GAME DAY



PORK RECIPES

12 EASY, HIGH-PROTEIN RECIPES BUILT FOR KICKOFF

OH PORK
ohio pork council



SLOW COOKER LASAGNA SOUP WITH ITALIAN SAUSAGE

Servings: 6 Cook Time: 4 Hours Prep Time: 10 Minutes

Ingredients

- 1 lb Italian sausage, mild or spicy
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 (28 oz) can crushed tomatoes
- 1 (14.5 oz) can diced tomatoes
- 4 cups reduced-sodium chicken broth
- 1 (6 oz) can tomato paste
- 1 tbsp Italian seasoning
- ¼ tsp red pepper flakes
- 1 tsp salt
- ½ tsp black pepper
- 8 lasagna noodles, broken into bite-sized pieces
- ½ cup ricotta cheese
- ½ cup Parmesan cheese, grated (optional)
- 1 tbsp chopped flat-leaf parsley (optional)

Directions

- In a large skillet over high heat, brown the Italian sausage for 4 minutes. Break apart the sausage as it browns.
- Add onion and garlic, then cook for another 1–2 minutes.
- Remove from heat and drain the extra grease. Transfer the cooked sausage and onion to a slow cooker.
- To the slow cooker, add the tomatoes, chicken broth, tomato paste, Italian seasoning, pepper flakes, salt, and pepper. Stir to combine well.
- Cook on high for 3 hours, then add the noodles and stir to incorporate.
- Set to low heat, then cook for another 30 minutes.
- To serve, scoop into bowls and garnish with a tablespoon of ricotta cheese, chopped parsley, and grated Parmesan cheese.



BACON

BLT ON GRILLED SOURDOUGH

WITH GARLIC AIOLI

Servings: 1 Cook Time: 10-15 Minutes Prep Time: 10 Minutes

Ingredients

4 slices thick-cut bacon

1 tbsp unsalted butter, softened

2 slices of sourdough bread

1 tomato, sliced

1–2 whole leaves of iceberg lettuce

For the garlic aoli

5 cloves garlic, finely minced

1–2 tbsp freshly squeezed lemon juice (about 1 small lemon)

½ tsp Dijon mustard

¾ cup mayonnaise

Kosher salt

Prepare the Garlic Aoli

- In a small bowl, combine garlic, lemon juice, and Dijon mustard together. Mix well and let sit for 15 minutes for the flavors to meld.
- Add the mayonnaise and whisk until smooth.
- Taste and season with kosher salt and more lemon juice as needed.

Cook the Bacon

- Preheat the oven to 400°F and line a large, rimmed baking sheet with parchment paper.
- Place bacon in a single layer on the baking sheet, then put it in the oven on the lowest rack.
- Cook for 15–20 minutes, or until it reaches an internal temperature of 145°F. Remove the bacon from the oven and transfer to a paper towel-lined plate.

Directions

- Preheat a griddle or large pan over medium-high heat.
- Spread butter on one side of each bread slice.
- Toast the buttered sides on the griddle or pan until golden brown. Remove from heat.
- Spread the non-toasted sides with garlic aioli, then top with bacon, tomato slices, and lettuce. Serve whole or cut in half.



BACON

BACON WRAPPED FIGS

Servings: 12 Cook Time: 15 Minutes Prep Time: 15 Minutes

Ingredients

6 slices bacon, halved length wise

12 figs, de-stemmed

12 pecan pieces, toasted

3 tbsp maple syrup

¼ tsp ground cayenne

For the dip

¼ cup (2 oz) soft goat cheese

¼ cup (2 oz) cream cheese

3 tbsp milk

2 tsp finely chopped fresh thyme leaves OR ¾ tsp dried thyme leaves

Directions

- In a small bowl, combine the goat cheese, cream cheese, milk, and thyme.
- Mix well, then cover and chill until serving time.
- Preheat the oven to 425°F.
- Place 4 layers of paper towels on a microwave-safe plate. Top with bacon slices, then cover with 2 more layers of paper towels.
- Microwave the bacon on high for 1–2 minutes to render the fat. Allow to cool.
- Slice each fig twice, starting at the stem end and cutting three-quarters of the way to the bottom.
- Stuff each fig with a pecan piece. Wrap a half strip of bacon around each fig and secure with a toothpick.
- Place wrapped figs on a foil-lined baking sheet and bake for 10 minutes.
- Turn the figs over and bake for another 5 minutes or until bacon is sizzling and begins to crisp. Remove from the oven.
- In a small bowl, combine syrup and cayenne pepper. Brush the mixture over each appetizer.
- Serve with the chilled dip and enjoy.



