

HOT TOPICS!

The Ultimate Guide to Pork and Grilling

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Dear Patio Pitmaster:

America loves grilling! And pork's versatility makes it the perfect partner for the grill. Pork has something to offer any occasion – whether it's slow-cooked ribs for a Fourth of July celebration or hearty pork chop sandwiches for a fall tailgating party.

This booklet is your handy reference guide to pork and grilling – covering everything from how to get the grill started to flavor ideas to suit any palate.

We've provided general information on grilling basics as well as specifics on the different cuts of pork. You'll also find tips and recipes to help make the most of your grill– throughout summer grilling season and beyond. (After all, 43% of Americans say they grill year-round!) For more information about grilling, including recipes and safety tips, visit otherwhitemeat.com.

Wishing you great grilling!

The National Pork Board

GRILLING BASICS

The “GRATE” Debate: Gas vs. Charcoal Grills

While the virtues of charcoal over gas grills (and vice versa!) continue to spark heated arguments, in reality, both grills produce delicious grilled foods. A grilling heat source should be picked based on your cooking personality. If you prefer to flick a switch and cook, a gas grill is probably for you. If, however, you enjoy building and tending a fire, a charcoal model is your best bet. Can't decide? Why not own one of each? It's the American way!

Heating Things Up

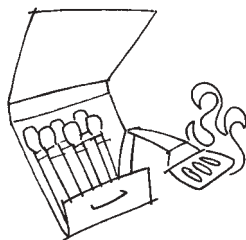
The key to great grilling is proper grill preparation. All grills should be heated before cooking begins.

Charcoal Grilling

- Using charcoal briquettes, lay the fire with a surface area about 10 percent larger than the food being grilled – about 3 inches deep at the center tapering to 1 inch deep at the edges.
- Start the fire about 30 minutes before you're ready to cook. When ready, the coals will be covered with gray ash and can be arranged to provide either **direct** or **indirect** heat.
- Use a portable oven thermometer placed on the grill (**not** directly over coals) to measure the temperature inside grill. Or use a meat thermometer, inserting the probe into the top grill vent opening.
- To regulate the temperature, use the bottom and top vents – opening to increase temperature and closing to decrease it. Don't close vents completely, or your fire will die.
- Keep a spray bottle of water nearby to dampen flare-ups.

Gas Grilling

- Open the lid to light the fire. Check to see that all burner control knobs are turned to “off” and that your fuel tank is full.
- Turn the gas valve on (counterclockwise).
- Follow the manufacturer's directions to light the grill, using either the igniter switch or a match.
- Close the lid and preheat the grill until the thermometer reaches 500-550 degrees F., about 10 to 15 minutes. To cook, adjust the burner controls to provide either direct or indirect heat.



Direct vs. Indirect Heat

The first step before putting food on the grill is to know what type of cooking method to use. There are two basic options: **direct heat**, where the food is placed directly over the heat source, and **indirect heat**, where the food is placed on the grill rack away from the coals or gas burners. Both are appropriate when grilling pork – the determining factor is the size and shape of the cut you are cooking.

- **Direct Heat** – Ideal for small cuts like kabobs, tenderloin, burgers and chops. Arrange hot coals evenly on the fire grate of the grill and use all gas burners. Place the meat directly above the heat source.
- **Indirect Heat** – Good for large cuts like loin roasts, ribs, shoulder and fresh ham. Bank hot coals on both sides of the fire grate, on one side of the grill or in a ring around the perimeter and place pork on the grill so it is not directly over any coals. For gas grills, preheat and then turn off any burners directly below where the food will go. The heat circulates inside the grill, so turning the food is not necessary.

Now You're Smoking

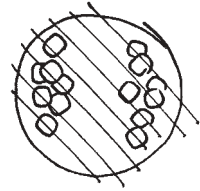
“Smoking” is usually done by the backyard barbecue enthusiast by adding distinctively flavored woods to the hot coals or heat source on the barbecue. Some popular woods for smoking are mesquite, oak and hickory. Deep-smoke flavor is attained by very slowly cooking the meat (or other foods) in a covered grill with a heat source and wood of choice, at a constant temperature of at least 250 degrees F. However, many people are happy with the smoke flavor imparted by simply adding wood chips to their barbecue heat source, at medium to medium-hot temperatures.

Playing It Safe

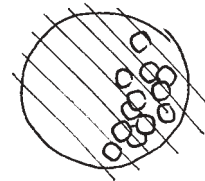
To ensure food safety when grilling:

- Always thaw frozen foods in the refrigerator.
- Wash hands with hot, soapy water before and after handling any meat products.
- Marinate foods in the refrigerator, not at room temperature. Discard remaining marinade – do not re-use unless using to immediately baste food on the grill.
- Never chop vegetables or salad ingredients on the same cutting board used to prepare raw meats, fish or poultry, unless board is sanitized between uses.
- Do not use the plate used to carry raw meat to the grill for bringing cooked meat from the grill without first washing in hot, soapy water.

