

# PROUDLY PORK

A GLOBALLY INSPIRED CELEBRATION  
OF THE WORLD'S FAVOURITE PORK

COMMUNITY  
PARTNER



# PORK IS THE MOST POPULAR MEAT IN THE WORLD!

Pork is perfect for delivering diverse and enticing flavour combinations – savoury, spicy, tangy or sweet – and is the basis for many international favourites. As well, pork's versatility offers endless variety and suits all cooking styles, making meal planning and preparation easy and fun.

This recipe collection features a mosaic of globally inspired cuisine. You'll find dishes from far and near, including Asian-infused and European-influenced mains, as well as island fare and a few local favourites. Take your taste buds on a multicultural adventure and celebrate the flavours from around the world that have found a home in Manitoba.

For more delicious recipes, go to [manitobapork.com/recipes](https://manitobapork.com/recipes)







## FROM FARM TO FORK: PIGS AND PORK ARE AN INTEGRAL PART OF OUR PROVINCE

### Contributing 14,000 jobs and \$1.7 billion annually

As a key contributor to the provincial economy, Manitoba's hog sector offers jobs in a variety of fields, including animal health and nutrition, transportation, trades and technology, and meat processing. We are proud to be one of the few sources of new job creation in rural communities.

### Building sustainable communities

Manitoba communities fortunate enough to have hog sector involvement are no longer just barely surviving—they are thriving and dynamic. Community engagement is an integral part of our culture and identity. We are passionate about supporting the well-being of the communities in which we live and work.

### Actively reducing our environmental impact

Significant progress in hog farming has reduced the sector's greenhouse gas emissions by 35% over the past 50 years. For every kilogram of pork produced today, farmers use about 40% less water, 33% less feed and 59% less land.

### Caring for the well-being of our pigs, every day

Our farms and livelihoods depend on the health of the animals we raise. Keeping our herds healthy also ensures that we provide the safest and most nutritious food for consumers. Farmers are consistently investing in research and training to improve care.

### A healthy and affordable powerhouse of nutrition

Pork is rich in key vitamins and minerals, and offers Manitobans a tasty, natural and versatile protein that provides excellent value for your grocery dollar. All Canadian pork is raised without added hormones.



To learn more about our sector's sustainability efforts, go to [manitobapork.com/sustainability](https://manitobapork.com/sustainability)



# COFFEE-CRUSTED PORK LOIN

with Cranberry Marmalade

**PORK:**

1 **pork loin, centre roast, boneless**,  
about 2 lb / 1 kg

2 tsp / 10 mL **canola oil**

1 Tbsp / 15 mL EACH **ground coffee**  
and **chili powder**

2 tsp / 10 mL packed **brown sugar**

1 tsp / 5 mL EACH **ground cinnamon**  
and **salt**

½ tsp / 2 mL **dried oregano leaves**

**MARMALADE:**

2 ½ cups / 625 mL frozen **cranberries**

½ cup / 125 mL **granulated sugar**

¼ cup / 50 mL packed **brown sugar**

¼ cup / 50 mL EACH **spiced rum**  
and **cranberry juice**

2 Tbsp / 30 mL **lemon juice**

1 tsp / 5 mL **lemon zest**



**CUT**  
Loin



**SERVES**  
6-8



**PREP TIME**  
30 Mins



**COOK TIME**  
60 Mins

**FOR THE PORK:**

- 1 Place roast on cutting board and brush all sides with oil. Set aside.
- 2 In small bowl, thoroughly combine remaining ingredients. Rub all sides of roast with spice mixture. Place roast in resealable bag and refrigerate for 12-24 hours.
- 3 Remove roast from refrigerator and let sit at room temperature for 1 hour prior to cooking.
- 4 Preheat oven to 350°F. Place roast on rack in shallow roasting pan. Roast in preheated oven until internal temperature registers 155°F, 55-60 minutes.
- 5 Transfer roast to cutting board. Tent loosely with foil and let rest 5 minutes before carving into ¼-inch thick slices. Drizzle with pan juices, if desired. Serve with marmalade.

