

LAMB AND PORK ENTREES

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Lamb Entrees

Lamb en Brochette

- 3-4 pounds lean lamb meat
- small boiling onions, peeled
- 1 green pepper, seeded and cut into 1 inch chunks
- cherry tomatoes

Marinade

- 4 tablespoons cooking oil
- 6 tablespoons soy sauce
- 1/4 teaspoon freshly ground pepper
- 1 large onion, finely grated
- 3 tablespoons lemon juice

Cut the lamb into 2 inch cubes and place in a bowl. Mix the marinade ingredients thoroughly and pour over the lamb. Leave the lamb in the marinade for at least an hour, turning and rubbing the seasonings into the meat.

Thread on skewers, alternating a piece of lamb, a chunk of green pepper, an onion and a tomato. These brochettes can then be broiled in the oven or done on the barbecue.

Serves 6.

I like these best done on the barbecue.

MEP

Lamb Chops with Wine Glaze

- 2-4 lamb chops
- 1 tablespoon cooking oil
- 1 tablespoon butter
- salt and pepper to taste
- garlic powder to taste
- onion powder to taste
- 1/3 cup dry red wine
- 1 teaspoon butter

Heat oil in frying pan until almost smoking. Add the butter. Add the chops and sauté about 3 minutes or until browned. Turn and lightly sprinkle with salt, pepper, garlic powder, and

onion powder. Sauté the other side about 5 minutes or until browned. Turn and lightly sprinkle other side with salt, pepper, garlic powder, and onion powder. Cook about 5 minutes, turn again and cook another 5 minutes or until as done as you like your chops.

Place chops on a warm platter.

Reduce heat and add wine. There should be just enough to cover the bottom of the pan. Stir with a wooden spoon to get all the drippings off the bottom of the pan. Continue cooking until liquid is reduced to about one half. Swirl in the butter and pour over your chops.

This is our favorite way to have lamb chops. This also works equally well for tenderloin steaks.

MEP

Lamb Curry

- 3 large apples, pared, cored and sliced
- 1 onion, sliced
- 1 clove garlic, minced
- 2-3 tablespoons butter
- 2-3 tablespoons flour
- 1/2 teaspoon curry powder
- 1 tablespoon lemon juice
- 2 cups meat stock or bouillon
- 1 teaspoon gravy flavoring
- grated rind of 1/2 lemon
- 1/2 cup raisins
- 3 whole cloves
- 2 cups cubed, leftover cooked lamb chutney

Sauté apples, onion, and garlic in butter until onions are golden brown. Blend curry powder and flour together. Sprinkle over apple mixture and stir to blend. Combine lemon juice, bouillon, and gravy flavoring. Stir into apple mixture gradually. Stir in lemon rind, raisins, and whole cloves. Cover and simmer 30 minutes. Add lamb and heat thoroughly. Serve with rice on a hot platter with a side dish of chutney.

Serves 6.

This is a good recipe for using the leftovers from a leg of lamb.

An easy way to marinate it to place the marinade and the meat in a plastic self sealing bag.

Then just turn bag and all. To prevent disasters should the bag puncture be sure to place in a shallow pan.

MEP

Lamb with Coffee and Spices

- 4 boneless tied lamb sirloin rolls, or 4 double-thick lamb chops, trimmed of fat

marinade

- 2 teaspoons chopped garlic
- 1 1/2 tablespoons chopped fresh mint
- 1 tablespoon finely ground coffee
- 1/4 cup olive oil
- 1/3 cup red wine
- 1/4 teaspoon whole mixed peppercorns
- 1/4 teaspoon cumin seed
- 1/4 teaspoon mustard seed
- 1/4 teaspoon coriander seed
- 2 teaspoons chopped fresh rosemary
- 1/4 teaspoon sea salt

sauce

- 2 tablespoons olive oil
- 2 tablespoons minced green onions
- 1 1/2 cups red wine
- 1 6-inch vanilla bean, split lengthwise
- 1 tablespoon chopped fresh mint
- 2 cups chicken stock
- 1/4 cup freshly brewed coffee
- 1/2 tsp honey
- 1 teaspoon cornstarch mixed with 2 tsp cold water
- 1 tablespoon unsalted butter at room temperature
- sea salt and freshly ground pepper

Marinade: Combine the garlic, mint, coffee, olive oil, and wine in a non-reactive mixing bowl. Grind peppercorns, seeds, rosemary and

salt using a mortar and pestle. Add to coffee mixture and whisk thoroughly.

Place the lamb in a large glass dish. Pour the marinade over the lamb and rub in thoroughly on all sides. Refrigerate, covered, 3-4 hours. Remove the lamb and wipe off most, but not all, of the marinade.

Sauce: In a large sauté pan or skillet over medium heat, cook the olive oil and green onions for two minutes. Add red wine, vanilla bean, and mint and bring to a boil. Reduce the heat to a simmer and reduce sauce by half. Stir in stock, coffee, and honey and reduce by half. Remove vanilla bean. Stir in cornstarch mixture to thicken sauce. Remove from heat, swirl in butter, and season to taste. Keep warm.

Cook the lamb on a hot grill for 7-8 minutes per side, until medium-rare.

To serve, place lamb on plate, top with sauce, and garnish with fresh mint.

Serves 4.

