

## Pork Recipes

### *Rôti de Porc et Patates Jaunes (Pork Roast and Yellow Potatoes)*

Micheline Mongrain Dontigny, *Traditional Québec Cooking: A Treasure of Heirloom Recipes* (La Tuque, Québec: Les Editions la bonne recette, 1995), pp. 49-50

Contributed by Diane Wolford Sheppard

3 pounds pork loin roast  
1 piece (about 3 inches square) pork rind, fat removed  
3 cloves of garlic  
1 medium sliced onion  
Salt and pepper  
1 tablespoon dry mustard  
2 tablespoons soft butter  
½ teaspoon dry marjoram  
1 cup water  
4 to 6 small peeled potatoes

1. Cut cloves of garlic in two. With a small knife, make six incisions in roast. Push garlic pieces into incisions in meat.
2. Season roast with salt and pepper
3. In a small bowl, mix together dry mustard and soft butter. Brush lean parts of roast with this mixture.
4. Place pork rind in a 9 x 13 inch roasting pan. Put sliced onion on top of rind. Lay roast on top of onion and sprinkle with marjoram.
5. Pour water into bottom of pan.
6. Cook uncovered for one hour at 350° F, put peeled potatoes around roast in cooking juice and cook for another hour. Turn over potatoes and cook for another hour. Roast should be basted every 15 minutes or so during these 3 cooking hours.
7. If cooking juice disappears while roasting, you can add a little water. Before serving meat and potatoes with cooking juice, tip the pan and remove melted fat on top of juice.

Serves 4 to 6

### **French-Canadian Maple Syrup Pork Chops**

Barbara Fried

4 pork chops

Mixture:

Salt and pepper

Cinnamon

1 tablespoons maple syrup

1. Bake pork chops at 350° for 30 minutes.
2. Pour mixture over pork chops and allow to cook for 10 minutes making certain that mixture does not burn.

***Côtelettes de Porc à L'Érable (Maple Pork Chops)***

Micheline Mongrain Dontigny, *Traditional Québec Cooking: A Treasure of Heirloom Recipes* (La Tuque, Québec: Les Editions la bonne recette, 1995), p. 55

Contributed by Diane Wolford Sheppard

4 pork chops,  $\frac{3}{4}$  inch thick  
2 tablespoons butter  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
2 tablespoons all-purpose flour  
 $\frac{1}{4}$  cup maple sugar or substitute brown sugar (Micheline notes that flavor of the dish will not be the same)  
 $\frac{2}{3}$  cup apple juice

1. Sauté chops in butter until golden brown in color on both sides.
2. Season with salt and pepper.
3. Mix together flour and maple sugar. Sprinkle on chops and add apple juice.
4. Cover and cook for 40 minutes at 350° F. Toward the end of cooking, remove fat that accumulates in the casserole.

Serves 4

**Old Québec Dinner-in-a-Pot**

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 15

Contributed by Diane Wolford Sheppard

4 thick pork chops  
4 medium-sized potatoes, pared and sliced in  $\frac{1}{2}$  inch slices  
Salt and pepper  
4 medium-sized onions, pared and sliced  
2 cups milk

1. Remove excess fat from pork chops. Dice and melt this fat until brown.
2. Fry chops in melted fat over quick heat for about 5 minutes on each side.
3. Place chops in bottom of baking dish.
4. Cover with potatoes and onions and sprinkle with salt and pepper.
5. Pour milk over top. Cover and bake for 2 hours in a 350° oven.