

# Stuffing

*“Enhance the Value”*



# The Preferred Choice for Value Added

Although stuffings have been around for centuries, they are still a great way to create a value-added meal. Spice suppliers have developed new and creative dressing alternatives which create an excellent opportunity to rejuvenate an old idea. Some of the objectives to strive for when using stuffings are:

- Create a value-added product that is easy for the customer to prepare.
- Properly train staff on how to prepare the product.
- Strive for a top quality product.
- As with any program, there is plenty of room for a good margin, so ensure the customers get value for their purchasing dollar.
- For best results, ensure you add the right amount of water.
- Practice food safety procedures and confirm shelf life is not compromised.
- Offer some creative recipes to entice today's customers.
- Keep in contact with customers for current cooking trends.



## Tenderloin Pinwheel

Slice the tenderloin down the length, but do not cut through. Open and cut each half again down the length; insert stuffing in each incision - DO NOT overfill -over filling will cause the pinwheel effect to bloat. Close and tie. Cut into 1 inch steaks\*.

*\*optional*



## Outside Round Pockets

Cut a 1 1/2-inch thick steak from the outside, across the grain. Make an incision across the center of the steak; open to butterfly the two sides, forming two pockets. Fill with stuffing; lay a bed of lettuce over the stuffing and close. Garnish as desired. Cut into 1 inch steaks or leave as a roast.

## Food Safety

Does adding dressing to the finished product have any effect on the shelf life, and more importantly, the safety of the finished product? The simple answer is no, if prepared properly. This is the key! It is not so much what you do, it's how you do it.

- Store dressing mix in a proper environment, away from items such as cleaning supplies.
- Mix in a clean container, using cold water.
- Prepare only the amount of stuffing required, discard leftovers.
- Keep previously opened packages dry.
- When doing re-wraps, place original package back on the item.

# Stuffing Tips

One great way to create a stuffed product is to create what is known as a "Stuffing Rod". Mix the dressing the day before, rolling it in freezer or wax paper and freezing it over night. This rod can then be used in a variety of ways. For example, insert a knife through the center of the roast, without cutting through the exterior, slide the "Stuffing Rod" into the incision. This way there is no need for strings to tie the roast .

Added ingredients enhance the appeal of the "Stuffing Rod". Open the cut and lay a bed of lettuce and slices of cooked ham. Next, add the "Stuffing Rod" and tie. Because the rod is a solid object at this point, the roast will allow the pocket to hold its shape by the time the rod has thawed. The roast can then be sliced into 1-inch steaks for broiling if preferred.

Be sure to follow the supplier directions on the package when adding water. Too much water will cause the stuffing to run and flow out of the product. Not enough water will pull moisture out of the meat and cause the final product to be dry. Avoid tying strings too tight on the roast, as this will squeeze out the dressing.



## Inside Round Sliced

Slice a 1 1/2-inch thick inside round steak. Split into two; butterfly each down the length of the steak. Fill with stuffing; leave open, forming a canoe. Place slices of apple or peppers for garnish\*. Leave open or tie closed to finish. Perfect as a single serving.

*\*optional*



## Boneless Loin, Tenderloin End

Place the flat side down, and make an incision parallel with the table about half an inch thick. Stop half an inch from the other end. Open the incision, laying both sides down. Next, make another incision into the top piece, parallel with the table. When you open this incision, you should have a flat, half inch piece of meat. Lay a thin layer of stuffing on top, leaving one inch around the outside edge, to reduce the amount of dressing that will squeeze out. Close and tie. Cut into 1 inch steaks\*.

*\*optional*

Be sure to inform customers that proper cooking requires a thermometer in both the stuffing and the roast. The stuffing should reach an internal temperature of 165° F ( 74° C), and the roast should reach 160° F ( 71° C).

In short, addressing all these issues ensures that both the retailer and the customer are safe.



## Merchandising

Stuffed products are limited only by imagination. Try something other than the traditional bread stuffings. A variety of options are available in today's market and customers are craving something different. As well, look beyond the typical stuffed shoulder roast. Consumers are looking for a lighter meal. Meat is still an important part of a balanced diet, but the consumer wants a reduced portion size. Create meals that reflect consumer demands.

Garnishes not only create eye appeal, they also add flavour and moisture to the roast. For example, place lettuce leaves in the product before adding the stuffing, or mix chopped red and green peppers into the dressing for added appeal. Fruit is always a tasty compliment to Pork. Ham and cheese add flavour and colour. The key is to be creative. As always, the opportunity is to develop a market for an exclusive product not carried by your competitor.



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