RGP

This recipe is exotic and interesting. The sauce tasted terrible to me until the very end, when it suddenly came together.

Leg of Lamb with Mint Pesto

- 1/3 cup walnuts
- 6 large garlic cloves
- 2 cups fresh mint leaves
- 1 cup fresh basil leaves
- 1/2 cup olive oil
- 1 tablespoon balsamic vinegar or red wine vinegar
- 1 5-to-6 pound leg of lamb

Mint Pesto:

Finely chop walnuts and garlic in a food processor. Add 2 cups of mint leaves and basil and chop finely. Add oil and vinegar and blend until pesto is smooth.

Remove most of the fat from the lamb, leaving only a very thin layer. Set lamb in a large roasting pan. With a sharp knife make slits about an inch deep and an inch long over the surface of the lamb and fill each slit with the pesto. Rub any left over pesto onto the surface of the lamb.

Roast, uncovered, at 350 degrees until meat thermometer registers between 145 degrees and 150 degrees. The lamb will be medium. It takes between 20 and 25 minutes per pound.

Let roast stand for about 20 minutes. To carve, take hold of the bone at the end of the leg and slice thinly lengthwise toward the wide end.

Serves 6 to 8

I like plenty of garlic with lamb so I usually use more garlic than in this the recipe. It takes quite some time to make the pesto, to trim the fat from the leg of lamb, and to slit and fill the slits. So allow yourself plenty of time for preparation.

MEP – Adopted from a Bon Appetit recipe

Pork Entrees

Baked Pork Tenderloin with Mustard Sauce

- 3 pork tenderloins, 3/4 to 1 pound each, or 3 pound boned pork loin roast
- 1/2 cup soy sauce (can use the light)
- 1/2 cup bourbon
- 4 tablespoons brown sugar

Mix the soy sauce, bourbon, and brown sugar together to make a marinade. Place the pork in a shallow dish and pour the marinade over it, turning the meat occasionally for 2 - 3 hours at room temperature.

Bake the meat in a roasting pan in a preheated 325 degree oven for approximately 1 1/4 hours if you use tenderloins, or 2 1/2 to 3 hours if a

boned pork loin. Meat thermometer should be at 160 to 165 degrees. Carve in thin diagonal slices and serve with Mustard Sauce, Mustard Sauce Balcham, or Mustard Aspic.

Serves 6.

I have discovered that most good recipes for pork roasts call for marinating and/or basting while roasting to prevent dryness.

MEP

Carnitas with Achioté Rice

Achioté Paste

- 2 tablespoons achioté seeds (also called annatto seeds)
- 2 teaspoons whole allspice, freshly ground
- 1 teaspoon freshly ground black pepper
- 1 1/2 teaspoon dried oregano
- 3 tablespoons cider vinegar
- 6 cloves garlic, peeled
- 1 teaspoon salt

- 1 pound boneless pork shoulder, trimmed and cut into 1 1/2-inch cubes
- 1 lime, juice of
- 1/2 teaspoon salt
- 1 poblano chile
- 2 medium carrots, chopped into 1/4-inch dice
- 1 cup frozen peas
- 1 cup rice
- 1 small white onion, finely chopped
- 1 3/4 cup beef or pork broth

Process the achioté in a spice grinder until finely ground. Combine in a small bowl with the allspice, pepper, oregano, and vinegar.

Roughly chop the garlic, and then combine with 1 teaspoon of the salt on a cutting board. Using the flat side of a knife, smash the garlic and salt until it is a smooth paste.

Add the garlic paste to the achioté mixture and work the two together. Dribble enough water (1 to 2 tablespoons) into the mixture while combining to form a thick spreadable paste.

Place the pork in a saucepan. Add enough water to cover by 1/2 inch. Add the lime juice and 1/2 teaspoon salt. Bring to a boil, then simmer over medium heat for about one hour, until the water is gone and the meat begins to fry in the remaining fat. Continue to fry the meat, stirring as needed, until it is browned on all sides.

While the meat is simmering, blacken the poblano under the broiler or over a gas burner. Place the chile in a bag for five minutes to steam, then peel, de-seed and devein, and dice into 1/4-inch pieces.

When the meat is browned. Remove it from the pan, and then drain the grease, leaving the browned bits and enough grease to coat the bottom of the pan.

Add the rice and onions to the pan, and fry until the rice looks chalky, about five minutes. While the rice is frying, heat the broth, two teaspoons of the achiote paste, and 1/2 to 1 teaspoon of salt in a separate pan until it is hot, whisking occasionally.

Add the carrots, poblano, and pork to the rice. Thoroughly whisk the broth, then add it to the rice and stir to combine.

Cover the rice and cook over medium-low heat for 15-20 minutes, until the rice is nearly cooked through. Remove the pan from heat, stir in the peas, and leave covered for another ten minutes to finish cooking. Fluff and serve.

RGP

Charcoal Broiled Ham Steaks

- 3 one inch thick slices ham
- 6 tablespoons Dijon mustard
- 2 cups brown sugar
- 1 twenty ounce can of sliced pineapple

Mix the wine mustard, with the brown sugar and enough of the juice from the pineapple to make a thin paste. Put steak on the grill and baste with the brown sugar paste. Grill until steak is browned and heated through. Place steak on a warm platter.

Put pineapple rings on grill until they are steaming and brown. Place on top of ham steaks and serve immediately.