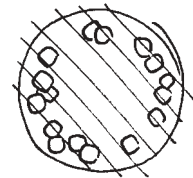
Indirect Heat



Bank coals on both sides of grill.



Bank coals on one side of grill.

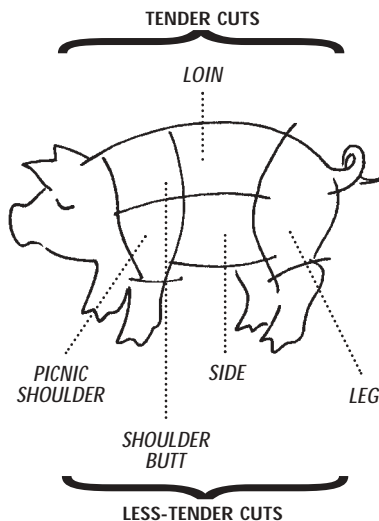


Bank coals in a ring around perimeter.

WARNING!

Do Not Overcook!

To ensure juicy, tender results, lean pork cuts should be grilled to medium doneness – 160 degrees F. **For small cuts** – chops, kabobs, burgers – use time guidelines and cook until nicely browned, turning once. Use a meat thermometer to judge the doneness of loin roasts. When the internal temperature reaches 150-155 degrees F, remove meat and let stand for 10 minutes. The meat's internal temperature will rise about 5 degrees after cooking. **For large, less tender cuts** like ribs and pork shoulder (Boston Butt), cook slowly over indirect heat and follow time guidelines until meat is fork-tender.



- Use a meat thermometer to judge the doneness of large pork cuts. For lean, tender cuts like loin roast and tenderloin, remove pork from grill when internal temperature reaches 150-155 degrees F.
- Refrigerate or freeze leftovers promptly. Never leave perishable foods at room temperature for longer than two hours.
- Thoroughly wash all utensils, containers, cutting boards and work surfaces in hot, soapy water.

A Family Affair

Grilling is a fun activity that can bring the family together. There's something about grilling that gathers a crowd. According to a recent survey by the National Pork Board (NPB), 67% of American families with kids at home use the grill at least once a week during peak grilling season. And while you should be careful to keep small children away from the hot grill, there are plenty of ways to get them involved:

- Let kids add salt, pepper and other favorite spices to ground pork, mix it up and shape into patties for burgers. Teach little hands safe food handling by making sure everyone washes their hands before and after handling the raw meat.
- Marinate pork chops by tossing chops and Italian dressing in a resealable freezer bag and let little ones really shake things up.
- Have small helpers arrange fresh fruit cubes on a plate with a fruit yogurt dip or let them place tortilla chips with chunky salsa on a serving platter.
- Ask them to assemble makings for s'mores – graham crackers, marshmallows and chocolate bars – for everyone's favorite dessert.
- Assign each child a role in setting the picnic table, from laying out the colorful paper tablecloth to placing plates and arranging the plastic utensils.

Sub-Zero Sizzle

For many Americans, grilling knows no seasonal boundaries. In fact, not even Old Man Winter can keep nearly half (43%) of Americans from heading outdoors for the great taste of grilled foods in the winter, a National Pork Board survey found. And one in five all-season grillers (19%) say they'll head out in **any** temperature!

Here are some quick tips for peak cold-weather performance:

- For winter grilling, store grilling supplies like charcoal and starters very carefully in a secure closed place, such as in the garage or basement. Keep away from flame and out of the reach of small children.

PORK & GRILLING

- Start the fire at least 45 minutes before you want to begin cooking. It may take longer to prepare hot coals during extremely cold weather. Always allow time for charcoal – or other heat source – to heat sufficiently. When ready, coals will be covered with gray ash.
- Keep a close eye on your heat level while cooking by using an oven thermometer placed on the grill, but not directly over coals or burners.
- To help keep the temperature up, particularly while slow-cooking larger cuts, start a hibachi or small grill with hot coals burning next to the larger grill. Add hot coals to the large grill as needed.

Pork & Grilling: The Perfect Partnership

Pork is a natural selection for the grill. The secret to this popular pairing is pork's mild flavor and the vast versatility of pork cuts. Pork provides the perfect foil for the smoky, sharp flavors imparted by grilling. And because pork marries well with a wide range of seasonings and offers so many different cuts to choose from – from lean loin roasts to racks of hearty ribs – there are endless options to suit any occasion.

The National Pork Board has developed a helpful cooking chart that lists the recommended grilling method for the most popular cuts of pork, as well as suggested end temperatures and cooking times.

Pork Cut	Cooking Method	End Internal Temp	Total Cooking Time
Chops	Direct	160°F	
3/4-inch thick			6-8 minutes
1-inch thick			8-10 minutes
1 1/2-inches thick			12-16 minutes
Ribs	Indirect	N/A	1½-2 hours
Roasts	Indirect		
Loin Roast, 2 lbs.		160°F	45 minutes -1 hour
Shoulder Roast (Butt), 3-5 lbs.		N/A	2½-4 hours, until very tender
Tenderloin	Direct	160°F	13-15 minutes
Pork Kabobs	Direct	N/A	10-12 minutes
1-inch cubes			
Ground Pork	Direct	160°F	10-12 minutes
Patties, 4 oz.			

