	cup	minced garlic
2	each	large onion, diced
3	cups	orange juice
1 1/2	cups	lemon juice
1	Tbsp	oregano
1 1/2	Tbsp	cumin
2	Tbsp	salt
1	Tbsp	black pepper
12	each	pork chops
2	each	large red onion, sliced 1/8 inch thick

- Make a marinade: In blender or food processor, puree garlic, diced onion, both juices and spices. Put half in a large bag and save the other half.
- Put the chops in bag with marinade, close tightly and marinate overnight.
- On grill or in an oiled skillet on medium high, cook the chops about 4 minutes on the first side.
- While chops are cooking, put red onions in a sauté pan on medium high with some oil; sauté until just beginning to soften and brown.
- Add reserved marinade and bring to a simmer then remove from heat.
- Flip the chops and when done, transfer to shallow line pan.
- Cover the chops with the onions and drizzle with mojo sauce.

Cuban Style Roast Pork (Pernil Asado)

If you've been wanting to make those great Cuban sandwiches, here's the starting point; that fantastic roast pork.

Yield: about 15 servings

1	each	Boston butt (8 lb average)
1/4	cup	minced garlic
2	Tbsp	salt
2	tsp	dried oregano
1	tsp	black pepper
1	each	medium onion, finely minced
1	cup	orange juice
1/3	cup	lime juice (use lemon juice if you don't have lime)
1/3	cup	lemon juice
2/3	cup	olive oil

- Prep the roast: score the fat in a crisscross pattern as you would a ham, going all the way into the meat, then poke holes with a thin knife into the meat about every couple of inches.
- Make the marinade: combine dry spices, garlic and onion in a blender to make a paste.
- Spread paste all over the roast and put in a bag (a small trash bag is fine).
- Mix juices and oil together, then pour into bag with meat. Close tightly and marinate overnight under refrigeration.
- Remove roast about an hour before cooking. Put in a roaster or Dutch oven just large enough for the meat, cover and bake 4 hours.
- Check meat; it should be fork-tender. If so, remove cover, bake another half hour to an hour until the meat is well browned on top.
- Remove from oven, trim fat from the roast and then shred.
- Skim fat from the drippings and use the pan juices to moisten the pork.
- Put on serving line in a steamtable pan.

Herbed Pork Pot Roast

8	lbs	Pork Butt Roast, Cap trimmed to 1/4" thick
2	Tbsp	Cooking Oil
4	tsp	Salt
1	Tbsp	Thyme
2	tsp	Oregano
2	tsp	Garlic Powder
2	tsp	Pepper, Black
4	Cup	Beef or Chicken Stock
2	lbs	baby carrots (or fresh, peeled and quartered)
10	Each	Potatoes, Medium Size, Peel and Quartered
1 1/2	Cup	Onion, Quartered
2	Rib	Celery, Cut in 1" Pieces

- In a roaster or Dutch oven heat oil and brown the pork on all sides.
- Add onion and seasonings; cook until onions just begin to caramelize
- Add stock and celery, and bring to a boil.
- Cover, put in oven to roast about 2 hours
- Separately, oil the potatoes and carrots; add salt and pepper to taste and sheet out on a pan to roast.
- After about 1 1/2 hours, put the vegetables in the oven to roast for 30 minutes, or until they begin to brown a bit.
- Transfer vegetables to the pan with the roast and continue to cook until the vegetables are tender, up to an hour.
- Remove from oven, allow roast to stand about 15 minutes.
- Slice roast, line down center of steamtable pan, arrange vegetables around the sides of the pan.
- If you want a thicker gravy, thicken with cornstarch mixed in water.
- Pour gravy onto roast to moisten and serve the balance on the side.

