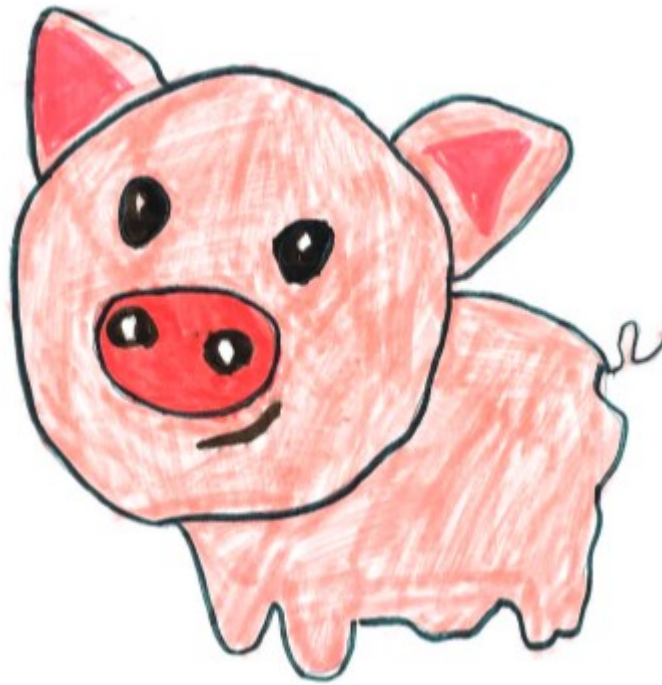


2018 "TASTE OF PORK" RECIPE BOOK

Eat pork



Cooper Schulte 2018

Drawn by 2018 Little Sir Hamalot Cooper Schulte

BROUGHT TO YOU BY:



Following are the pork recipes sent to KMCH during our
October Pork Month Recipe Contest! Enjoy!

Special thanks to:

Edgewood Feed Mill

Betenbender Manufacturing

Joel's Tractor & Auction

Viafield

River Valley Coop

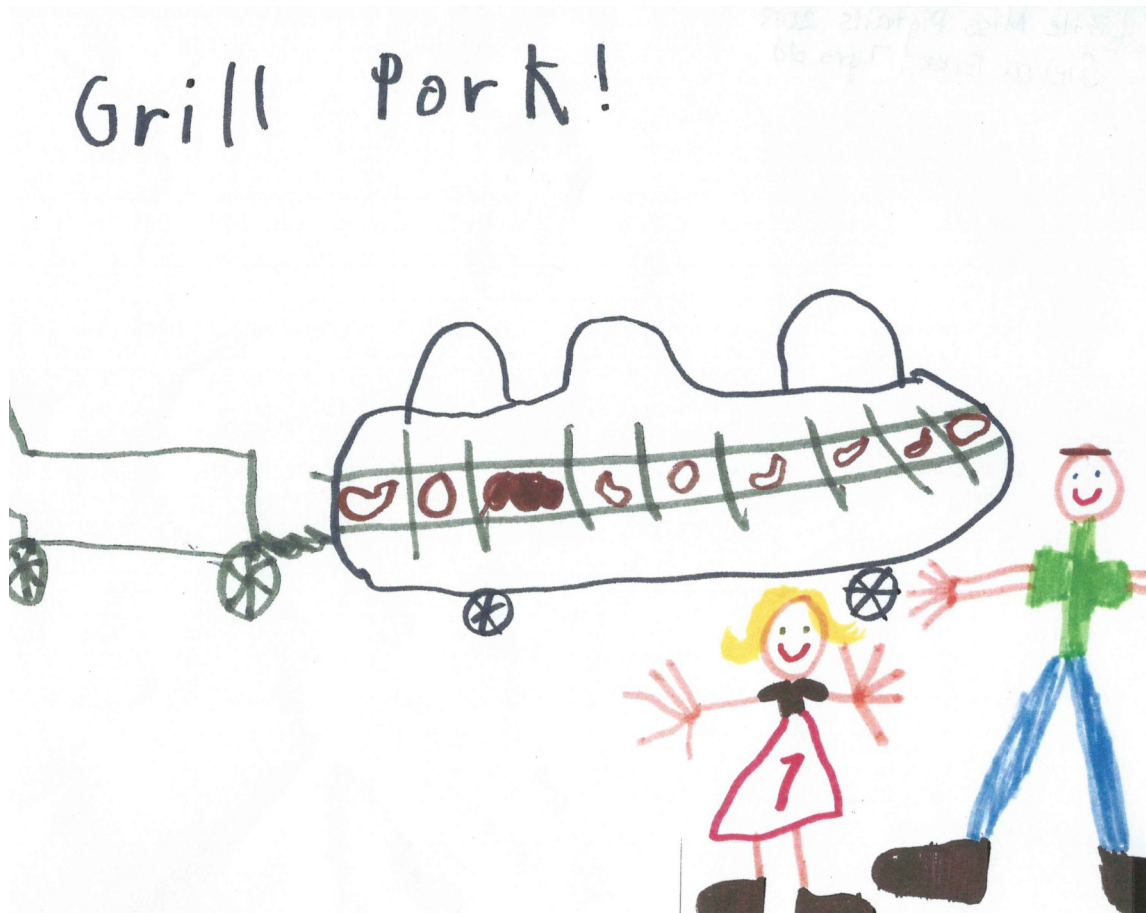
Wulfekuhle Electric

Delaware County Pork Producers

Sierra Eike

Cooper Schulte

**and all of the AWESOME KMCH listeners who sent
in their delicious pork recipes!**



Drawn by 2018 Little Miss Pigtales Sierra Eike



MUSTARD APPLE MEAT LOAF BECKY GIBBS

1 small onion, finely chopped
2 teaspoons butter
3/4 cup shredded peeled apple 1/2 cup soft bread crumbs
1 egg
4 teaspoons ketchup
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper
Dash ground allspice
3/4 pound lean ground PORK

In a small skillet, sauté onion in butter until tender. In a large bowl, combine the apple, bread crumbs, egg, ketchup, mustard, salt, pepper and allspice. Stir in onion. Crumble PORK over mixture and mix well. Shape into a 6x5-in. loaf.

Place in an 8-in. square baking dish coated with cooking spray. Bake, uncovered, at 350° for 40-45 minutes or until no pink remains and thermometer reads 160°.





PORK CHOPS AND STUFFING
BRITTANY LANSING – NEW VIENNA

4-6 boneless pork chops

1 box stove top stuffing (you can certainly make homemade stuffing, but I cheat)

1 can cream of mushroom soup

1/4 cup milk

salt & pepper (optional for seasoning chops)

Place pork chops in 9x13 pan sprayed with cooking spray.

Prepare the stove top according to package and spoon over top of pork chops.

Mix soup and milk together and pour over the top.

Bake @ 350 for 1 hr. Cover with foil for the first 40 mins or so, then uncover the remainder 20 mins.

Enjoy!! :)





SLOW COOKER PORK CHOPS CELESTE HARBER – HOLY CROSS

6 boneless pork chops
1/4 cup brown sugar
1 teaspoon ground ginger
1/2 cup soy sauce
1/4 cup ketchup
2 cloves garlic, crushed
Garlic
salt and pepper to taste
Add all ingredients to list

Cook 6 h

Ready In 6 h 5 m

Place pork chops in slow cooker. Combine remaining ingredients and pour over pork chops.

Cook on Low setting for 6 hours, until internal temperature of pork has reached 145 degrees F (63 degrees C).

Easy Cleanup

Try using a liner in your slow cooker for easier cleanup.

Nutrition Facts

Per Serving: 146 calories; 4.3 g fat; 10.6 g carbohydrates; 16 g protein; 36 mg cholesterol; 1337 mg sodium. Full nutrition



BARBECUED PORK FOR BUNS
CHRISTE HARWOOD – ARLINGTON

2 lbs pork roast
2 lbs beef roast
1 can tomato soup
1 bottle ketchup
1 c. water
2 T. lemon juice
2 T. Worcestershire
2 T. brown sugar
1/2 t. dry mustard
1 small onion, chopped
1/2 c. chopped celery
1 bay leaf
salt & pepper

Cook meat long & slow until tender. Cool, remove fat and bone & slice meat. Drain drippings & fat. Combine remaining ingredients and simmer 1 hour. This is enough for 20 sandwiches. Freezes well. Doubles and triples well.





