

Main Dishes: - Pork

Tourtiere (Meat Pie)

a Cecile Sunn Recipe



This French Canadian (Ma Sunn's ancestry) dish was a favorite of many of the Sunn siblings; during the holiday season Ma often made this "Meat Pie" (she referred to it as "Mince Meat Pie"). She also made pumpkin pie, custard pie, and fruit cake—the fruit cake is omitted from this book for obvious reasons. Most of the Sunn siblings believe this recipe was handed down from Ma's mother, Lena Sauriol. She was Al Sunn Sr.'s logging camp cook and he often referred to her as "Gramma Grunt." At left, Lena and Albin "Ben" Sauriol, Ma Sunn's mother and father (circa 1940).

1	lb	lean ground pork
½	lb	lean ground beef
1	med	onion, diced
1	ea	clove garlic, minced
¾	cup	water
½	tsp	salt
¼	tsp	ground sage
¼	tsp	celery salt
¼	tsp	allspice
¼	tsp	ground black pepper
¼	tsp	ground cloves



Directions: Makes one 9-inch pie. Preheat oven to 425°. In a saucepan, combine pork, beef, onion, garlic, water, salt, sage, celery salt, allspice, black pepper, and cloves. Cook over medium heat until mixture boils; stirring occasionally. Reduce heat to low and simmer

until meat is cooked, about 5 minutes. Allow to cool to room temperature. Spoon the meat mixture into the pie crust. Place top crust on top of pie and pinch edges to seal. Cut slits in top crust so steam can escape. Cover edges of pie with strips of aluminum foil. Bake in preheated oven for 20 minutes; remove foil and return to oven. Bake for an additional 15 to 20 minutes, or until golden brown. Let cool 10 minutes before slicing.

After briefly studying for the priesthood in California, the youngest of the Sunn siblings, Duane "Sebastien" earned his AA degree in nursing in 1982. A career evolution that found its way through medical billing via computers brought him full-circle to computer programming where he excels in software development. He lives near San Antonio, TX—close to Larry and Russ.



Yooper Pasty

Ma Sunn's family favorite
Russ Sunn

Pasty Crust: Make Pasty crust before making filling. (Pasty filling recipe follows)

3½ cup flour
9 oz shortening
10 oz cold water
1 Tbl salt

Pasty Crust Directions: Preheat oven to 350°. In a large bowl, sift together flour and salt. With a



pastry blender or two knives, cut vegetable shortening into flour mixture until particles are the size of small peas. Sprinkle in water, a little at a time, tossing with fork until all flour is moistened and pastry dough almost cleans side of bowl. On a floured surface, roll 4-ounce balls of dough into circles about the size of a dinner plate. Put about 1½ cups of filling on one half. Dampen the edges, fold crust over filling, and bring sides together and seal by crimping edges together. Make 3 or 4 small slits in the top of the pasty to allow steam to escape during cooking. Place on greased baking sheets (or use baking paper). Place in oven and bake for 45 min to one hour or until golden brown; remove from oven. Can be served warm, but real Upper Michigan “Yoopers” eat their pasties cold with tomato ketchup. They make a great sack lunch and freeze well. Makes 10 pasties. Serve with either catsup or gravy.

Pasty filling:

3½ lb potatoes, peeled
1½ lb coarse ground pork
12 oz coarse ground beef
9 oz diced onions
8 oz diced carrots
7 oz diced rutabaga*
¼ lb butter
1 Tbl salt
1 Tbl pepper

Tomato ketchup to serve

*Turnips may be substituted.

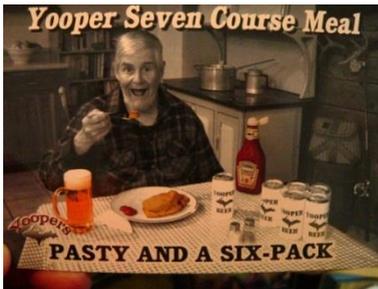
Directions for filling: Chop the carrots and onions. Dice the potatoes and rutabagas in a 3/8-inch dice. Mix all the filling ingredients together and set aside. Mix the flour and salt. Cut in the shortening,



as for pie crust. Add the water and mix gently just until the dry particles are absorbed; do not over mix.

Remarks: Pasty (PASS-tee) - These are basically individual entire meal "pies" filled with meats and vegetables that are cooked together. They should weigh about two pounds or more. The identifying feature of Michigan's Upper Peninsula pasty is really the pastry and the crimping of its edges.

