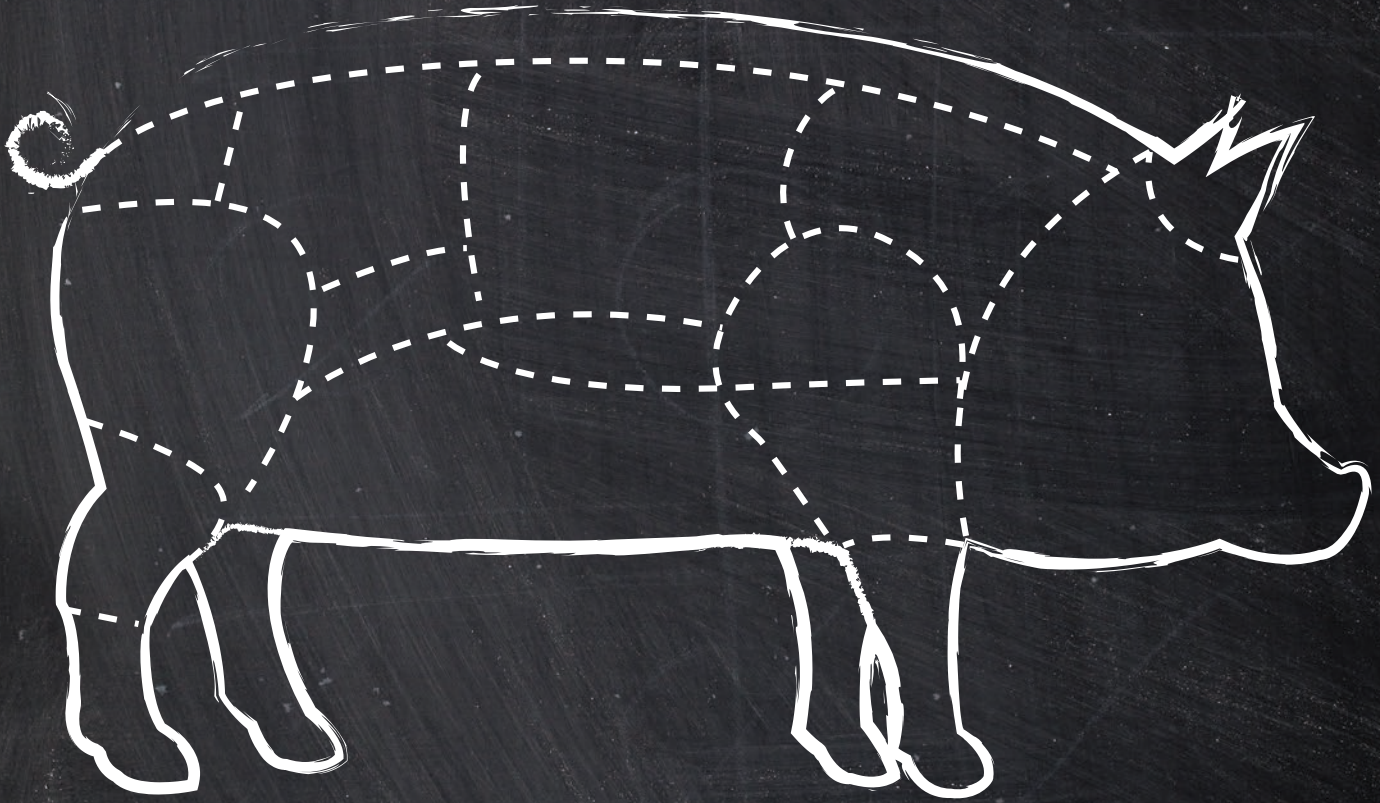




*Cook our
best
recipes*



MESSAGE FROM MANAGEMENT

Following this unique year, we were looking for a way to bring everyone closer while social distancing. As the kitchen is usually the heart and center of the household, to bring us everyone together, we thought good to share some of our great recipes coming from all over the world. To our greatest pleasure, you will discover the favorite flavors and tricks from our employees.

Cook with family, friends, or simply just for pleasure. We are proud to share recipes containing an ingredient we deeply value and appreciate. The pork industry allows us at Jyga Technologies and Ferme Aldo to eat every week. We are proud to contribute to feeding the planet every day.

In the name of the whole Lefebvre Family and Management team members, Thank you for your trust and implication in the success of the company.



Donald Lefebvre and Alain Lefebvre:
Co-Owners of JYGA Technologies and
Shareholders of Groupe ALDO

*Have a great
time cooking!*



Behind: Sarah-Maude Lefebvre, Next Generation
and Samuel Lefebvre, Sales Project
Representative In front: Roxanne Lefebvre, Head
of Special Projects and Isabelle Lefebvre, Next
Generation



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Side Dish

Bacon 

"Delicious crunchy salad"

that goes well with many different pork dishes."



Recipe from: Nadine Barras
Alain Lefebvre's Wife

BROCCOLI, BACON AND CRANBERRY SALAD



NUMBER OF SERVINGS

8 to 10



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

5-10 minutes
to pre-cook the bacon

INGREDIENTS

Salad

5-6 cups (1.25 L) broccoli,
cut into pieces of
1/2 inch (approx. 12 mm)

1/2 cup (125 ml) red onion,
chopped

1 cup (250 ml) grated sharp
cheddar cheese

1 cup (250 ml) cooked bacon,
crumbled

1 cup (250 ml) sunflower seeds

1 cup (250 ml) dried cranberries
(OceanSpray)

Dressing

1 cup (250 ml) mayonnaise
or salad dressing low in fat
(Eg. Miracle Whip)

1/4 cup (50 ml) sugar

2 tablespoons (30 ml) red wine
vinegar

1/2 teaspoon (2 ml) salt

1/4 teaspoon (1 ml) pepper

PREPARATION

- 1 Combine all ingredients of the salad portion into a large bowl; mix well.
- 2 Combine all ingredients of the vinaigrette into a small to medium bowl.
- 3 Mix the dressing together using either a whisk or a fork.
- 4 Pour the dressing into the salad bowl and combine the two.
- 5 Refrigerate during an hour.

*This salad must
be refrigerated
at least 1 hour
before serving...
Enhances flavor.*

Side Dish

Sausage 

"Russian home cooking.

This salad is on the table every holiday.
Even if it is said to be for the winter,
it is also good during summer."



Recipe from: Jewgeni Schreider
Business Development for Eastern Europe

RUSSIAN WINTER SALAD



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

20 min.



ESTIMATED COOKING TIME

1 hour chill time

INGREDIENTS

4 eggs, hard-boiled
6 large potatoes cooked
1 can of peas
½ ring of meat sausage
2 shallots
3-8 pickles (depending on size)
½ glass of mayonnaise
Some sour cream
Pepper
Salt

PREPARATION

- 1 Cut the eggs, the potatoes, the pickles (into slightly smaller ones) and the meat sausage into cubes.
- 2 Dice the shallots as well, but into slightly finer ones.
- 3 Mix everything together with the drained peas in a bowl.
- 4 Season to taste with mayonnaise, sour cream, pepper and salt. It is best to let something go.
- 5 Let cool in the refrigerator for around 1 hour.

*You can use
more or less
mayonnaise
to taste.*

Chops 

"My father's simple
and delicious
recipe."



Recipe from: Nadine Barras
Alain Lefebvre's Wife

APRICOT PORK CHOPS



NUMBER OF SERVINGS

6



ESTIMATED PREPARATION TIME

10 to 15 min.



ESTIMATED COOKING TIME

1 hour and 20 min.

INGREDIENTS

- 6 pork chops
- 1 cup Catalina dressing
- 1 cup apricot jam
- 1 bag of onion soup

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a small to medium bowl, mix in the jam, dressing and bag of onion soup.
- 3 Place the pork chops in an oven-safe dish and pour the sauce evenly onto the chops.
- 4 Cook for about 1 hour and 20 minutes (depending on oven intensity).
- 5 Can be served with rice and a side of favorite vegetables.

