

Conestoga Meats Pork Recipes

APPETIZERS

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Produced in Ontario From Family Farms

→ **Nutrition from Pork**

Pork contains many nutrients recommended by Health Canada to build and maintain a healthy body, including six essential vitamins, four important minerals, protein and energy.



Asian Glazed Pork Apple Toasts



Yield: 20 pieces
Cooking Time: 25 minutes
Preparation Time: 15 minutes

Ingredients

- 1/4 cup (50 mL) sugar
- 1/4 cup (50 mL) soy sauce
- 2 T (25 mL) hoisin sauce
- 2 T (25 mL) rice vinegar
- 1/2 tsp (2 mL) Chinese five-spice powder
- 2 tsp (1 mL) sesame oil
- 1 Tbsp (15 mL) grated fresh ginger
- 1 clove garlic, minced
- 2 T (25 mL) honey
- 1 lb (500 g) Ontario pork tenderloin, trimmed
- 10 challah bread slices
- 1/4 cup (50 mL) melted butter
- 2 tart apples, cored and thinly sliced
- 2 T (25 mL) chopped chives

Cooking Instructions

In bowl whisk together sugar, soy sauce, hoisin, vinegar, five-spice powder, sesame oil, ginger, garlic and honey until well combined.

Place pork in re-sealable bag. Pour 1/2 cup (125 mL) of the glaze over the pork, reserving the rest for basting (set aside 2 tbsp (25 mL) for brushing over toast). Allow to marinate overnight or up to 1 day.

Preheat greased grill to medium-high or broiler to low setting. Grill or broil pork, turning until browned on all sides and basting occasionally for about 15 minutes, until just a hint of pink remains in pork. Transfer to cutting board and let rest 10 minutes.

Meanwhile, preheat oven to 400°F (200°C). Using a 2 1/2-inch (5 cm) round biscuit or cookie cutter, cut 2 circles from each piece of bread. Transfer to a baking sheet in a single layer. Brush with butter and bake in preheated oven until bread is toasted, about 7 minutes. Top each with an apple slice and bake 3 minutes more to soften apple.

To assemble: Brush apple toasts with additional glaze.; Cut pork in 1/4-inch (5 mm) slices across the grain. Arrange 1 slice over top of each apple toast. Sprinkle with chopped chives if desired.

Chef's Tip: If you are short on time, prepared Asian BBQ sauce (Char Siu sauce), found in most grocery stores can be substituted for the glaze.

Recipe and image courtesy of: www.homegrownontario.ca



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Mini Ham Quiches



Yield: Makes 12 to 15 mini quiches
 Cooking Time: 30 minutes
 Preparation Time: 30 minutes

Ingredients

- 1 pkg (1 lb/450 g) frozen puff pastry
- 1/2 cup (125 mL) shredded Swiss Cheese
- 1/2 cup (125 mL) diced cooked ham
- 1/3 cup (75 mL) chopped green onions
- 2 eggs
- 3/4 cup (175 mL) sour cream
- 1/4 tsp (1 mL) ground black pepper
- Pinch nutmeg

Cooking Instructions

- Thaw puff pastry.
- Pre-heat oven to 400°F (200°C).
- Roll out the pastry: roll out pastry and cut into 3 1/2 inch (9 cm) rounds.
- Press pastry rounds into individual 2 1/2 inch (6.5 cm) wide foil muffin containers or muffin pans.
- Fill evenly with cheese, ham, and green onions.
- Combine eggs, sour cream, salt, pepper, and nutmeg.
- Spoon egg mixture over the fillings, so that the filling is covered without reaching the lip of the crust.
- Bake for 30 minutes or until tops are lightly browned.

Nutritional Information	
Mini Ham Quiches (1 quiche)	
Per 1 person serving	
Calories	196
Fat	13.6 g
Saturated	4.4 g
Monounsaturated	5.6 g
Polyunsaturated	2.8 g
Cholesterol	39 mg
Sodium	268 mg
Carbohydrate	13.6 g
Fibre	1 g
Protein	4.8 g



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Sausage & Cranberry Filled Tartlets



Yield: 30 tartlets
Cooking Time: 25 min
Preparation Time: 5 min

Ingredients

- 1 lb (500 g) Bratwurst or your favorite fresh Canadian Pork sausage
- 1/2 cup (125 mL) chopped leeks
- 2/3 cup (150 mL) coarsely chopped cranberries (fresh or frozen)
- 1/2 tsp (2 mL) ground allspice
- 3/4 cup (175 mL) whipping cream
- 30 2 inch/5 cm frozen unsweetened tart shells (thawed following package directions)

Cooking Instructions

Remove pork sausage from casings and crumble; saute over medium heat until no longer pink. Add leeks, cranberries and allspice; stir and cook until leeks are tender. Stir in cream; saute until mixture thickens, about 1 minute. Spoon into tart shells; bake in a preheated 400°F (200°C) 12 to 14 minutes or until golden. Serve hot.

Nutritional Information

Sausage and Cranberry Filled Tartlets (1 tart)

Per 1 person serving

Calories	130
Fat	9 g
Saturated	4 g
Monounsaturated	3.5 g
Polyunsaturated	1 g
Cholesterol	20 mg
Sodium	140 mg
Carbohydrate	8 g
Fibre	0 g
Protein	3 g



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Tourtiere Tartlettes



Yield: Makes 12 tartlettes
 Cooking Time: 1 hour
 Preparation Time: 40 minutes

Ingredients

- 2 lb (1 kg) LEAN GROUND PORK
- 2 cups (500 mL) finely chopped onions
- 1 Tbsp (15 mL) finely chopped garlic
- 4 tsp (20 mL) chopped fresh sage
- 1-1/2 tsp (7 mL) salt
- 1 tsp (5 mL) ground black pepper
- 1/2 tsp (2 mL) ground celery seed
- 1/4 tsp (1 mL) ground cloves
- 1/2 cup (125 mL) water
- 2 cups (500 mL) mashed baking potatoes
- Enough short crust or puff pastry for 12 tart plates, about 8 oz (250 g)
- 2 eggs, beaten (for egg wash)

Cooking Instructions

In a large saucepan, combine first nine ingredients. Over medium heat, bring to a boil, and simmer for 30 minutes or until liquid has almost evaporated. Stir frequently to break up Pork. Cool mixture for 30 minutes. Stir in mashed potatoes until well mixed.

Pre-heat oven to 400°F (200°C). Line 12 tart trays with pastry. Divide pork equally between trays. Brush edges with egg wash. Cut out covers, cover and crimp edges. Freeze at this stage if desired. Brush tops with egg wash and make a small steam hole in top of each.

Bake for 30 minutes or until the pastry is nicely browned.

Nutritional Information

Tourtiere Tartlettes (per 1 tartlette)	
Per 1 person serving	
Calories	309
Fat	18.6 g
Saturated	6.2 g
Monounsaturated	8.1 g
Polyunsaturated	3 g
Cholesterol	85.3 mg
Sodium	257.9 mg
Carbohydrate	18 g
Fibre	1.9 g
Protein	17.4 g