Holiday Recipes

Coriander and Cumin Roasted Rack of Pork with Five Spice Pumpkin Puree
and a Chile, Pumpkin Seed and Cilantro Salad
Cider-and-Beer-Braised Pork with Chocolate Mole
Ginger-Crusted Pork Cutlets with a Cinnamon Orange-Cranberry Chutney and
Wilted Arugula

Recipes courtesy of Chef Michael Symon, on behalf of The National Pork Board

Coriander and Cumin Roasted Rack of Pork with Five-Spice Pumpkin Purée and a Chile, Pumpkin Seed and Cilantro Salad

Coriander and Cumin Roasted Rack of Pork

1 8-rib pork loin rack, center cut, chine bone removed and Frenched
1 tablespoon whole coriander seed
1 tablespoon cumin seed
2 teaspoons kosher salt
1 teaspoon sugar
1 teaspoon chipotle chile powder

If desired, using a mortar and pestle, slightly crush coriander seed. Combine coriander seed, cumin, salt, sugar and chipotle chile powder in small bowl or dish; set aside.

Cut 4 long pieces of plastic wrap. Place 1 piece horizontally on work surface and the remaining 3 pieces vertically on the first piece. Place pork rack on center of plastic wrap. Sprinkle and rub spice mixture evenly over surface of pork rack. Wrap tightly in the plastic wrap. Place on a tray or shallow pan and refrigerate for 8 to 12 hours.

Pre-heat oven to 350° F. Unwrap pork and place on rack in shallow roasting pan with bones facing up. Roast in preheated oven for 1 to 1 1/2 hours (about 20 minutes per pound) or until internal temperature on a thermometer reads 150° F. Remove roast from oven. Loosely cover with foil and let rest about 10 minutes or until temperature reaches 160° F.

Carve between rib bones to serve.

Serves 8.

Five-Spice Pumpkin Purée
2 15-ounce cans pumpkin
3 tablespoons unsalted butter, cut up
1 tablespoon packed brown sugar
1 teaspoon Chinese five-spice powder
1/8 teaspoon kosher salt
1 to 3 tablespoons canned chicken broth

Combine pumpkin, butter, brown sugar, five-spice powder and salt in medium saucepan. Cook over medium heat until heated. Stir in enough broth to make of desired consistency.

Serves 8 (about 1/2 per serving).

Chile, Pumpkin Seed and Cilantro Salad
1 4-ounce bunch of cilantro
2 tablespoons extra-virgin olive oil
1 lime, juiced (2 tablespoons)
1 jalapeño chile, seeds removed and minced
1/3 cup pepitas (raw pumpkin seeds), toasted*

Rinse and cut stems from cilantro bunch. You should have about 4 cups lightly packed cilantro leaves. Dry cilantro leaves using a salad spinner or pat with paper towels; place in medium bowl.

For dressing, combine oil, lime juice and jalapeño. Drizzle over cilantro in bowl; gently toss until combined.

Serves 8 (about 1/4 cup per serving).

* To toast pepitas, place pepitas in a dry skillet. Heat and stir over medium heat for 1 to 2 minutes or until seeds begin to pop and turn light brown. Immediately remove pepitas from skillet.

To Plate:
Spoon pumpkin purée on plates and top with carved pork chops and cilantro salad; sprinkle with pepitas.

Menu:
> Ease of Preparation: Moderate
> Yield: 8 servings
> Prep time: 38 minutes (pork:15 min.; pumpkin purée: 3 min.; salad: 20 min.
> Cook time: 5 minutes (pumpkin purée)
> Marinating time: 8 to 12 hours (pork)
> Roasting time: 1 to 1 1/2 hours (pork)
> Resting time: 10 minutes (pork)

Nutritional Information per Serving:

Calories: 560	Fat: 37g	Saturated Fat: 12.5g
Cholesterol: 120 mg	Sodium: 620mg	Carbohydrates: 18g
Protein: 41g	Fiber: 6g	

Cider-and-Beer-Braised Pork with Chocolate Mole

1 2 1/4-pound boneless pork shoulder roast (Boston Butt roast), exterior fat removed and cut into 1-inch cubes
1/2 teaspoon salt
3 tablespoons canola OR olive oil
1 small onion, finely chopped
1/2 cup slivered almonds
1 large jalapeño chile, seeds removed and minced
1 clove garlic, minced
2 teaspoons whole coriander seed
2 teaspoons cumin seed
2 teaspoons smoked paprika
2 teaspoons ancho chile powder
16 ounces lager beer (2 cups)
2 cups pure pressed, pasteurized apple cider OR juice (not from concentrate)
3 ounces grated or very finely chopped Mexican chocolate*
3 limes, juiced and zested
6 cups hot cooked rice

Pat pork cubes dry with paper towels; season with salt. Heat 2 tablespoons of oil over medium-high heat in 5- to 6-quart heavy Dutch oven. Add half of the pork. Cook 2 to 3 minutes or until browned, stirring occasionally. Using slotted spoon, transfer pork to bowl. Brown remaining pork in remaining 1 tablespoon oil. Add all pork back to Dutch oven.