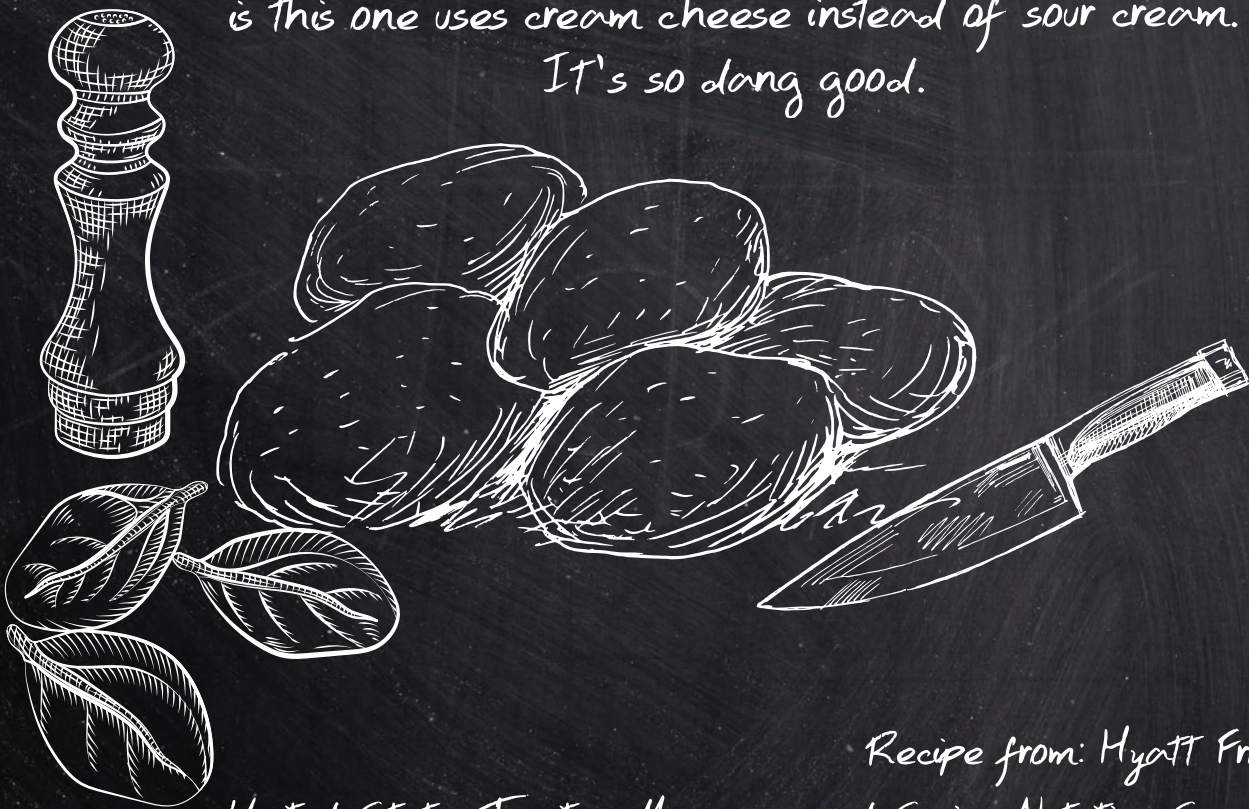
Chops

I have been thumbing through my recipe book needing to use some pork out of our freezer.

So on Sunday Night, I whipped up this freaking DELICIOUS meal! The whole thing from start to clean up takes less than an hour and is so worth it.

Again, this is one of those that made the family perk up when I was preparing it - they love things with bold flavors and pork, so this is always a winner. You may have seen similar recipes on Pinterest that are defined as "casseroles" and this doesn't really fit that bill. I would actually call it a "bake" - another difference between this recipe and other online sources is this one uses cream cheese instead of sour cream.

It's so dang good.



Recipe from: Hyatt Frobose

United States Territory Manager and Swine Nutrition Specialist

EASY, CHEESY HASHBROWNS AND PORK CHOPS



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

40 min.

INGREDIENTS

4 center cut loin chops
Vegetable oil (for browning)
1 cup milk
6 oz. cream cheese
2 tbs mustard
1/2 tsp garlic salt
1/4 white pepper
6 cups frozen hashbrowns
1/3 cup grated Parmesan
cheese

PREPARATION

- 1 Preheat oven to 350°F (177°C).
- 2 In skillet, heat oil and brown pork chops on both sides. Remove pork chops and set aside. Drain grease from pan.
- 3 Add milk, cream cheese, mustard, garlic salt & pepper to skillet and cook over medium heat until cream cheese melts and mixture is smooth, stirring with whisk.
- 4 Add hashbrown potatoes and Parmesan cheese and mix.
- 5 Pour into 9 × 13 baking dish and top with pork chops.
- 6 Bake covered for 30 minutes then uncover and bake for 10 minutes or until potatoes are bubbly and chops are cooked to 145°F.

Chops

"Grandma Irene is my husband's grandmother who raised 9 children, each of them around 1 year apart! It's probably a good thing there aren't quantities, her batch would have been huge!

Many of her recipes have the tortillas and refried beans as a side. Her sides are made from scratch....Mine not so much!

It's one of our favorite recipes because it's simple, easy, delicious...

and it's Grandma's!"



Recipe from: Melinda Partida
USA Office Administrator

GRANDMA IRENE'S PORK AND ZUCCHINI



ESTIMATED PREPARATION TIME

5 min.

INGREDIENTS

Pork chops, cut into bite size pieces

Zucchini, cut into bite size pieces

Garlic Salt

Black Pepper

Cumin

Tomatoes (diced)

Corn (canned)

PREPARATION

- 1 Put pork chop pieces in a skillet and cook until almost fully done.
- 2 Add zucchini pieces to the skillet. Season to taste with the garlic salt, black pepper and cumin.
- 3 Add a can of diced tomatoes and a can of corn. Fill skillet with enough water to just barely cover the food.
- 4 Let it simmer on medium-low heat until the sauce is reduced.
- 5 Serve with sides of refried beans, tortillas and red-hot sauce.

*There are no quantities
because this is Grandma's
homemade recipe-
they never have quantities!*

*It's just a little of this
and a little of that!*

Drumsticks 

"Cook with a beer in hand
for even better flavor!"



Recipe from: Stéphane Clément
Vice-President of Business Development

UNCLE STEF'S SMOKED PORK DRUMSTICKS



NUMBER OF SERVINGS

Depends on the number of drumsticks



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

Depends on the number of drumsticks

INGREDIENTS

Ruffled pork drumsticks with bone

Dijon mustard

Steak spices or spices "What The Pork"

Sage leaf, or powdered sage

1 cup Red beer

Drink the rest, then drink another one. And if your «flat-Earther» friends come over for dinner : put a six-pack in the fridge and drink them too :)

PREPARATION

- 1 Set smoker to 225°F. Use apple wood.
- 2 Coat meat with Dijon mustard and spices (to taste).
- 3 Line with sage.
- 4 Place a temperature sensor in the middle of one of the drumsticks.
- 5 Leave in the smoker until the internal temperature reaches 165°F.
- 6 When the 165°F temperature is reached, place the drumsticks into a pan and pour one cup of red beer over the meat. Cover with aluminum foil.
- 7 Set smoker to 200°F, and take the drumsticks out of the pan and put them back in the smoker, until 215°F.

IMPORTANT:
Keep the cooking juice for the base of the sauce.

Delicious paired with a warm corn and tomato salad and a potato salad with EXTRA BACON!

Ground 

"Improvised recipe to dispose of the peppers accidentally bought twice."



Recipe from: Sarah-Maude Lefebvre
Next Generation

GROUND PORK STUFFED PEPPERS



NUMBER OF SERVINGS

6



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

1 h

INGREDIENTS

- 1 cup cooked rice
- 6 large bell peppers any color
- 1 tablespoon olive oil
- 1/2 medium onion chopped
- 1 pound extra lean ground pork
- 3 garlic cloves, minced
- 1 (14 oz.) can of crushed tomatoes or tomato sauce
- 1 teaspoon Worcestershire sauce (optional)
- 1/2 teaspoon italian seasoning
- 2 cups shredded cheddar cheese blend, divided
- Salt & pepper to taste

*Worcestershire sauce
is optional.*

PREPARATION

- 1 Preheat your oven to 400°F and move the rack to the middle position. Meanwhile, prep your ingredients. Cut the tops off the peppers as if you were carving a pumpkin (do it as evenly as possible so the filling doesn't fall out). Remove any seeds/membrane. Chop up the usable stuff from the pepper tops (you'll add it to the filling).
- 2 Place the peppers cut side up in a baking dish (I used a 9x13). Add one cup of water to the bottom of the dish (the peppers will steam and cook faster).
- 3 Add the oil, onion, and chopped up pepper tops to a skillet. Sauté over medium-high heat for 5 minutes.
- 4 Add the ground beef to the skillet. Cook it, breaking up the meat as you go along, until it's browned and cooked through (about 8 minutes). Spoon out most of the fat/liquid.
- 5 Stir in the garlic, followed by the crushed tomatoes, Worcestershire sauce, and Italian seasoning. Let it warm through and then take the pan off the heat.
- 6 Stir in the cooked rice and 1/2 of the cheese. Season the mixture with salt & pepper as needed (give it a taste). I was generous with both the salt & pepper. Spoon the mixture into the peppers.
- 7 Cover the baking dish tightly with foil. Place it in the oven and bake for 40 minutes.
- 8 Take the dish out of the oven. The peppers should be still a little bit firm to the touch (you don't want them to go limp and fall apart, but if they feel too firm, cook them for longer). Sprinkle the rest of the cheese over the top. Return the peppers to the oven (uncovered) for another 5-10 minutes or until the cheese is melted. You can broil at the end for a few minutes if you want the cheese to be a bit golden.

