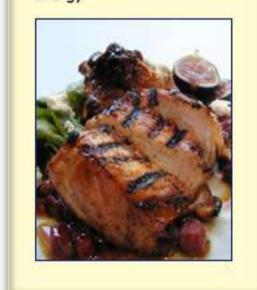
Conestoga Meats Pork Recipes CONVENTIONAL

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

Cooking Instructions

2 eggs, beaten (for egg wash)

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.

Enough short crust or puff pastry for 12 tart plates, about 8 oz (250 g)

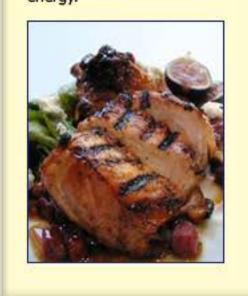
Pre-heat oven to 400°F (200°C). Line 12 tart trays with pastry. Divide pork equally between trays. Brush edges with egg wash. Cut out covers, cover and crimp edges. Freeze at this stage if desired. Brush tops with egg wash and make a small steam hole in top of each.

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

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

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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 occationally. 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.

20 Minute Chili (1 cup/250 mL serving) Per 1 person serving Calories 271 10.8 g Fat Saturated 3.9 g Monounsaturated 4.4 g Polyunsaturated 1.5 g Cholesterol 41 mg 355 mg Sodium Carbohydrate 26 g

8 g

20 g

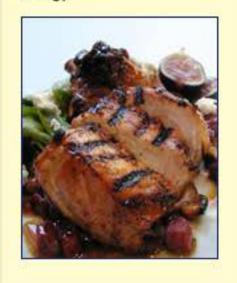
Nutritional Information

Fibre

Protein

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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

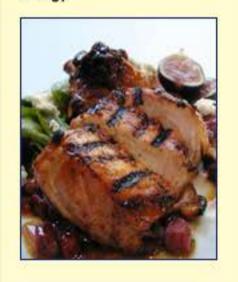
One by one, dredge Pork schnitzel with flour; dip in egg beaten with water and then into bread crumbs combined with thyme, salt and pepper.

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	
Fat	21 g
Saturated	7 9
Monounsaturated	9 9
Polyunsaturated	3.5 g
Cholesterol	170 mg
Sodium	900 mg
Carbohydrate	46 g
Fibre	3 9
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

1/2 cup (125 mL) brown sugar, firmly packed

1/2 cup (125 mL) apple juice

1/4 cup (50 mL) canola oil

1 Tbsp (15 mL) reduced-sodium soy sauce

1/2 tsp (2 mL) ground ginger

Salt and pepper to taste

I Tbsp (15 mL) cornstarch

1/2 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.