

no recipe required

delicious pork meals in minutes



WELCOME!

It's no secret that time-pressed cooks are often on the hunt for delicious recipes their whole family can enjoy, and are as "easy as one, two, three" to prepare. In fact, the National Pork Board found that eight out of ten Americans actually create dishes without using written recipes on a regular basis—no recipe required! To find these no-fuss, "No Recipe" recipes, the Pork Information Bureau sponsored a national "No Recipe" contest.

Straight from their "mental recipe boxes," Americans shared their favorite top-of-mind recipes. And now we're sharing them with you! In addition to showcasing several of these great pork recipes, we're offering easy cooking tips that will enable you to spend less time in the kitchen. Follow these simple, mealtime magic tricks and we hope you'll experience greater variety in your cooking and create delicious meals your whole family can enjoy together.

Wishing you ease in the kitchen—and quality time with family and friends!

Pork Information Bureau

P.S. Be sure to visit otherwhitemeat.com for even more great-tasting recipes and time-saving tips.

SECOND PLACE WINNER

FIERY ISLAND PINEAPPLE PORK CHOPS

by Edwina Gadsby



4 boneless
pork chops,
1/2-inch thick



+ 4 teaspoons
Jamaican
Jerk
seasoning



+ 1/2 cup
hot pepper
jelly



+ 2 tablespoons
pineapple juice



+ 1 teaspoon
minced
fresh ginger



+ 4 slices
fresh pineapple
(cored, 1/2-inch thick) or
canned pineapple rings

Coat chops with jerk seasoning; set aside for 5 minutes. Meanwhile, microwave jelly, pineapple juice and ginger on high heat for 30 to 60 seconds or until melted. Grill pork over medium-high heat for 5 to 6 minutes per side, turning once. Baste frequently with glaze. During last 3 minutes of grilling time, place pineapple rings on the grill. Baste with jelly mixture. Grill pineapple until heated through. Serve pork chops with pineapple. **Makes 4 servings.**

NUTRITION INFORMATION PER SERVING: Calories: 271; Fat: 6 g; Saturated Fat: 2 g; Cholesterol: 72 mg; Sodium: 523 mg; Carbohydrates: 25 g; Protein: 28 g; Fiber: 1 g



HONORABLE MENTION

APPLE-PECAN TENDERLOIN MEDALLIONS

by Ann Council



1 pound
pork tenderloin



+ 2 tablespoons
butter



+ 1 (16 oz.) can
sliced apples,
drained



+ 1/4 cup packed
brown sugar



+ 1/4 cup
chopped
pecans

Trim fat from pork. Cut pork into 1/2-inch-thick slices.

Melt butter in a large skillet over medium-high heat until it sizzles. Reduce heat to medium. Arrange pork slices in skillet. Cook for 2 minutes; turn slices. Spoon apples over pork. Sprinkle with brown sugar and pecans. Cover and cook for 4 to 6 minutes more. **Makes 4 servings.**

NUTRITION INFORMATION PER SERVING: Calories: 498; Fat: 23 g; Saturated Fat: 6 g; Cholesterol: 93 mg; Sodium: 129 mg; Carbohydrates: 46 g; Protein: 26 g; Fiber: 4 g



HONORABLE MENTION

BOTTOM-OF-THE-BOX CRUSHED CRACKER PORK

by Heidi Morris



1 pound
pork tenderloin



+ 1 egg,
beaten



+ 1 tablespoon
steak sauce



+ 1 teaspoon
garlic powder



+ 1 cup finely crushed
cheese crackers



+ 2 tablespoons
vegetable oil,
divided

Combine egg, steak sauce and garlic powder in a shallow dish. Place crushed crackers in another shallow dish. Cut tenderloin crosswise into ½-inch-thick slices. Pound or flatten slices with the heel of your hand to ¼-inch thickness. Dip each slice first into egg mixture, then cracker crumbs, turning to coat. Heat one tablespoon of oil in a large nonstick skillet over medium heat until hot. Add half of pork slices and cook 4 to 5 minutes per side or until browned. Repeat with remaining oil and pork slices (or use 2 skillets at one time). **Makes 4 servings.**

NUTRITION INFORMATION PER SERVING: Calories: 328; Fat: 19 g; Saturated Fat: 5 g; Cholesterol: 130 mg; Sodium: 304 mg; Carbohydrates: 12 g; Protein: 27 g; Fiber: 1 g



MAKE MEALTIME . . . FAMILY TIME

Coordinating food, family members and frantic schedules isn't easy, and every busy cook knows pulling it all together at dinnertime is a challenge! Here are some sure-fire tips for tempting, time-saving dishes that will help you make the most of "No Recipe" cooking:

Keep cooking basics on hand. Broadening the range of basic ingredients you have on hand widens the variety of what you can cook at a moment's notice.

- Great "pantry basics" examples include: varieties of canned beans, green and black olives, varieties of pasta and bottled sauces, boil-in-bag rice, ethnic spice rubs, prepared salsa and canned fruits such as pineapple, pears and peaches.