PORK SHOULDER

CLASSIC PULLED PORK SANDWICH

WITH CAROLINA SLAW AND CORN FRITTERS

Servings: 8 Cook Time: 2 Hours Prep Time: 2 Hours

Rub

- 5 pork bratwurst sausages
- 2 tbsp unsalted butter
- 1 tbsp minced garlic
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped flat-leaf parsley
- 4 bell peppers (any color)
- 1 red onion
- 5 ears of corn, husked

Slaw

- 5 pork bratwurst sausages
- 2 tbsp unsalted butter
- 1 tbsp minced garlic
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped flat-leaf parsley
- 4 bell peppers (any color)
- 1 red onion
- 5 ears of corn, husked

Corn Fritters

- 5 pork bratwurst sausages
- 2 tbsp unsalted butter
- 1 tbsp minced garlic
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped flat-leaf parsley
- 4 bell peppers (any color)
- 1 red onion
- 5 ears of corn, husked

Prepare the Pork Shoulder

- Mix all the rub spices together in a small bowl.
- Sprinkle the entire pork shoulder with the prepared rub. Gently massage the spices into the meat until fully coated.
- Wrap tightly in plastic wrap and refrigerate overnight.

Recipe continued on next page

CLASSIC PULLED PORK SANDWICH *(Continued)*

WITH CAROLINA SLAW AND CORN FRITTERS

Make the BBQ Sauce

- Combine all sauce ingredients in a bowl and mix well.
- Transfer to a sealable container or cover the bowl with plastic wrap. Set aside or refrigerate.

Prepare the Cole Slaw

- Combine white vinegar, cider vinegar, sugar, dry mustard, celery salt, and ground white pepper in a saucepan. Mix well.
- Bring the mixture to a boil over medium-high heat. Remove from heat and set aside to cool.
- In a large bowl, combine white cabbage, green pepper, red pepper, red onion, carrots, and celery salt. Toss to combine.
- Pour in the prepared (and cooled!) cole slaw dressing and mix until fully incorporated. You can increase or decrease the amount of dressing to your liking.
- Refrigerate or let stand for one hour before serving.

Make the Sweetcorn Fritters

- Heat oil in a deep fryer to 360°F.
- Combine all ingredients into a mixing bowl and mix well.
- Scoop out small, round portions of fritter batter and drop into the oil. Fry until cooked through and golden.
- Remove the fritters with a slotted spoon and set aside.

Cook the Pork Shoulder

- Preheat the oven to 275°F.
- Remove the pork shoulder from the refrigerator. Unwrap it, then place it in a shallow roasting pan.
- Bake on the middle rack for 4 hours. Turn the pork shoulder once or twice during this time to ensure even cooking.
- After 4 hours, remove the pan from the oven. Cover the pan tightly with foil and return to the oven for another 3 hours.
- Use a meat thermometer to confirm the pork shoulder is fully cooked. Whole muscle pork cuts are safe to eat when cooked to 145°F and allowed to rest for 3 minutes.
- Remove the pan from the oven. Keep covered with foil and let cool for 1 hour.

Make the Pulled Pork

- Once cooled, remove the foil from the pork shoulder. Shred the pork by hand and place into a bowl.
- Combine the smoky BBQ sauce with the shredded pork. Toss to combine.
- Optional: Place the pulled pork back in the oven to keep warm until you're ready to serve.

GAME-DAY TIPS

BEFORE THE GAME:

Check items off as you go, at home or in the store.

ON GAME DAY:

Pile the pulled pork high on warm, toasty buns and crown it with a scoop of fresh, crunchy coleslaw. Serve alongside sweet corn fritters and all your favorite cookout classics for a meal that's pure backyard bliss.



PORK SAUSAGE

GARLIC BUTTER GRILLED SAUSAGES

WITH GRILLED PEPPERS AND CORN ON COB

Servings: 5 Cook Time: 5 Minutes Prep Time: 10 Minutes

Ingredients

- 5 pork bratwurst sausages
- 2 tbsp unsalted butter
- 1 tbsp minced garlic
- ¼ tsp salt
- ¼ tsp black pepper
- 1 tbsp chopped flat-leaf parsley
- 4 bell peppers (any color)
- 1 red onion
- 5 ears of corn, husked

Directions

- Preheat the grill to 400°F or medium-high heat. Clean and oil the cooking grate, then close the lid.
- In a small microwave-safe bowl, combine butter, garlic, salt, and pepper. Microwave for 1 minute to melt the butter. Stir in parsley and set aside.
- Quarter the bell peppers and remove seeds and ribs.
- Slice the root end off of the onion and peel the skin off of the exterior. Slice the onion into 1/2-in slices, keeping the rings together, to make 4 slices.
- Place sausages on the grill alongside peppers, onion slices, and corn on the cob.
- Grill the onion slices and peppers for about 10 minutes, about 4–5 minutes per side.
- Grill the corn for about 10–15 minutes, turning every 3–5 minutes. Remove vegetables to a serving dish and brush with garlic butter.
- Cook the sausages for about 13–15 minutes, turning frequently. Pork sausage is fully cooked when the internal temperature reaches 160°F.
- Remove the sausages, brush with garlic butter, and let rest for 3 minutes before serving.