Ground 

Russian Home Cooking

Dough - ground meat - steamed



Recipe from: Jewgeni Schreider
Business Development for Eastern Europe

MANTI - STEAMED DUMPLINGS



NUMBER OF SERVINGS

5



ESTIMATED PREPARATION TIME

1 1/2 hours



ESTIMATED COOKING TIME

40 min.

INGREDIENTS

For the dough

2 eggs

1 2/3 water

8 2/3 cups flour

For the filling

2.2 lbs (1 kg) minced ground pork or mixed

5 onions

1/4 cup butter

Salt and pepper

PREPARATION

- 1 Mix the eggs, water and flour into a batter.
- 2 Gradually add the flour until the dough becomes supple and no longer sticks to your hands. Knead the dough well. It should be elastic so that it can be rolled out easily.
- 3 Cover the dough and let it rest for about an hour at room temperature.
- 4 Cut the onions into fine strips (do not chop up!).
- 5 Mix the minced meat and onions and season well with salt and pepper. Make sure to knead the filling well with your hands! This is the only way that the onion juice mixes best with the meat. That makes the filling soft and juicy.
- 6 Roll out the dough and cut out with a round shape (diameter 10-12 cm).
- 7 Put some meat filling on each of the dough circles and place a piece of butter on each.
- 8 To form manti, first fold up the dough on both sides and glue it together in the middle over a length of approx. 3 cm, then fold up the ends and connect across the middle part (T-shaped). Finally, press the ends together firmly.
- 9 Brush the bottom of the steamer with oil to prevent the manti from sticking to it. Spread the manti on the bases and steam for about 40 minutes.
- 10 Serve the manti immediately and serve with sour cream and possibly ketchup.

Ground 

"Meat pie preparation recipe that
Mireille always uses.

It is her mother and
grandmother's recipe!"



Recipe from: Donald Lefebvre, Isabelle Lefebvre & Mireille Morin
Donald (Co-Owner of JYGA Technologies and Shareholder of Groupe ALDO),
Isabelle (Next Generation) and Mireille (Donald Lefebvre's Wife)

MEAT PIE PREPARATION



ESTIMATED PREPARATION TIME

30 min.



ESTIMATED COOKING TIME

3 hours

INGREDIENTS

Meat

- 4 lbs of ground pork
- 2 lbs of semi-lean ground beef
- 4 big onions minced
- 2 regular potatoes cut into cubes
- 1 1/2 tsp. of salt
- 1 tsp of pepper
- 1 to 2 tsp of mixed spices

Dough

- 6 cups of all-purpose flour
- 6 tsp. of baking powder
- 1 tsp of salt
- 3/4 lbs of all-vegetable shortening
- 1 beaten egg
- 2 cups of cold water

PREPARATION

MEAT

- 1 Put all the ingredients in a large pot.
- 2 Cover the meat with warm water.
- 3 Boil uncovered and stir often until all of the water is evaporated (around 3 hours).

DOUGH

- 1 Mix all of the dry ingredients.
- 2 Shred the shortening until the larger pieces are smaller than a pea. Mix the shortening with the dry ingredients.
- 3 Do a well shape with the dough. Add the water and the beaten egg to the well.
- 4 Mix the dough until it becomes a non-sticky ball of dough.
- 5 Roll out the dough.

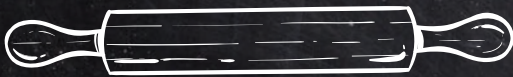
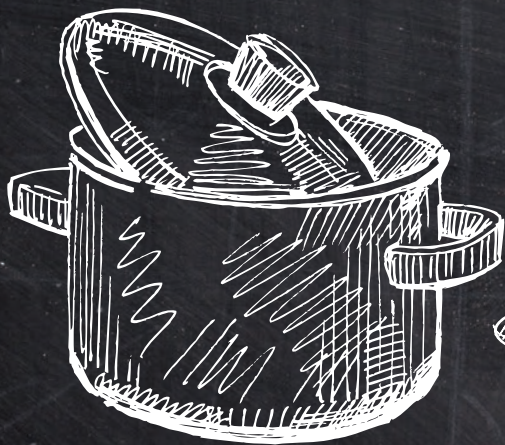
PIE

- 1 Preheat oven to 375°F.
- 2 Assemble the meat pie by putting the meat mixture between 2 slices of dough in an aluminum plate.
- 3 Cook on the lower grid of the oven until the dough is gold and crisp.

Ground 

Russian Home Cooking

Dough - ground meat - cooked



Recipe from: Jewgeni Schreider
Business Development for Eastern Europe

PELMENI - COOKED DUMPLINGS



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

2 hours



ESTIMATED COOKING TIME

10 min.

INGREDIENTS

For the dough

3 1/2 cup flour

2 eggs

1/2 cup water + 2 tbsp

For the filling

1 lb (400 g) ground pork

1/4 cup butter

3 tbsp heavy cream

2 onions

Salt and pepper, black

For the sauce

Garlic clove(s) or onions
as needed

2 tbsp butter

3 tbsp vinegar

Salt and pepper to taste

Sour cream

Some broth made from stock
(or cube)

PREPARATION

- 1 Put the flour in a mixing bowl, make a well and add the water, egg and salt. Knead the whole thing into a firm dough (pasta dough).
- 2 Cover with a cloth and let rest for 20-30 minutes.
- 3 Mix the meat with the finely chopped onions, butter, pepper and spices.
- 4 Roll the dough into a strand (1.5 - 2 cm) and cut off pieces (1 - 1.5 cm). Roll cookies out of these parts. You can also roll out the dough to a thickness of approx. 2 mm and then cut out round pieces with a glass.
- 5 Place the meat mixture on top of the dough with a spoon, enclose the meat in the dough and press the edges shut.
- 6 Place the Pelmeni in boiling salted water or in broth.
- 7 After the water boils again and the pelmeni float to the surface, let it steep for another 2 - 3 minutes.
- 8 Pour off the water. Put the pelmeni in a bowl and cover with flakes of butter. The pelmeni can be served with butter, sour cream, with vinegar or with a mixture of chopped garlic or onions, vegetable oil, vinegar, salt and pepper.

TIP

We always make significantly larger portions, because you can freeze the pelmeni RAW very easily and simply cook them if you have to go quickly.

Ground 

"Our <<go to>>
while on a family trip."



Recipe from: Alain Lefebvre
Co-owner of JYGA Technologies and Shareholder of Groupe ALDO

PORK HAMBURGER



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

10 min.



ESTIMATED COOKING TIME

10 min.

INGREDIENTS

2 lbs of lean ground pork

1 onion soup bag (Lipton)

About 1 1/2 cup of grated old cheddar cheese

1 egg

PREPARATION

- 1 Grate the cheese.
- 2 Mix all ingredients.
- 3 Shape patties.
- 4 Cook.
- 5 Enjoy the burgers!

Ground 

"A good old recipe from my mom.

It is comforting
and smells so good in the house!"



Recipe from: Nathalie Shink
Receiving and Shipping Coordinator

PORK MEATBALL STEW



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

30 min.



