

# “Delicious Pork Recipes!”



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## **Sauteed Pork Medallions w/Port, Dried Cherries & Rosemary**

### Ingredients

1 pork tenderloin (about 1 pound)  
1 tsp salt  
1/2 tsp ground pepper  
2 Tbs olive oil  
1/3 cup port  
1/2 cup dried cherries  
2/3 cup chicken stock  
2 tsp minced fresh rosemary leaves  
Salt and pepper to taste

This is from Best Recipe and serves up quite impressively for company – which is to say, it looks great, tastes terrific, but isn't prohibitively complex.

Serves 3.

Remove silver skin from pork and cut into 1-inch thick slices. Pound each slice with mallet (or mallet substitute) until they're 3/4" thick. Sprinkle each side with salt and pepper.

Heat oil until shimmering in heavy-bottomed pan over medium-high heat. Cooking meat in two batches to avoid over crowding, sear medallions without moving them until brown on one side, about 80 seconds (oil should sizzle but not smoke).

Turn medallions with tongs to avoid scraping off the sear. Sear until meat is mostly opaque at sides, firm to the touch, and well-browned, about 80 seconds. Transfer pork to plate and let rest.

Add port and cherries to pan and bring to boil, scraping pan bottom with wooden spatula to loosen browned bits, until liquid reduces to about 2 tablespoons, 2 to 3 minutes.

Increase heat to high and add stock, rosemary and any accumulate pork juices. Boil until liquid reaches consistency of maple syrup, about 2 minutes. Add salt and pepper to taste.

Reduce heat to medium and return pork to pan, turning meat to coat. Simmer to heat pork through and blend flavors, about 3 minutes. Transfer pork to plate and spoon sauce over meat. Serve immediately.

Tastes lovely with polenta or mashed potatoes!

## Pork Jaeger Schnitzel

### Ingredients

Prep time: 30 Minutes Cook time: 45 Minutes

Yields 6 Servings

2 Lbs boneless pork loin  
salt & pepper to taste  
flour for dredging  
4 oz of extra virgin olive oil  
1 small yellow onion  
1 medium carrot  
1 stalk of celery  
Bouquet garni (3 sprigs of fresh thyme, parsley and bay leaf)  
2 cups red wine  
1 cup of fresh veal stock (or beef stock)  
6 slices smoked bacon  
3 cups sliced mushrooms (wild or regular)

Slice pork ½ inch thick, trim fat, pound to ¼ " thick and flavor with salt & pepper.

Heat oil in pan, dredge meat in flour and sear both sides until golden. Remove meat from pan and set aside.

Chop onions, celery, carrots and sauté with thyme, bay leaves and parsley in original pan for several minutes. Deglaze with red wine and cook for approx 10 minutes until reduced by half. Add veal stock (or a good quality beef stock) Return meat to pan and cook until tender (about 20 Minutes) Transfer meat to a plate and keep warm, strain sauce, reserve.

While the meat & sauce are cooking chop bacon into ¾ inch pieces, partially cook with 2 tbs butter. Add mushrooms and sauté until golden.

Combine strained sauce & mushroom mixture, cook until it thickens (15 min) then skim and discard excess fat 5 minutes before serving return meat to sauce and heat.

To serve, divide schnitzels into 6 portions on center of heated plates. Pour the sauce on top. Sprinkle with minced parsley. Serve with spaetzle, noodles or mashed potatoes and red cabbage.

Wine Suggestion: Hopley Pinot Noir from Austria

## **Dewar's Rosemary Roast Pork Loin with Orzo and Barley and Mushroom Gravy**

### **Pork Roast Marinade ingredients:**

4lb pork loin roast (boneless) Serves 8

2 cups teriyaki sauce

1 cup tamari sauce

4 - 6 cloves of garlic – minced

4 heaping teaspoons of whole grain mustard

2 heaping teaspoon of regular mustard

4 - 6 branches of fresh rosemary – chopped

Dash of thyme

1 teaspoon of cracked pepper

Marinate the pork roast for at least 2 hours, and up to 24 hours (longer, the better!)

