

Kentucky Pork Challenge

Spinach and Cheese Stuffed Ground Pork Roll – Jayne Adams

1st Place

INGREDIENTS

1 ½ pounds of ground pork
4oz cream cheese
1 jar of roasted red peppers
½ seasoned bread crumbs
Salt & pepper to taste
1 10oz pkg of frozen spinach
1 cup grated cheese, hot pepper cheese or any cheese you would like

DIRECTIONS

Drain spinach by squeezing it tightly in a strainer.
Mix spinach, cream cheese, and cheese, add salt and pepper. Mix well.
Place ground pork on plastic wrap, spread into oblong shape, spread cheese and spinach mixture on ground pork, lay a layer of red peppers.
Roll up pork by using the plastic wrap to start roll.
Gently roll the pork roll in bread crumbs, place in a glass baking dish.
Bake at 350 for 35-40 minutes or until done.

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Pork Chops with Cream Gravy – Henrietta Booth

2nd Place

INGREDIENTS

4 ¾ to 1 inch thick boneless pork chops
2 Tbsp butter
2 Tbsp oil
Salt
Pepper
1 Tbsp dried bouquet garni
1½ cup half and half
2 Tbsp cornstarch

DIRECTIONS

Preheat oven to 350 degrees.
Heat the butter and oil in a skillet over medium heat.
Coat both sides of the pork chops the salt, pepper, and bouquet garni herbs.
Brown the pork chops on both sides and then place in a glass baking dish with a lid.
Bake at 350 degrees for about an hour, or until tender.
Remove pork chops and cover with foil to rest.
Add water to baking dish if necessary to make about ½ cup.
Pour into a small saucepan and heat to boiling.
Add corn starch to half and half and then add the mix to saucepan and cook until thickened.
Serve over pork chops.

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Bak Kut Teh (Pork-Rib Soup) – Deb Peden

3rd Place

We fell in love with this soup on a trip to China. It is traditionally served for breakfast. Sometimes the meat was served still on the bone and sometimes removed. We preferred off the bone because it was easier to eat.

INGREDIENTS

8 cups water
2 Tbsp ground white pepper
1 Tbsp ground black pepper
1 tsp salt
1 tsp anise seeds
1 tsp ground cinnamon
20 garlic cloves
6 tsp dark soy sauce
2 lbs pork ribs, rinsed and drained, cut into 4 pieces
Cooked rice, for serving.

DIRECTIONS

In a large pot, add the ingredients, except the pork ribs, and bring to a boil over high heat.
Add the pork ribs to the broth and bring back to a boil, then lower the heat and let it simmer on low for 1 hour and 30 minutes, or until the pork is tender.
Turn off the heat and cover for 10 minutes.
Remove the meat from the bones and add the meat back to the broth.
Serve the soup over rice.