**FOR THE MARMALADE:**

- 1 In medium saucepan, combine cranberries, sugars, rum and juices. Bring mixture to a boil over medium-high heat. Stir to dissolve sugars.
- 2 Reduce heat to medium-low. Cover and simmer for 10 minutes, stirring occasionally.
- 3 Remove saucepan from heat and mash cranberries with back of cooking spoon.
- 4 Stir in lemon zest and allow mixture to cool to room temperature. Mixture will thicken as it cools.
- 5 Transfer mixture to glass bowl or plastic container. Cover and chill for at least 2 hours. Marmalade can be made ahead and stored in refrigerator for up to 4 days.







# LEMON & SAGE PORK SCHNITZELS

2 Tbsp / 30 mL EACH **mayonnaise** and **Dijon mustard**

1 **egg**

2 Tbsp / 30 mL **water**

1 cup / 250 mL **panko breadcrumbs\***

1 tsp / 5 mL **lemon zest**

1 tsp / 5 mL **dried sage leaves**

½ tsp / 2 mL **ground black pepper**

**Canola oil** for frying

4 **pork schnitzels\*\***

**Lemon wedges** for garnish

\* Panko breadcrumbs are a lighter, fluffier type of crumb. Regular fine breadcrumbs may be substituted.

\*\* Trimmed pork loin centre chops, pounded to ¼-inch thickness, can be substituted for schnitzels.



**CUT**  
Loin



**SERVES**  
4



**PREP TIME**  
45 Mins



**COOK TIME**  
10 Mins

- 1 Set up 3 plates side by side. Combine mayonnaise and mustard on first plate. On second plate, whisk together egg and water. Combine breadcrumbs with lemon zest, sage and pepper on third plate.
- 2 Coat schnitzels with mayonnaise mixture, dip into egg mixture, and then coat with breadcrumb mixture.
- 3 Transfer schnitzels to a rack; allow crumbs to dry, about 15 minutes.
- 4 In nonstick skillet, heat enough oil over medium-high heat to coat bottom of skillet (see cooking tip).
- 5 Fry schnitzels in batches for 3-5 minutes per side until golden brown; do not overcook. Add more oil if needed.
- 6 Garnish with lemon wedges.

### COOKING TIP:

For perfect schnitzels every time, make sure your oil is hot! The faster your schnitzels cook, the less oil they absorb. To test, put the handle of a wooden spoon into the oil. When the oil starts steadily bubbling, it is hot enough for frying.



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A close-up photograph of a white ceramic bowl filled with a pork and udon noodle dish. The bowl is placed on a light-colored, textured cloth atop a green bamboo mat. A pair of wooden chopsticks is lifting a portion of the dish, showing thick, yellowish udon noodles, a piece of browned pork, and some green leafy vegetables. The bowl contains a mix of ingredients including sliced pork, udon noodles, shredded carrots, green onions, and dark green leafy vegetables. In the background, another similar bowl is partially visible, and a pair of chopsticks lies on the bamboo mat to the left. The lighting is bright and natural, highlighting the textures of the food.

# PORK & UDON NOODLE BOWL



**SAUCE:**

½ cup / 125 mL **sodium-reduced soy sauce**

2 Tbsp / 30 mL **honey**

1 Tbsp / 15 mL **unseasoned rice vinegar**

2 tsp / 10 mL **sesame oil**

1-2 tsp / 5-10 mL **sambal oelek\***

1 Tbsp / 15 mL grated **ginger root**

2-3 cloves **garlic**, pressed

**STIR-FRY:**

1 lb / 0.5 kg **pork loin centre chops, boneless**

1 Tbsp / 15 mL **canola oil**

1 large **carrot**, peeled and cut into matchsticks

3 ½ oz / 100 g **shiitake mushrooms**, sliced

1 **red bell pepper**, seeded and cut into matchsticks

2-200 g pkgs. vacuum-sealed **udon noodles**

3-4 heads **baby bok choy**, leaves only

3 Tbsp / 45 mL thinly sliced **green onion**

\*Sambal oelek is an Asian chili paste that can be found at Asian markets and larger grocery stores.