Place the pork roast in an oven-safe pan and drizzle with 1/3 of the marinade. Roast in a 325° oven, basting with marinade after a half hour and again after an hour. The roast should take about two hours to cook. It is done when the meat thermometer shows 160°. Reserve about 2 tablespoons of the marinade to add to the gravy.

### **Gravy:**

Sauté 4-5 cloves of garlic in butter. Add some pepper. Add 3 cups of sliced mushrooms (fresh). Sauté until tender. Pour in 1 shot of brandy (cognac or whiskey works well too), and flambé.

Pour in 1.5 cups of stock (vegetable or beef stock works well) and boil lightly. Reduce and add 1 more cup of stock. Add remaining marinade for flavour. Thicken with cornstarch or 'easy-blend' flour.

### **Orzo & Barley:**

2 cups or more of fresh mushrooms, sliced

8 green onions finely chopped

1/2 cup butter

1 cup of orzo

1 cup of pearl barley

2 10 oz. cans of consommé

2 10 oz. cans of water

Salt and pepper to taste

Saute mushrooms, onions in butter; add orzo and barley. Stir until golden brown. Put in a covered casserole and combine with consommé and water and bake in a 325° - 350° oven for about 1 hour, or until liquid is absorbed. Serves 8 - 10.

## **Sauteed Pork Medallions with Cream, Apples and Sage**

1 pork tenderloin (about 1 pound)  
1 tsp salt  
1/2 tsp ground pepper  
2 Tbs olive oil  
1 Tbs unsalted butter  
1 tart apple, peeled, cored & cut  
into 12 slices  
1/2 medium onion, sliced thin  
1/3 cup apple cider  
3 Tbs applejack or brandy  
1/2 cup chicken stock  
2 Tbs minced fresh sage leaves  
1/4 cup heavy cream  
Salt and pepper to taste

Looks great, tastes terrific, but isn't complex. Serves 3.

Remove silver skin from pork and cut into 1-inch thick slices. Pound each slice with mallet (or mallet substitute) until they're 3/4" thick. Sprinkle each side with salt and pepper.

Heat oil until shimmering in heavy-bottomed pan over medium-high heat. Cooking meat in two batches to avoid over crowding, sear medallions without moving them until brown on one side, about 80 seconds (oil should sizzle but not smoke). Turn medallions with tongs to avoid scraping off the sear. Sear until meat is mostly opaque at sides, firm to the touch, and well-browned, about 80 seconds. Transfer pork to plate and let rest.

Melt butter in pan in which pork was cooked over medium-high heat. Add apple and onion; sauté until apple starts to brown, about 4 minutes. Add cider and applejack or brandy. Boil, scraping pan bottom to loosed browned bits, until liquid reduces to a glaze, about 2 1/2 minutes.

Increase heat to high; add stock, sage, and any accumulated pork juices; boil until liquid reaches consistency of maple syrup, about 3 minutes. Add cream; boil until reduced by half, about 2 minutes.

Reduce heat to medium; return pork to pan, turning meat to coat. Simmer to heat pork through and blend flavors, about 3 minutes. Transfer pork to plate and spoon sauce over meat. Serve immediately.

Tastes lovely with polenta or mashed potatoes!

## Stuffed Pork Chops

### Ingredients

2 Pounds Of Thick Lean Pork Chops + 1/4 Cup Butter Or Margarine  
1/3 Cups Fresh Chopped Mushrooms  
1/4 Cup Chopped Onion + 2 Tablespoons Fresh Parsley  
1/2 Cup Finely Chopped Crushed Saltine Crackers  
1 1/2 Cup Milk And 1 Cup Shredded Swiss Cheese  
3 Tablespoons Butter Or Margarine  
3 Tablespoons All Purpose Flour  
1 Pinch Of Salt, Paprika, Fresh Ground Pepper, Each  
1/3 Cup Dry White Wine

### Information:

Serving Size 6  
412 Calories Per Serving  
13 Grams Of Fat

### Cooking Directions:

Make Deep Slicing Cuts into Center of Chops. Deep enough to fill. Cook Onions in butter for 3 minutes. Stir that skillet mushrooms, crushed crackers, parsley, 1/2 teaspoon salt, and pepper. Place mixture into the Pork chops overfilling them.

