



USA PRIME™

FIRST EDITION PORK COOKBOOK



THE TASTE OF PORK

In this first edition of the Prairie Fresh USA Prime™ Cookbook, Chef Jean-Paul Bourgeois and Chef Chris Evangelides have created truly delicious pork recipes inspired by their past experiences in regional and international cuisine. May you experience their passion and inspiration for cooking when you prepare these recipes that will bring an unforgettable taste of pork to your dinner table.

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CHEF JEAN-PAUL BOURGEOIS

Before Chef Jean-Paul made his way to New York to be the chef he is today, he sat around a dinner table with his family eating biscuits and mayhaw jelly in the heart of Louisiana. That's where he learned the traditions of southern cooking and the ability a good meal has to bring people together. And inside of a little seafood shack in the bayou is where his career took shape. Boiling crawfish and crabs in a spicy broth eventually lead him to France, California, Atlanta, and St. Thomas. Along the way he made pit stops in duck blinds and taking part in his wedding ceremony. Married and in New York — Chef Jean-Paul is setting a new standard with his cuisine.



CHEF CHRIS EVANGELIDES

Growing up in the food focused city of Chicago, Chef Chris spent his formative years taking in the sights, tastes, and smells of a variety of cultures; as well as learning from his grandmother and father. He took his passions to Iowa City to start his college career and begin his pursuit of life in a professional kitchen. In the heartland, he worked his way up the ranks — working every job imaginable inside a restaurant, gaining the knowledge he needed to open 13 locations across the country for Chicago's Maggiano's Little Italy group. Looking for a permanent address for his wife and two kids, he came back home to work as an executive chef at multiple Lettuce Us Entertain You restaurants. Honing his skills over the years has landed him the title of executive chef of research and development at Cooper's Hawk Winery and Restaurants, where he's bringing his years of experience and the passion he learned at a young age.



PORK CHILE VERDE

BY CHEF JEAN-PAUL BOURGEOIS

“I worked at an upscale restaurant in Northern California; there my colleagues of Mexican descent taught me to love a lot of dishes like Chile Verde. Whenever I make this recipe, it brings back memories of my first professional kitchen and all of the amazing staff that helped groom my culinary roots outside of Louisiana.”

INSTRUCTIONS

Heat grill to medium-high heat.

In a mixing bowl, season pork shoulder butt cubes with salt and pepper. Coat pork with 1/3 cup of vegetable oil.

In a separate mixing bowl, combine tomatillos, poblanos, jalapeños, green onions, garlic, and yellow onions. Coat vegetables with 1/3 cup of vegetable oil.

Place pork and vegetables on the grill until browned, charred and blistered. Remove from grill and keep the pork and vegetables separate.

In a large heavy-bottom pot on medium-high heat, add grilled pork cubes, tomato paste, cumin, and 1/3 cup of oil. Cook pork in the oil and tomato paste mixture until paste begins to brown. Add stock and half of chopped cilantro. Bring liquid to a simmer.

Pop the cloves out of the garlic head. Peel and discard the skin.

With a pair of kitchen shears, cut and chop the grilled vegetables and garlic into a bowl. (Alternative method: In a food processor or blender, pulse the grilled vegetables a couple of times to chop. Do not puree).

Add chopped, grilled vegetables into the pot with the pork and stock. Add juice of 4 limes. Season with salt and pepper and stir mixture together. Bring entire mixture to a simmer, cover and cook for 2 hours stirring occasionally, or until pork shoulder is tender but not falling apart into shreds.

To finish, add the remaining cilantro and the juice of one lime.

Serve alongside toasted tortillas, sour cream and avocado.