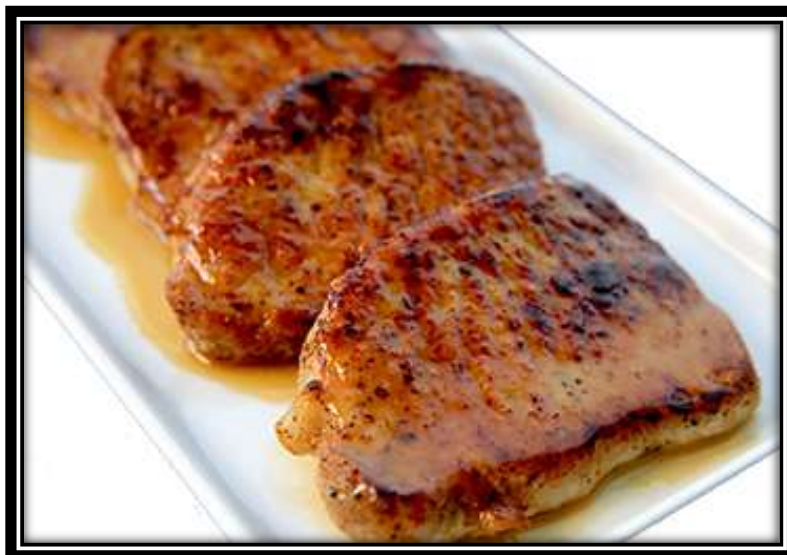
Honey Ginger Pork Chops

Makes 12 chops

1/4	cup	oil
1/4	cup	honey
1/2	cup	brown sugar
2	Tbsp	ginger, fresh grated
1 1/2	cup	soy sauce
1	cup	water

Salt and pepper as needed

- Salt and pepper chops well.
- Oil grill or sauté pan. Brown chops at high heat on both sides until browned; transfer to a roasting or baking pan.
- Combine the remaining ingredients in a saucepan, bring to a boil.
- Reduce to a simmer and let simmer slowly for about 5 minutes.
- Pour over the chops; cover and bake about 20 minutes.
- Check for doneness. Internal temp should be about 145 F. If so, remove and place chops in a steamtable pan.
- If desired, you can thicken the sauce by placing in a saucepan, bringing to a boil and thickening with cornstarch in water.



Honey Mustard Pork Loin... and Bacon!!

A wet rub of honey, mustard and rosemary all wrapped in bacon. C'est Bon! You'll have to order a couple jars of special mustard for this. No substitutes.

For about 1 serving (kidding. About 20 servings)

1	each	boneless loin, about 8 lbs
1/2	cup	Dijon mustard
1/4	cup	whole grain mustard (or Creole like Zatarain's)
1/4	cup	honey
2	Tbsp	garlic, minced
1	tsp	dried rosemary, crushed
1	lb	bacon (or more if needed to wrap the loin)

- In a bowl, mix mustards, honey, rosemary and garlic.
- Spread all over the pork and put pork in a roasting pan.
- Lay strips of bacon across the roast crossways along the entire roast. Overlap the slices so they touch a bit.
- After you've done this, roll the roast to one side, and tuck the bacon ends under the roast. Then roll the roast to the other side and do the same.
- Roast at 350F, uncovered, for about an hour, to crisp the bacon a bit and let it set its shape. Then cover, and bake another 30 minutes; check the temperature. If it has reached 150 F or so, remove and let stand.
- Slice and place in a steamtable pan on a bed of fresh spinach for serving.

Honey Pecan Pork Chops

You can make this with bone-in chops, cut boneless chops from the loin (be sure to flatten a little), or use pork cutlets. It's very easy any way you do, and they're fantastic with mashed sweet potatoes and some green beans.

Makes 12 chops

12	each	pork chops
2	cups	flour
		Salt and pepper as needed
1/3	cup	butter
3/4	cup	honey
3/4	cup	chopped pecans

- In a shallow dish, mix together flour, salt and pepper.
- Dredge pork cutlets in the flour mixture.
- In a large skillet, melt butter over medium-high heat.
- Add chops, and brown both sides. Transfer to a shallow steam table pan.
- Mix honey and pecans into the pan drippings. Heat through, stirring constantly. Pour sauce over cutlets.



