

# Put some pork on your fork; hold a sausage party

Succulent ribs, aromatic roasts, sandwiches piled high with cold cuts, marinated tenderloin barbecued and sliced thin over a bed of garlic mash or thick chops searing on the grill. We are, of course, talking about the other white meat—pork—arguably one of the most flavourful of meats.

So many cuts—what shall we do with them? Good quality pork can be identified by firm, pink flesh, which does not appear wet. Pork that is whitish in colour and damp comes from a factory-farmed pig and is bland, while meat that is too flaccid or too red comes from an older animal of mediocre quality.

Depending on your country of choice, the same animal is butchered into different cuts. The Europeans are the most interested in all parts of the animal, whereas North Americans look perhaps for the simpler cuts.

Shoulders, if found fresh are meant for braising—meaning to cook long and slow, almost fully submerged in a liquid. Many shoulders are sold already smoked and you just have to reheat and slice. The loin can be found in the form of roasts—which are excellent for popping straight into the oven or onto the rotisserie, but the loin can also be found cut into chops or into cubes for kebobs.

Lori Gysel  
&  
Gerry  
Kentner



We all have our own favourite method for ribs—my family boils them for a couple of hours with water, onion and maybe a celery top. Once drained, they are slathered in barbecue sauce and grilled until sticky and hot.

The tenderloin can be marinated or not—it is already tender, but a couple of hours of marinating will impart the flavour you want. They are then braised, roasted or grilled—they can also be sliced into medallions first, then grilled individually.

Of course, then there is ground pork—an excellent addition to any casserole, meatloaf or paté. Then all the other products that we buy containing pork that we rarely make on our own any

more such as fresh sausages. With a fabulous mix of lean and fatty tissue, pork makes a wonderful sausage and is sometimes mixed with leaner meats to provide the necessary fat for a truly flavourful sausage. Cold cuts, dried sausages, prosciutto, patés, the list goes on and on—how can you not love this meat?

We actually used to make our own sausages with our friends Ken and Lori M., but it has been many years since that sausage grinder has seen any action from us.

We used to meet in advance to discuss which flavours would be made. This is where we always ran into trouble because we all agreed that the smaller selection of flavours was really the best, most efficient way to go. However, Olivier has to have his hot Italian, Lori M. has to have her Oxford Horns (weird name, but yummy sausage with lemon zest in it), I can't live without my veal and spinach sausages and Ken—well, he just wants some of all of them! So, invariably as we read through the recipe book, we find ourselves ticking off at least five different kinds. So, the assignments would be laid. One of us would go buy the meat and casings, another would go and get all the flavourings and just toasting, grinding, peeling and chopping all the flavourings is a job in itself.

Then we would meet up on the planned day with about 75 pounds of meat ready and waiting to be chopped into small pieces. Lori M. would man the grinder, while Olivier and I chopped. Ken would organize the flavourings and start the measuring and mixing. As the grinding came to a close, Lori M. and I would man the filling of the sausages, as that is a two-person job while Ken and Olivier would finish the mixing and start packaging and labeling. After a continuous effort of about six hours by all four of us, we would leave with about 90 pounds of sausage. But, once you sample a bit of every kind with a well deserved beer, pay off your parents in sausage for watching the kids, then split what's left between two families—well there is just never enough. We've got to do it again. SOON.

Have fun and keep cooking.

(Lori and Gerry can be reached at [whatscookin@independentfreepress.com](mailto:whatscookin@independentfreepress.com))

## Pineapple Pork

Serves 8

### Ingredients

- 1 1/2 pounds pork tenderloin or pork loin
- 1/2 fresh pineapple, cut in chunks, core removed
- 1 green pepper, cubed
- 1 spanish onion, cubed
- 3 stalks celery, sliced
- 1 (19 oz) can tomato sauce
- 1 cup orange juice
- 1 cup apple juice
- 1/4 cup brown sugar
- 1 tbsp dry mustard
- 1/4 tsp red pepper flakes
- 3 tbsp soy sauce
- 1/2 tsp garlic powder
- 1/2 tsp ground ginger



### Method

1. Cut pork into bite-sized pieces.
2. Roast pork, uncovered, in a roasting pan, approximately 20 minutes at 350 F degrees.
3. Remove pan from oven. Add vegetables and pineapple.
4. Stir remaining ingredients together. Add to pork. Cover and bake one hour more, covered, at 350 F degrees.
5. Remove from oven and immediately stir in 3 tbsp cornstarch mixed with 1/3 cup water to thicken slightly.
6. Serve over rice.

## Upcoming community dinners

Saturday, June 9

**Beef on Bun:** including coleslaw, baked beans, pie and refreshments, serving 5-7 p.m., hosted by Limehouse Presbyterian Church. All for \$10. For tickets, call Judy, 905-877-2032 or Pam, 519-853-0347.

**Beef Barbecue:** hosted by Home United Church, 5-7:30 p.m. at Alloa Public School. Tickets: \$15 adults, children (ages 5-10) \$5. Take-out available. For tickets: 905-843-2315.

Thursday, June 21

**Lobster or Steak Supper:** Huttonville United Church hosts a lobster or steak supper, 5:30-7:30 p.m. at the Huttonville Community School. Lobster \$35 or steak \$25 includes baked potato, salads, rolls and dessert. For tickets, 905-455-8258 or 905-453-7392. Proceeds to the church.



Saturday, June 16th  
Doors open at 5:30 pm

## Be a part of harness racing history!

For the first-time ever, the 24th edition of the prestigious **Pepsi North America Cup** will be held at Mohawk Racetrack. Watch the finest three-year-old pacers compete for a \$1.5-million purse in the continent's richest harness race!

- **FREE** live entertainment, plus beer gardens and BBQ's!
- **FREE** driver autograph session!
- **FREE** Race Preview with hosts Greg Blanchard, Mike Hamilton and special guest Luc Ouellette!



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