Stir in onion, almonds, jalapeño and garlic. Cook, uncovered, over medium-low heat for 5 to 7 minutes or until onion is crisp-tender and translucent.

Stir in coriander seed, cumin seed, smoked paprika and ancho chile powder; cook for 1 minute. Add beer and apple cider and bring to a simmer. Cover and gently simmer over medium-low or low heat for 2 hours.

If desired, cool mixture. Cover and refrigerate for up to 1 day. Spoon and discard fat from top of chilled mixture. Heat mixture over medium-high heat.

Stir in lime juice and zest, and chocolate into hot mixture. Serve over rice.

Serves 8 (3/4 cup pork mole *plus* 3/4 cup rice per serving).

* If Mexican chocolate is unavailable, use 3 ounces *bittersweet chocolate* plus 1 1/2 teaspoon *ground cinnamon* and 3 drops *almond extract.*

To Plate:

Spoon rice into shallow bowls and top with pork in mole sauce.

Menu:

Ease of Preparation: Easy
Yield: 8 servings
Prep time: 55 minutes
Cooking time: 2 hours
Chilling time: up to 24 hours (optional)

Nutritional Information per Serving:

Calories: 530	Fat: 18g	Saturated Fat: 4g
Cholesterol: 75mg	Sodium: 250mg	Carbohydrates: 57g
Protein: 30g	Fiber: 3g	

Ginger-Crusted Pork Cutlets with a Cinnamon Orange-Cranberry Chutney and Wilted Arugula

Ginger-Crusted Pork Cutlets
8 3-ounce pork cutlets, cut 1/8-inch thick
1 cup fine ginger cookie crumbs*
1 egg
2 tablespoons milk
1/4 cup all-purpose flour
1/4 cup canola oil

If necessary, using the flat side of a meat mallet, lightly pound pork cutlets to 1/8 inch thickness. Pat pork dry with paper towel. Set pork aside.

Whisk egg and milk together in shallow bowl or pie plate. Place cookie crumbs and flour into separate shallow bowls or pie plates.

Arrange bowls in the order of flour, egg mixture and cookie curmbs Douse cutlets in flour, shaking off any excess. Then dip the floured cutlets into the egg mixture, allowing extra to drip off. Finally, dip in ginger cookie crumbs, shaking off excess.

Heat 2 tablespoons of the oil over medium-high heat in large skillet. Add half of the cutlets; cook for 1 1/2 to 2 minutes on each side or just until golden and pork is no longer pink in center. Transfer to a platter or plate lined with paper towels. Cook remaining cutlets in remaining 2 tablespoons oil; transfer to the platter or plate.

Serves 8.

* To make cookie crumbs, break cookies and place in food processor container. Cover; process until finely ground.

Cinnamon Orange-Cranberry Chutney
1 1/2 cups fresh OR frozen whole cranberries
1 1/2 cups orange juice
1/4 teaspoon ground cinnamon
3 tablespoons red wine vinegar
1 small shallot, minced
1 clove garlic, minced
1 tablespoons finely chopped fresh chives
5 teaspoons honey
Zest of 1 lime (2 teaspoons)
1/8 teaspoon salt
Pinch freshly ground black pepper

Combine cranberries, orange juice, cinnamon, vinegar, shallot and garlic in non-reactive, medium saucepan. Bring to boil; reduce heat to medium. Simmer about 20 minutes or just until liquid has evaporated.

Remove from heat. Stir in chives, honey, lime zest, salt and pepper.

Serves 8 (about 4 to 5 teaspoons per serving).

Wilted Arugula
2 cups baby arugula
1 1/2 teaspoons extra-virgin olive oil

Place arugula in small bowl; drizzle with oil. Gently toss until evenly coated.

Serves 8.

To Plate:
Place pork cutlets on plates and top with chutney. Garnish with Wilted Arugula.

Menu:
     Ease of Preparation: Easy to Moderate
     Yield: 8 servings
     Prep time: 31 minutes (pork:10 min.; chutney: 18 min.; arugula: 3 min.)
     Cook time: 26 minutes (pork: 6 min.; chutney 20 min.)

Nutritional Information per Serving:

Calories: 360	Fat: 14g	Saturated Fat: 3g
Cholesterol: 100mg	Sodium: 220mg	Carbohydrates: 29g
Protein: 28g	Fiber: 2g	

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