01

PORK CHILE VERDE



2.5 HOURS PREP



30 MINUTES



8 PEOPLE

INGREDIENTS

4 pounds **Prairie Fresh USA Prime™** pork shoulder butt, cut to 2-by-2-inch cubes

1 tablespoon salt

1 tablespoon black pepper

1 cup vegetable oil

10 medium tomatillos

4 poblano peppers, seeded and halved

4 jalapeño, whole

½ head garlic

2 medium yellow onions, quartered

2 bunches green onion

5 limes, halved

2 bunches cilantro, chopped

2 tablespoons tomato paste

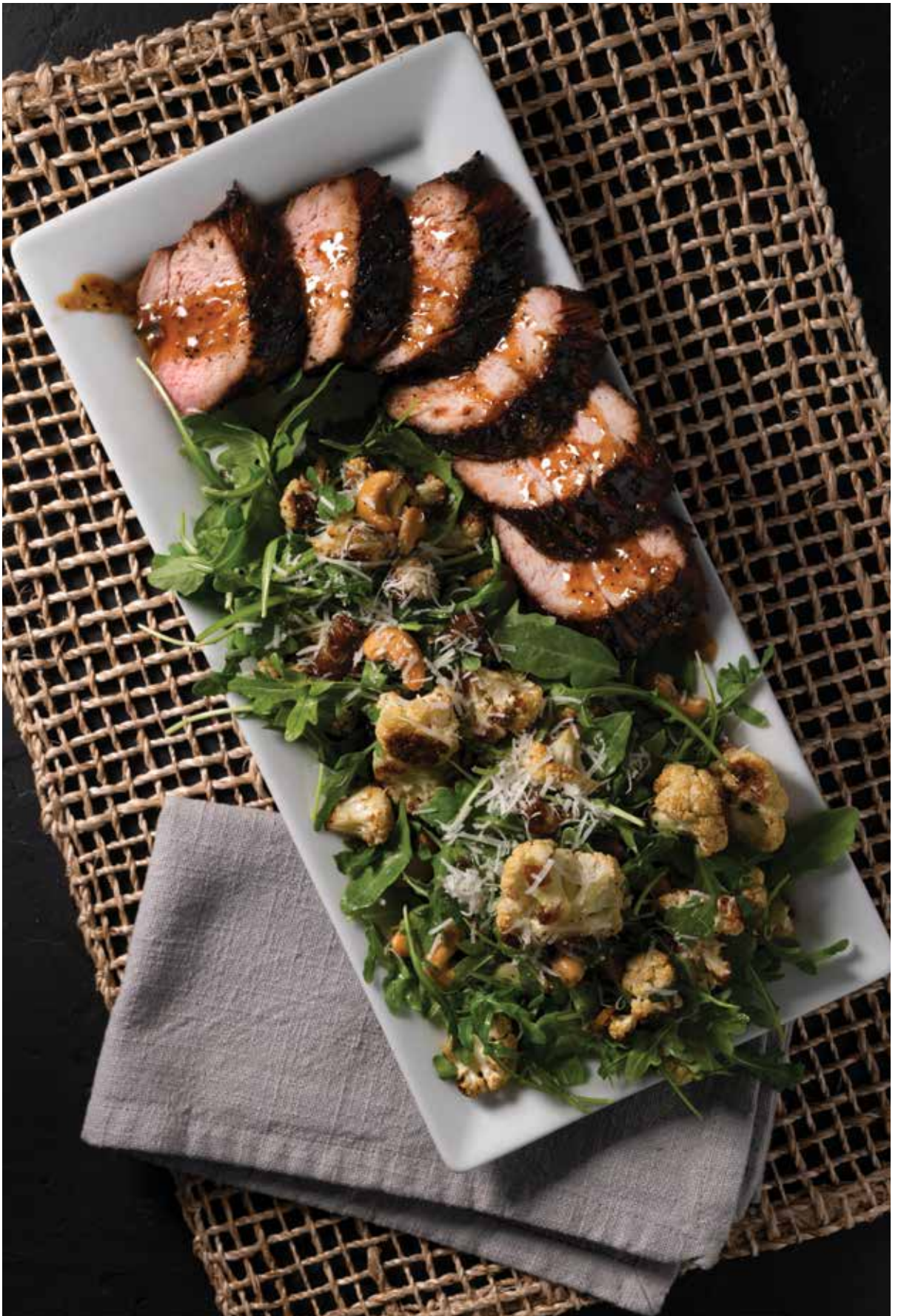
1 tablespoon cumin

5 cups chicken, pork or vegetable stock

tortillas

sour cream

1 avocado, sliced



GRILLED VANILLA SOY PORK TENDERLOIN

BY CHEF CHRIS EVANGELIDES

“Vanilla and soy have always been a combination of flavors that I love eating together. I found the natural sweet nuances of vanilla pair perfectly with the complex umami flavor of soy. Pork is a great canvas for these flavor profiles and the slight bitterness from the charred cauliflower and the peppery bite you get from arugula bring the whole dish together.”