HAM

HAM & CHEESE CROISSANT BAKE

Servings: 8 Cook Time: 35-45 Minutes Prep Time: 10 Minutes

Ingredients

8 oz honey baked ham, thinly sliced

8 day-old croissants, cut into 1" cubes

8 oz Swiss cheese, shredded

6 eggs

3 cups half and half

2 tbsp Dijon mustard

Pinch nutmeg

To taste salt and black pepper

As needed cooking spray

2 tbsp chives, minced (optional)

Directions

- Grease a 9"x13" with cooking spray.
- Arrange cubes of day-old croissants in prepared dish. Tuck slices of ham between pieces of croissant and sprinkle with shredded cheese.
- In a bowl whisk together eggs, half and half, mustard, and nutmeg. Season with salt and pepper to taste. Pour custard over croissants and allow to soak for 30 minutes or up to overnight.
- While casserole is soaking, preheat oven to 350°F.
- Bake in preheated oven until custard is set and cheese is golden brown and bubbling, about 40-45 minutes.
- Cool 5-10 minutes before serving. Garnish with chives if desired.



HAM

HAM & CHEESE SLIDERS

Servings: 6 Cook Time: 10 Minutes Prep Time: 15 Minutes

Ingredients

- 12 slices deli honey ham
- 6 slices Swiss cheese
- ¼ cup mayonnaise
- 2 tsp everything bagel seasoning
- 1½ tbsp Dijon mustard
- ½ cup butter
- 1 tbsp onion powder
- ½ tsp Worcestershire sauce
- 1 package Hawaiian sweet rolls

Directions

- Preheat the oven to 350°F. Grease a 9x13-inch baking pan with cooking spray.
- In a microwave-safe bowl, melt butter in the microwave in 30-second intervals. Once melted, whisk in mustard, onion powder, and Worcestershire sauce. Set aside.
- Cut the rolls in half without separating the rolls. Place the bottom half of the rolls in the prepared pan and spread with mayonnaise.
- Arrange a layer of ham to cover rolls, then layer with cheese. Place the top half of the rolls over the cheese.
- Drizzle the butter mixture over the rolls and sprinkle with everything bagel seasoning. Cover the pan tightly with foil.
- Bake for 15–20 minutes or until the cheese is melted. Uncover and cook for an additional 5–8 minutes until the tops are lightly browned and crisp.
- Remove from the oven and serve immediately.



PORK SHOULDER

CHILE RUB SLOW COOKER PULLED PORK

Servings: 8-10 Cook Time: 8 Hours Prep Time: 10 Minutes

Ingredients

- 3 lbs boneless pork roast OR sirloin roast blade
- 2 tbsp chili powder
- 1½ tsp salt
- ½ tsp cayenne pepper
- 1 tbsp canola oil OR other neutral-flavored oil
- ½ cup chicken broth

Directions

- Line a 9x13-inch baking pan with foil and place the pork in the pan.
- In a small bowl, combine chili powder, salt, and cayenne.
- Rub the spice mixture over all sides of the meat, pressing it to adhere. If the meat is tied together with twine or netting, just rub the seasoning right over it. Set aside.
- In a large skillet over medium-high heat, warm the oil.
- Add the pork to the pan and brown on all sides, about 6–8 minutes.
- Transfer the pork to a slow cooker.
- In the same skillet, add the chicken broth. Allow to simmer while scraping up the browned bits, about 2–3 minutes.
- Add the broth to the slow cooker. Cover and cook until the pork is very tender, about 6–8 hours on low or 4–5 hours on high.
- Transfer the meat to a cutting board and allow it to rest for 10–15 minutes.
- Use two forks to shred the pork into bite-sized pieces. Add juices from the slow cooker to moisten and season to taste.



PORK SAUSAGE

MAPLE SAUSAGE, EGG & CHEESE SANDWICHES

Servings: 4 Cook Time: 8 Minutes Prep Time: 15 Minutes

Ingredients

12 oz maple pork sausage

4 English muffins

1 tbsp unsalted butter

4 eggs

4 slices of cheddar cheese

Oil for cooking

Directions

- Using your hands, portion the sausage into 4 flattened patties. Each patty should be slightly larger than the size of your English muffins.
- Split open English muffins and butter the halves.
- Heat a large pan over medium-high heat.
- Place the pork patties on the heated pan. Cook without flipping for 4 minutes, then flip and cook an additional 4–6 minutes until brown.
- While the sausage cooks on its second side, toast the English muffins sliced side down on the pan.
- Remove patties when cooked through and remove the English muffins when golden brown.
- Lightly grease the pan with oil. Crack 4 eggs into the pan, leaving space between each. Season with salt and pepper.
- Cook the eggs for 1–2 minutes until the outside whites start to set, then flip. Finish cooking eggs until the whites and yolk are firm, about 1–3 minutes.
- Turn off the heat and top each egg with cheddar cheese slices. Allow to melt slightly.
- To serve, place the bottom halves of the English muffins on a plate. Add sausage and egg, then top with the other muffin halves.