**CUT**  
Loin



**SERVES**  
4-6



**PREP TIME**  
30 Mins



**COOK TIME**  
30 Mins

**FOR THE SAUCE:**

- 1 In medium bowl, thoroughly combine sauce ingredients. Separate into two portions – 3 Tbsp for marinating and the remainder for cooking.

**FOR THE STIR-FRY:**

- 1 With sharp knife, trim unwanted fat from chops. Slice chops against the grain into ¼-inch wide strips.
- 2 In large bowl, combine pork strips with 3 Tbsp sauce; cover and let marinate while preparing vegetables. Keep vegetables separate.
- 3 In large sauté pan or wok, heat oil over high heat. With tongs, transfer some of the pork strips to the hot pan. Stir-fry pork strips in batches, just until lightly browned. Transfer to clean plate.
- 4 Add carrots to pan; cook, stirring, about 2 minutes. Add mushrooms and red pepper to pan; cook, stirring, 1-2 minutes more.
- 5 Return pork strips and any accumulated juices to pan; stir to combine.
- 6 Add udon noodles and remaining sauce. Cook, tossing until noodles are hot and coated with sauce, about 2 minutes.
- 7 Remove pan from heat. Incorporate bok choy leaves into stir-fry. Allow mixture to sit just until leaves start to wilt, about 1 minute.
- 8 Serve warm, garnished with green onion.



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# SPANISH-STYLE PORK KABOBS

2 **pork tenderloins**, well-trimmed, about  
12 oz / 0.375 kg EACH

¼ cup / 50 mL **canola oil**

3 Tbsp / 45 mL **lemon juice**

4-5 cloves **garlic**, pressed

1 Tbsp / 15 mL EACH **ground cumin** and **paprika**

1 tsp + ½ tsp / 7 mL **dried thyme leaves**

1 tsp / 5 mL **ground coriander**

½ tsp / 2 mL **salt**

¼ tsp / 1 mL EACH **cayenne pepper** and  
**ground cinnamon**

2 large **bell peppers**, seeded and cut into  
bite-sized pieces

1 small **red onion**, cut into chunks

**Lemon wedges** for serving



**CUT**  
Loin



**SERVES**  
4-6



**PREP TIME**  
30 Mins



**COOK TIME**  
7 Mins

- 1 With sharp knife, slice tenderloins into 1 ½-inch cubes and place in resealable bag (see cooking tip).
- 2 In small bowl, whisk oil and lemon juice with garlic and spices. Pour mixture over cubes in bag.
- 3 Seal bag and refrigerate for a minimum of 2 hours or overnight.
- 4 Remove cubes from marinade; discard marinade. Pat cubes with paper towels to remove excess marinade.
- 5 Thread cubes onto metal skewers or soaked bamboo skewers, alternating meat with vegetable pieces.
- 6 Preheat barbecue on high; reduce heat to medium. Grill skewers on lightly oiled grill grate for 5-7 minutes, turning occasionally; do not overcook.
- 7 Remove skewers to a platter. Serve with lemon wedges.

## COOKING TIP:

The secret to making fabulous grilled kabobs is keeping all ingredients about the same size; this helps ensure they cook evenly.





A top-down view of a wooden bowl filled with zesty Greek back ribs. The ribs are cooked to a golden-brown, slightly charred finish. They are garnished with fresh lemon wedges, finely shredded yellow cheese, and small green herbs. The bowl is lined with white parchment paper and sits on a wooden surface. In the background, a green plant is visible.