ESTIMATED COOKING TIME

2 hours

INGREDIENTS

- 1 lb of ground pork
- 2 yellow onions
- 1 cup of all-purpose flour (approximately)
- 1 tbsp of butter
- 1 piece of salted lard
- 1 stew sauce bag
- 1/2 tsp of ground cinnamon (to taste)
- 1/2 tsp of ground clove (to taste)
- Ground pepper (to taste)
- Water (about 8 cups)

PREPARATION

- 1 Shape the ground pork into round meatballs and roll into the flour.
- 2 Finely chop the onions.
- 3 Brown the meatballs with butter into a skillet.
- 4 Pour into a big pot. Add the water and the salted lard.
- 5 Cook for 2 hours on the stove or in the oven. Use the broth to do a sauce.

TO THICKEN THE BROTH

- 6 Take off the cooked meatballs.
- 7 Grill 2 tbsp of flour into a pot. Add a little bit of water. Add the mixture of water and flour gradually to the broth. Stir well.
- 8 To the broth, add : the bag of stew sauce, the cinnamon, the clove and the pepper. Stir well until you reach the desired firmness.

Ground 

"When I cook this recipe,
it's an absolute success.

It can be done at Christmas time.

It's a really nourishing recipe."



Recipe from: Sylvie Moreau
Electronic Production Team Member

PORK ROLL



NUMBER OF SERVINGS

6



ESTIMATED PREPARATION TIME

30 min.



ESTIMATED COOKING TIME

1 hour

INGREDIENTS

1 1/2-2 lbs of ground pork
seasoned to your taste

Salt

Pepper

Grated cheese (to taste)
* Personally, I use mozzarella

Spinach

Cooked ham cut into fine slices

1 pack of bacon

PREPARATION

- 1 Preheat the oven to 350°F.
- 2 On a parchment paper, spread the pork in a rectangle shape of a medium thickness.
- 3 Position the cooked ham slices on the raw ground pork rectangle.
- 4 Add a thin layer of fresh spinach and cover with the grated cheese.
- 5 Using the parchment paper, roll the rectangle until it becomes a cylinder.
- 6 Roll bacon strips around the cylinder to cover it completely.
- 7 Cook in the oven wrapped in aluminium foil. The cooking time varies depending on the size of the roll. Cook until the bacon is golden.
- 8 Serve with a sauce of your taste.

*It can also be done
with ground beef
and garnished with the
ingredients of your choice.*

Ground 

Russian Home Cooking

Dough - ground meat - deep-fried



Recipe from: Jewgeni Schreider
Business Development for Eastern Europe

TSCHEBUREKI - FRIED GIANT DUMPLINGS



NUMBER OF SERVINGS

2



ESTIMATED PREPARATION TIME

1 hour



ESTIMATED COOKING TIME

20 min.

INGREDIENTS

For the dough

6 glasses of flour
approx. 1 3/4 cup each
2 glasses of warm water
(approx. 60°C/140°F)
4 teaspoons of salt
4 eggs
1/2 cup butter

For the filling

2 teaspoons of salt
6 onion (s), finely diced
Black Pepper
Water
4.4 lb (2 kg) of ground meat,
pork or half-and-half (pork/beef)
Oil for deep-frying

PREPARATION

You can also eat the Tschebureki very well cold the next day.

TO MAKE THE DOUGH

- 1 Knead the flour and butter together. Then you add salt and water and finally the eggs. All ingredients are kneaded together.

If the dough is still too sticky, add more flour. The dough must detach itself from the edge, but must not be too dry, otherwise it will not hold when closed.
- 2 Make small balls from the dough.
- 3 Roll the balls out flat, like a pancake.

FOR THE FILLING

- 1 Put all ingredients in a bowl and mix together.
- 2 Add a little water. The filling is like a pulp, just not quite as runny.

MAKING THE TSCHEBUREKI

- 1 When you have finished the filling, put the filling on the flattened dough balls. You must cover 1/2 the dough with the filling.
- 2 Fold up the dumplings and tightly close the dough all around.
- 3 For frying, use a pan in which you put about 1 cm high of oil. If the oil is hot enough, fry the dumplings on both sides until they are golden yellow.

TIP

Never place the still raw Tscheburekion on top of each other.

They stick to each other and break. It is best to put aluminum foil and flour on both sides.

The Чебырки (pronounced: Tschebureki) are already done.

Depending on the size, you get between 10 and 20 Tschebureki from the amount of dough.

Ham 

"When you don't know
what to do with ham leftovers!"



Recipe from: Roxanne Lefebvre
Head of Special Projects

HAM AND TOMATOES MACARONI



NUMBER OF SERVINGS

6



ESTIMATED PREPARATION TIME

30 min.



ESTIMATED COOKING TIME

15 min.

INGREDIENTS

- 1 1/2 cup of macaroni
- 1 cup of diced frozen vegetables
- 1 cup of diced ham
- 1 can of tomato soup (cream)
- 2 minced garlic cloves
- 1 1/2 cup of grated cheese (cheddar or mozzarella)
- Salt
- Pepper

PREPARATION

- 1 Preheat oven to 400°F.
- 2 Cook the macaroni in boiling water.
- 3 Brown the vegetables in a skillet that goes to the oven.
- 4 Add the garlic.
- 5 When the vegetables are unfrozen, add the ham. Let it in the skillet until the ham is slightly roasted.
- 6 Add the cooked macaroni.
- 7 Add the tomato soup and mix well.
- 8 If your skillet doesn't go in the oven, put the pasta in a cooking pan.
- 9 Sprinkle with cheese.
- 10 Gratinata in the oven.

You can add a little bit of dried herbs or some drops of hot sauce.

Loin 

"A good and simple recipe!"



Recipe from: Roxanne Lefebvre
Head of Special Projects

MUSTARD AND HERBS PORK ROAST



NUMBER OF SERVINGS

6 to 8



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

1 hour

INGREDIENTS

1 pork loin (approximately 2 lbs)
1 onion, in thick slices
1/4 cup of water
2 tablespoons of Dijon mustard.
1 tablespoon of Meaux mustard.
2 teaspoons of soy sauce.
1 teaspoon of dried thyme.
1 teaspoon of dried basil.
Salt
Pepper

PREPARATION

- 1 Preheat the oven to 350°F.
- 2 Place the onion slices at the bottom of a cooking dish.
- 3 Pour the cup of water into the dish.
- 4 Place the meat on top of the onions.
- 5 In a small bowl, mix the mustard, the soy sauce, the herbs and salt and pepper.
- 6 Brush the meat with the mustard mixture.
- 7 Cover the dish with aluminum foil.
- 8 Place the dish in the oven and cook for 40 minutes.
- 9 Remove the aluminum foil and continue cooking for another 20 minutes.

*You can make this recipe
with old-style mustard
or only Dijon mustard.*

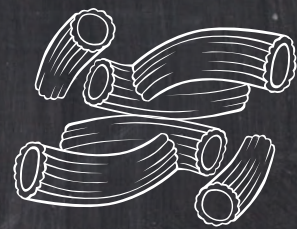
Loin 

"I learned this recipe on a trip to New Zealand. One night, an extrovert German girl decided to cook a great meal, for once. I decided that I would ask her to teach me how to cook it. A quick visit to the nearest grocery store later, we started cooking.



It is a simple, quick and delicious recipe that is hard to miss.

It was a perfect recipe for a young adventurer like me."



Recipe from: Mathieu Roy
International Sales Representative

PORK, BROCCOLI AND WHITE SAUCE PASTA



NUMBER OF SERVING

1



ESTIMATED PREPARATION TIME

5 min.



ESTIMATED COOKING TIME

15 min.

INGREDIENTS

- 1 pork loin steak (about 1 cm thick)
- 1 cup of Penne pasta
- 1 tbsp of melted butter
- 1 tbsp of all-purpose flour
- 1/2 cup of milk
- 1/2 cup of grated old-cheddar cheese
- 1/2 cup of mozzarella cheese
- 2 or 3 minced shallots
- About 4 mushrooms cut in slices
- 1/2 cup-1 cup of broccoli
- 1/2 tsp of sage
- Butter for cooking
- Salt and pepper

PREPARATION

- 1 Boil salted water. Add the pasta. Lower the heat to medium. Cook the pasta until they are ready. Reserve them.
- 2 While the pasta is in the water, heat butter in a skillet on medium-high heat until there are bubbles. Add the pork and broccoli to the skillet for 7-8 minutes.
- 3 Halfway through the pork cooking time, turn it and add mushrooms to the skillet. At the same time, put 1 tbsp of butter in a small pot on medium-high heat.
- 4 When the butter is hot, add the flour and whisk. Add the milk, half of the cheddar, the sage, and salt and pepper to taste. When the sauce starts boiling, reduce the heat to medium-low. The sauce is ready when you dip a spoon in it, that you do a line on the back of it and that the line stays.
- 5 The sauce, pork and vegetables should be ready at about the same time. Cut the pork in thin slices. Mix everything together in a baking pan.
- 6 Add the mozzarella cheese, what is left from the cheddar cheese and the shallots on top of the pasta. Gratinat in the oven at broil until the cheese looks perfect to you.