How to Bake a Ham

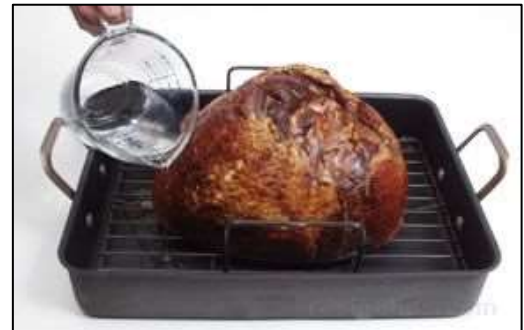
First let's talk about a bone-in ham. Our hams run upwards of 20 lbs; they're fully cooked so you're really heating and adding flavor. It's important that you don't dry it out during the process.

Most of us learned the traditional way of roasting: put the ham on its side in a pan and roast it. But the best way is to put it on a rack, cut side down. Like this:



Then you can put about a cup of water, stock or apple, orange juice or cider in the pan.

Bake about 10 minutes per pound at 325F until it's done.



If you want to do the pineapples and cherries, feel free to do so. Or, score in a crisscross pattern and put in whole cloves. Pictures below.



Jagerschnitzel (Hunter's Cutlet)

This is a traditional German recipe with some changes due to American food preferences. Easy to make but remember that the cutlets need to be thin. Lots of mashed potatoes, garlic mashed, or buttery noodles go well with this.

Makes 12 schnitzel

12	each	pork cutlets, pounded thin
4	cups	bread crumbs
1/2	cup	flour
		Salt and pepper as needed
1/2	cup	vegetable oil
3	each	eggs, beaten
2	each	large onions, diced
1	each	large can mushrooms, sliced
1	quart	beef stock
1/4	cup	cornstarch
1	cup	sour cream

- In a shallow dish, mix together the bread crumbs and flour. Season with salt and pepper.
- Heat oil in a large skillet over medium-high heat.
- Dip pork steaks in egg, then coat with the bread crumb mixture.
- Fry in the hot oil until browned on both sides and cooked through, about 5 minutes per side.
- Remove pork to a pan; keep warm. Add onion and mushrooms to the skillet and cook until lightly browned.
- Pour in beef stock; simmer for about 20 minutes.
- Stir together the cornstarch and sour cream; add to the skillet.
- Cook over low heat until thickened but do not boil.
- Spoon over the pork cutlets and serve immediately.

Marinated Grilled Chops

A simple marinade makes these chops tender and very flavorful. Try pairing them with some horseradish mashed potatoes/

Makes 12 chops

12	each	pork chops
1	cup	cooking oil
1/4	cup	vinegar
1/4	cup	Worcestershire sauce
1/4	cup	lemon juice
2	Tbsp	mustard, any kind (Dijon, plain or stone ground)
2	tsp	salt
2	tsp	pepper
2	Tbsp	minced garlic

- Combine everything but the pork chops and blend well.
- Put the marinade and pork chops in a plastic bag, close tightly and refrigerate them overnight.
- About an hour before cooking, pull chops from marinade and let come up to room temperature. Throw away the marinade.
- Grill the chops at medium temperature about 4 minutes on each side.
- Cook until they reach an internal temperature of 145 F.
- Put in steamtable for service.

Orange Glazed Pork Loin

This is another interesting and flavorful pairing of pork with fruit. It will go very well with a flavored rice, roasted potatoes or simple sweet potatoes.

Serves about 20

- | | | |
|---|------|---|
| 1 | each | boneless pork loin (about 8 to 10 lbs) |
| 2 | cups | orange juice (real juice, not a blend like Sunny D) |
| 2 | cups | brown sugar |
| 2 | tsp | good vinegar or lemon juice |
| 4 | Tbsp | minced garlic |
| 2 | tsp | Italian seasoning |
| 2 | each | oranges, cut in wedges |
- Salt and pepper as needed

- Salt and pepper pork; place in baking pan. Place orange wedges around it.
- In saucepan, combine remaining ingredients. Bring to a boil and then reduce to a good simmer. Cook until reduced by about half.
- Pour over the pork.
- Bake at 300 until the pork reaches a temperature of 150F, then crank up the heat to 500 F and brown the roast, forming a bit of sear on the glaze.
- Remove, let stand about 10 minutes and then slice.
- If serving with rice or roasted potatoes, you can arrange in the same steamtable pan.