# ZESTY GREEK BACK RIBS

2 racks **pork back ribs**

¼ cup / 50 mL **canola oil**

3 Tbsp / 45 mL **lemon juice**

2 tsp / 10 mL **honey**

2 Tbsp / 30 mL **dried oregano leaves**

1 Tbsp / 15 mL **lemon zest**

1 tsp / 5 mL **onion powder**

¾ tsp / 4 mL **ground black pepper**

½ tsp / 2 mL EACH **salt** and **garlic powder**

1 tsp / 5 mL **lemon zest** for garnish

**Sea salt** for seasoning



**CUT**  
Loin



**SERVES**  
4



**PREP TIME**  
30 Mins



**COOK TIME**  
1½ Hrs

- 1 Lift and peel membrane from the back of each rack of ribs.
- 2 With sharp knife, slice ribs into single rib servings.
- 3 In extra-large resealable bag, combine remaining ingredients, except second amount of lemon zest and sea salt.
- 4 Add ribs to bag with marinade; seal bag. Massage until all sides of ribs are coated with marinade. Refrigerate for 6-8 hours or overnight.
- 5 Preheat oven to 325°F. Arrange ribs in single layer on a rimmed, foil-lined baking sheet; do not overlap ribs. Cover loosely with foil and roast for 45 minutes.
- 6 Remove ribs from oven and drain excess cooking liquid from baking sheet. Return ribs to oven and roast for an additional 40-50 minutes or until nicely browned, turning once.
- 7 Remove ribs from oven and arrange on serving platter.
- 8 Sprinkle with second amount of lemon zest and a few pinches of sea salt. Serve immediately.





**HAM & LENTIL SOUP**



4 cups / 1 L **vegetable broth**

4 cups / 1 L **water**

2 small **yellow onions**, diced

4 ribs **celery**, diced

3 medium **carrots**, peeled and diced

2 cloves **garlic**, minced

1 lb / 500 g **red lentils**

2 cups / 500 mL diced **cooked ham**

2 sprigs **fresh thyme**

2 **bay leaves**

**Salt** and **ground black pepper** to taste

¼ cup / 50 mL chopped **fresh parsley** for garnish



**CUT**  
Leg



**SERVES**  
6-8



**PREP TIME**  
30 Mins



**COOK TIME**  
6-8 Hrs

- 1 In slow cooker, combine broth, water, onion, celery, carrots, garlic, lentils, ham, thyme and bay leaves.
- 2 Cover and cook on LOW for 6-8 hours or until lentils are tender and soup has thickened.
- 3 Discard thyme sprigs and bay leaves.
- 4 Season soup with salt and pepper according to taste.
- 5 Ladle soup into bowls. Garnish with chopped parsley.

### COOKING TIP:

For thicker soup, remove a portion of cooked vegetables and lentils from slow cooker, purée in blender and return to slow cooker. Stir to combine. Want variety? Substitute split peas for lentils.





# CHILI-MANGO PULLED PORK

1 **pork shoulder blade roast, boneless**, about  
4 lb / 2 kg

2 tsp / 10 mL **ground black pepper**

2 tsp / 10 mL **ancho chili pepper**, divided

½ tsp / 2 mL **salt**

2 cups / 500 mL **water**

¼ cup / 50 mL **balsamic vinegar**

2 cups / 500 mL **barbecue sauce**

¼ cup / 50 mL **whisky** (optional)

2 tsp / 10 mL **honey**

2 ripe **mangos**, peeled, pitted and diced or  
2 cups / 500 mL frozen **mango chunks**

6 **crusty buns**, sliced



**CUT**  
Shoulder



**SERVES**  
6



**PREP TIME**  
20 Mins



**COOK TIME**  
7-9 Hrs

- 1 Place roast in slow cooker and season all sides with black pepper, ancho chili pepper and salt.
- 2 Add water and vinegar. Cover and cook roast on LOW for 6-8 hours or until very tender.
- 3 Remove roast to cutting board and discard liquid. With 2 forks, pull meat into shreds, discarding any fat. Return pork to slow cooker.
- 4 In small saucepan, combine barbecue sauce, whisky, honey and remaining ancho chili pepper. Bring to a boil.
- 5 Add mango. Reduce heat and simmer, stirring frequently for about 10 minutes, occasionally mashing mango with a fork.
- 6 Pour sauce over shredded pork in slow cooker; stir to combine. Cover and cook on HIGH for about 1 hour or until most of the liquid is absorbed.
- 7 Layer pork onto buns and serve.







