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Leslie Stachecki, Angus Brands  
509-482-7033  
[leslies@angusmeats.com](mailto:leslies@angusmeats.com)

## **National Pork Month a time to add world's No. 1 meat to U.S. dinner tables**

*Bold Eats introduces gourmet pork dishes that showcases its flavor and nutrition*

SPOKANE, Wash., Sep 17, 2008—Along with cooler fall weather, National Pork Month arrives in October, and it's a chance to learn more—and consume more—of one of the healthiest, most popular yet often underappreciated American foods.

Here are a few interesting facts about pork. For example, did you know...

- That pork is the most popular meat worldwide and accounts for 42 percent of all red meat (beef, pork, lamb, and veal) consumed in the United States?
- That a new Purdue University study reported in the journal *Obesity* showed that women who added 6 ounces of lean pork a day lost weight *and* maintained lean body mass, versus a comparable group that also dieted but did not consume added pork?
- That 17<sup>th</sup> century colonists built a wall to fence out roaming pigs from their farmland in what is now Lower Manhattan—and the street that ran parallel to it became Wall Street?
- That pork tenderloin has less fat (3.0 grams) per 3-ounce serving than skinless chicken breast (3.1 grams) and 25 percent less fat than lean beef (4.0 grams)?

But even if you're not counting calories, Bold Eats is celebrating National Pork Month with two new meals made with lean, succulent pork. The first is Jerk Pork & Black beans, a wild and wonderful blend of marinated pork sirloin, roasted corn, onions and peppers in a spicy Jamaican Jerk sauce spiked with chile, garlic and cinnamon. It's a taste that's as bold as island cuisine that inspired it.

The other new meal is Bambarre Pork & Peanut Ragout, made with marinated pork sirloin, sweet potatoes, peppers and tomatoes in a rich West African-inspired peanut sauce. Although Bombarre Pork seems creamy, it contains no dairy products—the richness comes from a combination of chicken stock and peanut butter, balanced with sweet, dessert-like spices.

The gourmet pair of ready-to-cook meals are a wonderfully flavorful and convenient way to add healthy pork to the family diet and dinner table, as both dishes are ready to sear, simmer and serve in under 20 minutes.

Bold Eats are now on sale at eastern Washington and southern Idaho-area Yokes' Fresh Markets, and Spokane-area Albertson's. The full line also includes Chicken Mirabella, Gorgonzola Beef, Chicken and Chorizo Succotash, YinYang Beef and Oaxaca Beef.

### **ABOUT NATIONAL PORK MONTH**

For more information about the month-long event, plus a wealth of pork recipes, cooking tips and nutritional information, log onto [www.theotherwhitemeat.org](http://www.theotherwhitemeat.org).

### **ABOUT ANGUS BRANDS**

Spokane-based Angus Brands is a family-owned and -operated purveyor of premium meats and gourmet foods for restaurateurs, foodservice operators and grocery retailers. Founded in 1972, Angus Brands built its reputation on exacting quality, unsurpassed service and innovative product development, such as its new Bold Eats line. In 2007, the company received the prestigious AGORA Award from the Spokane Regional Chamber of Commerce.

For more information, visit [www.boldeats.com](http://www.boldeats.com) or call the toll-free InfoLine at 866-302-6487.