Place pork chops into a baking dish. In Saucepan melt 3 tablespoons butter. add flour and salt. Add milk and wine to saucepan with melted butter, flour and salt Cook and stir until mixture is thick and bubbly. Pour mixture over stuffed pork chops in baking dish and bake at 400 degrees for 30 minutes.

Top with cheese and paprika and return to oven for 5 minutes.

*[Buy premium wine, straight from the winery!](#)*

## **Pork Stir Fry**

### Ingredients

1 Pound Lean Pork Tenderloin Cut Into 1 Inch Pieces  
2 Tablespoons Vegetable Oil  
1/4 Cup Water Chestnuts  
1/2 Cup Bell Peppers  
1/2 Cup Shredded Carrots  
1/2 Cup Cut Broccoli  
1/2 Sliced Mushrooms  
1 Tablespoon Sesame Oil  
1/4 Cup Bean Sprouts  
1 Large Garlic Clove Minced  
1/2 Cup Stir Fry Sauce

### Information:

Serving Size 4  
235 Calories Per Serving  
9 Grams Of Fat

### Cooking Directions:

Add 1 Tablespoon vegetable oil to Wok or frying pan on high heat. Add cubed Pork and cook all the way through 5-6 minutes. Remove from heat and set aside. Add remaining vegetable oil to another Wok or skillet on medium-high heat.

Add Chestnuts, Bell Peppers, Shredded Carrots, Broccoli, Bean Sprouts and minced garlic. Stir-fry vegetable 2-3 minutes until crisp and tender. Pour in stir-fry sauce and stir while cooking an additional 2 minutes or until it's hot.

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## Amazing Ribs

### Ingredients

- 6 pounds pork baby back ribs
- 1 pinch black pepper
- 1 pinch salt
- 1 pinch crushed red pepper
- 4 cups barbecue sauce
- 2 (12 ounce) bottles porter beer, room temperature

1. Cut ribs into small portions of 2 or 3 bones each. Bring a large pot of water to a boil. Season water a pinch each of salt, black pepper, and crushed red pepper to the water. Boil ribs in seasoned water for 20 minutes. Drain, and let the ribs sit for about a half an hour.

2. Meanwhile, preheat an outdoor grill for high heat.

3. Lightly coat the ribs with barbecue sauce. Cook the ribs over high heat for a 5 to 10 minutes on each side to get a nice grilled look to them.

4. Place grilled ribs in a slow cooker. Pour remaining barbecue sauce and one bottle of beer over the ribs; this should cover at least half of the ribs. Cover, and cook on High for 3 hours. Check ribs every hour or so, and add more beer if needed to dilute sauce. Stir to get the ribs on top into the sauce. The ribs are done when the meat is falling off the bone. The ribs were cooked completely in the first process, the rest is about flavor and texture.

### Note

If you add too much beer, the sauce will get very thin. It is best to drink most of the second bottle of beer.



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## **Apricot Chops**

### Ingredients

1 tablespoon olive oil  
4 (1 inch thick) bone-in pork chops  
salt and pepper to taste  
1 cup apricot jam  
1 cup Catalina salad dressing  
1 (1 ounce) package dry onion soup mix  
1 garlic clove, crushed

### Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat oil in frying pan over medium-high heat. Season pork chops with salt and pepper; cook 2 to 3 minutes per side until well-browned.

Stir jam, salad dressing, onion soup mix, and garlic together in a bowl until well-blended. Place chops in a 9x13 inch baking pan lined with foil, and cover with apricot mixture.

Bake in preheated oven approximately 40 minutes, until internal temperature has reached 160 degrees F (70 degrees C), or pork is no longer pink in the center.

Note: Serve with your favourite vegetable or rice.

