

**FREE**  
**Ground Pork**  
**Brochure**  
click here for free download

**GROUND PORK:**  
Slow Cooker  
Recipes and Cooking Tips

**A National Pork**  
**Board First**  
Introducing the Consumer  
Advisory Panel

**Click 'n' Cook**

**THE DAILY PORK**  
March, 2009  
**EXCLUSIVE PORK COVERAGE** pork

**Click 'n' Cook**

## Slow and Steady for Delicious Dishes

Who would have guessed that the handy slow-cooker invented in the '70s would be enjoying a popular resurgence decades later? That's right – in today's economy, the slow cooker is the kitchen's comeback kid! The time-saving appliance is fast becoming the countertop solution to serving up budget-friendly meals your family will love.

As one of the most affordable cuts in the meat case, pork is the perfect star for your slow-cooked suppers. In fact, it's been THE star for years! Slow cooking with pork has shown consistent growth since the early '90s<sup>1</sup>. These statistics are not surprising as cuts like pork shoulder and spareribs are ideal for this type of preparation.

So, if you haven't yet, are you ready to start-up your slow cooker to serve up easy and delicious weeknight meals? We've got the goods to make it happen (and at a tasty price!) – read on!

### One-Pot Wonders

This collection of hearty meals will make mealtime a breeze. Start each in the morning before work and return home to a ready-made, hearty 'n' hot dinner.

- Cozy up with this year-round favorite [Barbecued Pork Sandwiches](#) recipe. Perfect for any night of the week, cook pork shoulder in slow cooker for a juicy tender meal that will have everyone counting down the days until summer grilling starts!
- Take pleasure in preparing [Glazed Pork Loaf](#), a comfort food classic. With a mix of delicious flavors, the aroma of this meal will be sure to put your mind at ease as you walk through the door after work --- dinner is served! Tap leftovers to create a tasty sandwich for lunch the next day.



Dish up a dinner staple – pork chops – without worrying about waiting until you get home. [Pork Chops with Mushroom Gravy](#) combines thyme and onion along with mushroom soup to offer a flavorful sauce for the chops. Enjoy alongside warm rolls and mashed potatoes.



Warm up cold afternoons with [Black Bean Chili](#). By incorporating basic ingredients that blend well together, this hearty chili is sure to become a family favorite!

## Slow-Cooker Success

Whether you are a slow-cooker pro or just a beginner, make sure to follow the tips below. They'll help you make satisfying pork dishes, perfect for any night of the week that practically cook themselves.

- **Essential Essence:** Use less liquid than you do in other cooking methods. The USDA Food Safety and Inspection Service recommends you fill slow cookers **no less than half full** and **no more than two-thirds full**.
- **Flavorful Finds:** To add a bit of tang to your next meal, use out-of-the ordinary vegetables such as turnips and parsnips. Any flavor pairs well with pork so don't be afraid to experiment – there's no way you can go **WRONG!**
- **Heat Wave:** If you are home, turn the slow cooker on the highest heat setting for the first hour to quickly bring the temperature up to at least 140 degrees, then turn to the setting called for by your recipe for the remainder of the cooking time.
- **Spice it Up:** Try jazzing up your pot-o-pork with Chinese five spices, cumin, garlic or ginger to give your meal an extra kick of flavor.
- **Much Needed Melt Down:** Always defrost your pork before putting it into a slow cooker. It is also recommended that you cut-up larger pieces before placing them in the slow-cooker. It will help distribute heat properly and thoroughly cook the pork.

For more great recipes, tips and information, please visit [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com)

<sup>1</sup> Source: *National Eating Trends – Kitchen Audit, 2005*



This email was sent by: %%Member\_Busname%%  
%%Member\_Addr%% %%Member\_City%%, %%Member\_State%%, %%Member\_PostalCode%%