

# Our favorite pork recipes ...



## Easy One Skillet Pork Tenderloin Medallions

### Ingredients:

1 lb Marinated Fresh Pork, sliced 1/3 to 1/2 in thick  
 1 sliced red onion  
 2 oz. sliced black olives  
 1 zucchini, thinly sliced  
 Fresh basil for garnish  
 Salt/pepper, paprika and red pepper flakes, if desired  
 Serve with mixed leafy greens.

### Directions:

Heat skillet that has been sprayed with cooking spray on medium. Sauté onion first until fragrant.

Next add pork loin medallions and cook on medium for 5 minutes.

Flip over pork and add olive and zucchini slices to skillet. Cook another 5-7 minutes or until pork is not longer pink.

Plate your pork and vegetables. Serve w/fresh basil, red pepper flakes, paprika, salt, and pepper, if desired.

## Quick Thai-Style Pork Broccolini Stir Fry {Paleo}

### Ingredients:

1 lb. organic pork loin (stew or stir fry cut)  
 1-2 tablespoon sesame oil  
 2 garlic cloves (chopped)  
 1-2 tablespoon gluten free tamari or gluten free soy sauce (divided)  
 1/4 cup coconut sugar (more if you want "sticky")  
 2 tablespoon fish sauce (gluten free brand)  
 1/3 cup red onion or shallot  
 1/3 cup chopped or crushed nuts  
 1/4 teaspoon ground ginger  
 1/4 teaspoon red chili pepper flakes  
 dash of sea salt and pepper to taste  
 2 bunches of broccolini stalks (10-14 ounces)  
 1 tablespoon lime juice  
 1 sliced Thai red pepper  
 1 or 2 sliced shisoto pepper (optional)  
 Thai basil leaves to garnish

### Directions:

First make sure your pork is clean and chopped as well as your veggies. Chopped or mince your garlic.

Set them all aside,

Next heat oil in a fry pan to medium high. Add your pork and garlic. Cook for 2 to 3 minutes until your pork is browned. Remove from pan.

In the same pan, add your sugar, spices, and gluten free tamari or soy sauce. Cook on medium high until sugar and sauce start to bubble and caramelize. About 2 -3 minutes.

Place your pork, onion, nuts, broccolini, salt/pepper back in the pan and stir fry for 3-5 minutes until broccolini is tender and pork is cooked through.

Add additional tablespoon of tamari sauce (\*only if it needs more sauce to coat\*) and keep tossing the meat/veggies in the sugar sauce while frying.

Add in your sliced peppers and lime juice and mix everything again while stir frying on medium high for the last 1-2 minutes.

Plate or place all in serving bowl. Reserve the sauce.

Pour a few tablespoons of sauce over each serving or serving bowls and garnish with fresh Thai basil.

### Notes:

The red thai pepper makes it spicy. Feel free to substitute it with bell peppers or just shisoto to make it more mild.

The race not won, all hope forsaken.

Too slow a pig, tomorrow's bacon.

## BBQ Pulled Pork Sweet Potato Bites

### Ingredients:

#### BBQ Pulled Pork:

2-3 lbs. pork loin roast {I usually trim the fat off before cooking}

1 large red onion, diced  
 3 whole garlic cloves, peels removed  
 15 oz. tomato sauce (no salt added)  
 1/2 cup balsamic vinegar  
 1 teaspoon smoked paprika  
 1/2 teaspoon salt  
 5 dried apricots

#### Sweet Potato Bites:

2 large sweet potato, 1/4" slices  
 4 tablespoons olive oil  
 salt to season  
 4 oz. goat cheese, softened  
 2 tablespoons cream cheese, softened  
 3/4 cup sliced green onions

### Directions:

In a medium bowl add diced onions, garlic cloves, tomato sauce, balsamic vinegar, smoked paprika, salt, and apricots. Gently mix together.

Add pork loin to bottom of crock pot, pour balsamic mixture over pork. Cook on HIGH for 4-5 hours.

Shred pork using two forks, leave pork in sauce.

In a food processor add goat cheese and cream cheese. Blend until the cheese has a whipped appearance.

Preheat oven to 425.

Cover two baking sheets with tin foil and brush 1 tablespoon of olive oil on the tin foil.

Add sliced sweet potatoes in a single layer to each of the baking sheets.

Add 2 tablespoons of olive oil to a small bowl and brush on the top of the sweet potato slices. Season with salt.

Bake for 10 minutes, rotate the pans 180 degrees and switch the placement (move the pan on the bottom to the top and the one of the top to the bottom) for even cooking.

Bake for an additional 10 minutes, until slightly crispy.

Assemble sweet potato bites: sweet potato slice, goat cheese, bbq pulled pork, garnish with green onions.

Take charge "Bullhead Man"!

**GO FISH!**

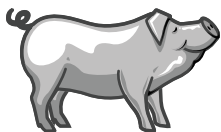
Guide Service

**218-252-2278**

Jason Durham • [www.go-fish-guides.com](http://www.go-fish-guides.com)

**LINDOW**  
**RENTALS & STORAGE**

652-4898 • Hwy. 34 & Cty. Rd. 82

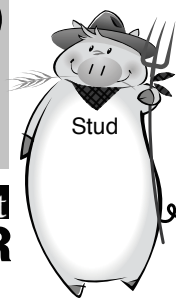


See you at the  
 Nevis Pig Races!  
**GO SIDE PORK!**

**RUN - STUD**  
**RUN!**

**NEVIS LUMBER**

103 Cty. 18 • 652-4035 • Nevis



"Just One More"  
 A Winner  
 Every Time!



Lifting Spirits since 1934!

**Nevis Liquors**

Downtown Nevis • 652-9910 • On-Off Sale