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## Asian Pork Tenderloin

### Ingredients

- 1/3 cup lite soy sauce
- 1/4 cup sesame oil
- 2 tablespoons Worcestershire sauce
- 1/8 cup packed light brown sugar
- 3 green onions, chopped
- 4 cloves garlic, crushed
- 1 1/2 tablespoons Asian chile paste
- 1 1/2 teaspoons pepper
- 1 (2 pound) fat-trimmed pork tenderloin

### Directions

Pour into a medium bowl the soy sauce, sesame oil, and Worcestershire sauce. Then whisk in brown sugar, green onions, garlic, chilli paste, and pepper. Place the tenderloin in a shallow dish.

Pour sauce over tenderloin, turning the meat a few times to coat. Cover dish, and refrigerate at least 8 hours.

Preheat oven to 450 degrees F (230 degrees C). Transfer pork with marinade into an aluminum foil-lined baking pan.

Roast in a preheated oven 25 to 30 minutes. Remove, and let stand 5 to 10 minutes before carving.

### Note:

A simple and flavorful recipe. For best results, marinate the pork at least 8 hours (overnight is best) and flip it after 4 hours. It's great with rice and Asian veggies like bok choy!



## Honey Pecan Pork Chops

### Ingredients

1 1/4 pounds boneless pork loin, pounded thin  
1/2 cup all-purpose flour for coating  
salt and pepper to taste  
2 tablespoons butter  
1/4 cup honey  
1/4 cup chopped pecans

### Directions

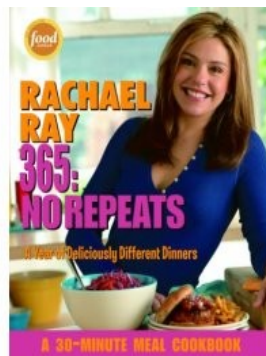
In a shallow dish, mix together flour, salt and pepper. Dredge pork cutlets in the flour mixture.

In a large skillet, melt butter over medium-high heat. Add chops, and brown both sides. Transfer to a warm plate.

Mix honey and pecans into the pan drippings. Heat through, stirring constantly. Pour sauce over cutlets.

### Note:

Takes only a few minutes to prepare. Just cook the cutlets in butter, and then heat honey and pecans in the drippings to make the sauce. Try serving with mashed sweet potatoes and green beans. Guaranteed to be a favorite!



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## BBQ Teriyaki Pork Kabobs

### Ingredients

3 tablespoons soy sauce  
3 tablespoons olive oil  
1 clove garlic, minced  
1/2 teaspoon crushed red pepper flakes  
salt and pepper to taste  
1 pound boneless pork loin, cut into 1 inch cubes  
1 (14.5 ounce) can low-sodium beef broth  
2 tablespoons cornstarch  
2 tablespoons soy sauce  
1 tablespoon brown sugar  
2 cloves garlic, minced  
1/4 teaspoon ground ginger  
3 portobello mushrooms, cut into quarters  
1 large red onion, cut into 12 wedges  
12 cherry tomatoes  
12 bite-size chunks fresh pineapple

### Directions

In a shallow dish, mix together 3 tablespoons soy sauce, olive oil, 1 clove minced garlic, red pepper flakes, salt, and pepper. Add pork cubes, and turn to coat evenly with marinade. Cover, and refrigerate for 3 hours.

In a saucepan, combine beef broth, cornstarch, 2 tablespoons soy sauce, brown sugar, 2 cloves minced garlic, and ginger. Bring to a boil, stirring constantly. Reduce heat, and simmer 5 minutes.

Preheat an outdoor grill for high heat and lightly oil grate. Thread pork cubes onto skewers, alternating with mushrooms, onion, tomatoes, and pineapple chunks.

Cook on grill for 15 minutes, or until meat is cooked through. Turn skewers, and baste often with sauce during cooking.

### Note:

Great with rice and salad!

## **Roast Loin of Pork with Caraway, Lemon and Garlic**

2.5kg loin of pork on the bone  
2 cloves garlic  
1/4 teaspoon salt  
Pinch of ground cloves  
1/2 teaspoon caraway seeds  
1 tablespoon lemon juice  
Pepper  
1 teaspoon chilli oil (or oil with a sprinkle of chilli flakes)  
2 bay leaves  
1 onion  
1 tablespoon olive oil  
6 small eating apples

Preheat the oven to 220 C. Take the pork out of the fridge and bring to room temperature. Peel and crush the garlic with the salt. Mash to a paste in a mortar and pestle. Add the cloves and caraway seeds, lemon juice some pepper and the chilli oil and crumble in the bay leaves.