Keep it simple. Simplicity is a main ingredient when cooking up family meals.

- No more than six ingredients are used in the recipes we're sharing, proving a main dish doesn't have to be complicated to taste good or have gourmet flavor. Pull from the "pantry basics," then add your own twist to create a unique and flavorful dish.

Shop smarter. Breaking bulk purchases into smaller, more usable portions once you get home is a great way to efficiently make use of your great buy.

- Estimate what you will use in the next few days and freeze the rest in individual servings for ease of thawing later. This works especially well for large packages of meat, such as bulk-pack pork chops or tenderloins.

Convenience is key. To effectively minimize time and hassle and maximize flavor, use pre-seasoned convenience products.

- Great one-step flavor boosters: canned tomatoes, Mexican-style corn, bottled dressings, prepared pesto, cream soup bases and pre-packaged pork rubs or seasonings.

Involve the whole family. There's little truth to the old adage "there are too many cooks in the kitchen," especially when it's a family affair.

- Find age-appropriate tasks for kids such as mixing, measuring or setting the table.
- Encourage family interaction with tasks like grocery shopping or gathering ingredients.

Keep sharing! One cook's "no-brainer" stand-by can be another cook's culinary adventure.

- When you stumble upon a great new "No Recipe" concoction, pass it along to friends and family who might also enjoy it.

HONORABLE MENTION

POPPY CHOPS

by Gerry Holcomb



8 boneless
loin pork chops,
3/4 inch thick



+ 2 eggs



+ 1 (6 oz.) package
cornbread
stuffing mix



+ 1/4 cup
grated Asiago or
Parmesan cheese



+ 2 tablespoons
poppy seeds



+ 1/4 cup
butter-flavor
shortening

Beat together eggs and water in a small bowl until foamy. Pour into a shallow bowl. Place stuffing mix in a self-sealing plastic bag; finely crush with a rolling pin. Stir in Asiago or Parmesan cheese and poppy seeds. Transfer to a second shallow bowl. Trim fat from chops. Coat chops with crushed mixture. Dip into egg mixture and coat with crushed mixture again.

Heat half of the shortening in a large skillet over medium-high heat until it sizzles. Reduce heat to medium. Add half of the chops; cook for 6 minutes. Turn chops and cook about 6 minutes more or until evenly browned, reducing heat as necessary to prevent overbrowning. Transfer chops to a serving platter; cover to keep warm. Repeat with remaining shortening and chops.



Makes 8 servings.

**NUTRITION
INFORMATION**
PER SERVING:
Calories: 321;
Fat: 16 g;
Saturated Fat: 5 g;
Cholesterol: 66 mg;
Sodium: 342 mg;
Carbohydrates: 17 g;
Protein: 26 g;
Fiber: 3 g

THIRD PLACE WINNER

HAWAIIAN COBB SALAD

by Linda Rohr



1 pound pre-marinated
pork tenderloin
(teriyaki recommended)



+ 1 (10 oz.) bag
European
Salad Mix



+ 2 cups
cubed fresh
pineapple and
mango



+ ½ cup chopped,
toasted
macadamia nuts



+ ½ cup prepared
raspberry walnut
vinaigrette

Grill pre-marinated pork tenderloin over medium-high heat for 20 minutes, turning once, until internal temperature reaches 160 degrees F. Allow pork to cool slightly, then slice into long thin strips. Place salad greens on 4 dinner plates. Top with pork slices, pineapple, mangoes and macadamia nuts. Drizzle with vinaigrette. **Makes 4 servings.**

Note: This is a great recipe for leftover pork!

NUTRITION INFORMATION PER SERVING: Calories: 428; Fat: 24 g; Saturated Fat: 5 g; Cholesterol: 106 mg; Sodium: 171 mg; Carbohydrates: 18 g; Protein: 36 g; Fiber: 4 g



GRAND PRIZE WINNER

PORTOBELLO PORK CHOPS

by Michael Holowis



4 bone-in
pork rib or loin chops,
3/4-inch thick



+ 1 1/2 cups
mild chunky
salsa



+ 1 cup chopped
Portobello
mushrooms



+ 1 cup shredded

cheddar cheese



+ 2 tablespoons
maple syrup



+ 1/4 cup snipped
fresh parsley

Heat oven to 375 degrees F. Trim fat from chops.

Spoon salsa into a 3-quart rectangular baking dish. Arrange chops on top of salsa. Combine Portobello mushrooms, cheddar cheese and maple syrup in a medium bowl. Spoon over chops. Bake, uncovered, for 25 to 30 minutes. Sprinkle with parsley. Serve chops with salsa mixture.

Makes 4 servings.

NUTRITION INFORMATION PER SERVING: Calories: 328; Fat: 16 g; Saturated Fat: 8 g
Cholesterol: 93 mg; Sodium: 648 mg; Carbohydrates: 14 g; Protein: 31 g; Fiber: 2 g



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