# HEARTY PORK GOULASH

1 **pork shoulder blade roast, boneless**, about  
2 ½ lb / 1.25 kg, cut into 1-inch / 2.5 cm cubes

¼ cup / 50 mL **all-purpose flour**

**Canola oil** for browning

1 cup / 250 mL finely chopped **yellow onion**

2 cloves **garlic**, minced

2 cups / 500 mL **sodium-reduced beef broth**

1 cup / 250 mL **red wine**

2 Tbsp / 30 mL **red wine vinegar**

¼ cup / 50 mL **tomato paste**

2 Tbsp / 30 mL **sweet Hungarian paprika**

1 Tbsp / 15 mL **caraway seeds**

1 **bay leaf**

**Salt** and **ground black pepper** to taste

1 cup / 250 mL **sour cream**

Hot cooked **egg noodles** for serving

Chopped **fresh parsley** for garnish



**CUT**  
Shoulder



**SERVES**  
4-6



**PREP TIME**  
20 Mins



**COOK TIME**  
1½-2 Hrs

- 1 In shallow bowl, dust pork cubes on all sides with flour.
- 2 In Dutch oven, heat 1 Tbsp of oil over medium heat.
- 3 Brown pork cubes in batches, adding more oil as needed. Transfer to clean plate.
- 4 Add onion and garlic, cooking until onions are softened, about 3 minutes.
- 5 Deglaze pot with broth, scraping up browned bits from bottom.
- 6 Add wine, vinegar, tomato paste, paprika, caraway seeds and bay leaf. Stir to combine.
- 7 Return pork cubes to pot; cover and simmer until cubes are tender, 1-1½ hours.
- 8 Remove bay leaf. Season goulash with salt and pepper according to taste.
- 9 Just before serving, stir in sour cream, or serve separately.
- 10 Serve goulash over hot, cooked egg noodles. Garnish with parsley.



A close-up photograph of a wooden cutting board featuring several thick, grilled pork steaks. The steaks are coated in a dark, glossy sauce and garnished with white sesame seeds and sliced green onions. A pair of black chopsticks with red accents lies vertically on the board. To the right, a small bowl contains more green onions, and another portion of the steaks is visible on a separate wooden board in the background.

# GRILLED JAPANESE PORK STEAKS



6 **pork shoulder blade steaks, bone-in or boneless**

1 cup / 250 mL **sodium-reduced soy sauce**

1 large **lemon**, juiced

1 medium **orange**, juiced

2 Tbsp / 30 mL **sesame oil**

4 tsp / 20 mL **honey**

2 Tbsp / 30 mL grated **ginger root**

2 cloves **garlic**, minced

Diagonally sliced **green onion** for garnish

**Sesame seeds** for garnish (optional)



**CUT**  
Shoulder



**SERVES**  
6



**PREP TIME**  
10 Mins



**COOK TIME**  
15 Mins

- 1 Place steaks in large resealable bag.
- 2 In 4-cup measuring cup, thoroughly combine remaining ingredients. Pour marinade over steaks. Seal bag.
- 3 Marinate steaks in refrigerator for 8-24 hours, turning bag occasionally.
- 4 Remove steaks from marinade; discard marinade. Pat steaks with paper towels to remove excess marinade.
- 5 Preheat barbecue on high; reduce heat to medium. Grill steaks for 5-7 minutes per side or until instant-read thermometer registers 155°F.
- 6 Remove steaks from grill onto a clean plate. Tent loosely with foil and let rest 3-5 minutes.
- 7 Before serving, garnish steaks with green onion and sesame seeds.





