



# FarmFresh

## Recipes

December 2014

### Available Now...

#### Pork

There are nearly 700,000 hogs in Colorado valued at \$90 million, and the state ranks 16th in the nation for hog production.



#### Tips & Nutrition

Colorado hog farms use new and innovative practices and better feed to raise and process leaner yet tender meat. The result is pork that is 16 percent leaner and contains 27 percent less saturated fat than it did nearly 20 years ago.



### Fresh Inspirations...

#### Smoked Colorado Pork Belly

##### Ingredients

- 2 Lbs. Pork Belly
- 1-1/2 Cups BBQ Rub
- 2 Cups BBQ Sauce

##### Directions

**Prep Instructions (65 minutes):** Place pork belly in a large pan or onto a cookie sheet. Pat dry with paper towels and allow the belly to rest for about 30 minutes. Trim the skin off (if applicable) and be sure to leave the fat layer intact. Turn the belly over so that the meat side is facing up. Using a boning knife, make diagonal cuts about 1/2 inch deep into the meat, creating a crisscross pattern. Using your favorite rub, sprinkle over the meat and work into the cuts then flip the pork belly over and sprinkle rub on opposite side. Allow the belly to sit at room temp with the rub for about 15 minutes. Wrap the belly in plastic wrap and place in the refrigerator, then "marinate" for at least 24 hours.

**Cooking Instructions (3 hours):** Preheat smoker to 225 degrees. Choose a nice fruit wood and soft wood combo for smoking (such as a combination of Maple, Apple and Cherry). Smoke the pork belly for 2 to 2.5 hours or until desired smoke level is reached. Continue to smoke until the internal temperature reaches 165-170 degrees. Remove from the smoker, season with a little more of the rub on both sides. Brush the pork belly with BBQ sauce then wrap in foil and place back into the smoker for 15-25 minutes. Remove from the smoker and leave covered, allowing to rest for 15 minutes. Cut into cubes and serve with BBQ sauce on the side for dipping.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Pork