

# **Conestoga Meats Pork Recipes**

## CONVENTIONAL

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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.



**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





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**20-Minute Chili**



Yield: Serves 8  
 Cooking Time: 15-20 minutes  
 Preparation Time: 5 minutes

**Ingredients**

- 1 lb (500 g) Lean ground Canadian PORK or hot Italian PORK sausage, casing removed
- 1-28 fl oz (796 mL) canned diced tomatoes with Italian spices
- 3 Tbsp (45 mL) chili powder
- 1-19 oz (540 mL) canned kidney or black beans, rinsed and drained
- 1-1/2 cups (375 mL) corn, frozen

**Cooking Instructions**

In a large skillet or Dutch oven , cook ground Pork or crumbled Pork sausage over medium-high heat; stirring occasionally. When Pork is thoroughly cooked, drain excess fat. Add canned tomatoes (with juice) and chili powder. Bring to a boil, reduce to medium heat and simmer for 5 minutes. Add beans and corn. Simmer for another 5 minutes.

Serve with whole-wheat crusty rolls. Top with sour cream and grated cheese if desired.

<b>Nutritional Information</b>	
20 Minute Chili (1 cup/250 mL serving)	
Per 1 person serving	
Calories	271
Fat	10.8 g
Saturated	3.9 g
Monounsaturated	4.4 g
Polyunsaturated	1.5 g
Cholesterol	41 mg
Sodium	355 mg
Carbohydrate	26 g
Fibre	8 g
Protein	20 g





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**Bavarian Schnitzel**



Yield: serves 4  
Cooking Time: 24 min  
Preparation Time:

**Ingredients**

- 1 lb (500 g) Canadian Pork leg inside, schnitzel
- 1/4 cup (50 mL) all-purpose flour
- 1 egg
- 1 tbsp (15 mL) water
- 2 cups (500 mL) bread crumbs
- 1 tsp (5 mL) thyme, crumbled
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 2 tbsp (25 mL) each canola oil, butter
- Lemon wedges

**Cooking Instructions**

One by one, dredge Pork schnitzel with flour; dip in egg beaten with water and then into bread crumbs combined with thyme, salt and pepper.  
Heat oil in large frypan over medium high heat. When hot, add butter. Saute Pork slices until golden brown on both sides, about 8 minutes. Cook in batches, adding more oil and butter, if necessary. Do not crowd meat. Serve with lemon wedges.

**Nutritional Information**

Bavarian Schnitzel	
Per 1 person serving	
Calories	520
Fat	21 g
Saturated	7 g
Monounsaturated	9 g
Polyunsaturated	3.5 g
Cholesterol	170 mg
Sodium	900 mg
Carbohydrate	46 g
Fibre	3 g
Protein	36 g





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### Brown Sugar Glazed Pork Chops



Yield: 6 servings  
Cooking Time: 10 minutes  
Preparation Time: 10 minutes

#### Ingredients

6 boneless Canadian pork loin chops, about 1 inch (2.5 cm) thick  
½ cup (125 mL) brown sugar, firmly packed  
½ cup (125 mL) apple juice  
¼ cup (50 mL) canola oil  
1 Tbsp (15 mL) reduced-sodium soy sauce  
½ tsp (2 mL) ground ginger  
Salt and pepper to taste  
1 Tbsp (15 mL) cornstarch  
½ cup (125 mL) water

#### Cooking Instructions

Preheat grill on high for 10 minutes.

Meanwhile, in a small sauce pan, over medium heat, combine brown sugar, apple juice, canola oil, soy sauce, ginger, salt and pepper, to taste; bring to a boil.

In a measuring cup or small bowl, whisk cornstarch into the water and whisk into brown sugar mixture. Cook, stirring constantly until bubbling and thickened.

Reduce grill to medium-high heat. Grill chops on oiled grill, brushing often with brown sugar glaze, about 6 to 8 minutes per side, or until digital thermometer inserted sideways into the centre of each chop reads 160°F (71°C). Do not overcook.