Bash well, stir and then spoon into the chined section of the pork where the chops join onto the bone at the base: there should be a cavity running along the length of the joint. Rub any extra paste around the pork, leaving the crackling dry.

Peel the onion and slice into about size discs. Rub the bottom of a roasting pan with the olive oil and lay the onion slices overlapped in a line down the centre of the pan. Sit the loin of pork on the onions and sprinkle the rind with salt. Roast for 1 1/2 hours.

45 minutes before the pork is due to come out of the oven, score the apples right around the middle with a sharp knife. If the apples with not sit upright, trim the bottoms. Arrange the apples around the pork and cook everything together for the remaining 45 minutes.

Slice the loin into individual chops and serve each with an apple.

### **Roast Pork - For Great Crackling**

Preheat oven to 220C. Put the roast in the pan. Pour over enough water to leave 1/2 cm in the bottom. Pour 1/4 cup apple cider vinegar over the pork. Lightly coat the rind with olive oil. Liberally sprinkle salt over pork.

Cook at high temperature for the first 1/2 hour and then reduce temperature to 180C.

## Thai Spiced Pork Curry

2 tablespoons oil  
375g pork neck or leg fillet, sliced  
1 small onion, finely chopped  
2 tablespoons Massaman curry paste  
2 medium potatoes cubed  
1 1/2 cups chicken stock  
1/4 cup coconut cream  
2 teaspoons fish sauce  
2 tablespoons chopped roast unsalted peanuts  
2 tablespoons chopped coriander

Heat the oil in a saucepan, add the pork and cook until lightly browned on both sides. Remove the pork from the pan. Add the onion, cook until soft. Add the curry paste and cook for several minutes.

Add the potatoes, stock, coconut cream, fish sauce and peanuts. Simmer uncovered for about 15 minutes or until the potato is just cooked. Add the pork to the pan and simmer until the pork is cooked through. Stir through the coriander and serve with rice or noodles.

### Spicy Rice

1 tablespoon olive oil  
1 red onion, sliced  
3 chorizo sausages, sliced  
200g butternut pumpkin, peeled and chopped 1/2 teaspoon chilli flakes  
2 cups long-grain rice  
3 cups chicken stock  
2 zucchinis (courgettes), thinly sliced wild rocket (arugula) to serve

Heat a deep frying pan over medium heat. Add the oil, onion, chorizo, pumpkin and chilli and cook for 2-3 minutes or until the onions are soft. Add the rice and cook, stirring for 1 minute. Add the stock and bring to the boil.

Reduce the heat to low, cover with a tight-fitting lid and cook for 15 minutes or until the stock is absorbed and the rice is cooked. Stir through the zucchini and allow to stand for 2 minutes. Top with rocket to serve.

Serves 4.

## Best BBQ Ribs

8 pork spare ribs  
1 small onion  
1 star anise  
1 small cinnamon stick, broken up  
1 green chilli  
3cm piece fresh ginger  
Juice and zest of 1/2 a lime  
2 tablespoons soy sauce  
1 tablespoon nut oil  
1 tablespoon treacle  
60ml pineapple juice

Put the ribs in a large freezer or plastic bag. Peel the onion and cut into eight pieces and add to the ribs with the star anise and crumbled cinnamon stick.

Roughly chop the chilli, removing seeds if you don't want the heat. Peel and finely slice the ginger and throw all in with the ribs.

Zest and squeeze the lime in a jug and add the soy sauce, nut oil, treacle and pineapple juice and stir together before pouring into the bag. Tie a knot and squidge everything around well, leave in the fridge overnight or at least a couple of hours.

Preheat the oven to 200 C. Let the marinated ribs come to room temperature, then pour the whole contents of the bag into a roasting tin and put in the oven for 1 hour. Turn the ribs over about halfway through the cooking time. Turn out on a flat plate and serve.

Note:

You could cook these on the BBQ if you prefer.