PORK CHOPS AND SAUERKRAUT
DEB GIBBS – MANCHESTER

6 pork chops, seared in pan
Stone ground Dijon mustard
1 can sauerkraut, undrained
3 small apples, chopped
1 onion, chopped

In a jelly roll pan, place a large cooking bag. Sprinkle a few Tbsp of flour on bottom. Place seared chops in bag, top each with a Tbsp of stone ground Dijon mustard, sauerkraut, chopped apples and onions. Tie up and cut 6 1" slits in the top. Bake at 375 for 1 hour.





HAM LOAF
DIANE BOHLKEN – MARION

2 # Ground Ham

1 1/2 # Ground Pork

2 Eggs, slightly beaten

1 Cup Crushed Saltines (25)

1 Cup Evaporated Milk

1/8 tsp. Salt

1/8 tsp. Ground Black Pepper

Combine all of the above ingredients in large bowl.

Form a loaf in a greased 9 x 13 baking dish.

Bake at 350 degrees to 160 degrees or approximately 1 1/2 hours.

BASTING SAUCE:

1 Cup Brown Sugar, packed

1 Tblsp. Dry Mustard Powder

1/4 Cup Apple Cider Vinegar

Mix all sauce ingredients together while ham loaf is baking and pour over the last 15 minutes.



COOPERATIVE

Your Success – Our Future



PORK ROAST IN CROCKPOT DORIS SCHENKE – COLESBURG

Pork roast

Italian Dressing Seasoning Packet (dry).

Ranch Dressing Seasoning Packet (dry).

Pork Gravy Seasoning Packet (dry).

Potatoes.

Carrots.

Onion.

Can of 7 UP or at least a cup plus of water to cover roast.

Open each packet and mix together in large bowl. Add the soda or substitute with water. Stir.

Place the pork roast in center of your crockpot. Can add sliced or cubed potatoes, sliced or whole baby carrots, and sliced or diced onion (whichever way you prefer). Pour the liquid seasoning mixture over roast, potatoes, carrots, & onion.

Plug in the crockpot and set to low. Leave on all day (6-8 hours or more) and your roast will be tender. If in a hurry, raise the temperature and cook till done.

Take out the potatoes, carrots, & onions and place in large bowl for serving. Take out the roast and place on serving plate. The roast can be sliced or shredded as it will fall apart.

Grab a plate and fork and enjoy a delicious meal!



GREEN CHILE STEW

EMILY PARKS – INDEPENDENCE

2 tablespoons vegetable oil
3 pounds boneless pork shoulder, diced
Kosher salt
1 large white onion, diced
1 1/2 cups diced Hatch or Anaheim chile peppers
1 small green bell pepper, diced
1 small red bell pepper, diced
4 cloves garlic, minced
4 cups low-sodium chicken broth
1 pound Yukon gold potatoes, peeled and diced
2 15-ounce cans white hominy, drained and rinsed
1 large bunch cilantro, leaves chopped
2 tablespoons cornstarch

Heat 1 tablespoon vegetable oil in a large Dutch oven over medium-high heat. Sprinkle the pork with 1 teaspoon salt. Working in batches, cook the pork, stirring, until browned, about 5 minutes. Transfer to a plate and discard the fat from the pot.

Heat the remaining 1 tablespoon vegetable oil in the pot. Add the onion, chile peppers, bell peppers and garlic and cook, stirring occasionally, until softened, about 7 minutes. Return the pork to the pot along with the chicken broth; cover and bring to a boil. Stir the stew and reduce the heat to medium low; simmer, covered, until the pork is tender, about 30 minutes.

Increase the heat to medium high and bring the stew to a low boil. Add the potatoes, hominy and enough water to cover the pork and potatoes. Add half of the cilantro and 1 teaspoon salt and cook, uncovered, stirring occasionally, until the potatoes are tender and the stew is slightly thickened, about 30 minutes.

Whisk the cornstarch with 1/4 cup water in a small bowl until smooth. Stir into the stew along with the remaining cilantro and continue cooking, stirring occasionally, until the liquid thickens, about 5 more minutes.