It is a quick and simple recipe that I can adapt to the meat or cheese I have.

You can play with it with new spices and add spinach or peppers to it.

Loin 

"This recipe reminds me of our family summer barbecues.

We used to cook an entire pig.
This recipe is simply DELICIOUS!
And the sauce is really something!

I promise that you wish you could drink the sauce."



Recipe from: Nancy Bolduc
Accounting

PORTO AND ORANGE PORK LOIN MARINADE



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

3 days of rest

INGREDIENTS

- 1/2 a Porto bottle
- 1 cup of orange juice
- 1 minced onion
- Minced garlic (to taste)
- Sage (to taste)
- 1/2 cup of maple syrup
- 1/2 cup of vegetable oil

PREPARATION

MARINADE

- 1 Mix all of the ingredients and pour on the loin. Let sit for at least 3 days.
- 2 After those 3 days, cook the loin and use the marinade to create a sauce.

SAUCE

- 1 Boil the marinade on medium heat.
- 2 Take off the foam that floats (it is often the blood of the loin).
- 3 When there is no more foam, filter and put back on the stove.
- 4 To the filtered sauce add (to taste):
 - Chicken broth
 - Salt & Pepper
 - Thyme (fresh or dried)
 - Parsley (fresh or dried)
 - Maple syrup or orange juice
- 5 When your sauce is delicious, add 15% or 35% cream to it and thicken it with cornstarch.

You can inject the loin with the marinade or cut a little slot on it for more taste.

Also, I recommend that you marinate it for at least 3 days.

Loin 

"This recipe is originally
for duck magret.
I adapted it for pork.

Honestly
it is so delicious
that I would drink
the sauce."



Recipe from: Sylvain Blouin
Animal Welfare Director

PORTO AND RASPBERRIES PORK LOIN



ESTIMATED PREPARATION TIME

20 min.



ESTIMATED COOKING TIME

30 min.

INGREDIENTS

- 1 tbsp of white granulated sugar
- 1 tbsp of balsamic vinegar
- 1 1/4 cup of beef broth
- 1/2 cup of Porto (or more)
- 1/2 cup of frozen raspberries (unfrozen) (frozen raspberries have more taste than fresh raspberries)
- 1 tsp of flour
- 1 pork loin (1 pound, 454 g)
- 1/2 tsp of ground cinnamon
- 1 tsp of ground black pepper

PREPARATION

- 1 Preheat the oven to 350°F.
- 2 In a small pot, melt the sugar until it becomes a light caramel (be sure not to burn it).
- 3 Add the balsamic vinegar, stir and dissolve the caramelized sugar.
- 4 Add 1 cup of beef broth and half of the Porto. Let it reduce to half (10-15 minutes).
- 5 In a bowl, mix the remaining beef broth, raspberries (crushed) and the flour. Add it to the sauce and let it simmer until it thickens.
- 6 With a knife, cut slots on both sides of the loin. Sprinkle cinnamon and pepper in them.
- 7 Oil a baking pan. Put the loin in it with the rest of the Porto. Cook to 350°F for around 30 minutes (the meat must be pink in the middle).
- 8 Serve with the side of your choice. Cover the loin with the sauce.

Neck 

"Schaschlik always fits,
whether summer or winter.
Perfect dish to hang out
with friends and family!"



This dish
is about emotions,
it doesn't depend
on the last gram,
BUUUT
the more onion
the better.

Recipe from: Jewgeni Schreider
Business Development for Eastern Europe

RUSSIAN SCHASCHLIK AND MARINATED ONION TOPPING



NUMBER OF SERVINGS

5



ESTIMATED PREPARATION TIME

30 to 45 minutes

+ 12 to 24 hours of chill time in the refrigerator



ESTIMATED COOKING TIME

50 min.

INGREDIENTS

For the shashlik:

Pork neck - 4.8-6.6 lb
(2.5-3.0 kg)

Plenty of salt and pepper

Small bunch of parsley

(If available) about 5-6 leaves
of blue basil (not green!)

1.5-2 kg onion (estimate)

2-3 tsp tomato paste

2 tsp of sweet paprika powder

About 1.5 L mineral water
(with bubbles!)

A dash of vinegar - for a tropical
touch you can also use 1 kiwi
instead of vinegar

For the pickled onion:

2-3 large onions

250 ml of hot water

3 tbsp of sugar

1/2 tbsp of salt

1 1/2 tbsp vinegar

PREPARATION

POUR LE SCHASCHLIK

- 1 Wash the neck and pat dry.
- 2 Cut off tendons and fat (parry).
- 3 Cut the meat into pieces of roughly even size (approx. 4x3 cm) and place in a large bowl.
- 4 Peel the onions and cut them into large pieces (e.g., cut into eighths) and place in the bowl.
- 5 Now put all the components in the bowl (except mineral water and vinegar).
- 6 Mix well and season if necessary (note that the meat rests for 12-24 hours in the refrigerator and the aromas are strengthened).
- 7 Fill the bowl with mineral water so that everything is covered (about 0.5-1.25 liters).
- 8 Let it rest in the refrigerator for at least 12, better up to 24 hours. The meat can be taken out of the refrigerator about 2 hours before grilling.
- 9 Now add a good dash of vinegar and stir everything well (Or take the mashed Kiwi) --> not both!
- 10 About 1 hour before the planned meal you can light the grill (CHARCOAL, no gas) and, in the meantime, you can pull the meat on metal skewers (not the onions) the closer the meat is grilled over the embers, the better the smoky taste. ATTENTION - the cooking time is about 15-20 minutes during this time you always have to stand at the grill, enjoy a beer and move (turn) the meat regularly so that the meat browns slowly and evenly on all sides.

FOR THE ONION TOPPING

- 1 Peel the onion and cut it into fine half moons or whole rings.
- 2 Add sugar, salt and vinegar to the onions and pour the hot water over them.
- 3 Stir everything well and let it marinate for about 1/2-1 hour.

*Put the perfect Schaschlik
on a plate and add the
marinated onions as a topping.
Enjoy*

Ribs

"Ah smoked meat... The secret is not to rush it.
A small hoppy beverage, a sunny afternoon
and a table to impress.
This recipe is the one for you.

Give your guests the experience of
an American BBQ Pit. Because let's face it,
our Quebec St-Hubert restaurants are very good,
but we don't come close to the Pit Masters
of our neighbors to the South!"



Recipe from: Samuel Lefebvre
Sales Projects Representative

APPLE SMOKED RIBS



NUMBER OF SERVINGS

6



ESTIMATED PREPARATION TIME

30 to 45 min.



ESTIMATED COOKING TIME

6 hours

INGREDIENTS

2 racks of back ribs.

2 tablespoons of salt.

1/2 cup of apple BBQ spices mix. Suggestion : HEATH RILES BBQ APPLE RUB or Clubhouse APPLEWOOD SMOKED SEASONING.

1 butter stick.

1 cup of apple butter.

I am lucky, Marie-Christine makes it homemade! ;)

1 cup of apple cider vinegar.

1 cup of apple juice.

1 pot of apple jelly.

1 1/2 cup of your favorite BBQ sauce. (Suggestion : FIREBARN MEMPHIS sauce)

Count a full rack for big appetites, a small one for the smaller appetites.