INSTRUCTIONS

In a medium sauce pot, add half the water, brown sugar, kosher salt, soy sauce, bay leaves, garlic, coriander seeds, black peppercorns and vanilla. Cook over high heat, stirring occasionally. Once the salt and sugar have dissolved, remove from the heat and add remaining water. Chill brine. Once brine is cold, add tenderloin, cover and refrigerate for 4 hours.

Remove the tenderloin from the brine and rinse lightly under cold water. Pat dry and place back in the refrigerator until about a half an hour before grilling. Preheat grill.

While grill is preheating, make the vanilla soy butter glaze, by adding ingredients in a small sauce pot or in the microwave-safe bowl. Melt on stove top or in the microwave for about 45 seconds. Stir ingredients together.

To cook pork, baste a light layer of glaze evenly across the raw tenderloin. On a medium-high section of the grill place the pork. About every 2 to 3 minutes rotate pork and baste with the glaze. Once pork reaches an internal temperature of about 145 F remove from the grill and baste one last time. Rest pork for 15 to 20 minutes before serving.


Slice pork tenderloin to about 3/4 inch thick and shingle on the plate. Serve with charred cauliflower salad (*instructions on page 14*).

02

GRILLED VANILLA SOY PORK TENDERLOIN

 5 HOURS PREP

 35 MINUTES

 4 PEOPLE

INGREDIENTS

1 Prairie Fresh USA Prime™
pork tenderloin

Vanilla Soy Brine

6 cups water

1/2 cup brown sugar

1/4 cup kosher salt

1/4 cup soy sauce

2 bay leaves

3 garlic cloves, smashed

1 tablespoon coriander seeds

1 tablespoon black peppercorns,
whole

2 teaspoons vanilla extract

Vanilla Soy Butter Glaze

3 tablespoons unsalted butter,
melted

1 teaspoon soy sauce

1/4 teaspoon kosher salt

1/4 teaspoon black pepper

1 teaspoon lemon juice,
freshly squeezed

1 teaspoon honey

1/4 teaspoon vanilla extract



PORK SCHNITZEL

BY CHEF JEAN-PAUL BOURGEOIS

“Confession time...I would be happy to die with a fried pork chop in my mouth. I seriously love them, and this obsession started with a little soul food place in my hometown of Thibodaux, LA. So, how did I get to a schnitzel recipe? It started when I was on a college exchange program in Lyon, France. A bit homesick and craving tastes from home, I discovered the pounded thin and battered pork chop and became a sucker for schnitzels! When I have a hankering for a remembrance of home, I heat up the grease, pound a chop, and get to frying.”

INSTRUCTIONS

Pound out pork chops to about 1/2 inch thick. Season pork chops with lemon pepper. Prepare dredging station with seasoned flour on a plate, eggs in bowl and seasoned panko on another plate. Coat chops in flour and place in bowl with eggs, covering entire chop. Press chop in the seasoned panko on both sides. Repeat for each chop.

In a skillet, heat oil to 375 F. Place chops in oil and cook for about 3 minutes on each side until golden brown. Remove from heat and sprinkle with salt.

Serve with horseradish black pepper cream and vinegar slaw.
(instructions on page 14).

03

PORK SCHNITZEL WITH
HORSERADISH BLACK
PEPPER CREAM AND
VINEGAR SLAW



10 MINUTES PREP



6 MINUTES



4 PEOPLE

INGREDIENTS

4 Prairie Fresh USA Prime™

pork chops, pounded out
to about 1/2 thick

4 large eggs, beaten

2 cups flour seasoned with
salt and pepper

2 cups panko seasoned with
salt and pepper

1 cup lemon pepper seasoning

1 cup oil for frying



RAINY DAY RIBS

BY CHEF JEAN-PAUL BOURGEOIS

“My papaw Herd Miller was a fantastic rib cook. When he made ribs, I soaked in that time around the smoker. Sometimes you can’t recreate the taste of smoked ribs, but you can create delicious, flavorful, and simple baked ribs in your home oven using ingredients in your cupboard. Papaw always used a smoker for his ribs, but I know if he could taste these ribs, he would be proud.”