THE BEST GREEN CHILE STEW
JAN HEMPSTEAD – MANCHESTER

Servings: 4 - 6 servings

- 1 pound lean pork stew meat chopped into ½" pieces
- 1/4 cup flour or cornstarch
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil
- 1/2 yellow onion chopped into 1/2 " pieces
- 3 large cloves garlic minced
- 3/4 cup or 7-ounce can freshly roasted or frozen green chile, chopped small
- 3 1/2 cups or 28 oz can salsa verde or green chile sauce
- 3 cups chicken stock or water, plus 1 tablespoon chicken base
- 1/2 teaspoon kosher salt adjust to taste
- 4 cups diced potatoes about 2 large white or sweet potatoes

Combine the pork, flour, pepper and garlic powder in a gallon size Ziploc bag. Shake to coat thoroughly and then set aside. In a large pot over medium heat, warm the oil. Add the fresh garlic and onion and sauté until translucent, approximately 2-3 minutes.

Add the dusted pork and cook until browned, approximately 5 minutes. Add the chiles, salsa verde, stock and salt and bring to a boil. Cover and simmer on low for 45 minutes.

Add the potatoes and raise heat to boil. Reduce to a simmer and cook until the potatoes are tender, approximately 15 minutes. Enjoy!

I recommend serving this stew with warm flour tortillas and topped with shredded cheese.



BEER PORK CHOPS
JANET TEKIPPE – SHERRILL

4 med. pork chops browned

Mix together:

1/2 can beer

1/4 cup brown sugar

1/3 cup ketchup

Dash of chili sauce

Pour mixture over pork chops and simmer over medium to low heat for 30 to 45 minutes.





HAM BALLS
JENNIFER ARCHIBALD - COGGON

2 lb. ground ham
1 lb. ground pork
1 lb. ground beef
2 eggs
2 c graham cracker crumbs
1 ½ c milk
Sauce:
1 can tomato soup
1 ½ c brown sugar
½ c vinegar
1 T mustard

Mix first 6 ingredients together until well combined. Scoop into balls using an ice cream scoop. Place close together in a 13 x 9 baking pan. Cover and bake at 325 for 1 hour. Remove from oven. Combine all sauce ingredients and pour over ham balls. Reduce oven temperature to 300 and bake uncovered for an additional 40 – 60 min.



GREAT BREAKFAST PIZZA JILL MENSEN – DYERSVILLE

Pizza Crust:

3/4 cup warm water

2 Tablespoons melted margarine

1 Table spoon yeast

1 teaspoon sugar

Mix this all together and add 2 cups flour (put in a little at a time) mix well.

Roll out on floured surface the size of your pizza pan. Spray pizza pan with pam cooking spray. Preheat oven to 350 degrees. Bake crust for 10 minutes. Take out of oven and spread margarine on crust like you were putting margarine on toast. Spread on 1 can cheddar cheese soup. This is your sauce do not put pizza sauce on.

Then put on 1- lb pork sausage browned and drain grease off, 1/2 - lb. bacon cook till crispy then chop up and put on top, 1/2 - lb. Canadian bacon chopped up, chopped up onions, chopped up green peppers, chopped up mushrooms. Put on any or all of the above toppings whatever you like. Put on 4 ounces of Mozzarella cheese & 4 ounces of cheddar cheese shredded. bake for 20-25 more minutes or until cheese is melted and all is hot. This is wonderful! Enjoy!!



GLAZED PORK
JUDY GOGEL – DYERSVILLE

1 cup orange juice
2 tablespoon Dijon mustard
1 tablespoon brown sugar
2 boneless pork chops

Preheat oven 350 degrees. In a bowl mix the orange juice, Dijon mustard and brown sugar. Place pork chops in the prepared baking dish and pour orange mixture over the top. Bake 20 minutes in the prepared oven to a minimum internal temperature of 145 degrees. Pour remaining liquid into a skillet and cook over medium high heat. Pour over cook chops to serve.





ZESTY PORK BURGERS
K NIEMAN – EARLVILLE

1 lb. ground pork
1/4 cup buttermilk
2 tsp. sage, crushed
3/4 cup shredded cheddar cheese
3/4 tsp. salt
3/4 tsp pepper
1/8 tsp. garlic powder
1/8 tsp. oregano
1 Tbsp. finely diced onion

Combine all ingredients; mix well. Shape into four patties, 3/4 to 1 inch thick. Place patties on grill over low glowing coals. Cook 8-10 minutes per side or until done. Can be grilled on gas grill.