*Don't have a smoker?
No problem!
Use the same cooking
technique with
a conventional oven
and add liquid smoke
to your BBQ sauce.*

PREPARATION

- 1 Preheat the smoker to a temperature of 225 ° F with wood, granules, or apple-flavored puck.
- 2 Remove the membrane from under the rib rack.
Tip: Use a paper towel to grip the membrane ... this will prevent swearing.
- 3 Mix the apple juice and the apple cider vinegar and spray the ribs with the mixture. Then season with salt. Let rest for 15 minutes. (Great time to open up a beer or try a new cocktail recipe!)
- 4 Liberally apply your chosen BBQ spice blend. Let stand another 15 minutes ... (Personally, a good NEIPA from a Quebec microbrewery is perfect as a beverage.)
- 5 Place the ribs in the smoker for 2 hours, spraying with the juice / vinegar mixture every 30 minutes.
- 6 Remove the ribs from the smoker. The step here is very important. The goal is to make a foil wrapper for each rack of ribs. Cut 1/2 stick of butter into small pieces and place everything at the bottom of the foil. Then you have to coat the ribs with your apple butter. Then place the racks in the foil, pressing the meat side (above the rib) directly on the butter. Spray the bone side with the juice / vinegar mixture and seal the foil as tightly as possible.
- 7 Put the papillotes back in the smoker for at least 1 hour and until the meat has the tenderness you want. Some people like the meat to fall off the bone and others prefer a bite that holds together. There is no wrong answer in the world of pork!
- 8 Melt the apple jelly in the microwave with a little apple juice (5 minutes). Stir after 2 minutes of cooking.
- 9 Add the chosen BBQ sauce to the apple butter / apple juice mixture. Mix well.
- 10 Remove the ribs from the papillotes. Be careful, it will be very hot and if the meat separates from the bone, we should not lose our precious product.
- 11 Apply the sauce mixture to the racks.
- 12 A choice is still needed! You can finish cooking the ribs directly on the BBQ to find the grill marks on the meat, or place the uncovered ribs in the smoker. If you choose the smoker option, increase the temperature to around 350-400 ° F and place the ribs in indirect cooking. You will obtain an unparalleled caramelization on the sauce that surrounds the meat ... I salivate! Happy BBQ everyone!

Salted lard

"My adapted version of my mother's recipe!

Serve with garden vegetables and
enjoy with the family to taste

The love! "



Recipe from: Marie-Christine Laflamme
Communication and Marketing Coordinator

PORK, BEEF AND VEGETABLE STEW



NUMBER OF SERVINGS

10



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

3 hours

INGREDIENTS

1 roast beef blade

1 or 2 pieces of salted lard
(personally, I put two because it's
my favorite meat in the stew and
it gives flavor)

Chicken broth (to taste)

3 onions

4 cloves of garlic

2 bay leaves

Your favorite herbs

Pepper

Salt

10-12 carrots

1 turnip

1 green cabbage

8 potatoes

Yellow beans

PREPARATION

- 1 Cut the vegetables into large pieces. I cut the potatoes in half, the carrots in 2 or 3, the cabbage in half and the turnip in thick slices.
- 2 At the bottom of a large pot, roast the meat on all sides over high heat with the onion and garlic.
- 3 To the meat, add the bay leaf, salt and pepper. Add the potatoes. Cover with water. Add powdered or concentrated chicken broth (to taste). Remember that the lard is already salty. Lift the pieces of meat a little to let the broth through.
- 4 To the broth, add all your favorite herbs, to taste. I personally add basil, oregano, thyme and dried parsley. Boil for about 1h30 at low temperature. A few times during cooking, remove the fat from the top.
- 5 Add the carrots and turnip. Add a little liquid and chicken broth until the vegetables are covered. Taste the broth and make sure the taste is right. Cook for about 45 minutes.
- 6 Add the cabbage and yellow beans. Cook for about 30 minutes until all the vegetables are ready.
- 7 Serve on a plate or in a bowl.

I prefer to keep the vegetable cut in bigger pieces to taste them fully. I serve it with white vinegar on the table.

Try it with a touch of the white vinegar to make the flavors flow!

Sausage

"A recipe that everyone enjoys
with its sweet maple flavor."



Recipe from: Nadine Barras
Alain Lefebvre's Wife

MAPLE PORK SAUSAGE CASSEROLE



NUMBER OF SERVINGS

4 to 6



ESTIMATED PREPARATION TIME

15 to 20 min.



ESTIMATED COOKING TIME

25 min.

INGREDIENTS

3 packets of pork sausages
(about 24 sausages)

1 bag of onion soup

1/2 cup maple syrup

2 cups long grain rice

2 1/2 cups of water

Salt and pepper

PREPARATION

- 1 Cut the sausages into pieces (about 4 cm or 1 1/2 inches).
- 2 Brown the sausages for 2 minutes over high heat in a fat.
Sprinkle with the bag of onion soup, add maple syrup and rice and mix well.
- 3 Add the water.
Salt and pepper.
Bring to a boil.
- 4 Cover and cook for 20 minutes over very low heat.

*The pork sausage
can be swapped for
Italian sausage
for a more spicy taste.*

Shoulder 

"First sausage recipe I ever made of my life.
It is honestly delicious.
Just sweet enough to make you
smile and intrigued."



Recipe from: Marie-Christine Laflamme
Communication and Marketing Coordinator

BLUEBERRY AND MAPLE PORK SAUSAGE



NUMBER OF SERVINGS

20



ESTIMATED PREPARATION TIME

2 hours
(including resting time)



ESTIMATED COOKING TIME

10 min.

INGREDIENTS

5 lbs boneless pork shoulder
40 g kosher salt
1 packet of fresh sage
2 tbsp fresh thyme
6 g freshly cracked black pepper
1 tbsp garlic powder
350 g blueberries (about 2 cups)
1 cup of maple syrup
1/2 cup of cold water
1/2 pork casing (ask your butcher to be able to make 5 lbs)

PREPARATION

- 1 Cut the pork shoulder into approximately 1 inch cubes. It is very important to keep the fat and to cut it into 1 inch cubes as well. The only thing to remove is tendons and membranes, which can get stuck in the chopper.
- 2 Add the seasonings to the pork cubes and mix well to coat everything. Cover the bowl with plastic wrap and place the bowl in the freezer for 1 hour to 2 hours to bring the meat to near freezing point but without freezing.
- 3 Meanwhile, place the different parts of the meat grinder in the freezer as well.
- 4 Take everything out of the freezer and chop the meat in a bowl with the thin-cutting plate. When chopping, make sure the meat comes out clearly from each hole. If it starts to come out like a paste where the meat and fat are mixed together, stop the chopper and clean the blade as it is likely full of ligaments or membranes. Start over and finalize the hash.
- 5 Add the blueberries, water and maple syrup to the ground meat.
- 6 Mix vigorously with your hands until you obtain an ultra sticky texture called binding. It takes about 2 minutes. The trick to knowing if it works is to take a small dumpling, stick it on the palm of your hand and flip your hand palm down. The meat should stick together easily 10 seconds before falling (often it just won't fall off). If it doesn't stick, continue mixing more vigorously.
- 7 Install the pork casing on the tip of the sausage stuffer. Add the meat and gently push it into the casing. When the meat arrives, tie a knot. Keep pushing. At the end, cut and tie a knot.
- 8 To separate the sausage casing, calculate the desired length and turn 2 turns in one direction. Calculate the same length and turn 2 turns in the other direction. Continue until the end of the tubular. Cut between each sausage with a good knife.

I suggest not to grind the meat too small. The texture is better when the meat is not chopped too finely.

Shoulder 

"This is a Knoxville,
TN favorite!"



Recipe from: Brian Strobel
Senior Territory Manager / Equipment Specialist (USA)

BRETT'S EASY PULLED PORK



NUMBER OF SERVINGS

8 to 10



ESTIMATED PREPARATION TIME

1 hour



ESTIMATED COOKING TIME

5 hours

INGREDIENTS

2-3 lb pork shoulder

3 tbsp of BBQ rub

24 oz ginger beer

3-inch long finger of fresh ginger, peeled and cut into 1/4-inch coins

Plastic wrap

Wax paper

Aluminum foil

PREPARATION

- 1 Preheat oven to 250°F.
- 2 Rub pork shoulder on all sides with favorite rub.
- 3 Place pork in large baking casserole dish.
- 4 Scatter ginger coins around pork. Pour in ginger beer to about 1/2 way up the side of the dish. Cover pork with wax paper. Cover entire dish with plastic wrap and seal all sides. Cover entire dish with aluminum foil and seal on all sides.
- 5 Place in 250°F oven for 4-5 hours or until easily shredded by hand or with a fork. Let pork rest in liquid for 30 minutes and discard liquid.
- 6 Serve on slider buns with coleslaw.

*Use your favorite
barbecue rub.*

Shoulder

"With a little bit of my Latino Gaspésien blood,
I like this recipe that comes from Yucatan.