Pork Chops & Potatoes

This is a bit like a casserole. The chops are browned and then baked with potatoes in a cream sauce.

Yield: Two full size shallow pans, 12 servings per pan

1/4	cup	cooking oil
24	each	pork chops
4	cans	cream of mushroom soup
4	cups	half and half or cream
16	each	baking potatoes, sliced thin
2	cups	onion, chopped
4	cups	shredded cheddar cheese (or sliced Swiss)
1/4	cup	sliced green onion

- Heat oil in skillet or on grill at medium high heat. Sear the chops on both sides and set aside. Don't cook them all the way.
- Spray 2 full size pans with food release spray. Arrange potatoes evenly in the bottom of each pan, then place chops on top of potatoes.
- In a bowl, mix soup and cream, then pour evenly into the pan of chops.
- Bake half an hour at 350F, then top with cheese and bake another 20 minutes, then remove and place on serving line.
- Garnish with green onion.



Pecan Crusted Pork Cutlets & Pumpkin Butter

It's hard to believe that pumpkin and pork go so well together, but they do.

Yield: 20 servings

20	each	pork cutlets, pounded thin (about 1/4 inch)
4	cups	pecans, chopped
5	cups	bread crumbs
2	cans	pumpkin, solid pack
1 1/2	cups	apple juice
1 1/2	cups	sugar
1/4	tsp	ground clove
2	tsp	ground ginger
2	tsp	ground cinnamon
2	tsp	lemon juice

- In a saucepan, combine pumpkin butter ingredients. Whisk with wire whip until smooth.
- Bring to a boil, then reduce heat to medium-low and simmer until it reduces to a thick applesauce consistency.
- Meanwhile, combine bread crumbs and pecans and blend in a food processor until the pecans are finely chopped.
- Bread the cutlets with the mixture; press it in to help it stick.
- In a large skillet, pan fry the chops about 4 minutes per side at medium heat. Watch so the pecans don't scorch during cooking.
- Transfer the cutlets to a 2" deep steamtable pan.
- Portion about 3 tablespoons of pumpkin butter on each chop.

Pork Cutlet Parmesan

Serve over a bed of polenta, by itself with long noodles on the side or with a risotto or pilaf. Pick the pasta or rice and it will go well with this.

Yield: 12 cutlets for 1 full size pan

12	each	pork cutlets, pounded thin (about 1/4 inch)
4	each	eggs, beaten
1	cups	milk
2	tsp	garlic powder
1	Tbsp	salt
1	tsp	black pepper
3	cups	flour
5	cups	bread crumbs
3	cups	pasta sauce (or 1 can of commercially prepared sauce)
3	cups	shredded mozzarella
3/4	cup	parmesan cheese

- Heat the pasta sauce and keep hot until needed.
- Beat the milk and eggs together in a shallow bowl; blend in spices.
- Dredge the cutlets in flour, then egg wash.
- Place in bread crumbs, press down to coat and place on a sheet pan.
- Deep fry at 325 to 350 until golden brown (or pan fry) until golden brown.
- Top with 1/4 cup sauce, then mozzarella and parmesan cheese.
- Place in a steamtable pan and put in oven until cheese melts and browns.
- Put on serving line.

Pork Cutlets, Stroganoff Style

Cutlets in a rich mushroom gravy. You can also use pork chops. Serve with egg noodles, rice or mashed potatoes.