Serves 4 to 6.

MEP

German-style Schnitzel

- 6 boneless pork loin cutlets, trimmed (about 2 pounds)
- 1/2 cup all-purpose flour
- 2 teaspoons seasoned salt
- 1/2 teaspoon freshly ground pepper
- 2 eggs
- 1/4 cup milk
- 1 1/2 cups fresh bread crumbs
- 2 teaspoons paprika
- 6 tablespoons butter or cooking oil
- 2 tablespoons all-purpose flour
- 1/2 teaspoon dried dill
- 1 1/2 cups chicken broth
- 1 cup sour cream, at room temperature

Place cutlets in baggie and flatten to 1/4 to 1/2 inch thickness. Cut small slits around edges of pork to prevent curling. Set aside.

Combine 1/2 cup flour, salt, and pepper in shallow bowl or on sheet of waxed paper. Beat eggs with milk in another shallow bowl. Mix crumbs with paprika in a small bowl or on another sheet of waxed paper.

Dip cutlets in flour and then into egg mixture. Coat with crumbs, covering completely. Melt butter or cooking oil in a skillet large enough to hold the cutlets in a single layer. Add cutlets and sauté on both sides until coating is golden brown and meat is no longer pink. About 3-5 minutes per side. Transfer to a platter and keep warm.

Combine remaining flour with dill. Add to skillet scraping up any browned bits that cling to the bottom of the skillet. Add broth, stirring continuously until well blended. Stir in sour cream and cook until heated through. Spoon over cutlets.

Serves 6.

I like to add about a teaspoon of Diable sauce with the chicken broth.

MEP

Ham Rolls with Cheese Sauce

- Biscuit dough, Stir N' Roll works well
- 3 cups finely chopped ham
 - cheese sauce

Prepare biscuit dough and roll out to 1/4 inch thickness. Spread the ham over the dough and roll up starting at the wide end. Will look like cinnamon rolls. Slice into 1 inch slices and bake at 450 degrees for 10 to 12 minutes until nicely browned. While the rolls are baking prepare the cheese sauce, then serve the biscuits with the cheese sauce over them.

Serves 4 generously.

This is an excellent recipe for using leftover ham.

Cheese Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups milk
- 2 cups grated cheddar cheese (about 1/2 pound)

Melt the butter in a heavy sauce pan over low heat. Stir in the flour and continue stirring until it bubbles for about 1 minute. Add the milk stirring constantly until the sauce is thickened. Add the cheddar cheese stirring until the cheese is melted. If you make the sauce with a wooden spoon it will be smooth and not lumpy. Metal spoons conduct heat and cause sauces to be lumpy.

MEP

Jeanette's Irish Ham

- 3-4 pound ham
- 2 tablespoons vinegar
- 1 medium onion sliced

- 1 carrot cut in 1/2 inch lengths
- 1/2 lemon sliced
- 1/2 cup honey
- 1/2 cup Irish whiskey
- 2 stalks celery cut in 1/2 inch lengths
- 1/4 teaspoon pepper
- 2 tablespoons fresh parsley chopped
- 1/2 teaspoon anise seed
- 1/2 teaspoon ground nutmeg

In a large oven proof pan bring to a boil enough water to cover the ham. Immerse ham, add vinegar, cover, remove from heat, and let stand for 15 minutes.

In a bowl combine the remaining ingredients. Drain ham. Pour mixture over ham. Cover and bake for about 1 hour at 350 degrees.

JPO

Loin Pork Chops with Apples

Filets de Porc aux Pommes

- 4 loin pork chops, about 1 inch thick
- salt and freshly ground pepper to taste
- 1 tablespoon cooking oil
- 2 apples, peeled, cored, and quartered
- 1 clove garlic
- 1/4 cup dry white wine
- 1/3 cup chicken broth

Sprinkle the chops with salt and pepper. Heat the oil in a heavy skillet large enough to hold both the chops and the apples in a single layer. Add the chops and garlic to the skillet and brown well on one side, about 5 minutes. Turn and brown on the other side, about 10 minutes.

Push the chops aside and add the apples in one layer. Continue cooking 15 minutes, turning the apples so that they brown and cook evenly.

Remove the chops and the apples to a serving dish. Pour off the fat from the skillet. Add the wine, stirring to dissolve the brown particles that cling to the bottom and sides of the pan.

Add the broth and simmer down to a sauce-like consistency. Discard the garlic. Pour the sauce over the chops.

Serves 4.

MEP - 60 Minute Gourmet

Mu Hsu Pork

- 8 ounces pork tenderloin
- 6 dried Chinese mushrooms
- 1/4 cup dried black cloud ears
- 25 dried lily buds
- 2 green onions
- 4 ounces mung bean sprouts
- 2 eggs

Marinade

- dash fresh ground black pepper
- 1/4 teaspoon minced fresh ginger root
- 2 teaspoons cornstarch
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce

Seasoning Sauce

- 1 teaspoon cornstarch
- 1 tablespoon soy sauce
- 1/4 cup water
- 1/4 teaspoon sesame oil
- 2 tablespoons oil
- 1/4 teaspoon salt

To prepare ahead: Shred pork by slicing into 1/8 inch slices across the grain, then slicing into 1/8 x 1/8 x 2 inch strips. Transfer pork to mixing bowl, and toss with the marinade ingredients to coat thoroughly. Let stand for 30 minutes.