PORK "N" CORN ROAST
KARLA FRANCOIS – MANCHESTER

4 to 6 Pork Chops
2 C. Cream style corn
2 T. finely chopped onions
Dash Pepper
1 T. Prepared mustard
2/3 C. Soft bread crumbs
1 t. salt
1 C. Water

Spread pork chops with mustard. Brown well. Combine corn, crumbs, onions and seasonings. Arrange chops in baking dish. Drain fat from skillet (do not add). Add water to skillet and heat to boil. Pour over chops. Top with corn mixture. Cover and bake in preheated 350-degree oven for 15 minutes. Uncover and bake 45 minutes longer.





CRANBERRY PORK TENDERLOIN KIM BRUESS

- 1 pork tenderloin (1 pound)
- 1 can (14 ounces) whole-berry cranberry sauce
- ½ cup orange juice
- ¼ cup sugar
- 1 tablespoon brown sugar
- 1 teaspoon ground mustard
- ¼ to ½ teaspoon ground cloves
- 2 tablespoons cornstarch
- 3 tablespoons cold water

Place pork in a 3-qt. slow cooker. In a small bowl, combine orange juice, cranberry sauce, sugars, mustard, and cloves; pour over pork. Cover and cook on low for 5-6 hours or until meat is tender.

Remove pork and keep warm. Combine cornstarch and cold water until smooth; gradually stir into cranberry mixture. Cover and cook on high for 15 minutes or until thickened. Serve with pork



MAPLE GLAZED STUFFED ROAST PORK
LINDA TEGELER – EDGEWOOD

- 2 Tbsp. butter
- 1 apple, chopped
- 1-1/2 cups hot water
- 1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
- 1 pork loin (2 lb.), butterflied
- 2 Tbsp. maple-flavored or pancake syrup
- 2 Tbsp. GREY POUPON Hearty Spicy Brown Mustard
- 1 tsp. chopped fresh rosemary

Heat oven to 350°F.

Melt butter in large skillet on medium heat. Add apples; cook and stir 3 min. or until crisp-tender. Add hot water and stuffing mix; stir. Remove from heat. Let stand 5 min.; mix lightly.

Spoon stuffing mixture onto cut-side of meat to within 1/2 inch of edge. Roll up, jelly roll fashion, starting at one short end. Place seam side down, in roasting pan sprayed with cooking spray.

Bake 1 hour. Mix syrup, mustard and rosemary until blended; spread over meat. Bake 20 min. or until meat is done (145°F).

Remove from oven. Let stand 15 min. before slicing to serve.



ITALIAN PORK HOAGIE SUBS
MISSY MCINTYRE – MANCHESTER

3-4lb Pork Roast

3 Dry Italian Seasoning Packets

1 cup water

1 Jar Banana Peppers

Hoagie Rolls

Provolone Cheese (or which every cheese you prefer)

Place roast in crock pot.

Mix up water & Italian Seasoning packets and pour over roast.

Add about half jar of the banana peppers including some of the juice (more or less to your liking)

Cook low till roast is tender & shred-able; shred in crock pot with the juice.

Put shredded pork on hoagie roll, add cheese/additional peppers if like & ENJOY!





PORK CASSEROLE
PATTY LYNESS - RYAN

4 pork chops

1 cup minute rice

1 can cream of chicken soup

1 cup milk

Brown pork chops in a little oil put in casserole pan add salt and pepper to taste.

Mix milk, soup and rice together and pour over chops and bake at 350 for 1 hour. Enjoy!





PORK CHOPS
RACHAEL FELDMANN – PETERSBURG

4 Boneless pork chops
a can of cream of chicken soup
1 cup of chicken broth
1 pack of Lipton onion soup mix
minced onions
minced garlic
salt and pepper

Dump it all in crock pot and cook on low for 8 hours or high for 4 hours. Serve with roasted potatoes or mashed or even pasta!