For 20 cutlets, or 1 full pan

20	each	pork cutlets, pounded thin (about 1/4 inch)
1/2	cup	oleo
4	Tbsp	garlic, fresh minced
1	tsp	dried thyme
2	cup	sour cream
4	can	cream of mushroom soup
1	16 oz	can mushrooms, with liquid
1	cup	chicken stock
2	Tbsp	cornstarch
1/2	tsp	salt
1	tsp	black pepper
1	tsp	paprika
1/4	cup	parsley flakes

- In a large skillet, brown the cutlets; transfer to full steamtable pan.
- To the skillet, add garlic and mushrooms, cook until garlic browns a bit.
- Add soup, spices except parsley flakes and sour cream; continue cooking.
- Blend cornstarch into chicken stock; add to skillet and cook until well blended, then pour over the cutlets.
- Bake, covered, at 350 F until tender, about an hour.
- Garnish with parsley flakes

Pork Fricassee

Serves about 20

24	each	pork cutlets	pork cutlets, pounded thin (about 1/4 inch)
			salt, pepper and cayenne as needed
4	cups	flour	
1	cup	cooking oil	
24	slices	bacon, uncooked, diced	
1	pound	tasso, diced	
4	each	large onions, diced	
4	each	bell peppers, seeded, diced	
6	stalks	celery, diced	
1/2	cup	garlic, minced	
8	each	dry bay leaves	
2	tsp	dried thyme	
2	cups	dark roux	
1	gallon	chicken stock	

- Season the pork with salt, pepper and lightly with cayenne.
- Dredge lightly in flour, then brown in hot oil in a skillet in batches.
- Transfer to a roasting pan with deep sides.
- Sauté the bacon and Tasso; cook a few minutes but bacon doesn't have to be crisp. Add onion, peppers, garlic and celery and sauté until just wilted.
- Transfer to roasting pan with cutlets.
- Heat stock; add bay leaves and thyme. Add roux slowly while whisking with wire whip to prevent lumps. When it reaches thickness you want, remove and pour over the chops until they are covered. Save any extra gravy.
- Cover the pan, bake at 350F for about an hour. Check and when cutlets are tender, remove, transfer to a steamtable pan and remove bay leaves.
- Serve with rice.

Pork Stuffed Potatoes, Memphis Style

Baked potatoes, stuffed with pulled pork, grilled onions & cheddar cheese.

For 10 Potatoes

10	each	baking potatoes (Burbank russets)
1/2	cup	cooking oil (what the heck, use bacon fat if you have it) Tony's or other creole seasoning as needed
2	Tbsp	butter
2	each	onion, diced large
4	cups	pulled pork (SONOCO stock)
3	cups	shredded cheddar

- Wash potatoes, dry, then rub with oil and sprinkle on Tony's.
- Bake at 350 F an hour or until fully cooked.
- Meanwhile, grill onions in butter until browned and lightly caramelized.
- Heat the pork.
- When potatoes are done, remove from oven, split and spread open. Place in a full size, shallow steamtable pan.
- Portion pork into each potato, then grilled onions, then top with cheese.
- Place on serving line.



Roast Boston Butt with Vegetables

Serves about 15

- 1 each Boston butt roast, about 8 lbs average
Salt, pepper and garlic powder as needed
- 2 each medium onions, cut into wedges (about 8 each)
- 2 lbs fresh carrots, peeled and halved
- 4 ribs celery, cut in 2 inch pieces
- 5 – 6 lbs red potatoes, cleaned, eyes removed, quartered

- Preheat oven to 350 F
- Sprinkle salt, pepper and garlic powder on all sides of pork roast.
- In hot skillet with oil, lightly brown all sides of roast.
- Transfer to a roasting pan and fill with water about 3 inches deep.
- Cover and roast for 3 hours. Meanwhile, Grill onions until they are lightly browned.
- After 3 hours have passed, add onions, potatoes, celery and carrots. Add more water if needed at this time.
- Roast until vegetables are tender; remove roast, let stand 15 minutes, slice and place in full size steamtable pan.
- Remove vegetables, arrange around pork slices. Pan drippings can be poured into pan directly as a natural gravy, or can be thickened with cornstarch before serving.



