

Recipes from the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

For recipe questions please call 455-2902.

Pork Loin Stuffed with Apples and Prunes

From the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

Ingredients

- 6 lbs. Center-cut pork loin, trimmed, rib bones in (bones and trim reserved)
- 3 Granny Smith apples, ¼-inch dice
- 6 oz. Pitted prunes, ¼-inch dice
- ½ oz Ginger, fresh, grated
- ½ Cup Vegetable oil
- 1 Cup Mirepoix (onion-1/2 cup, carrot-1/4 cup, celery-1/4 cup)
- 1 Cup Red wine
- Brown stock, as needed
- Arrowroot, as needed

Yield: 10 to 12 servings



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Make it

1. Cut a pocket in the eye of the loin.
2. Combine the apples, prunes, and ginger. Season them to taste with salt and pepper. Stuff the loin with the mixture and tie it with a string.
3. Season the loin with salt and pepper and sear it on all sides.
4. Roast the loin to an internal temperature of 150°F (65°C)
5. Meanwhile, brown the bones in a rondeau. Add the mirepoix and brown it; deglaze the rondeau with the red wine. Add the brown stock; simmer it for about 1 hour, until it is reduced and well-flavored.
6. Remove and let it rest for 15 to 20 minutes.
7. Strain the stock. Thicken it with the arrowroot; adjust the seasoning to taste.

Nikki's Sweet Potato Recipe

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Ingredients

- 2 ½ pounds orange-fleshed sweet potatoes
- 1/3 cup coconut milk
- 1 tablespoon fresh ginger, grated
- 1 tablespoon maple syrup
- ½ teaspoon fine-grain sea salt
- 1/3 cup raw, unsweetened grated coconut
- 2 tablespoons olive oil or melted butter
- 1/3 cup toasted macadamia nuts, chopped

Yield: Serves about 6



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Make it

1. Preheat your oven to 350°F degrees, rack in the upper third.
2. Butter or oil 6 ramekins or a single medium-sized casserole dish.
3. Wrap sweet potatoes in foil, pierce numerous times with fork and place in the oven between hour and hour and a half, until each is baked through. *Times vary greatly depending on the size of your sweet potatoes – in the end you should be able to cut through the center flesh as if it were soft butter.*
4. Remove the potatoes from the oven, let them cool.
5. Cut sweet potatoes in half, scrape the flesh into a medium mixing bowl. You should have about 3 cups of sweet potatoes. In a large bowl mash the sweet potatoes with the coconut milk. *If sweet potatoes are on the fibrous side, take a hand blender to them for a minute or so (alternately you could use a food processor).*
6. Stir in ginger, maple syrup and salt. Let sit for a few minutes, stir again and taste-adjust the seasoning if you need to – this is your chance to get the right amount of salt and ginger in the sweet potatoes before they go in the oven.
7. Spoon the sweet potato mixture into individual baking dishes (or single larger baking dish), sprinkle with coconut, drizzle with olive oil and bake uncovered until warm and the coconut golden roughly 30-40 minutes.
8. Remove and sprinkle with the toasted macadamia nut.

If you would like to prepare part of this recipe in advance you can certainly bake the sweet potatoes a day or two in advance and save the mashed sweet potatoes in the refrigerator until you are ready to move forward with the remaining steps. Also, you can make these vegan by using olive oil and not butter.