## Camembert Stuffed Pork

Ingredients (serves 4)

2 tbs Tru-Blue garlic butter  
8 pork medallions with cracked black pepper  
1 bunch Dutch carrots, trimmed, peeled  
1 bunch asparagus, woody ends trimmed  
150g Tasmanian Heritage Camembert, thinly sliced  
1/4 cup (30g) chopped walnuts

Method

1. Cut the pork fillets in half horizontally and fill with the cheese slices. Heat a chargrill pan over medium-high heat. Melt half of the garlic butter and add the pork to the pan. Cook for 2-3 minutes each side. Transfer to a plate and cover.
2. Meanwhile, cook the carrots in a large frying pan of boiling water, or steam for 2 minutes. Add the asparagus and cook for a further 3-4 minutes or until just tender. Drain. Toss with the remaining garlic butter.
3. Serve the pork with the carrots and asparagus and scattered with walnuts.



Source: Fresh Living  
Recipe by Wendy Brodhurst



## Pork & noodle stir-fry

Sweet soy and crunchy salad mix add oodles of flavour to this easy pork-noodle stir-fry.

Ingredients (serves 4)

- 1 x 450g pkt fresh hokkien noodles
- 1 tbs peanut oil
- 500g pork loin medallions, thinly sliced
- 80ml (1/3 cup) kecap manis
- 1 x 250g pkt Woolworths fresh rainbow salad mix

Method

1. Place the noodles in a large heatproof bowl. Cover with boiling water and set aside for 2-3 minutes to soak. Use a fork to separate the noodles. Drain.
2. Meanwhile, heat the oil in a wok over high heat until just smoking. Add half the pork and stir-fry for 2-3 minutes or until cooked through. Transfer to a plate. Repeat with the remaining pork.
3. Return pork to the wok. Add noodles, kecap manis and salad mix, and stir-fry for 2-3 minutes or until heated through. Divide among serving bowls to serve.



Source - Australian Good Taste

## Rubs

- A Rub is a spice and/or herb mixture applied to meats to flavour and, less often, to cure them before grilling. It is difficult to decide where 'seasoning' ends and 'rubs' begin. In general, rubs are a mixture of several flavouring ingredients that are blended to a paste, rubbed onto meat which is then roasted or grilled, usually over a low heat.
- Rubs sometimes have a great many ingredients or as few as three.
- Once made, dry rubs can be stored in a sealed container for up to 6 months before they start to lose their flavour.
- Rubs do not tenderize meats to any significant extent.

### How to Use Rubs

- Rubs can be applied to meats just before cooking, or left on for up to 24 hours. If the rub is in contact with meat for any longer the salt will begin to dehydrate the meat.
- Curing meat with a rub takes considerably longer, at least 48 hours. The curing process is more an industrial than a domestic endeavor and is not described here.
- Always refrigerate meat if not cooking immediately.
- Apply only as much rub as will adhere to the meat. If meat is too dry to allow the rub to adhere, lightly coat with oil beforehand.

### All Purpose Barbecue Rub Recipe

1/2 cup (125 ml) granulated sugar  
1/2 cup (125 ml) brown sugar  
1/4 cup (50 ml) seasoned salt  
1/4 cup (50 ml) onion salt  
1/4 cup (50 ml) garlic salt  
1/4 cup (50 ml) celery salt  
1/2 cup (125 ml) paprika  
2 tbsp (30 ml) ground black pepper  
2 tbsp (30 ml) chili powder  
2 tsp (10 ml) mustard powder  
1 tsp (5 ml) poultry seasoning  
1 tsp (5 ml) ground ginger  
1/2 tsp (2 ml) cayenne pepper  
1/2 tsp (2 ml) allspice

Combine all ingredients in an airtight container. Store in cool, dark place.

## Marinades

### What Is A Marinade?

A marinade is a liquid that has been seasoned and is used to flavour (and usually to tenderize) meat, fish, and vegetables. The liquid may be wine, fruit juice, vinegar, or any combination of these, along with spices, herbs, or other flavouring agents. Oil, such as olive oil, is often included as well.