Roast Pork Loin with Rosemary

For about 20 servings

1	each	boneless pork loin, about 8 lbs
3	Tbsp	dried rosemary
1/4	Tbsp	minced garlic
1/4	cup	olive oil
1	cup	apple juice
2	Tbsp	good vinegar (balsamic, wine or cider)
		Salt and pepper as needed

- Crush the garlic and rosemary: put in a small bag and roll repeatedly with a rolling pin. Then put in a bowl with the olive oil and make a paste.
- Salt and pepper the loin. Then poke holes about every inch in the loin and force the paste into the holes. Rub the remaining paste on the loin.
- Put in a small roasting pan; cook for about an hour at 350 F and check for doneness. When it reaches internal temp of 150F, remove and let stand.
- Put the roaster on the stove, add juice and vinegar to the pan; cook until it reduces by 1/4, scraping pan bottom as you cook (to get the good bits).
- Slice the roast, arrange in a pan and pour in the juices. If you want, add some roasted potatoes and carrots, or sweet potatoes, alongside the meat in the pan. There are lots of good items that will pair well with this roast.



Rosemary Garlic Boston Butt Roast

The title says it all. This is a savory, fragrant roast. Serve with some roast potatoes or flavored mashed potatoes. Are you thinking, cheesy?

Makes about 15 servings, maybe 20

1	each	Boston butt roast (average about 8 lbs)
4	Tbsp	minced garlic
4	tsp	salt
1/4	cup	olive oil
2	tsp	dried rosemary
3	Tbsp	Dijon mustard
1	Tbsp	black pepper

- Trim the fat on the pork to about 1/4 inch thick or less.
- Slice in half lengthwise, working around the bone, and removing the bone if you can. If not, no worries.
- Combine all of the remaining ingredients in a blender or food processor and make a paste.
- Rub paste on the outside of the pork all over, then put in a bag or wrap tightly in plastic and let marinate at least 4 hours in refrigeration.
- Remove the pork from about an hour before roasting and put in a roasting pan, uncovered.
- Roast at 325 F about 3 1/2 hours until the internal temp reaches 180 F and the meat is fork-tender.
- Remove, let stand at least 15 minutes before slicing. Slice and put in pan.

Rosemary Lemon Pork Chops

Makes 12 chops

3	Tbsp	minced garlic, mashed into a pulp
1	Tbsp	dried rosemary, ground (smash with rolling pin in a bag)
1/2	cup	olive oil
2	tsp	salt
1 1/2	tsp	pepper
12	each	pork chops
2	each	lemon, wedged in 8 pieces

- Make a paste with olive oil, garlic, salt and pepper. Let it stand
- After half an hour, rub generously all over the chops.
- Either grill chops for about 4 minutes on each side, or bake at 450 for about 5 minutes per side until cooked through.
- Place in steamtable pan, and squeeze 4 lemon wedges over the chops, using a strainer basket to prevent seeds from getting on them.
- Place the remaining lemon wedges on each of the chops as garnish.



Smothered Pork Chops, Low Country Style

Low country cooking has more in common with south Louisiana than you might think. This dish is a good example of some common themes, like lots of bell pepper, onion, garlic and cayenne. These chops pair well with mashed potatoes, rice and definitely a Carolina favorite: Creamy, cheesy grits.

For 12 chops:

12	each	pork chops
1/2	cup	butter
1	cup	flour
3	each	bell peppers, seeded, julienne cut
3	each	medium onions, julienne cut
3	Tbsp	minced garlic
6	cups	chicken stock
1	Tbsp	Worcestershire sauce
		Salt, pepper and cayenne as needed

- Season chops well with salt, pepper, and cayenne. Melt the butter in a skillet over medium heat.
- Lightly dredge chops in flour, place in skillet and brown well, about 3 minutes per side, and transfer to a steamtable pan.
- Add bell peppers and onions to the skillet. Sauté until softened; add garlic and cook until fragrant – about a minute.
- Add vegetables on top of chops. Pour in broth and Worcestershire sauce.
- Cover pan with foil and bake for about 45 minutes to an hour, until chops are tender.

Smothered Pork Chops – Quick and Easy

An easy recipe for rich, well flavored chops that are great with rice or any kind of potato or rice, and home-style vegetables. Don't forget the cornbread! 😊

For 24 chops:

24	each	pork chops
		Salt and pepper and granulated garlic as needed
1/2	cup	cooking oil
2 1/2	quarts	brown gravy (from recipe in “sauces” section)
3	each	onions, medium, diced

Season the chops with salt, pepper and garlic.

