



THE DAILY PORK
February, 2009 **EXCLUSIVE PORK COVERAGE** pork!

Celebrate the Chinese New Year with Pork

Pork: The Best Bang for Your Buck

If you're like many Americans today, you're facing shrinking household budgets and are probably looking for ways to stretch your dollar. Look no further than pork on your plate! Home cooking is enjoying a homecoming as families like yours look to save on spending. We've got the solution! From pork shoulder to chops to ground pork, there are numerous, affordable cuts to choose from.

Read on for tips and budget-friendly recipes that'll feed your family without starving your piggy bank!

Cook Once, Eat Twice

Cook once, eat twice is our version of "BOGO." With some simple advance planning – and pork – it's easy to get two unique meals out of one meal's worth of ingredients, which not only saves money, but also your time.

Don't know where to start? We've got two great dishes from chef Dave Lieberman, author of "Young and Hungry: Making the Most of Fresh and Affordable Food," that can carry your family into the work week:

- Enjoy the season's best with Dave's [Italian Sunday Porchetta](#) recipe. This hearty meal combines tender pork shoulder and fresh vegetables for a delicious dish that will fill the family up.
- As if that's not good enough, Dave's Porchetta makes enough so that you can use the leftovers to create his [Mexican Pork Shoulder Stew](#). Your family won't even notice it's a "leftover" – a few pantry spices give it a fresh twist and burst of flavor.

Classic, Low-Cost Cooking

Pork offers taste, ease of preparation, nutrition and value all wrapped together in one prime protein. Pairing well with any flavor, pork makes affordable meals a cinch.

These low-cost ideas borrow classic tastes and are perfect for busy weeknight meals:



Take a trip down memory lane with these simply irresistible [Pork Pot Pies](#). This delicious twist to a classic comfort food uses ground pork which is one of the most affordable options in the meatcase. And as a hearty meal, it'll help break up the winter "blahs."

Bring your family together around the table during the weekend with the [Anytime Ham and Cheese Frittata](#) dish. Surprise your family and whip up this quick one-pan creation that combines rich flavors for a tasty meal. You can even ask the kids for help with this one!

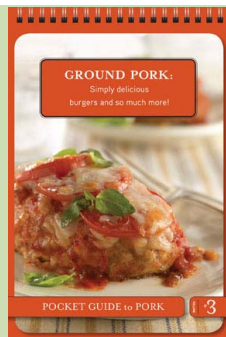
Of course, because pork is so simple to prepare, you don't even really need a recipe. Pick up a pork cut at the grocery store and pair it with a simple salad dressing marinade or spice rub to serve up a simple, inexpensive meal that's big on flavor and nutrition!

Penny Saver

Dave's a pro when it comes to savvy shopping and you will be, too – just read up on some of his top tips:

- **Think Multipurpose.** Don't have a roasting pan? Use the broiler pan that came with your oven. Don't have a top for your pot? Keep it covered with aluminum foil. You'll save yourself stress AND money just by being a little creative.
- **Crockpot Creation.** Are items on your pantry shelves getting dusty? Or maybe you've realized your refrigerated groceries are about to expire. Don't let them go to waste! Combine these almost-forgotten ingredients with slow-cooker cuts like pork shoulder for some unexpected flavors. Add potatoes, tomatoes, canned peas and your favorite spices --- anything you can get your hands on. Set the timer to cook at a low heat and have a tender meal waiting when you get home from work. Don't have a slow cooker? Use a roasting pan and cook low and slow for the same results.
- **Be a Savvy Shopper.** Compare, compare, compare. Look out for deals and comparison shop wherever you can. One of the BEST bargains in the meat case is lean ground pork. From tacos and Italian meatballs to homemade burgers and casseroles, think lean ground pork. It's a terrific way to add variety to your family's menu without a big budget.
- **Stock-Up When the Price is Right.** When economic times are tight, every penny counts. Take advantage of sales to stock up on large quantities of reasonably-priced pork cuts, frozen fruits and veggies. Creative preparation makes it easy to enjoy your savings now and later without scrimping on variety. For example, purchase pork chops in bulk then divide the chops and marinate them three different ways. Serve one recipe for dinner and freeze the other two.

Coming Soon!



FREE! Recipe Brochure

Looking for more affordable dishes the family will love? Download our **FREE Lean Ground Pork Pocket Guide** for a step-by-step guide to preparing several delicious ground pork recipes for endless options to bring to the dinner table. For other online tools to help you with your kitchen dilemmas, visit TheOtherWhiteMeat.com.

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