Soak mushrooms and black cloud ears in 2 cups hot water (each) for 20-30 minutes. Rinse until the water runs clear. Remove stems from both. Cut into thin strips.

Soak lily buds in 2 cups of hot water for 10 minutes. Remove hard tips, then cut each bud in half. Set aside with mushrooms and black cloud ears.

Cut the green onions into 2-inch lengths, then shred by butting lengthwise into thin strips.

Rinse and drain the bean sprouts.

Mix the seasoning sauce ingredients together in a small bowl.

Beat the eggs in a small bowl. Heat a 10 to 12 inch non-stick skillet, sprayed with Pam, over medium heat. When hot, pour in the eggs, and tilt the pan to completely coat the bottom. Flip the egg when it is lightly browned on the bottom, and remove when lightly browned on both sides.

When the egg is cooled off, cut into thin strips as follows: Cut the egg in half, and flop one piece on top of the other. Cut the pieces in half again, and stack to make a stack of quarter circles. Cut the stack in half, parallel with one straight edge. Take each remaining stack, and slice thinly parallel to the short straight side.

To cook: Heat 1 tablespoon oil in a wok over high heat. Add bean sprouts, mushrooms, black cloud ears, lily buds, and salt. Stir-fry for two minutes, then set aside with the eggs.

Wipe the wok clean with a paper towel, then add 1 tablespoon oil and heat over high heat.

Add the green onions and stir-fry for a few seconds, then add the pork. Stir-fry for 3 minutes or until the pork is fully cooked. Return the vegetables and eggs to the wok. Add the sauce and stir until thickened.

To serve: Serve with warm mandarin pancakes (these can be bought frozen at an oriental market), or over rice.

Serves 4.

RGP - Dorothy Huang Cooking Class

Open Face Ham and Cheese Sandwiches with Poppy Seeds

- 1/4 cup butter, room temperature
- 1/4 cup finely chopped onion
- 2 tablespoons German or spicy brown mustard
- 3 teaspoons poppy seeds
- 4 1/2-inch-thick slices of French bread melted butter

- 8 thin ham slices
- 8 thin Swiss cheese slices

Preheat oven to 350 degrees. Stir 1/4 cup butter, onion, mustard and 2 teaspoons of the poppy seeds in a small bowl to blend.

Brush 1 side of each bread slice with melted butter. Arrange buttered side down on baking sheet. Spread mustard mixture on bread slices. Arrange 2 ham slices, then 2 cheese slices atop each bread slice. Trim ham and cheese to fit bread. Sprinkle sandwiches with remaining 1 teaspoon poppy seeds.

Bake sandwiches until cheese starts to melt and bottom of bread is lightly toasted, about 15 minutes. Serve hot.

Serves 4.

I used Provolone and it worked well. I also made these sandwiches with rye bread and I liked the taste even better.

MEP - Bon Appetit

Oriental Braised Pork

- 1 pound pork tenderloin
- 2 tablespoons soy sauce
- 1 cup water
- 4 slices fresh ginger root
- 2 whole star anise
- 1/4 cup dry sherry

In a 4-qt saucepan, place all of the ingredients. Turn the pork to coat evenly. Bring to a boil uncovered over high heat, then cover and continue to cook at medium-low heat for an hour.

A good basic ingredient for many oriental dishes.

RGP - Dorothy Huang Cooking Class

Oven-Baked Pork Baby Back Ribs

- 1 rack of baby back ribs
- 1 1/2 cups chicken broth
- 1/3 - 1/2 cup of Hoisin sauce

Set ribs in a large pan with the curved side up. Pour chicken broth over the ribs. Cover tightly with foil and bake in a 400 degree oven for two hours. Brush ribs with the Hoisin sauce and bake for an additional 10 to 15 minutes.

MEP – Adapted from Better Homes and Gardens

Pork Burgers with Sautéed Cabbage

Bitoks de Pork au Chou

- 1 1/2 pounds lean ground pork
- 1 teaspoon butter
- 1/2 cup finely chopped onion
- 1/2 cup fine fresh bread crumbs
- 1 teaspoon crush cumin seeds
- 1/4 cup finely chopped fresh parsley
- 1 egg
- salt and freshly ground pepper
- 3 tablespoons cooking oil
- 1 teaspoon paprika
- 1/3 cup heavy (whipping) cream
- 1/2 cup sour cream
- 1 recipe Chou Sauté au Beurre (sautéed cabbage)

Put the pork in a mixing bowl. Melt the butter in a saucepan and add the onion. Cook stirring until wilted.

Add the onion to the pork. Add the bread crumbs, cumin, parsley, egg, and salt and pepper to taste. Blend well. Divide the pork mixture into 8 equal portions, forming mixture into hamburger-shaped patties.

Heat the oil in a heavy skillet large enough to hold the patties. Add the patties and cook about 10 minutes. Turn and cook 10 minutes longer.

Arrange a serving of cabbage on warmed plates. Place two patties on each cabbage serving.

Add the paprika to the pan drippings and stir over high heat. Cook briefly and add the heavy cream. Bring to a boil. Turn off the heat and stir in the sour cream. Reheat gently without boiling or the sauce will curdle.