HAM AND PINEAPPLE SANDWICHES
ROBIN MCCOOL - COLESBURG

Warm up leftover ham sliced for sandwiches on flat griddle with canned pineapple slices. When pineapple is caramelized, layer favorite bun/bread with slice of provolone cheese, pineapple ring, ham, 2nd pineapple ring, 2nd slice of pineapple ring, and top bun/bread.



EGG ROLL STIR FRY
RITA J. FELDMANN – MANCHESTER

1 lb ground Pork of leftover pork
Small onion - more if you wish.
small head cabbage
3 carrots
4 cloves garlic (optional)
1 tbs ginger
1/2 tsp black pepper
2tbs olive oil 1 tbs. vegetable oil
1/4 cup soy sauce
1 cup cold cooked rice (optional)

Cook or crumble ,meat (leftovers save time) Do not drain You will need to have a large skillet .

While meat and onions are cooking cut cabbage into thin shreds; set aside

Peel carrots with a vegetable peeler then dice or use peeler to shave off thin slices; set aside

combine garlic, ginger, pepper, olive oil, vegetable oil and soy sauce in a small bowl and stir to combine; set aside

Add cabbage and carrots to meat ;cook and stir over medium-high heat for 3-4 min. Add soy sauce mix and stir well.(Liking soy sauce I sometimes double)

Reduce heat and continue cooking for 5-10 min. or cabbage is tender.

Makes 4-6 servings.



CROCK O'BRATS
SHARON PECK – MANCHESTER

5 bratwurst links cut in 1" pieces
5 med. potatoes peeled and cubed
1 can (27oz) sauerkraut rinsed and well drained
1 med. tart apple chopped. 1 small onion chopped
1/4 cup. Brown sugar 1/2tsp salt

Brown bratwurst on all sides. In a 5 qt. Slow cooker combine the remaining ingredients. Stir in bratwurst and pan drippings. Cover and cook on high 4 to 6 hours or until potatoes and apple are tender.
Yield: 6 servings





BBQ PORK RIBS & CABBAGE TREVA GUYER – MONTICELLO

- 1-1/2 pounds pork country-style ribs
- Salt and pepper to taste
- 2 teaspoons canola or other vegetable oil
- 2 medium onions, coarsely chopped
- 1 large head cabbage, quartered and cut into about 1-inch wedges
- 2 cups barbeque sauce of your preference
- 1 cup water

Season ribs with salt and pepper. Heat a large soup pot or Dutch oven over medium-high heat. Add the oil, then the pork, cooking until brown, about 3 minutes per side. Add BBQ sauce and about one-half of the onions. Reduce heat to medium-low, cover, and simmer for about 45 minutes. Add the cabbage, remaining onions. Bring to a boil, reduce heat again, and simmer until pork and cabbage are very tender, about another 45 minutes, stirring occasionally.





BEST OF THE REST

These were the non-winning recipes submitted for the contest.
They sound pretty delicious too!

HAM BALLS

SHIRLEY WICKMAN – MANCHESTER

- 1 lb. cooked ham-pulse in food processor until finely ground
- 1 lb. Ground pork
- 1 cup milk
- 1 cup crushed Cornflakes
- 1 large egg lightly beaten
- 1/4 cup packed light brown sugar
- 1 TBS ground mustard
- 1/2 tsp. salt

Mix all above ingredients and shape into 1" balls. Place in a single layer on a greased sheet cake pan. Preheat oven to 350 degrees.

GLAZE

Combine 1 cup packed brown sugar; 1/4 cup vinegar; 1 TBS ground mustard in a saucepan and cook over medium heat until sugar is dissolved. Pour over ham balls. Bake until ham balls are starting to brown 30-35 min. Stir halfway through baking time. Makes about 6 dozen.



BAKED PORK CHOPS
DELORES A HERMSEN – DYERSVILLE

6 pork chops
1 cup rice
1 onion chopped
1 10 oz can cream of mushroom soup
salt and pepper

Cook the rice. Salt and pepper the chops and put into a baking dish. Spread chopped onions on top. Cook the rice and then mix with the can of soup and pour over the chops. Bake at 350 degrees for 1 hour.