PORK TENDERLOIN

SMOKED PAPRIKA TENDERLOIN & PIMENTO SANDWICH

Servings: 4 Cook Time: 10-15 Minutes Prep Time: 10 Minutes

Ingredients

- 1 lb pork tenderloin
- 2 tbsp smoked paprika
- 2 tbsp brown sugar
- 1½ cups sharp cheddar cheese, freshly shredded
- 1/3 cup mayonnaise
- 1-4 oz jar diced pimento peppers, drained
- 1 tsp Worcestershire sauce
- ¼ tsp cayenne pepper (optional)
- 8 slices brioche bread, thick sliced
- 2 tbsp butter
- 8 leaves bibb lettuce

To taste salt and black pepper

Directions

- Preheat oven to 350°F.
- In a small bowl, combine smoked paprika and brown sugar. Place pork tenderloin on a foil lined baking tray. Rub paprika mixture all over pork.
- Roast pork until it reaches an internal temperature of 145°F, about 15-20 minutes. Remove from oven and cool completely.
- In a medium bowl, combine cheddar cheese, mayonnaise, pimentos, Worcestershire sauce, and cayenne if desired. Mix until ingredients are evenly distributed.
- Thinly slice cooked tenderloin and season with salt and pepper.
- Toast and butter brioche slices and evenly distribute sliced pork. Top each with a quarter of the pimento cheese spread. Finish with bibb lettuce and second piece of bread.



GRILLED BACON WRAPPED JALAPEÑO POPPERS

Servings: 6 Cook Time: 20-25 Minutes Prep Time: 20 Minutes

Ingredients

6 slices cooked bacon (crumbled)

12 slices raw bacon (thinly sliced)

6 oz cream cheese (softened)

1 cup sharp cheddar cheese (shredded)

¼ cup sour cream

2 tbsp scallions (optional)

12 jalapeños

Toothpicks (as needed)

Directions

- Preheat grill to 350-400° F, with an indirect heating location if using a gas grill, only light half of the burners; if using a charcoal grill, move hot coals to one side of the grill.
- In a bowl, combine crumbled bacon, cream cheese, cheddar cheese, sour cream and scallions if using. Mix until evenly distributed and transfer to a single-use bag. Set aside.
- Cut a slit down the side of each jalapeño. Push on base of pepper to open slit, and use a spoon to scoop out seeds and membrane. Repeat for each.
- Cut a corner off the bag with the cream cheese filling. Push open jalapeños and use bag to pipe filling into empty cavity. Repeat for all peppers.
- Wrap each stuffed pepper with a piece of bacon, stretching slice to help form around the pepper. Secure with a toothpick as needed.
- Grill over indirect heat, covered, until bacon fat is beginning to render and pepper is softened, about 15-20 minutes. Move to direct heat to crisp bacon on all sides, about 2-3 minutes per side.
- Remove from heat and take out any toothpicks used. Cool 5-10 minutes before serving.



GROUND PORK

PORK TAQUITOS

Servings: 5 Cook Time: 10-15 Minutes Prep Time: 20 Minutes

Ingredients

1 lb ground pork

1 pkg taco seasoning

¼ cup water

1-4 oz can mild hatch chilies (drained)

1 cup mild cheddar cheese (shredded)

15 corn tortillas (6 in; good-quality)

Toothpicks (as needed)

Cooking spray (as needed)

Salsa (optional)

Sour cream (optional)

Directions

- In a skillet over medium-high heat, cook ground pork, breaking up until cooked through, about 5-7 minutes.
- Add taco seasoning and water. Stir to combine and bring mixture to a simmer for 2-3 minutes until thickened. Remove from heat and cool.
- Stir in hatch chilies and cheese until well mixed.
- Wrap tortillas in a damp paper towel and microwave for 30 seconds to make tortillas more malleable. Evenly portion filling across tortillas, about 2-3 tablespoons each. Tightly wrap tortillas and secure with a toothpick.
- Preheat air fryer to 400° F for 2-3 minutes.
- Spray wrapped tortillas with cooking spray. Air-fry in 2-3 batches until crisp, about 5-7 minutes. Cool 5 minutes before serving.
- Serve with salsa and sour cream as desired.


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