

# The DISH



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Did you know that October just happens to be National Pork Month? Now, I live on a farm where we raise beef, but who doesn't love a good thick pork chop or shredded pork loin? Honestly, the possibilities are endless! A huge shout-out to the pork producers and all the hard work they do to put food on our tables. We do appreciate you!

## Slow Cooker Pork Chops

- 4 pork chops
- Salt & pepper, to taste
- ½ tsp. paprika
- 1 tsp. garlic powder
- ½ onion powder
- 1 Tbsp. extra virgin olive oil
- 1 small onion, sliced
- 2 cups mushrooms, sliced
- 1 can condensed cream of mushroom soup
- 1 can condensed cream of chicken soup
- ¾ cup low-sodium beef broth
- 1 Tbsp. dried parsley

Preheat olive oil in a large frying pan over medium-high heat. Season both sides of the pork chops with salt, pepper, paprika, garlic powder and onion powder. Place pork in pan and brown (sear) on all sides — about 3 minutes per side.

Remove pork from the pan, add beef broth and soups to the pan and use a whisk to release any brown bits in the pan. Add the dried parsley and stir to combine the mixture. Put sliced onion and mushrooms in the bottom of the slow cooker. Place pork chops over onions and mushrooms and then pour the soup mixture over the top.

Turn slow cooker to low and cook for 7-8 hours or until pork is tender. Serve over rice, potatoes or noodles and enjoy!

Note: A bone-in chop with a bit of marbling will yield the best result. You can substitute chicken broth for beef broth.

## Baked Pork Tenderloin

- 1 or 2½ lb. pork tenderloin
- 1 Tbsp. oil
- 2-3 Tbsp. fresh lemon, lime or orange juice, or 1 Tbsp. of each
- 2 tsp. Italian seasoning
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. chili powder
- ½ tsp. smoked paprika
- ¼ tsp. black pepper

Preheat oven to 400 degrees and lightly grease a large baking/casserole dish. Pierce tenderloins all over with a fork. Rub oil onto all sides of the meat.

Whisk together Italian seasoning, garlic powder, cumin, salt, chili powder, smoked paprika and black pepper. Sprinkle mixture over tenderloin, patting it onto the surface of the meat on all sides. Place in prepared baking dish and drizzle lemon/lime juice over the top.

Bake for 25-35 minutes until outside is browned and crispy and centers are

cooked through to desired doneness (you can take them out on the early side if you like the centers a little pink).

Spoon juices from the dish over the meat. Allow to rest on a cutting board or in the baking dish for 5-10 minutes. Slice into 1-inch pieces. Spoon any remaining juices from the pan over the slices, garnish with fresh chopped cilantro if desired and serve.

## Cast Iron Cuban Casserole

- 2 lbs. cooked pulled pork
- ¾ cup heavy cream
- 1 cup shredded Swiss
- 5 oz. sliced dill pickles
- 4 oz. cream cheese
- 3 Tbsp. Dijon mustard or yellow mustard
- 6 oz. thinly-sliced ham or canadian bacon

Shred pork into bite-size pieces and simmer in a cast iron skillet with cream cheese, Dijon and heavy cream.

Once the cream cheese has melted and mixed in with the pork, add half of the sliced pickles. Continue to simmer until sauce has thickened.

Top the pork mixture with sliced ham, Swiss cheese and remaining sliced pickles. Bake at 400 degrees for about 15-20 minutes until cheese is golden and bubbly.

## Pork Carnitas

- 4-5 lbs. pork butt/Boston butt, trimmed of excess fat
  - 1 Tbsp. vegetable oil
  - ¼ cup orange juice
  - 2 Tbsp. lime juice
  - 1 tsp. liquid smoke
  - 2 bay leaves
  - 1 onion, chopped
  - 1 jalapeno, deveined, deseeded, chopped
- WET SPICE RUB:
- 3 Tbsp. olive oil
  - 2 Tbsp. tomato paste
  - 1 Tbsp. reduced sodium soy sauce
  - ¼ cup brown sugar, packed
  - 1 Tbsp. ground cumin
  - 2 tsp. EACH dried oregano, salt
  - 1 tsp. EACH chili powder, garlic powder, onion powder
  - ½ tsp. EACH smoked paprika, pepper
  - ½-1 tsp. ground chipotle chili pepper (opt., for heat)

Heat 1 Tbsp. vegetable oil over high heat in a large skillet. Using tongs or two forks, sear pork on all sides until lightly browned. Transfer pork to cutting board until cool enough to handle.

Meanwhile, whisk together all of the Wet Spice Rub ingredients in a me-

dium bowl. When pork is cool enough, massage Wet Spice Rub evenly all over then transfer pork to slow cooker. Add orange juice, lime juice, liquid smoke and 2 bay leaves to slow cooker. Top pork with onions and jalapeno. Cook on LOW for 8-10 hours or on high for 5-6 hours OR until pork is fall-apart tender and easily shreds with a fork.

Remove pork from slow cooker to cutting board, shred and add back to slow cooker and toss with juices. Cook on low for 20 minutes. Meanwhile, preheat oven to 450 degrees. Line two baking sheets with foil.

After 20 minutes, remove pork (do NOT discard juices in slow cooker) and add shredded pork to both baking sheets in an even layer. Drizzle with some of the remaining juices (about ¼ cup) and bake for 15 minutes then broil to desired crispiness, watching closely so meat doesn't burn (about 5-10 minutes). Drizzle with additional juices and toss.

Serve warm in tortillas, on rice, salad, etc., with favorite toppings.

## Sticky Asian Ribs

### BROWN SUGAR RIB RUB

- ½ cup brown sugar
- ½ tsp. kosher salt, course
- ½ tsp. chipotle chili powder
- ½ tsp. smoked paprika
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ¼ tsp. cumin

### STICKY ASIAN SAUCE

- ½ cup soy sauce
- 1/3 cup brown sugar
- ¼ cup honey
- 1 Tbsp. rice wine vinegar
- 1 Tbsp. ginger, freshly grated
- 2 tsp. sesame oil
- 2 cloves garlic, finely minced
- ¼ tsp. crushed red pepper flakes

Preheat oven to 300 degrees.

On the back of the rack of ribs, score the white membrane in a 1-inch diagonal pattern using a sharp knife or completely remove the white membrane.

Stir the brown sugar rib rub ingredients together in a small bowl. Pat the rub mixture over the front and back of the slab of ribs. Place the ribs, meat side up, on a baking sheet that has been greased or lined with foil or parchment. Cover tightly with foil.

Bake the covered ribs for 2-2½ hours. Test for tenderness and if the meat is easily pulling away from the bone. Cook for an additional half hour if needed.

Place the Sticky Asian Sauce ingredients in a small saucepan. Bring to a low boil and simmer for 5 minutes. Let the sauce cool to thicken.

When desired rib tenderness is reached, remove the foil. Turn the oven to broil. Brush the ribs with the Sticky Asian Sauce. Broil for 2-3 minutes and then brush with sauce again. Broil an additional 2-3 minutes until the sauce starts to caramelize. Garnish with any leftover sauce, sesame seeds and sliced green onions.