# POLYNESIAN PORK BURGERS

1 lb / 0.5 kg **lean ground pork**

½ cup / 125 mL chopped **mushrooms**

1 **egg**, slightly beaten

⅓ cup / 80 mL canned **water chestnuts**, chopped

2 **cloves garlic**, minced

1 Tbsp / 15 mL grated **ginger root**

2 **green onions**, thinly sliced

½ tsp / 2 mL **ground black pepper**

1 Tbsp / 15 mL **cornstarch**

2 Tbsp / 30 mL **chicken broth**

4-6 **hamburger buns**, sliced

**Topping suggestions:** grilled pineapple, bell pepper and/or onion slices and plum sauce



**CUT**  
Shoulder



**SERVES**  
4-6



**PREP TIME**  
20 Mins



**COOK TIME**  
15 Mins

- 1 In large bowl, gently combine ground pork with mushrooms, egg, water chestnuts, garlic, ginger, green onion and pepper; do not overmix.
- 2 In small bowl, whisk cornstarch with chicken broth. Add to pork mixture and gently combine.
- 3 Form mixture into 4-6 patties (see cooking tip).
- 4 Preheat barbecue on high; reduce heat to medium. Grill patties for 6-8 minutes per side or until instant-read thermometer registers 160°F.
- 5 Serve patties in buns with your favourite toppings and condiments.

### COOKING TIP:

For better burgers, use gentle hands to mix and form patties that are consistent in size so that they all cook at about the same rate. Make a thumbprint indent in the centre of each patty to help prevent 'patty puffing' while grilling.



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# EASY SHEPHERD'S PIE

**PORK:**

1 Tbsp / 15 mL **canola oil**

1 cup / 250 mL chopped **yellow onion**

2 cloves **garlic**, minced

1 lb / 0.5 kg **lean ground pork**

1-10 oz / 284 mL can **sodium-reduced beef broth**

2 Tbsp / 30 mL **tomato paste**

2 Tbsp / 30 mL chopped **fresh parsley**

1 tsp / 5 mL chopped **fresh thyme**

2 cups / 500 mL frozen **mixed vegetables**

**Salt** and **ground black pepper** to taste

Chopped **fresh parsley** for garnish

**POTATO TOPPING:**

2 large **russet potatoes**, peeled and cut into

2-inch cubes

3 Tbsp / 45 mL **butter**

½ cup / 125 mL **milk**

**Salt** to taste



**CUT**  
Shoulder



**SERVES**  
4-6



**PREP TIME**  
30 Mins



**COOK TIME**  
35 Mins

**FOR THE PORK:**

- 1 In large skillet, heat oil over medium-high heat.
- 2 Add onion and garlic; sauté until fragrant, about 1 minute.
- 3 Add ground pork to skillet and thoroughly cook until no pink remains, breaking up larger pieces with a spatula, about 15 minutes.
- 4 Add broth, tomato paste, parsley, thyme and mixed vegetables; stir to combine. Simmer until juices reduce, about 10 minutes.
- 5 Spoon mixture into lightly greased 1 ½ quart baking dish.
- 6 Spread potato topping on top.
- 7 Preheat oven to 375°F. Bake for 30-35 minutes or until potato topping starts to brown.
- 8 Garnish with additional parsley.

**FOR THE POTATO TOPPING:**

- 1 Cook potatoes in large pot of boiling water until tender. Drain well.
- 2 Mash with butter, milk and salt.





**PORK TOURTIERE**



1 Tbsp / 15 mL **canola oil**  
 1 ½ lb / 0.75 kg **lean ground pork**  
 1 ½ cups / 325 mL **beef broth**  
 1 tsp / 5 mL **Worcestershire sauce**  
 1 cup / 250 mL finely chopped **yellow onion**  
 ½ cup / 125 mL finely chopped **celery**  
 2 cloves **garlic**, minced  
 ½ tsp / 2 mL **dried thyme leaves**  
 ½ tsp / 2 mL EACH **salt** and **ground black pepper**  
 ¼ tsp / 1 mL EACH **ground allspice** and **cinnamon**  
 1 pinch **ground cloves**  
 1 **bay leaf**  
 1 large **russet potato**, baked, peeled and coarsely mashed  
**Pastry** for double pie crust  
 1 **egg yolk**  
 2 tsp / 10 mL **water**