Marinades usually have a low pH, which means that they are acidic. It is the acidity that helps to tenderize the meat. Ingredients that are suitable for supplying acidity to marinades: wine, vinegar, soy sauce, citrus juice, buttermilk, or yoghurt.

Marinate cuts that are tough, have a low fat content, or little natural flavour.

If you are planning to marinate for only a short time, mix the marinade an hour in advance to allow the flavours to infuse and mellow.

Always refrigerate food that you are marinating. Either completely cover meat with marinade, or turn meat over occasionally to ensure complete and even marination.

Do not add salt to marinade, as it draws out moisture essential to keeping meat juicy and tender. Salt food only after it is cooked. Any marinade can be used to baste foods during cooking to add moisture and flavour.

Do not use marinades for basting or as a sauce in which meat has been marinating (it can harbor unsafe bacteria) unless the marinade is brought to a boil and simmered for at least 10 minutes. If you want to use the same marinade to baste the meat while cooking, reserve a cup or so of marinade.

Do not leave meat in marinade too long; the meat may lose texture through a too lengthy exposure to acidic components, and the natural flavour of the meat may be overwhelmed.

### Sesame Marinade

1 cup (250 ml) dry white wine  
3/4 cup (175 ml) red wine vinegar  
1/4 cup (50 ml) dark sesame oil  
1/2 cup (125 ml) olive oil  
6 cloves garlic  
3 tbsp (45 ml) chopped fresh ginger  
2 tsp (10 ml) fresh thyme

Combine all ingredients; whisk briskly before use. [Resource Info](#)

## F.A.Q

### **How long can I keep my fresh pork in the refrigerator?**

Sealed, prepacked fresh pork cuts can be kept in the refrigerator 2 to 4 days; sealed ground pork will keep in the refrigerator for 1 to 2 days. If you do plan on keeping the raw, fresh pork longer than 2 to 3 days before cooking it, store it well-wrapped in the freezer.

### **I have leftovers from a big roast, how long can I keep them?**

Leftovers should be placed in the refrigerator within 1 to 2 hours of serving. Store cooked leftovers in the coldest part of the refrigerator for 4-5 days. Well-wrapped leftovers can be kept in the freezer for up to 3 months.

### **What length of time can I keep pork in the freezer?**

Generally, fresh cuts of pork, like roasts, chops and tenderloin can be kept well-wrapped in the freezer up to 6 months. Well-wrapped ground pork can be kept for about 3 months in the freezer.

### **How do I properly wrap my fresh pork to keep it in the freezer?**

Follow these steps to help keep your pork fresh in the freezer

- Use one of these freezer wrap materials: specially-coated freezer paper (place the waxed side against the meat); heavy-duty aluminum foil; heavy-duty polyethylene film; heavy-duty plastic bags.
- Re-wrap pork in convenient portions: leave roasts whole, place chops in meal-size packages, shape ground pork into patties. Put a double layer of waxed paper between chops and patties.
- Cover sharp bones with extra paper so the bones do not pierce the wrapping.
- Wrap the meat tightly, pressing as much air out of the package as possible.
- Label with the name of the pork cut and date.
- Freeze at 0 degrees F or lower.

### **What is the best way to thaw frozen pork?**

The best way to defrost pork is in the refrigerator in its original wrapping. Follow these guidelines for defrosting pork in the refrigerator:

- Small roast will take 3-5 hours per pound
- Large roast will take 4-7 hours per pound
- Chop, 1" inch thick will take 12-14 hours
- Ground pork needs to be estimated by package thickness

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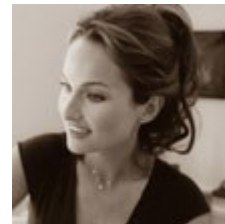
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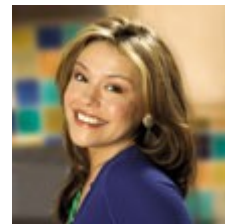
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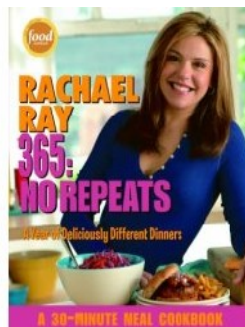
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