Spoon the sauce over the pork patties and serve.

An excellent dish that is hearty and rich. I save the ends from the whole pork tenderloins I buy and when I have enough, I grind up the meat and make this dish.

MEP - 60 Minute Gourmet

Pork Chops with Mushrooms, Bourbon, and Cream

Sauce

- 2 Tablespoons olive oil
- 1 pound mushrooms, sliced
- 1/4 cup chopped shallots
- 2 large garlic cloves, chopped
- 1/2 cup dry white wine
- 1 cup canned low-salt chicken broth
- 1/2 cup whipping cream or 1/2 cup milk with 1 tablespoon flour whisk into it
- 1/4 cup plus 1 tablespoon bourbon

Chops

- 1 large egg
- 2 tablespoons water
- 4 6- to 7-ounce center-cut pork chops
- salt and pepper
- all purpose flour
- 2 cups fresh breadcrumbs
- 3 tablespoons vegetable oil
- 2 tablespoons minced fresh basil

Heat 2 tablespoons olive oil in heavy large skillet over medium heat. Add mushrooms, shallots, and garlic and sauté until mushrooms are brown, about 15 minutes. Add wine and boil until liquid is almost reduced to a glaze, about 4 minutes. Add chicken stock, cream, and 1/4 cup of bourbon and simmer until sauce thickens, about 12 minutes. This sauce can be prepared up to a day ahead of time by covering and refrigerating.

Preheat oven to 400 degrees. Whisk egg and water in a shallow baking dish. Sprinkle both sides of pork chops with salt and pepper. Dip pork chops into flour, then egg mixture, then breadcrumbs, coating completely. Heat vegetable oil in large skillet over medium-high heat.

Add pork chops and cook until brown -- about 4 minutes a side. Transfer chops to baking sheet. Bake until just white in center, about 10 minutes.

Meanwhile bring sauce to simmer. Mix in minced basil and remaining tablespoon bourbon.

Season sauce to taste with salt and pepper. Divide sauce among four plates and top with pork chops.

Serves 4.

The sauce takes quite a bit of time, so I recommend making it ahead of time.

MEP - Bon Appetit

Pork Chops with Mustard Sauce

Cotes de Porc Charcutiere

- 4 center cut loin pork chops about 1 inch thick
- salt and freshly ground pepper
- 1 teaspoon cooking oil
- 1/3 cup finely chopped onion
- 1/2 teaspoon finely minced garlic
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 2 tablespoons chicken broth
- 1/4 teaspoon arrowroot or cornstarch
- 1 teaspoon Dijon mustard
- 2 tablespoons thinly slice gherkins
- 2 tablespoons finely chopped parsley

Sprinkle the chops on both sides with salt and pepper to taste. Heat the oil in a skillet large enough to hold the chops comfortably without crowding. When the oil is very hot add the chops and cook over moderately high heat about 5 minutes. Turn the chops and cook on the second side about 5 minutes. Reduce the heat and continue cooking about 5 minutes.

Cook 10 minutes longer, turning the chops occasionally. Transfer the chops to a warm serving dish.

Pour off most of the fat from the skillet. Add the onion and garlic and cook, stirring, until the onion is wilted. Add the wine and stir to

dissolve the brown particles that cling to the bottom and sides of the pan. Cook until the wine is reduced to about 2 tablespoons. Add half a cup of chicken broth and bring to a boil.

Blend the arrowroot with the remaining two tablespoons of chicken broth and stir it into the sauce. Add the mustard and pickles and any juices that have accumulated around the chops and simmer for a couple of minutes.

Spoon the sauce over the chops and sprinkle with chopped parsley.

Serves 4.

Do not pass over this recipe because of the pickles. It is really good.

MEP - 60 Minute Gourmet

Pork Chops with Onions, Bacon and Mushrooms

- 2 tablespoons butter
- 6 3/4 inch-thick pork loin chops
- salt and freshly ground pepper to taste
- 2 cups quartered mushrooms
- 2 medium onions, chopped
- 3/4 cup finely chopped onion
- 1/4 pound bacon, diced
- 1/2 cup dry white wine
- 2 tablespoons all purpose flour
- 1 1/2 teaspoons paprika
- 1 cup whole milk
- 1 cup beef broth
- 2 tablespoons tomato sauce

Preheat oven to 375 degrees. Butter 9 x 16 inch glass baking dish. Melt 2 tablespoons butter in heavy large skillet over high heat. Season chops with salt and pepper. Add chops to skillet (in batches if necessary) and sear until brown, about 2 minutes per side. Transfer to prepared backing dish. Top with mushrooms.

Add onions and bacon to same skillet and cook over medium heat until onions are translucent and bacon is crisp, stirring frequently, about 10 minutes. Stir in flour and paprika. Increase heat to medium high. Stir in milk and beef broth and

bring to a boil. Mix in tomato sauce. Season with salt and pepper. Pour sauce over mushrooms and chops.

Transfer to oven and bake until chops are tender, 20 to 25 minutes. Best served with rice.