**CUT**  
Shoulder



**SERVES**  
6-8



**PREP TIME**  
30 Mins



**COOK TIME**  
1 ½ Hrs

- 1 Preheat oven to 425°F.
- 2 In large skillet, heat oil over medium-high heat. Thoroughly cook ground pork until no pink remains, breaking up larger pieces with a spatula, about 15 minutes.
- 3 Add broth, Worcestershire sauce, onion, celery, garlic, thyme, salt, pepper, allspice, cinnamon, cloves and bay leaf. Stir to combine. Reduce heat, cover and simmer for 20 minutes.
- 4 Uncover and cook 5-10 minutes more, until almost no liquid remains. Mixture should be moist but not watery.
- 5 Discard bay leaf and gently stir in mashed potato. Remove skillet from heat. Set aside.
- 6 Roll out pastry for 2 crusts, fitting one into a 9-inch pie plate. Spoon in cooled filling, then cover with top crust and seal. Cut steam vents in top.
- 7 In small bowl, whisk egg yolk with water. Brush over pastry crust.
- 8 Bake in preheated oven for 10 minutes. Reduce heat to 350°F and bake 30 minutes more or until crust is lightly browned. Serve warm.





# TEX-MEX SAUSAGE FLATBREAD PIZZA

½ lb / 250 g fresh **pork sausages** (Italian or Chorizo)

1 cup / 250 mL **refried beans**

3 Tbsp / 45 mL ready-to-use **salsa**

2 prepared **flatbread pizza crusts** or 3 **naan breads**

1 large **sweet bell pepper**, seeded and chopped

½ **green bell pepper**, seeded and chopped

¼ - ½ small **red onion**, sliced into thin wedges

½ - 1 **jalapeno pepper**, seeded and thinly sliced

2 cups / 500 mL shredded **mozzarella** or  
**Tex-Mex cheese**

½ **avocado**, peeled, pitted and diced

Chopped **fresh cilantro** for garnish



**CUT**  
Shoulder



**SERVES**  
2-4



**PREP TIME**  
10 Mins



**COOK TIME**  
30 Mins

- 1 Preheat oven to 350°F.
- 2 Remove casings from sausages.
- 3 In nonstick skillet, cook sausage meat over medium heat until no pink remains, breaking up larger pieces with spatula, about 15 minutes.
- 4 In small bowl, combine refried beans and salsa. Divide evenly between pizza crusts or breads, and spread mixture to within ½-inch of edge.
- 5 Sprinkle with cooked sausage meat, chopped peppers, onion, jalapeno and cheese.
- 6 Place pizzas on baking sheet. Bake in preheated oven until cheese is melted and bubbly, 10-12 minutes.
- 7 Remove pizzas from oven and let cool 2-3 minutes.
- 8 Sprinkle pizzas with avocado and cilantro. Slice and serve immediately.







## FARMER SAUSAGE & POTATO BAKE

5 large **russet potatoes**, peeled and cut into large cubes

¾ cup / 175 mL **milk**

2 Tbsp / 30 mL **butter** or **margarine**

3-4 **green onions**, thinly sliced

2 cloves **garlic**, minced

2 **egg yolks**, slightly beaten

¼ tsp / 2 mL **ground black pepper**

2 pinches **ground nutmeg**

1 lb / 500 g **farmer sausage**, cut into ¼-inch thick slices

¼ cup / 50 mL EACH shredded **mozzarella cheese** and **cheddar cheese**

⅓ cup / 80 mL chopped **fresh parsley**

1 Tbsp / 15 mL **fresh thyme leaves**, plus more for garnish



**CUT**  
Shoulder



**SERVES**  
4-6



**PREP TIME**  
30 Mins



**COOK TIME**  
60 Mins

- 1 Preheat oven to 350°F.
- 2 Place potatoes in large pot and cover with cold water by 2 inches; bring to a boil. Reduce heat; cover and simmer, about 20 minutes or until potatoes are tender when pierced with fork. Drain well in a colander.
- 3 Return potatoes to pot. Add butter or margarine and, using a hand masher or potato ricer, mash potatoes until smooth.
- 4 Add green onion, garlic, egg yolks, pepper and nutmeg. Mix well.
- 5 Gently fold in sausage, cheeses and parsley.
- 6 Spoon mixture into greased baking dish. Sprinkle with thyme. Bake, uncovered, 40-45 minutes.
- 7 Remove casserole from oven and garnish with additional thyme leaves, if desired.
- 8 Let stand 3-5 minutes before serving.