INSTRUCTIONS

In a small mixing bowl, combine rosemary, garlic, mustard, vinegar, and maple syrup.

On a sheet pan, smear herb mixture thoroughly on the trimmed and cleaned slab of spareribs. This can be done up to 24 hours ahead of time.

Season the spareribs liberally with salt and fresh cracked black pepper.

Preheat oven with a convection fan to 300 F or 325 F in a still oven.

Place ribs on a cooking rack in a baking tray to allow air to flow under the ribs for a better slow roast. Roast in the oven for about 5 to 6 hours. With about one hour of cooking time remaining, combine the apple cider vinegar with the light brown sugar in a mixing bowl. Brush the ribs with the glaze about every 20 minutes. To keep the ribs from drying out or the sauce mixture from burning, tent foil over the ribs to allow air flow, but do not wrap the ribs.


When a fork can freely pierce the rib meat, the ribs are done. Remove from the oven. Let rest for 30 minutes.


Cut individual rib bones, drizzle with olive oil and lemon juice, and garnish with rosemary.

04

RAINY DAY SLOW
ROASTED SPARERIBS

 15 MINUTES

 5 TO 6 HOURS

 2 PEOPLE

INGREDIENTS

1 rack Prairie Fresh USA Prime™
spareribs, trimmed and peeled

3 tablespoons rosemary,
fresh, finely chopped

4 cloves garlic, micro planed,
grated or finely minced

1 tablespoon whole grain
Dijon mustard

1 tablespoon apple cider vinegar

2 tablespoons maple syrup

salt

black pepper, cracked

Glaze

¼ cup apple cider vinegar

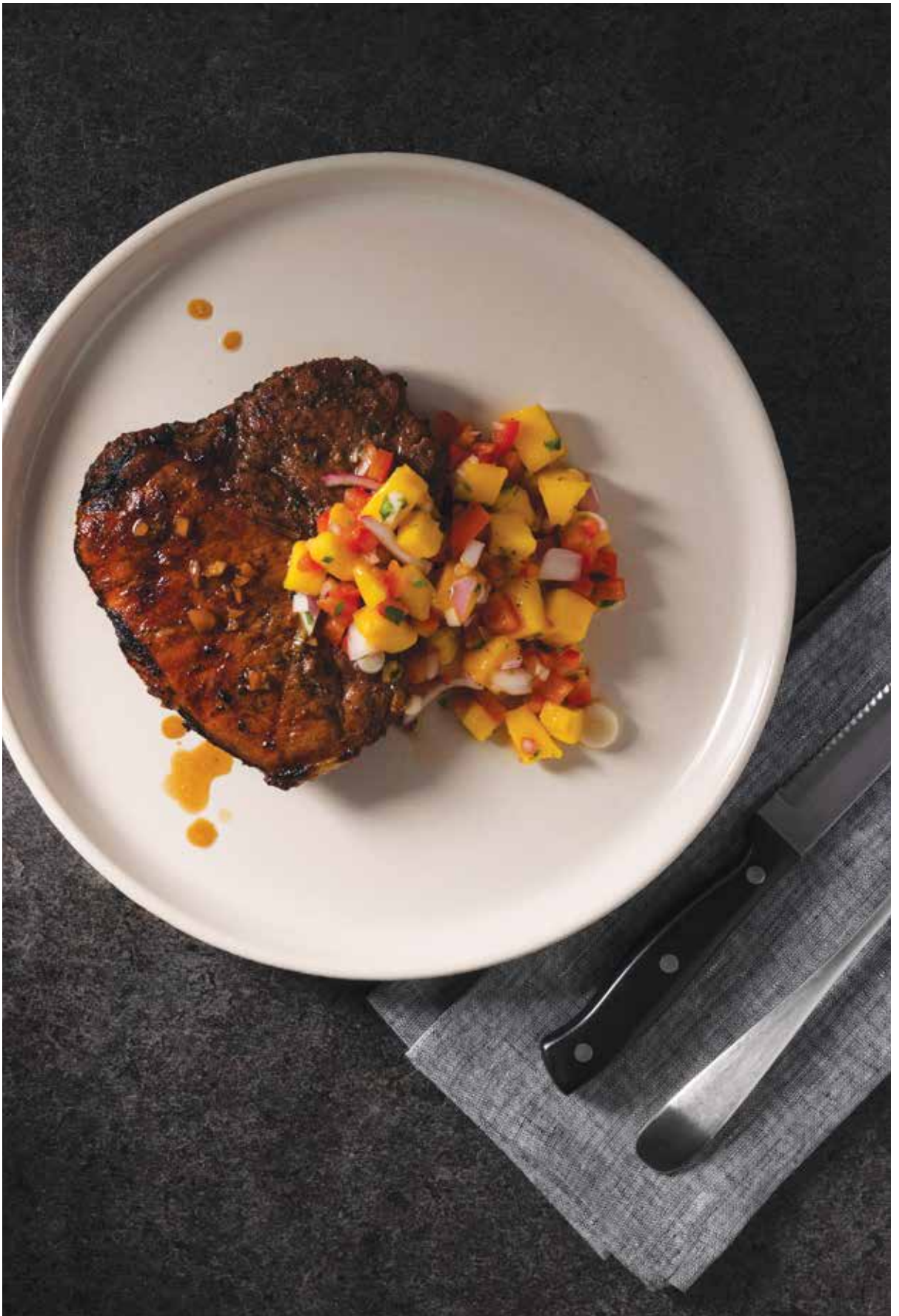
2 tablespoons light brown sugar

Garnish

¼ cup extra virgin olive oil

1 lemon, juiced

Sprigs rosemary



GRILLED JERK PORK CHOP, AGED RUM GLAZE, MANGO RELISH

BY CHEF CHRIS EVANGELIDES

“Jerk is a quintessential flavor profile that is used all over the Caribbean on a variety of different meats and fish. What I love most about a good jerk marinade is the marriage of sweet, savory and of course spice. You can’t have Jerk without a scotch bonnet pepper. The slightly sweet and savory elements of the aged rum glaze and the bright acidity of the mango relish makes for a perfect reason to fire up your grill and enjoy a fantastic meal with some loved ones. Serve with your favorite tropical rum drink or even a medium bodied lager would be great.”

INSTRUCTIONS

JERK MARINADE

