

Table for One, Episode 4; "So You Bought a Pork Loin?"

Pork Loin Half

Rub pork with favorite seasoning blend (steak seasoning mix, taco seasoning packet, homemade rub)

Roast for 1.5 hours at 400°F Divide pork into roast, chops and diced * All recipes can use roasted chicken instead of pork.

#1. Pork Fried Rice

2 eggs, ½c vegetable oil, 1/2c finely chopped onion, 2T diced garlic, ½c chopped carrot, 1c diced cooked pork, ½c frozen peas (defrosted), 2c cooked rice, 2T soy sauce. Scramble eggs and set aside. Saute first 4 ingredients until onions are translucent. Stir in pork and sauté for 1-2 minutes until heated through. Add peas, rice and soy sauce and cooked eggs. Stir till all is coated evenly. Serve!

#2. Phu/Ramen Soup

1 box beef broth (16 oz), 3-4 star anise or 1/8t anise flavoring, ½ bag of Ramen noodles, 1c cubed cooked pork, ½ bag of stir fry vegetable kit. Simmer broth and star anise for 15-20 minutes over med heat. Remove anise stars. Add ramen noodles, cook for 4-5 minutes until noodles easily break apart. Add pork and veg mix. Cook over med heat for 4- 5 minutes. Serve with fresh basil leaves, ½ hardboiled egg per person, sprouts if desired.

#3. Creamy or Sweet and Sour Ramen Salad

1/2 bag of Slaw Mix, 1c diced cooked pork, ½ bag of ramen noodles-crushed.

Mix above ingredients together then add one of the following dressings, stirring to coat. Set overnight in fridge, stir and serve cold.

Creamy dressing: 1c mayo, ¼ c white or rice vinegar (lemon juice will do in a pinch) 2T sugar, packet of ramen seasoning mix. Mix together until creamy and smooth.

Sweet and Sour dressing: ½c pineapple or orange juice, 2T apple cider vinegar, 1t soy sauce, ¼ c veg oil. Mix and pour over slaw. This will be wetter than the other dressing but ramen will soak up extra overnight.

#4. Stir Fry

Add 1c cubed pork to hot oil in skillet. Stir until pork begins to brown then add ½ package stir fry vegetables. Cook for 3-4 minutes on med-high heat stirring often. Mix in sauce packet and serve with cooked white rice.

#5. Eggroll filling

1c finely chopped cooked pork (ground pork also works well for this recipe) 1T finely minced fresh ginger, 1t garlic, ½ bag slaw mix. Salt or soy sauce to taste.

Chop pork very fine and add to 1t hot oil in skillet. Stir for 1-2 minutes add garlic, ginger and slaw mix. Stir for 1-2 minutes and serve with Bibb lettuce to make wraps. Can also be wrapped in eggroll wrappers and fried.

All recipes can be adjusted to taste with additions of red pepper flakes, using chicken instead of pork, adding lime juice or changing vegetables to what is available. These are tasty, low cost and nutritious. Enjoy!