**CRISPY PORK BELLY RAMEN**



## PORK BELLY:

1 ½-2 lbs / 0.75 – 1 kg **skinless pork belly**  
1 tsp / 5 mL EACH **granulated sugar**, **salt** and **ground black pepper**

## RAMEN:

2-900 mL cartons **chicken broth**  
¼ cup / 50 mL EACH **mirin** and **Japanese sake**  
2 Tbsp / 30 mL **soy sauce**  
1 Tbsp / 15 mL **miso paste**  
12 **cloves garlic**, quartered  
2-inch / 5 cm piece **ginger root**, peeled and sliced  
2 sheets **nori**, divided  
2 **eggs**, medium-boiled, peeled and sliced in half  
1 cup / 250 mL sliced **shiitake mushrooms**  
¾ cup / 175 mL **matchstick carrots**  
½ cup / 125 mL thinly sliced **snap peas**  
2-3 **green onions**, thinly sliced diagonally  
400 g fresh or instant **ramen noodles**, cooked according to package instructions



CUT  
Belly



SERVES  
6



PREP TIME  
20 Mins



COOK TIME  
2 ½ Hrs

## FOR THE PORK BELLY:

- 1 Preheat oven to 450°F.
- 2 In small bowl, combine sugar, salt and pepper. Rub both sides of pork belly with seasoning.
- 3 Place pork belly on rack on foil-lined rimmed baking sheet. Roast for 20-25 minutes.
- 4 Reduce heat to 275°F. Roast 50-60 minutes more or until meat is tender but not falling apart.
- 5 Remove pork belly from oven, tent loosely with foil and let rest 10-15 minutes before carving into ¼-inch thick slices.

## FOR THE RAMEN:

- 1 In large stock pot, combine broth, mirin, sake, soy sauce, miso paste, garlic and ginger.

- 2 Cut 1 sheet of nori into quarters. Add to broth mixture.
- 3 Over high heat, bring contents of pot to a boil. Reduce heat to low and simmer for 1 hour.
- 4 Strain and discard solids. Return contents to pot; keep hot.
- 5 Cut remaining sheet of nori into thin strips. Set aside.
- 6 Divide noodles evenly among 4 large bowls. Ladle broth over noodles and top with slices of pork belly, halved egg, mushrooms, carrots, snap peas and green onion.
- 7 Garnish with nori strips. Serve immediately.





# BACON & CHEDDAR BANNOCK

3 cups / 750 mL **all-purpose flour**

2 Tbsp / 30 mL **baking powder**

1 tsp / 5 mL **salt**

1 ¼ cups / 300 mL **water**

3 Tbsp / 45 mL **canola oil**

6 strips **thick-cut bacon**, cooked, drained and coarsely chopped

½ cup / 125 mL shredded **cheddar cheese**



**CUT**  
Belly



**SERVES**  
12



**PREP TIME**  
15 Mins



**COOK TIME**  
25 Mins

- 1 Preheat oven to 375°F.
- 2 In large bowl, combine flour, baking powder and salt. Stir to combine.
- 3 Pour water and oil over flour mixture. Add bacon and cheese. Stir with fork to make a ball.
- 4 Turn dough out on lightly floured surface and knead gently, about 10 times.
- 5 Form dough into a ball, then slowly expand the dough by pressing it into a flat circle, about ¾- to 1-inch thick.
- 6 Bake in preheated oven on parchment-lined baking sheet for about 25 minutes or until bottom is golden.
- 7 Remove from oven and let cool on wire rack. Slice into 12 equal wedges.

### SERVING TIP:

Made from simple ingredients, bannock is a type of quick bread that can be served alongside a soup or stew, or spread with butter, margarine, marmalade or jam as part of a breakfast or brunch feast.







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