Pork Chops with Paprika in Cream Sauce

Cotes de Porc Hongroise

- 4 loin pork chops
- salt and freshly ground pepper to taste
- 1 teaspoon paprika
- 2 teaspoons cooking oil
- 3/4 cup finely chopped onion
- 1/2 cup dry white wine
- 1/2 cup heavy (whipping) cream
- 1 tablespoon Dijon mustard

Sprinkle the chops on both sides with salt, pepper, and paprika. Heat the oil in a heavy skillet and add the chops. Cook about 10 minutes or until nicely browned on one side. Turn and cook 15 minutes longer. Pour off the fat. Sprinkle the onion between the chops and cook briefly. Remove the chops to a warm platter. Add the wine to the skillet and cook, stirring, until the liquid is almost totally reduced. Add the cream and cook over high heat about 5 minutes. Remove from the heat and stir in the mustard. Serve the chops with the sauce spooned over them.

Serves 4.

I have begun to use 2% milk in place of the whipping cream. To get the sauces to thicken you need to beat about 1 teaspoon of arrowroot or corn starch into the milk being sure it is thoroughly dissolved.

MEP - 60 Minute Gourmet

Pork Chops with Sour Cream-Dill Sauce

- 3 tablespoons vegetable oil

- 4 large sirloin pork chops about 1/2 inch thick
- 1/3 cup plus 1 tablespoon all-purpose flour
- 1/2 cup chopped onion
- 2 teaspoons paprika
- 1 small clove garlic, crushed
- 3/4 cup or more canned low-salt chicken broth
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon caraway seeds
- 1 cup sour cream
- 2 tablespoons fresh dill, chopped

Heat vegetable oil in large skillet over medium-high heat. Season pork chops with salt and pepper. Place 1/3 cup of flour in a shallow bowl. Coat pork chops with flour, shaking off the excess. Add to skillet and cook until brown, about 4 minutes per side. Transfer to platter.

Drain all but 1 tablespoon fat from skillet. Add onion to skillet and sauté until light golden, about 5 minutes. Add paprika and crushed garlic and stir 30 seconds. Mix in chicken broth marjoram and caraway seeds. Simmer 3 minutes. Return pork chops to skillet. Cover and simmer until pork chops are almost cooked through, about 5 minutes per side (the original recipe called for 10 minutes a side, but I found this overcooked the chops). If liquid evaporates, gradually add more chicken broth. (I found it took about another 1/4 cup)

Reduce heat to low.

In a small bowl, whisk sour cream, dill, and remaining tablespoon of flour together. Add to skillet and stir until pork chops are tender and sauce thickens. Keep to a very low boil, so flour cooks.

To serve spoon sauce over chops.

Serves 4.

I made this with no fat sour cream and the taste did not change. This recipe is similar to Pork Cutlets with Paprika in Sour Cream, but the added spices give it a little more zest.

MEP - Bon Appetit

Pork Cutlets with Paprika in Sour Cream

Cotelettes de Porc Paprika

- 8 slices boneless loin or tenderloin of pork
- salt and freshly ground pepper to taste
- 1 teaspoon sweet or mild paprika
- 2 tablespoons butter
- 1/4 cup finely chopped onion
- 1/2 cup dry white wine
- 1/2 cup chicken broth
- 1/2 cup sour cream
- finely chopped parsley for garnish

Place the meat on a flat surface between sheets of plastic wrap and pound with a mallet to flatten without breaking the meat. Sprinkle with salt and pepper on both sides. Evenly coat the pieces with paprika.

Heat the butter in a skillet large enough to hold the meat in one layer. Cook over high heat to brown on one side, about 3 minutes. Turn and brown on the other side, about 3 to 4 minutes.

Transfer the pieces to a platter. Pour off the fat from the skillet and add the onion. Cook stirring briefly until wilted. Add the wine and stir to dissolve the brown particles that cling to the bottom and sides of the skillet. Add the chicken broth and simmer about 5 minutes.

Remove the sauce from the heat and stir in the sour cream. Spoon the sauce over the meat and sprinkle with parsley.

Serves 4.

This is one of our favorites. The original recipe called for putting the sauce through a fine sieve and then reheating before putting on the pork. I have tried it both ways and do not feel that sieving it is worth the time and effort.

MEP - 60 Minute Gourmet

Pork Roast with Currant Sauce

- 1 3-4 pound boned pork loin roast or pork tenderloins

- 1/2 cup dry sherry
- 1/2 cup soy sauce
- 2 cloves garlic, minced
- 1 tablespoon dry mustard
- 1 teaspoon ground ginger
- 1 teaspoon dried thyme, crushed

Sauce

- 1 10 ounce jar currant jelly
- 2 tablespoons sherry
- 1 tablespoon soy sauce
- 1/4 cup dried currants (optional)

Place pork in a plastic bag along with remaining ingredients. Securely tie or seal bag and let sit at room temperature for 2 - 3 hours turning occasionally.

Preheat oven to 325 degrees. Reserving marinade, place meat in a shallow baking pan and roast, uncovered for 2 1/2 to 3 hours, or until meat thermometer registers 160 - 165 degrees.

If using pork tenderloins they will cook in about 1 1/4 hours or so. Baste with remaining marinade during last hour. Let roast sit at least 15 minutes before carving.

While pork is roasting, make the sauce.

Combine the sauce ingredients in a small saucepan over medium-low heat and simmer 2 minutes. If you wish a thicker consistency serve at room temperature. Otherwise reheat just before serving. Place in a sauce boat and allow guests to use the amount they like. Usually

I find people taste first and then discover the excellent combination with the pork.