In a food processor, add red onions, green onions, pepper, garlic, five-spice powder, allspice, black pepper, thyme, nutmeg, ginger, cilantro, dark brown sugar, lime juice and rice wine vinegar. Pulse several times until paste forms. Scrape the sides of the food processor bowl. With the food processor running drizzle in the soy sauce followed by the oil. Place in a bowl. Cover with plastic wrap and refrigerate. This can be made a day in advance.

In a shallow glass dish or a large zipper plastic bag, place the pork chops and add the Jerk Marinade, evenly covering each chop. Marinate for at least 12 hours and up to 24 hours. Remove the pork chops from the marinade. Let chops sit at room temperature an hour before cooking.

Preheat grill. On a medium-high spot on the grill, place chops and cook for approximately 2 minutes. Flip over and brush with aged rum glaze (*see instructions on page 15*). Glaze each time you turn the chop which is about six times. Once chops are cooked to an internal temperature of 145 F, remove from the grill. Brush with glaze one last time. Let rest for 10 minutes before serving. Serve on a platter with a bowl of mango relish (*instructions on page 15*), or individually plate with a spoonful of relish right over the top of each chop.

05

GRILLED JERK
PORK CHOPS



45 MINUTES



35 MINUTES

(PLUS 12-24 HOURS TO MARINATE)



4 PEOPLE

INGREDIENTS

4 Prairie Fresh USA Prime™

bone-in or boneless pork chops

Jerk Marinade

½ cup red onion, diced

4 green onions, stems removed,
roughly chopped

1 scotch bonnet or habanero
pepper, seeds and stem removed

1 tablespoon garlic, minced

2 teaspoons five-spice powder

2 teaspoons allspice, ground

¼ teaspoon black pepper, ground

½ teaspoon thyme, leaves only

½ teaspoon nutmeg, ground

1 tablespoon ginger, minced

2 tablespoons cilantro,
chopped fine

1 tablespoon dark brown sugar

1 tablespoon lime juice,
freshly squeezed

1 tablespoon rice wine vinegar,
unseasoned

¼ cup soy sauce

2 tablespoons vegetable oil

Charred Cauliflower Salad

1 head cauliflower, approximately 2-3 lbs., core removed, cut into 1" florets

3 tablespoons extra virgin olive oil

2 teaspoons kosher salt

½ teaspoon black pepper

2 tablespoons lemon juice, freshly squeezed

2 tablespoons extra virgin olive oil

¼ cup toasted cashews

¼ cup dates, chopped

2 oz arugula or about 3 cups loosely packed

2 tablespoons Parmesan Reggiano, finely grated

CHARRED CAULIFLOWER SALAD

INSTRUCTIONS

Preheat oven to 450 F.