The problem with it is that the conchinita becomes addictive,
however without headache. The conchinita can be served for
breakfast, lunch, dinner or even for a post night-out snack.
Unfortunately, we can't put it in the Focus.

There are multiple YouTube videos that show
how to cook it step by step. "



Recipe from: Gratien Thériault
Business Development

CONCHINITA PIBIL



NUMBER OF SERVINGS

4 to 6



ESTIMATED PREPARATION TIME

20 minutes



ESTIMATED COOKING TIME

2 to 3 hours

INGREDIENTS

Conchinita Pibil

30 g of achiote spice
(Mexican spice that can be found
in Mexican groceries)*
2 garlic cloves, minced
1 tsp (5 ml) of clove
1 tsp (5 ml) of dried oregano
1/2 cup (125 ml) orange juice
1/2 cup (125 ml) white wine vinegar
Olive oil
2 kilos (4 lbs) pork leg, boneless
and cut into pieces
2 kilos (4 lbs) pork shoulder,
boneless and cut into pieces
2 cups (500 ml) chicken broth
1 bay leaf
1 cinnamon stick
Salt and pepper
1 banana leaf (optional)
Fresh coriander

Pickled vegetable topping (really important part to reach a perfect match with the meat)

2 red onions
2 carrots
1 cup (250 ml) water
1 cup (250 ml) white vinegar
1/4 cup (60 ml) sugar
2 tbsp (30 ml) salt
2 tbsp (30 ml) dried oregano
1 thinly minced habanero pepper
(optional)

PREPARATION

CONCHINITA

- 1 In a blender, mix the achiote, the garlic, the clove, the dried oregano, the orange juice and the white wine vinegar. Let it sit.
- 2 In an oven proof baking pan, sear the meat in olive oil 3 or 4 times on each side.
- 3 Sprinkle with salt and pepper and transfer the meat in a big bowl. Let it stand.
- 4 Deglaze the pan with the mixture of achiote, garlic, orange juice, etc. Let it simmer for 7 minutes on medium heat.
- 5 Add the meat, the chicken broth, the cinnamon and the bay leaf. Bring to a boil.
- 6 Turn off the heat and cover it with the banana leaf (optional) and close the lid.
- 7 Cook in the oven at 375 °F for 2 to 3 hours or until the meat can be shredded with a fork.
- 8 Let it sit for 10 minutes before serving.
- 9 Sprinkle with fresh coriander.

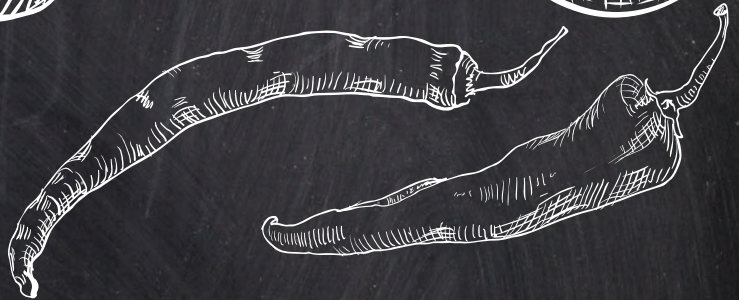
PICKLED VEGETABLES TOPPING

- 1 Finely chisel the onion and the carrots using a knife or mandoline.
- 2 Dissolve the sugar and the salt into the water and vinegar.
- 3 Incorporate the rest of the ingredients and let marinate for 30-40 minutes.
- 4 Serve on a pilaf rice bed to which you should add corn, cubed carrots, garlic, onion, olive oil, salt and pepper.
- 5 Cover the meat with pickled vegetables.

This recipe can be cooked with shoulder or leg. They are often forgotten parts of pork and are usually cheaper.

Shoulder 

"The pulled pork recipe
we were doing every night
before going out with friends."



Recipe from: Gabriel Renaud
Technical Representative

ITA PULLED PORK



NUMBER OF SERVINGS

More or less 8



ESTIMATED PREPARATION TIME

20 min.



ESTIMATED COOKING TIME

8 or 10 hours
depending on the
cooking mode

INGREDIENTS

2 kg / 4 lbs pork shoulder
(pork butt) , skinless, boneless
(5 lb/2.5 kg bone in) (Note 1)

2 1/2 tsp salt

1 tsp black pepper

1 onion, chopped

1 jalapeño, deseeded, chopped

4 garlic cloves, minced

3/4 cup juice from orange
(2 oranges)

RUB

1 tbsp dried oregano

2 tsp ground cumin

1 tbsp olive oil

PREPARATION

- 1 Rinse and dry the pork shoulder, rub all over with salt and pepper.
- 2 Combine the Rub ingredients then rub all over the pork.
- 3 Place the pork in a slow cooker (fat cap up), top with the onion, jalapeño, minced garlic (don't worry about spreading it) and squeeze over the juice of the oranges.
- 4 Slow Cook on low for 10 hours or on high for 7 hours.
(Note 2 for other cook methods)
- 5 Pork should be tender enough to shred. Remove from slow cooker and let cool slightly. Then shred using two forks.

Optional: Skim off the fat from the juices remaining in the slow cooker and discard.

If you have a lot more than 2 cups of juice, then reduce it down to about 2 cups. The liquid will be salty, it is the seasoning for the pork. Set liquid aside - don't bother straining onion etc, it's super soft.

You will need
a slow cooker

We add our favorite
BBQ sauce
(homemade or bought)
to the shredded meat
and serve the pulled pork
in a bun with
potato salad
on the side.

Shoulder 

"German recipe!"



Recipe from: Elmar Moorman
Business Development

PORK SCHNITZEL



NUMBER OF SERVINGS

Varies depending on the size of the meat



ESTIMATED PREPARATION TIME

5 to 10 min.



ESTIMATED COOKING TIME

Varies depending on the size of the meat

INGREDIENTS

Pork shoulder or ham

Cream

Egg

Breadcrumbs

Vegetable oil

Flour

PREPARATION

- 1 First turn the Schnitzel in flour. Be sure to knock off excess flour.
- 2 Mix egg and cream together.
- 3 Bread the Schnitzel with breadcrumbs. Just press the breadcrumbs very lightly. Note: Bread the schnitzel just before frying.
- 4 The Schnitzel is fried in oil or butter oil at 170° Celsius. The oil or butter oil should be at least 2 cm high in the frying pan. Measure the temperature of the oil: hold the wooden stick from the wooden spoon into the oil. If small bubbles immediately appear on the wood, it has reached the right temperature.
- 5 Place the Schnitzel in the frying pan and toss carefully in the oil. Oil must run over the surface of the Schnitzel. The Schnitzel must float in the frying pan, but not be completely covered.
- 6 The Schnitzel is ready when it has a nice, light brown crust. Dry it with paper towels.
- 7 Serve the Schnitzel hot and fresh with french fries and your favorite salad.

Cut the meat into approx. 1 cm thin slices, place between plastic wrap and plate with a plater to an even thickness of approx. 5 mm.

Tenderloin 

"This is a newer
family recipe."



Recipe from: Brian Strobel
Senior Territory Manager / Equipment Specialist (USA)

BACON-WRAPPED SMOKED PORK TENDERLOIN



NUMBER OF SERVINGS

6 to 8



ESTIMATED PREPARATION TIME

4 hours



ESTIMATED COOKING TIME

1 1/2 hours

INGREDIENTS

1/2 cup yellow mustard

2 small tenderloins

Rub

1 tsp garlic powder

1 tsp paprika

1 tsp Mexene chili powder

1 tsp sugar

1/2 tsp ground black pepper

12-16 smoked bacon slices,
very thick

1-1 1/2 cups favorite BBQ sauce

PREPARATION

- 1 In medium bowl, combine garlic, paprika, chili powder, sugar and pepper. Mix well. Set aside.
- 2 Massage yellow mustard into entire tenderloin covering every surface. Sprinkle the rub onto the meat. Wrap bacon slices around the meat completely, using several toothpicks to hold bacon in place.
- 3 Let loins absorb mustard and herbs, marinating in a covered pan for 2 hours in the refrigerator. Heat grill to 400-450°F. to cook using indirect method mound charcoal or briquettes on one side of the grill. Put a pan of water on the other side.
- 4 Cook meat on oiled grill above water pan for 1 to 1 1/2 hours, then remove and immediately wrap loins in foil, put back on the grill, again on indirect heat, and cook until meat reaches an internal temperature of 155°F.
- 5 Open the foil, lavishly baste tenderloin with BBQ sauce and set on coolest part of grill for 15-20 minutes to reach 160°F.
- 6 Take meat off the grill and keep sealed in foil until ready to serve. Enjoy!!