SLOW COOKER PORK ROAST CHRISTINA ZOBAC - STRAWBERRY POINT

- 1 3 1/2 lb boneless pork loin roast
- 1 T vegetable oil
- 1 tsp salt
- 1/2 tsp pepper
- 1 medium sliced onion
- 1 tsp garlic powder
- 1 cup chicken broth or water

Heat oil in skillet, cook pork 10 minutes while turning until brown on all sides.

Sprinkle pork with salt and pepper.

Put onion in slow cooker and place pork on top.

Mix garlic powder into broth or water and pour over pork.

Cover and cook on low 8 to 10 hours.



BBQ PORK SANDWICHES
BETTY VASKE – MANCHESTER!

“Easy & very good!”

- 3 cups pork roasts, baked & chopped
- 1 Tbs. oil
- 2 Tbs. vinegar
- 1 c. catsup
- 2 Tbs. brown sugar
- 2 Tbs. onion, chopped
- 1 tsp. dry mustard

Combine all ingredients & heat thoroughly. Refrigerate for later use, but can be frozen.

EASY PORK CHOPS
JAN CONRAD – MANCHESTER

- 4 Pork Chops
- Flour, salt, pepper
- 1 10 Oz. can of cream of mushroom soup
- Oil for frying

Place flour, salt pepper on a plate--coat the pork chops with this mixture--let sit for a few minutes while the oil in a fry pan is heating--place pork chops in pan and fry until golden brown on both sides--drain off excess oil. pour 1 can of the cream of mushroom soup over chops with a little water (1/4 cup can add more if needed) Put a lid on the pan and simmer for 1 hour.



PORK SAUSAGE
JANET TEKIPPE – SHERRILL

9 LB. GROUND PORK
6 TSP. Morton's Tender Quick salt
3 tsp. pepper
3 tsp. brown sugar

Dissolve salt, pepper and brown sugar in warm water and mix with meat. Stuff in casings or make patties.

PORK CHOP CASSEROLE
SHARON PECK – MANCHESTER

4 or 5 pork chops
1 can green beans
1 can potatoes or some cooked sliced potatoes
1 can cream soup (your choice) chopped onion
1 soup can milk

Brown chops put in baking dish. Put the green beans over chops then the potatoes. Put soup in dripping. Add the milk and onion pour over all. bake about 45 minutes at 350'



SPICY ASIAN PORK BURGERS
EMILY PARKS – INDEPENDENCE

"I already won, once, but add this recipe to your pork cook book, they are great!"

1 lb ground pork
2 tablespoons soy sauce
1 tablespoon grated fresh gingerroot
1 tablespoon minced fresh mint
1.5 tsp garlic chili paste
1 clove garlic, crushed
burger buns

Mix pork and seasonings: form into 4 patties. Grill over medium/hot coals for 10-12 mins. per side until 160 degrees. To freeze shape uncooked meat into patties. Layer patties between waxed paper and place in a sturdy freezer container. Freeze up to one month. Thaw overnight in refrigerator.

To kick it up a notch, mix 1 cup mayo with 1 tsp garlic chili paste for a better burger topping!



PORK CHOP CASSEROLE IN THE CROCKPOT
PATTY LYNESS – RYAN

- 4 lb pork loin or a 4 lb. pork roast
- 1 can sauerkraut
- 4 or 5 med potatoes peeled and sliced
- 1 big can chicken noodle soup

Put pork in the crockpot then your sliced potatoes on top of roast,
then your sauerkraut and topped with the chicken noodle soup!!
Put high for about 7 to 8 hours!!
Take from crockpot enjoy!! It's one of our family's favorites!!



SPICY ITALIAN SAUSAGE DIP
RICHARD MEJIA - MANCHESTER

- 1 lbs of Italian sausage
- 2 bricks of cream cheese
- 2 bags of white frozen corn
- 1 stick of butter
- 1 jar of pickled jalapenos
- 2 bags of tortilla chips

Brown sausage in a skillet and then dump it in a crock pot. Place the 2 bricks of cream cheese on top of cooked sausage and cover with the white corn. Add the stick of butter in tabs around the top and add at least 1/3 of a cup of jalapenos with some of the juice (add more for a little bit more spice). Set crock pot on high for 3-4 hours. Once all is done mix all the ingredients together. Serve warm in a bowl with chips.