Grill in hot oil on grill or in skillet; transfer to steamtable pans.

Grill onions in the pan drippings and portion over the chops.

Heat the gravy and pour evenly over pork chops.

Cover pans, bake at 350F about 45 minutes; check internal temp; should be at least 145F.

Place on serving line or put on hold at 140F.



Spicy Cumin Pork Tenderloin & Rice Pilaf

Makes about 24 generous servings

8	lbs	boneless pork tenderloin
1	Tbsp	garlic powder (not salt)
1 1/2	Tbsp	dried oregano
1 1/2	Tbsp	ground thyme
1	Tbsp	paprika
3	Tbsp	cumin
2	Tbsp	minced garlic
1/3	cup	olive oil

For the pilaf:

5	cups	rice (parboiled)
2	cups	onions, diced
4	Tbsp	garlic, minced
1/2	cup	butter or olive oil
3	quarts	water
4	Tbsp	chicken base
2	cups	peas, frozen

- **Make Pilaf:** In a stockpot, brown the rice in oil or butter; about 10 minutes. Stir frequently, then add onions and garlic and cook until wilted.
- Add water and chicken base; bring to a boil, cover and reduce to simmer.
- Cook 20 minutes and check for doneness. If finished, put in steamtable pans and keep warm until tenderloins are ready.

- **For the Pork:** Combine the dry spices and rub all over tenderloins.
- In skillet, heat oil and garlic, then turn up heat to medium high; sear the tenderloins on all sides.
- Transfer meat to a baking pan; bake for about 20 minutes. Check for an internal temperature of 145. When it is, remove and let stand 10 minutes.
- Slice in 1/2 inch slices, arrange in pans over the rice and place on line.

Sweet Garlic Pork Loin & Root Veggies

This is a simple dish with few ingredients and lots of punch. It has a comforting, down home look and the sugar enhances the pork flavor.

Serves about 16 (based on an average pork loin)

4	lbs	carrots, peeled and cut in pieces about 1 inch
4	lbs	potatoes, peeled and cut in 1 inch pieces
1	each	onion, wedged
1/4	cup	melted butter
1	cup	water
10	cloves	garlic, halved
3	Tbsp	garlic, minced
1/4	cup	cooking oil
3/4	cup	brown sugar
1	each	boneless pork loin (about 8 lbs)

- In bowl, put carrots, potatoes; separate the onion wedges, add in and add the melted butter. Salt lightly and toss together.
- Put in a roasting pan evenly spread on bottom of pan.
- Poke 20 holes in the loin for the garlic halves. Insert the garlic.
- Mix minced garlic, cooking oil and brown sugar to make a paste. Add some oil if needed to make it workable. Rub all over the loin.
- Move vegetables in pan to create room in the center for the loin. Place loin in the pan and roast at 350 F for about an hour.
- Insert a thermometer in the roast. If it is at 150, remove and let rest 10 minutes; slice in 1/4" thick pieces, arrange in full size pan.
- Arrange vegetables around the pork, then pour pan drippings into the pan to moisten.

Sweet Potato Pork Loin (with Apples)

Insanely good and easy to make too. But it's not for everyone so start small.

For about 15 servings

5	lbs	boneless pork loin or tenderloins
		Salt, pepper and olive oil as needed
5	each	large apples, wedged (remove pit after cutting)
6	each	sweet potatoes, peeled and wedged
2	each	onions, sliced (red onions if you have them)
1	each	fresh jalapeño, seeded, web removed, minced (optional)
1/2	cup	apple juice
1 1/2	tsp	paprika
1	tsp	cumin
1	tsp	chili powder
1/8	tsp	clove

- Rub olive oil on the roast, then salt and pepper. Sear roast on all sides in a skillet, then put in roasting pan and roast at 350F about an hour.
- While waiting, toss the vegetables with juice and spices in a bowl, mix well and then add to the roasting pan.
- Cook until meat reaches internal temperature of 145 F and vegetables are tender. Let the roast stand about 10 minutes then slice, put in steamtable pan and arrange the vegetables around it.