*Could substitute
a maple-bourbon
glaze instead of the
garlic & paprika.*

Tenderloin 

"It is simply
delicious!"



Recipe from: Christine Ricard
Deputy CEO

FETA AND TOMATOES STUFFED TENDERLOIN



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

20 min.

+at least 30 minutes to marinate



ESTIMATED COOKING TIME

About 30 minutes
at 350°F

INGREDIENTS

1.5 lbs (675 g) pork tenderloin
(2 tenderloins)

200 g feta cheese, strained
and cut into small pieces

1 small tomato, diced

1 garlic clove, minced

1/2 onion, minced

2 tbsp of chopped fresh basil
(or 1/2 tbsp of dried basil)

4 black olives cut into slices

2/3 cups (170 ml) dried
tomatoes and oregano dressing

Salt and pepper (to taste)

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a bowl, mix the feta cheese, the tomato, the garlic, the basil, the olives and the dressing. Set aside.
- 3 Cut the tenderloin lengthways, making sure you leave 1/2" (1 cm) intact. Open up the tenderloin as a book.
- 4* (Optional) Place the tenderloin in between 2 plastic wrap sheets and, with a mallet, flatten it to 1/2" (1 cm) thick.
- 5 Salt and pepper to taste.
- 6 Spread the stuffing in the tenderloin.
- 7* (Optional) Close and tie the tenderloin, making sure you fold the endpoints inside/ close them properly.
- 8 In a shallow dish, place the tenderloin with the leftovers of the dressing (if there is any). Cover and let it rest for 30 minutes.
- 9 Take it out of the refrigerator 5-10 minutes before putting the dish in the oven, to make sure it won't break with the heat. Cook for 30 minutes.

** Make it even simpler
by making steps 4-7
on special days only!
It will still be delicious
without those steps!*

*Prepare the day before
and let it marinate overnight.*

*It is also possible to cook it
on the BBQ. However,
it is dripping. I like it less.*

Tenderloin

"The base of this recipe: pork and maple syrup.
They are both products of which we are really proud.

It is perfectly balanced between sweet
and salty as well as being simple and delicious.

We give it a 5 stars! "



Recipe from: Nelson Lefebvre and Guylaine Couture
Shareholder of Groupe ALDO and his wife

GLAZED MAPLE PORK TENDERLOIN



NUMBER OF SERVINGS

2 to 3



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

10 min.

INGREDIENTS

- 1/2 cup (125 ml) chicken broth
- 1/4 cup (60 ml) maple syrup
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) ketchup
- 1 tsp (5 ml) cornstarch
- 1 pork tenderloin (1 lb/454 g)
- 2 tbsp (30 ml) butter
- 1 small onion (minced)

PREPARATION

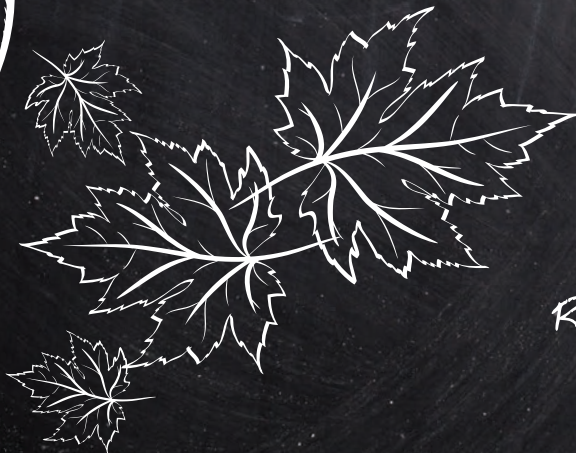
- 1 In a small bowl, mix the chicken broth, the maple syrup, the mustard, the ketchup and the cornstarch. Set aside.
- 2 Cut the tenderloin in 1,5cm (1/2") slices.
- 3 In a nonstick skillet on medium-high heat, brown the slices on each side with butter. We suggest that you brown half the slices, set them aside and then brown the other half.
- 4 Add the onions and keep cooking for 2 minutes while stirring now and then. Add the broth mix to the meat. Let simmer for 2 minutes. Add salt and pepper.
- 5 Serve the pork and the sauce on a bed of white rice with a side of your favorite vegetables.

*This recipe is really easy
to double.*

*Cut a slice to know if
the tenderloin is ready.
The center of the loin
must be pink and
the outside golden.*

Tenderloin 

"Easy-to-cook recipes
for hunting nights."



Recipe from: Marco Lefebvre
Sales Representative

MARINATED MAPLE TENDERLOIN



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

10 min.



ESTIMATED COOKING TIME

20 min.

INGREDIENTS

- 2 pork tenderloin
- 1 cup maple syrup
- 1/3 cup beef broth
- 1 tbsp minced garlic

PREPARATION

- 1 Mix the maple syrup the beef broth and the garlic in a Ziploc bag. Put the tenderloin in it and let it marinate for 24 hours.
- 2 Sear in a pan.
- 3 Cook in the oven for 15-20 minutes at 350°F until the tenderloin reaches your favorite cooking.

*You can replace
the maple syrup
by brown sugar.*

Tenderloin 

"It's my mom's recipe
and my favorite tenderloin recipe,
from far!"



Recipe from: Marie-Christine Laflamme
Communication and Marketing Coordinator

MUSHROOM AND CREAM PORK TENDERLOIN



NUMBER OF SERVINGS

6



ESTIMATED PREPARATION TIME

15 min.



ESTIMATED COOKING TIME

1 hour

INGREDIENTS

2 pork tenderloin

2 garlic cloves

500 ml 35% cooking cream

1 tbsp flour

2 cups of white mushrooms
cut in quarters

1 cup of another type of
mushroom cut in quarters

The juice of 1 lemon

PREPARATION

- 1 Cut the garlic cloves in two and massage the tenderloins on each side with 1 half of the garlic clove.
- 2 Sear the tenderloin in a pan with olive oil. You can decide to keep or take off the garlic cloves from the pan. I usually mince the garlic and keep it.
- 3 Add the mushrooms and the lemon juice. Cover and cook for 45 minutes on low heat.
- 4 Mix the flour and the cream. Take off the tenderloin from the pan and add the cream to the mushrooms. Season to taste. Simmer a little bit. Cut the tenderloins in slices and put them back in the pan. Let it simmer for around 5 minutes.
- 5 Make sure the sauce is seasoned properly. Serve with a lot of sauce on top of the tenderloins (because the sauce is delicious).

When you are done with the mushroom sauce, taste it and add all of your favorite spices.

We usually add herbs (fresh and dried).

Personally, I prefer when the sauce is thick.

Tenderloin

"After having this meal for the first time,
I knew it would become a part
of our classics!"



Recipe from: Hugo Richard
Mechanical Designer

SPINACH, CREAM CHEESE AND BACON TENDERLOIN



NUMBER OF SERVINGS

4



ESTIMATED PREPARATION TIME

10 min.



ESTIMATED COOKING TIME

20 min.

INGREDIENTS

2 pork tenderloin
4 bacon slices
3/4 cup cream cheese
3/4 grated old cheddar cheese
1 cup spinach, minced
1 tsp olive oil
1/2 tsp garlic powder
1/2 tsp onion powder
Salt and pepper
Butcher cord

PREPARATION

- 1 Preheat the BBQ to 400°F.
- 2 In a bowl, mix the cream cheese, the old cheddar, the spinach, the olive oil, the garlic powder, the onion powder, the salt and the pepper. Mix well.
- 3 Cut lengthwise and stuff with the cream cheese mix.
- 4 Close the pork tenderloin with the bacon and tie with the butcher cord
- 5 Put the pork in the BBQ, directly on the grid, and lower the temperature to a medium-low heat. Cook for 9 minutes on each side for a rosy perfection cook. Make sure to turn the tenderloin only once.
- 6 Set the tenderloin aside for 10 minutes before slicing it.

*Easy to adapt
for big families
or big appetites!*

*For cooking it in the oven,
sear the tenderloins in a
baking skillet for 3 minutes
on each side and then
put it in a 400°F
oven for 20 minutes.
Set the tenderloin aside
for 10 minutes before
slicing it.*

"Thank you
for your trust
and implication
in the success
of the company."