Serves 6-8 people.

MEP

Pork Rib Satays with Peanut Sauce

Marinade

- 5 large shallots, chopped
- 6 tablespoons soy sauce
- 4 1/2 tablespoons distilled white vinegar

- 3 tablespoons (packed) peeled, and minced fresh ginger
- 1 1/2 tablespoons peanut oil
- 3 garlic cloves, minced
- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons (packed) brown sugar
- 3/4 teaspoon cayenne pepper
- 2 Pounds baby back pork ribs, cut into 4 to 5 rib sections
- peanut sauce

Mix all marinade ingredients together. Place marinade and ribs in a plastic bag and turn to coat ribs with marinade. Set bag in a dish. Chill overnight.

Preheat oven to 350 degrees. Line large roasting pan with long piece of foil, overlapping short side by 10 inches. Place ribs and marinade on foil in pan. Spoon some marinade over ribs. Fold foil over, enclosing ribs loosely in foil. Bake until ribs are tender, about 75 minutes. Cool ribs slightly.

Preheat broiler. Unwrap ribs. Transfer ribs to cutting board and cut into single ribs.

Place ribs on baking sheet and broil until well browned, about 3 minutes per side.

These could also be browned on a barbecue.

MEP - Bon Appetit

Pork Tenderloins with Molé Rub

- 2 (2-pound) boneless pork tenderloins
- 2 tablespoons extra-virgin olive oil

Rub

- 1 1/2 teaspoon whole white peppercorns
- 1 1/2 teaspoon whole coriander
- 1 teaspoon whole cloves
- 3 sticks whole cinnamon
- 1 teaspoons ground nutmeg
- 2 tablespoons unsweetened cocoa
- 2 tablespoons sea salt, preferably gray

To prepare the rub:

In a medium saucepan over medium heat, toast the peppercorns, coriander, cloves and

cinnamon until they are aromatic and begin to pop. Remove from heat and grind to fine powder in a spice mill or coffee grinder. Combine with the remaining rub ingredients. The rub will keep for 2-3 months in an air-tight container.

Preheat oven to 400 degrees.

Trim the pork tenderloins of fat and membrane. Rub with a generous amount of the cocoa spice rub and wrap in plastic wrap. Let sit for 1/2 hour. Remove the wrap and add more rub to the tenderloins. Heat the olive oil in a large sauté pan over medium high heat. Sear each tenderloin on all sides until a rich brown color, about 2 minutes on each side. Remove tenderloins from heat and bake in the oven for about 10 minutes or until cooked through.

Let the tenderloins rest out of the oven for at least 10 minutes before carving. Slice on a 45 degree angle into 1/2 inch medallions.

This dish is well-accompanied by the Papaya-Mandarin Salsa (see Salads).

Serves 4.

RGP

Ribs with Orange-Ginger Glaze

- 2 pounds whole or half pork baby back ribs
- 1/4 cup soy sauce
- 5 quarter-size slices fresh ginger
- 4 green onions, cut into 1/2-inch pieces
- 2 - 4 star anise

Glaze

- 1/2 cup canned chicken broth
- 1/2 cup sugar
- 4 teaspoons grated orange peel
- 1 tablespoon minced fresh ginger
- 1 garlic clove, minced
- 3 tablespoons soy sauce

Cut whole baby back rib in half. Combine ribs, soy sauce, ginger, green onions, and anise in a large pot. Add water just to cover ribs. Simmer until ribs are cooked through, about 1 hour.

Cool to room temperature in cooking liquid. Drain ribs.

Whisk glaze ingredients together. Grill and baste ribs, until they are heated through and nicely browned.

Serves 2.

The original recipe called for using spare ribs, cutting them into 2-inch lengths and separating the ribs. Because I like to do them on the grill, I buy baby backs and only cut them in half. The original recipe called just for 2 star anise. By accident I dropped several more into the pot. We like the licorice taste, so now I use 4 or more.

MEP – Adapted from Bon Appetit

Satay

- 1/2 pound of lean beef, pork, or lamb (or chicken)
- bamboo skewers

Sauce

- 1 tablespoon fresh lime juice
- 1 teaspoon soy sauce
- 1 tablespoon dark brown sugar
- 1 tablespoon peanut oil
- 1 1/2 tablespoons minced shallot
- 2 teaspoons minced ginger
- 1 teaspoon minced garlic
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried crushed red pepper
- 1/2 cup creamy peanut butter
- Water

Marinade

- 3 tablespoons orange juice
- 1 1/2 teaspoons molasses
- 1 teaspoon peanut oil
- 1 teaspoon dark soy sauce
- 1 clove garlic, smashed
- 2 slices of ginger, smashed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Note: the sauce should be made the day before.

For the sauce: Combine the lime juice, soy sauce, and sugar in a small bowl. Stir to dissolve the sugar.

Heat the oil in a skillet and add the shallot, ginger, garlic, and all spices. Cook until the shallot is soft and translucent and the entire mixture is very fragrant.

Scrape the skillet contents into a mixing bowl. Add the peanut butter.

Add the lime mixture to the skillet. Heat it for about 30 seconds, stirring constantly. Add the lime mixture to the bowl, and thoroughly mix all the ingredients together. Cover tightly and leave in the refrigerator overnight.