Cut cauliflower head in half and removing the core. Cut cauliflower roughly in 1-inch florets and place in a medium-sized bowl. Make sure cauliflower florets are dry.

Drizzle with extra virgin olive oil, salt and pepper. Mix well and place on a sheet tray, spread evenly to ensure consistent cooking. Place the tray in a preheated oven at 450 degrees for 13 to 15 minutes until florets are charred on the edges. Remove from oven and set aside at room temperature.

In the same mixing bowl used to toss the cauliflower florets, add the freshly squeezed lemon juice, olive oil, cashews and dates.

Mix and toss arugula, parmesan cheese and cooked cauliflower to finish salad.

Vinegar Slaw

4 cups green cabbage, thinly sliced

2 cups purple cabbage, thinly sliced

1 cup carrot, shredded

½ cup pumpkin seeds*

½ cup almonds, slivered

½ cup apple cider vinegar

3 tablespoons sugar, granulated

1 tablespoon sea salt

3 tablespoons extra virgin olive oil

1 cup thinly sliced red onion

1 teaspoon chili flake

1 small clove garlic, grated

**Can substitute favorite seeds and nuts.*

Horseradish Black Pepper Cream

1 cup sour cream

1 tablespoon Dijon mustard

½ cup horseradish, grated or 3 tablespoons prepared horseradish

2 tablespoons black pepper, ground fresh

1 teaspoon sugar, granulated

1 lemon, juiced

1 teaspoon salt

1 tablespoon apple cider vinegar

VINEGAR SLAW AND HORSERADISH BLACK PEPPER CREAM

INSTRUCTIONS

VINEGAR SLAW

In a bowl, combine all ingredients. Mix well. Set aside and chill.

HORSERADISH BLACK PEPPER CREAM

In a bowl, combine all ingredients and set aside for at least 2 hours.

Aged Rum Glaze

- 2 tablespoons vegetable oil
- 1 tablespoon garlic, minced
- 1 tablespoon. ginger, minced
- 1 cup aged rum
- ¼ cup soy sauce
- 3 tablespoons honey
- 1 lime, juiced
- ¼ teaspoon black pepper, ground

Mango Relish

- 2 cups mango, ¼ inch dice
- 1 cup red pepper, core and seeds removed, ¼ inch dice
- 4 green onions, stems removed, charred on grill and chilled
- ¼ cup red onion, ¼ inch dice
- 1 tablespoon. cilantro, chopped fine
- 2 teaspoons fish sauce
- 2 limes, juiced and zest
- 2 teaspoons rice wine vinegar, unseasoned
- 1 tablespoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper, freshly ground

AGED RUM GLAZE, MANGO RELISH

INSTRUCTIONS

AGED RUM GLAZE

In a small saucepan over medium heat, add vegetable oil. Once the oil is hot, add the garlic and ginger. Cook until very fragrant and beginning to brown slightly. Remove the pot from heat and add the aged rum. Never pour alcohol in a very hot pan over the heat source because it could flare up. Return the pan to the heat. Add soy sauce and honey. Reduce by half and when the sauce coats the back of a spoon. Remove from heat. Add lime juice and black pepper. Place in a bowl and chill.

MANGO RELISH

Peel and dice the mango. Place in mixing bowl. Remove seeds and stem from the red pepper. Add it to the diced mango. Chop charred green onions. Add to relish. Add red onion, cilantro, fish sauce, lime juice and zest, rice wine vinegar, honey, salt and pepper. Mix well. Chill for at least one hour to allow the flavors to marry.



FOR MORE INFORMATION, TALK TO YOUR BUTCHER OR VISIT PRAIRIEFRESH.COM