Pasty history: When one thinks of gifts from other cultures that carry with them great historical significance, one usually doesn't think of food. In the Upper Peninsula of Michigan there is a food delicacy that is much more than food, it is an identifying cultural mark that gives the "Yoopers" their own identity. While it is a source of great pride to this region, the pasty itself, especially its ancient history is shrouded in mystery.



Nobody knows for sure where and when the pasty originated. It's thought to have been invented when the preparation of food became an art rather than roasting a hunk of meat on a stick. The pasty came to the Upper Peninsula through Cornwall, England. When tin mining started going bad in England during the 1800's the Cornish miners immigrated to America hoping to earn their fortunes in newly developing mines. No one knows for sure though whether the Cornish invented the pasty, or whether they picked it up from some other group. Some think the Vikings may have brought the pasty to the British Isles when they invaded. Another theory states that it may have been derived from the Italian term "pasta," since the Cornish were considered to be great seamen.

When the Cornish came to the iron and copper mines of the Upper Peninsula, they brought with them a lot of mining knowledge which the other ethnic groups did not have. The pasty became popular with the Finns and Swedes as well as loggers, hunters, and farmers because it was small, portable, was very filling, and could stay warm for 8-10 hours. The pasty remains relatively unchanged today. U.P. food businesses make and sell anywhere from 50 to 100 daily!

There are about 7,000 cherries on an average tart cherry tree (the number varies depending on the age of the tree, weather and growing conditions). It takes about 250 cherries to make a cherry pie, so each tree could produce enough cherries for 28 pies!

Texas Pulled Pork

Margie Sunn

Pulled Pork:

- 1 cup table salt
- 2 tsp Table salt
- ½ cup Sugar
- 2 Tbl Sugar
- 3 Tbl Liquid smoke
- 2 tsp Liquid smoke
- ¼ cup yellow mustard
- 2 Tbl Ground black pepper
- 2 Tbl Smoked paprika (see note)
- 1 tsp Cayenne pepper
- 5 lb boneless pork butt cut in half horizontally

***Sweet and Tangy Barbecue Sauce:***

- 1½ cup ketchup
- ¼ cup light or mild molasses
- 2 Tbl Worcestershire sauce
- 1 Tbl hot sauce
- ½ tsp Table salt
- ½ tsp black pepper



Directions for the Pork: Dissolve 1 cup salt, ½ cup sugar, and 3 tablespoons liquid smoke in 4 quarts cold water in large container. Submerge the pork into the brine, and cover with plastic wrap, and refrigerate for 2 hours. While pork brines, combine mustard and remaining 2 teaspoons liquid smoke in small bowl; set aside. Combine black pepper, paprika, remaining 2 tablespoons sugar, remaining 2 teaspoons salt,

and cayenne in second small bowl; set aside. Adjust oven rack to lower-middle position and heat oven to 325°. Remove pork from brine and dry thoroughly with paper towels. Rub mustard mixture over entire surface of each piece of pork. Sprinkle entire surface of each piece with spice mixture. Place pork on wire rack set inside foil-lined rimmed baking sheet. Place piece of parchment paper over pork, then cover with sheet of aluminum foil, sealing edges to prevent moisture from escaping. Roast pork for 3 hours. Remove

pork from oven; remove and discard foil and parchment. Carefully pour off liquid in bottom of baking sheet into fat separator and reserve for sauce. Return pork to oven and cook, uncovered, until well browned, tender, and internal temperature registers 200° on instant-read thermometer, about ninety minutes. Transfer pork to serving dish, tent loosely with foil, and let rest for 20 minutes.

Directions for the Sauce: While pork rests, pour ½ cup of defatted cooking liquid from fat separator into medium bowl; whisk in sauce ingredients. **To Serve:** Using 2 forks, shred pork into bite-sized pieces. Toss with 1-cup sauce and season with salt and pepper.



One of the original owners of Domino's Pizza sold his share of Domino's for a used Volkswagen Beetle. Today his portion of the company would be worth about a billion dollars.