The next day, let the sauce warm to room temperature. Put the sauce in a food processor, and pulse blend a few times. Add a little water and mix. Continue adding water and mixing until the sauce is a little thinner than mayonnaise.

Taste and adjust the seasonings if necessary. If you use unsalted peanut butter (I like to use fresh-ground peanut butter, which has no salt), you'll need to add at least a teaspoon of salt.

For the satay: Trim the meat and slice into strips about 3/8" x 3/8" x 3-4". The size isn't that important as long as the meat is of consistent thickness and not too thick.

Combine the marinade ingredients in a bowl. Toss the meat with the marinade and let stand for a couple of hours. Note: Leave out the oil for the pork or chicken. Also, I like to use honey and light soy instead of molasses and dark soy when using chicken.

Soak the bamboo skewers in water for several minutes. Thread the meat on the skewers.

Grill, basting occasionally with the marinade, until cooked through. Serve with a side of the peanut sauce.

Serves 2.

RGP - Beer Cuisine by Jay Harlow

Sautéed Pork Chops

Cotes de Porc Sautées

- 8 pork chops, about 1/2 inch thick
- salt and freshly ground pepper to taste
- 2 tablespoons cooking oil
- 1/2 cup finely chopped onion
- 6 tablespoons dry white wine
- 2 tablespoons red wine vinegar
- 1 cup chicken broth
- 1 tablespoon tomato paste
- 1 teaspoon dry white wine
- 1 teaspoon cornstarch
- 1 tablespoon Dijon mustard

Sprinkle the chops with salt and pepper. Heat the oil in a heavy skillet in which the chops will fit in one layer. Add the chops and cook about 5 minutes or until well browned on one side. Turn the chops on the other side and cook 5 to six minutes more. The chops must be cooked rapidly over very high heat or they will toughen.

Remove the chops to a warm serving platter and pour off most of the fat from the skillet. Add the onions and cook briefly, stirring. Add the 6 tablespoons of wine and the vinegar and stir with a wire whisk to dissolve the brown particles that cling to the bottom and sides of the pan.

Add the chicken broth and tomato paste and stir to blend. Cook about 5 minutes. Blend the cornstarch and remaining 1 teaspoon of wine and stir the mixture into the sauce.

Add mustard. Add any juices that have accumulated around the chops. Salt and pepper well. Reduce the heat and warm the sauce without boiling. Serve over the chops.

Serves 4.

MEP - 60 Minute Gourmet

Subgum

- 1 four ounce can of sliced mushrooms
- 2 cups cooked pork, diced
- 1 tablespoon butter
- 2 cups sliced celery

- 1 1/2 cups leftover gravy
- 1 twenty ounce can of bean sprouts
- rice or crisp Chinese noodles

Drain mushrooms, saving the liquid. Sauté the mushrooms and the pork in butter. Add celery, mushroom liquid, and gravy. Cook over low heat until the celery is just tender, about 30 minutes. Add water if mixture becomes too thick. Add drained bean sprouts and heat through.

Serves 4.

A good recipe to use leftover pork roast. If you do not have any gravy, beat 1 heaping teaspoon of corn starch into 1 1/4 cups beef bouillon to which you have added 1/4 cup of dry white wine. If you leave out the wine, the gravy will seem sweet.

MEP

Sweet and Sour Pork

- 1 1/2 pounds lean pork shoulder
- 1 tablespoon cooking oil
- 1/2 cup water
- 2 1/2 cups pineapple chunks, one No. 2 can
- 1/4 cup brown sugar
- 2 tablespoons corn starch
- 1/4 cup vinegar
- 2 - 3 tablespoons soy sauce
- 1/2 teaspoon salt
- 1 small green pepper, cut into strips
- 1/4 cup thinly sliced onion

Cut pork into strips that are about 2 inches long and 1/2 inch thick. Brown pork in the cooking oil. Add water, cover, and simmer for about 1 hour. Do not boil.

Drain pineapple, saving the liquid. Combine sugar and cornstarch. Add pineapple juice, vinegar, soy sauce, and salt. Add to pork and cook, stirring constantly until the gravy thickens and bubbles.

Add pineapple, green pepper, and onion. Cook 2 to 3 minutes. Serve with hot fluffy rice and pass extra soy sauce.

Serves 6 to 8.

MEP

Texas Barbecued Spareribs

- 3 pounds lean spareribs, cut into serving-size pieces
- lemon slices
- 1/2 cup chopped onion

Barbecue Sauce

- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 Teaspoon salt
- 1 Teaspoon dry mustard
- dash cayenne pepper
- 2 tablespoons Worcestershire sauce
- 1/4 cup vinegar
- 1 cup tomato juice
- 1/4 cup catsup
- 1/2 cup water

Place spareribs on a rack in a shallow baking pan. Cover each piece with a lemon slice.

Sprinkle the chopped onion on the top. Bake at 450 degrees for 30 minutes.

Meanwhile, mix the barbecue sauce ingredients in a saucepan and simmer for 15 minutes or until slightly thickened.

Pour sauce over cooked ribs and continue baking for 1 1/2 to 2 hours at 350 degrees, basting every fifteen minutes with the sauce. To prevent the ribs from browning too much, cover the last 1/2 hour of baking.

Serves 4.

Instead of baking in the oven after the sauce has been added, these can also be done on the barbecue.

MEP