

Donald's Sweet Potato Pork

Adapted from the recipe for "Pork and Apple Pie" (uncredited) in the "Curling Potpourri" Cookbook, edited by Anne Fisher

Makes 7 x 4" diameter x 2" deep ramekins or equivalent

Can be made larger or smaller by adjusting all portions up or down proportionately -- this recipe based on 1-3/4 lb / 790g pork loin AND an instant gravy pack making 1 cup of gravy

Ingredients:

- 4 lb / 1,8kg sweet potatoes
- 1 tbsp margarine
- 3 oz / 85 mL milk
- 1/2 tsp salt
- 1-3/4 lb / 790g pork loin
- garlic salt
- 1/4 lb / 115g carrot
- 1/2 tsp salt
- 1 cup / 250mL gravy (I use reconstituted, dried turkey gravy packs)

Equipment:

- Countertop toaster oven / convection oven, or conventional oven, preheated to 350F
- Stove top
- Roasting pan or equivalent (I use aluminum pie plates)
- Meat thermometer
- Kitchen / carving knife
- Fork appropriate for carving the roast pork
- Cutting board
- Food processor, "personal" blender, or blender, able to grind cooked pork to the consistency of coffee grounds
- Mixing spoon
- Mixing bowl
- Microwave oven
- Microwave-oven-safe cooking vessel, with cover
- Oven mitts
- Potato masher or electric mixer
- Serving spoon or wide-bladed plastic cake icing knife
- Six to eight, 4" diameter x 2" deep oven-safe ramekins, or equivalent. Microwave safe dishes help cut down on the warming up and browning part when cooking
- Pot to cook carrots
- As necessary, pot to prepare gravy
- As necessary, spoon to prepare gravy for stirring
- Measuring cup
- Serving spoon
- Freezer bags appropriate to number of dishes produced and dish sizes
- Permanent marker to identify freezer bags

How to make:

Roast pork:

- Place pork loin, fat side up, in / on roasting pan
- Liberally shake garlic salt on top of pork loin
- Place roasting pan in oven
- Roast pork for approximately 60 to 75 minutes, until interior temperature reaches 170F
- Remove roast pork from oven -- keep juices
- Pour saved juices into mixing bowl, which may already contain the cooked carrots (see below)
- Slice pork roast into approximately 1/2" slices, and slices into 1" pieces
- Grind cooked pork in food processor / blender / personal blender to a fine consistency approximating coffee grounds (not turned into mush)
- Transfer ground pork to mixing bowl, which may already contain the cooked carrots (see below)
- Put mixing bowl with pork aside

Carrots:

- While the pork is cooking, trim ends of carrot(s)
- Cut carrot(s) along length, and cut two halves along their length, creating four spears per carrot
- Chop carrots
- Place chopped carrots in a pot
- Cover with water
- Add 1/2 tsp salt to chopped carrots and water
- Bring to a boil
- Boil carrots for approximately 6 to 8 minutes until just tender
- Drain carrots
- If pork not yet ground, add to mixing bowl for use with ground pork
- Put aside

Gravy:

- Prepare gravy according to your favourite recipe or according to the pack instructions, for about one cup of gravy
- Pour liquid gravy into bowl with ground pork and carrots
- Thoroughly mix ground pork, carrots, and gravy
- Proceed directly as you are able to section on mounting the dish

Sweet potato layer:

- While the pork is cooking, peel sweet potatoes
- Cut sweet potatoes into 2" cubes

Cooking sweet potatoes, microwave oven method (1100 watts to 1200 watts):

- Place sweet potato cubes into microwave-safe cooking vessel
- Draw water into the cooking vessel to about 3/4 of level of sweet potatoes
- Cover cooking vessel
- Place in microwave oven
- Cook for 16-18 minutes (1100 watts to 1200 watts) until tender

Cooking sweet potatoes, stove top method:

- Place sweet potato cubes into pot
- Cover with about 1" of water
- Cover pot
- Place pot on stove
- Bring the pot to a boil
- Boil for 12 to 15 minutes until the sweet potatoes are tender

Mashing the sweet potatoes:

- Drain water
- Add margarine
- Add milk
- Add salt
- Mash the sweet potatoes fully with potato masher or electric mixer
- Put aside

Mounting the dish:

- Spoon the ground pork, carrot, and gravy mix into ramekins or other dishes to approximately half the height
- Spread mashed sweet potatoes over pork, carrot, and gravy mix
- Cook and serve as below
 - Place any dishes not being cooked and served immediately in identified freezer bags
 - Place bagged dishes in freezer

Serving:

- Reheat approximately 1-1/2 minutes per (defrosted) ramekin in microwave oven (1100 watts)
- Preheat oven to 350F
- Place dish(es) on cooking tray
- Place tray in oven
- Cook at 350F for approximately 30 to 45 minutes, until sauce begins to bubble up sides
- As desired, begin light browning of sweet potato layer under broiler