

## Main Dish Recipes

# Pork



## Country Pork Stew

**Serves 6**

1 ½ lbs	lean pork, cut into cubes	.75 kg
¼ cup	flour	50 mL
1 Tbsp	vegetable oil	15 mL
2 small	onions, chopped	2
3 small	potatoes, cubed	3
3	carrots, thinly sliced	3
3 stalks	celery, chopped	3
1	green apple (granny smith), chopped	1
⅓ cup	raisins	75 mL
1 tsp	dried rosemary	5 mL
3 cups	chicken broth or water	750 mL

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### How to Make:

1. On a plate or in a bowl, mix pork with flour.
2. Heat oil in a large deep pot over medium high heat.
3. Add pork to the pot. Stir and cook until pork changes color and begins to brown, about 4 minutes.
4. Add onion, potato, celery and carrots. Stir and cook for 3 minutes.
5. Add apple, raisins and rosemary.
6. Add broth or water. Bring to a boil. Reduce heat and simmer uncovered until potatoes are tender, apples are soft and pork is tender; about ½ hour.

#### Note:

- This is good with thickly sliced bread or rolls.
- You can use 1 Tbsp (15 mL) chopped fresh rosemary instead of dried rosemary.

## Ham- Potato Skillet Supper (Gorshki)

**Serves 2**

1	ham steak	1
2	potatoes	2
½ small	onion	½
2 slices	bread	2
2 Tbsp	margarine	30 mL

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### How to Make:

1. Wash and cut away bad spots from potatoes. Cover and microwave on high for 5 minutes, or place in medium saucepan and cover with water. Bring water to boil and continue to cook potatoes, until they feel soft when poked with a fork.
2. Cut ham, bread, and cooked potatoes into cubes. Chop onion into small pieces.
3. In a frying pan, melt 1 Tbsp (15 mL) margarine. Add onion and cook for 1 minute. Add potatoes and cook for 2 minutes. Add bread cubes and cook 1 more minute. Add the rest of the margarine and ham and cook for 2 more minutes.

*This recipe is in memory of Alfred who loved to make it.*

#### **Note:**

You can add some of these:

- Celery, chopped
- Carrots, shredded
- Red pepper, chopped
- Green pepper, chopped
- Mushrooms, sliced

## Macaroni Dinner with Ham and Peas

**Serves 4**

1 box	macaroni and cheese dinner	200 g
1 cup	frozen peas	250 mL
¼ cup	milk	50 mL
3 Tbsp	margarine	45 mL
1 Tbsp	mustard	15 mL
1 cup	chopped cooked ham	250 mL

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### How to Make:

1. In a medium sized pot, put enough water until half full. Bring water to a boil over high heat. Add macaroni and cook for 5 minutes.
2. Add frozen peas to the macaroni and water and cook for 3 more minutes until macaroni is tender.
3. Drain off the water. Stir in milk, margarine, mustard and cheese mix.
4. Stir in chopped ham and heat over low heat for about 3 minutes before serving.

#### Note:

- Serve with a green salad or coleslaw.
- You could use tuna or cooked hamburger instead of the ham.

## Oven Ribs

**Serves 6**

3 lbs	pork side ribs	1.5 kg
1 small	onion, sliced	1
1 clove	garlic, finely chopped	1
	salt and pepper to taste	
1 cup	ketchup	250 mL
¾ cup	brown sugar	175 mL
1 cup	vinegar	250 mL
1 cup	water	250 mL

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### How to Make:

1. Heat oven to 350 °F (180 ° C).
2. Cut ribs into serving size pieces and place in a small roasting pan or large casserole pan.
3. Add sliced onion and garlic and sprinkle with salt and pepper.
4. In a medium bowl, mix together ketchup, brown sugar, vinegar and water. Pour over ribs.
5. Cover and bake at 350° F (180° C) for 1½ to 2 hours. Stir a couple of times while cooking.

**Note:**

Serve with steamed rice and salad or stir fried vegetables.