Pork Verde

Margie Sunn

- 3 lb Pork Roast, cut into 1½" chunks
- 1½ lb Tomatillos, cleaned and halved
- 6 ea Anaheim chilies, stems & seeds removed, coarsely chopped
- 1 med White onion, coarsely chopped
- 1 cup Water
- 2 tsp Cumin
- 2 tsp Salt



Directions: Place tomatillos, chilies, and onion in bottom of large slow cooker or Dutch oven. Brown pork chunks in hot skillet-but do not cook through. Lay browned meat on top of vegetables. Pour water over the top. Sprinkle with cumin and salt. Cook on low temperature for 4-5 hours, until everything is fragrant and tender. Fold all ingredients together to blend flavors. Allow to rest, blended about 10 minutes before serving over cooked white rice. ****If using a Dutch oven or roaster, place the pan, covered, in the oven at 225° for about 3 hours, until meat and vegetables are tender.**

Orbit gum began production during WWII when Wrigley sent all of its Juicy Fruit gum to soldiers overseas. As a result, Wrigley started selling Orbit in the U.S. The Orbit gum was discontinued after the war but brought back 30 years later in the '70s.

Sebastien Sunn

Tonkatsu (deep fried pork cutlet)

4 ea Pork loin chops (about 1" thick, no bones)

Salt and pepper to taste

½ cup All-purpose flour

2 lg Eggs

1 cup Panko or bread crumbs

Oil for deep frying

Directions: Make small cuts all over pork chops with tip of knife. Sprinkle salt and pepper on both sides of meat. Coat the meat with flour, dip in eggs, then cover with bread crumbs. Heat deep frying oil to 350°, and deep fry crumb-covered meat. You can check the temperature by dropping a bread crumb. If it comes up to the oil surface right after it's dropped, it's good. Fry until color turns golden brown and meat floats in the oil, about 5-8 minutes, turning once or twice. Set the meat on a cooling rack for a minute. Cut into 5-6 pieces. Serve with Tonkatsu Sauce



Tonkatsu Sauce (Quick)

If you can't find a bottle of Tonkatsu Sauce use this:

- ½ cup Ketchup
- 2½ Tbl Low sodium soy sauce
- 2½ Tbl Worcestershire sauce
- 1½ Tbl Dry sherry
- 1½ Tbl Sugar
- ½ tsp Garlic powder
- ½ tsp Ginger, ground

Tonkatsu Sauce Directions: Combine the ketchup, soy sauce, Worcestershire sauce, sherry, sugar, garlic powder, and ginger in a microwave-safe coffee mug or glass measuring cup. Stir well with a fork and microwave on high for 1 minute. Stir again and set aside. Let stand for 1 hour to allow the flavors to incorporate.



At left Margie, Larry, and Ma attend a commemoration ceremony just prior to Larry's Marine Corps retirement in 1982 where the main classroom at the Marine Corps Base in 29 Palms, CA was dedicated as "Sunn Hall."

Marinated Tenderloin

Rene' Sunn Williams
daughter of Larry and Margie Sunn

- ½ cup Pancake syrup
- 1 tsp Dry mustard
- 1 tsp Ground cloves
- 1 tsp Ground ginger
- 1 tsp Salt
- ½ tsp Ground cinnamon
- ½ tsp Black pepper
- 2½ lb Lean pork tenderloin,
fat removed



Directions: In a large zip-close plastic bag, combine syrup, dry mustard, cloves, ginger, salt, cinnamon, and pepper. Slice tenderloin into ½" to ¾" slices. Add tenderloins to plastic bag, squeeze out air and seal bag; turn to coat tenderloins. Place bag on a plate and refrigerate on bottom shelf, turning bag occasionally, at least 2 hours or overnight. Preheat broiler. Place tenderloins in a roasting pan and pour marinade over them. Broil 5 inches from heat until pork reaches an internal temperature of 160°, about 6 minutes per side. Let stand at room temperature for 5 minutes before slicing. Yields about 4 ounces of meat per serving.

At the turn of the 20th century, lobsters were considered "garbage food." Railroads changed that when they started offering it as a fancy meal on luxury transcontinental trips.

Best Ever Pork Tenderloin

Nikki Sunn

- 2 cup Italian seasoned bread crumbs
- 2 lb Pork tenderloin
- ½ cup Olive oil

Directions: Preheat oven to 425°. Mix bread crumbs and olive oil in bowl to reach consistency that would be moist enough to stick to the meat when pressed. Place pork on a shallow cooking sheet.



Press the crumb mixture onto all sides of the meat until there is no pink showing, usually ¼ inch thick. Bake for at least 35 minutes until a meat thermometer reads 165° or until there is no pink when the pork is cut. Let the pork rest for 10 minutes, cut into ½" slices.



Astronauts eat tortillas instead of bread in space because the bread crumbs can be problematic.

Spicy Green Beans with Pork

Sebastien Sunn

- 1 lb Pork tenderloin
- 3 Tbl Soy sauce
- 2 Tbl Rice wine
- ¼ tsp Black pepper
- ¼ cup Chicken stock
- 1 Tbl Spicy bean sauce
- 1 Tbl Hoisin sauce
- 1½ tsp Chili garlic sauce
- 1½ tsp Sugar
- 1 tsp Sesame oil
- 2 tsp Cornstarch
- ¼ cup Vegetable oil
- 1 lb Green beans, trimmed and snapped in half
- 3 ea Garlic cloves, minced
- 1 pc Fresh ginger, (1") peeled and minced
- 4 ea Green onions, thinly sliced
- ¼ cup Toasted white sesame seeds



Directions: Shave the pork into thin strips. (Tip: first partially freeze it for 30 to 90 minutes.) In a small bowl, toss the shaved pork with 2 tablespoons of soy sauce, 1 tablespoon of rice wine, and the pepper. Marinate the pork at room temperature while assembling the rest of the ingredients. In a separate bowl, combine the remaining tablespoon of soy sauce, the remaining tablespoon of rice wine, the stock, spicy bean sauce, hoisin, chili garlic sauce, sugar, sesame oil, and cornstarch, and set aside. Heat a wok or large frying pan over medium-high heat and add the oil. When the oil is hot, add the beans and stir-fry them until they begin to brown or blister, about 10 minutes. Remove the beans from the pan using a slotted spoon and pour off all but about 2 tablespoons of the oil. Return the pan to the heat and add the pork, garlic, and ginger. Stir-fry the mixture until the pork is no longer pink, about 3 minutes. Add the green onions and cook for 1 minute. Add the reserved sauce and green beans, mix well, and cook until the sauce begins to thicken, about one minute. Finally, sprinkle with the sesame seeds before serving. Makes about 5 cups.



A family favorite photo of Julie's husband, Smokey Stover. It is said that a sign of power in a man as a leader is not when people follow what he directs, but when they consciously do what he has simply suggested in the kindest of voices. Smoke was such a man.

Pork Loin with Hard Cider & Apples

Margie Sunn

2	lb	Pork Loin, trimmed
½	tsp	Kosher Salt
1	Tbl	Black Pepper
4	ea	Garlic cloves, chopped
2	ea	Rosemary sprigs fresh
1	Tbl	Lemon Zest
2	Tbl	Olive Oil
3	ea	Apples, firm
2	ea	Shallots, sliced
12	oz	Hard Apple Cider



Directions: Season the pork with salt and pepper. Combine garlic, rosemary, lemon zest, and olive oil to make a paste. Spread over roast. Quarter and core apples; combine with shallots. Place apples on bottom of crockpot and place roast on top. Add about 1 cup of cider. When roast is done, put the apples, cooking juices, and remaining cider in a sauce pan and cook over a medium high heat to reduce to sauce consistency. Serve over sliced pork. The cooked apples, cooking juices, and cider can be put in a blender or food processor to break up the apple skins.



Jackie Sunn (oldest daughter of Chuck) has always been a nail biter. In 1988, her uncle (Larry) made her a deal. He told Jackie that if she grew her nails, he would fly her out to California to come visit him and Aunt Margie for a week. Larry's other niece, Jill (Al Jr.'s daughter) would also get to go along if she made sure Jackie didn't bite her nails. Obviously, Jill got the easier job. Jackie grew her nails and the next summer, in July of 1989, the two cousins were on a plane to California. They met a friend of Larry's family, Alistair Dinmore, (we called him "stud muffin") and we were always asking him what people in England (where he was from) called American things. They visited places like the national park, Universal Studios, and Tijuana, Mexico (that



was an adventure all in itself ... just ask Jill or Dee Sunn!). When not sightseeing, Jackie and Jill put lemon juice in their hair and spent time sun tanning on the trampoline. They had a great time! Three months after their trip, Jackie was back to biting! Before every Sunn Family Reunion, she would try to grow them figuring Larry would check. She thought if he knew she was biting again, she would have to pay back the cost of the airline ticket. Ironically, Jackie attended the Academy of European Nail in the fall of 2000. In April of 2001, Jackie became a licensed manicurist. To this day, her uncle has not asked for a manicure.