Do You Have The Right Touch?

Many cooks use the “touch test,” which checks the relative firmness of the cooked meat as a gauge of doneness.

To learn how to use the “touch test,” make a fist with your thumb in the center of your palm.

Clenching your fist as hard as you can, use the index finger of your other hand to touch the muscle at the base of your thumb; this is what overcooked pork feels like.

Keeping a fist, relax just a little; this is what perfectly cooked pork should feel like.

Still keeping a fist, relax completely; this is what raw or undercooked pork feels like.





Pork chops are available boneless or bone-in and come in a variety of cuts, including center loin chops, rib chops and sirloin chops. Chops can be dressed up for an elegant meal, or kept casual for a laid-back summer gathering.

Cooking method:

Direct heat

Cooking times:

- 3/4-inch thick* 6-8 minutes
- 1-inch thick* 8-10 minutes
- 1 1/2-inch thick* 12-16 minutes

Pork steak – cut from the blade or upper shoulder (butt) – is another great grilling option. Pork steaks are delicious marinated and grilled, and are popular in St. Louis—which is known as the pork steak capital of the world.

Spicy Grilled Chops

- 4 boneless pork chops, 3/4-inch thick
- 2 tablespoons orange marmalade
- 1/4 cup thick and chunky hot salsa
- 1/4 teaspoon seasoned salt

In small bowl, combine salsa, marmalade and salt; blend well. Place chops in self-sealing bag and add marinade; seal bag and refrigerate for one hour. Prepare medium-hot fire in grill; remove chops from marinade (reserving any remaining marinade) and place directly over fire. Grill for 6-8 minutes, turning once and basting with reserved marinade. Serve chops hot from grill. Discard any remaining marinade. Serves 4

Approximate nutrient information per serving:

Calories: 160 Fat: 4.5 g Saturated Fat: 1.5 g Cholesterol: 65 mg Sodium: 210 mg Carbohydrates: 7 g Fiber: 0 g Protein: 22 g

Mustard-Grilled Pork Chops with Two-Tomato Salsa

- 4 boneless pork chops, 3/4-inch thick
- 2 tablespoons Dijon-style mustard
- 1 tablespoon honey
- 1 teaspoon minced garlic
- Fresh basil sprigs (optional)
- Two-Tomato Salsa:**
- 1-1/2 cups diced plum tomatoes
- 8 sun-dried tomato halves packed in oil, drained and chopped
- 1/4 cup chopped fresh basil
- OR 1 tablespoon dried basil
- 1/4 teaspoon cayenne

In a medium bowl combine plum tomatoes, sun-dried tomatoes, chopped basil and cayenne; set aside. In a small bowl combine mustard, honey and garlic. Rub mustard mixture over all surfaces of chops. Place chops on a kettle-style grill directly over medium-hot coals. Grill for 6-8 minutes, turning once. Serve with Two-Tomato Salsa. Serves 4.

Approximate nutrient information per serving:

Calories: 180 Fat: 6 g Saturated Fat: 1.5 g Cholesterol: 65 mg Sodium: 260 mg Carbohydrates: 9 g Fiber: 1 g Protein: 23 g

Poc Chuc (Yucatan Grilled Chops)

- 4 boneless pork blade steaks, about 1/2-inch thick
- 1 large red onion, sliced
- 1/2 cup fresh lime juice
- 1 teaspoon salt
- 1/2 teaspoon cayenne (ground red pepper)

Place pork and onions in a self-sealing plastic bag. Combine remaining ingredients and pour over pork; seal bag and refrigerate for 2-4 hours. Lift pork steaks from marinade; brushing off onions. Grill over hot coals for 6-8 minutes, turning once. Heat onions and marinade to boiling. Serve onions with pork steaks and warmed tortillas. Serves 4.

Approximate nutrient information per serving:

Calories: 160 Fat: 8 g Saturated Fat: 3 g Cholesterol: 50 mg Sodium: 640 mg Carbohydrates: 5 g Fiber: 0.5 g Protein: 16 g

Mighty Marinades

Marinades are a great low-fat way to add flavor to food. Marinades typically include an acidic ingredient such as vinegar, fruit juice or wine. Many cooks also add other savory and aromatic flavors such as onion, garlic, herbs and spices. Let pork marinate for as little as 30 minutes to as much as overnight, refrigerated.

Honey-Garlic Marinade

In self-sealing bag, combine 1/2 cup lemon juice, 1/4 cup honey, 2 tablespoons soy sauce, 1 tablespoon dry sherry and 2 crushed garlic cloves. Add 4 pork chops to bag, seal and refrigerate overnight.

Five-Spice Marinade

In self-sealing bag, combine 1/4 cup soy sauce, 1/4 cup dry sherry, 1/2 cup minced onion, 2 tablespoons grated fresh gingerroot, 2 teaspoons five-spice powder, 2 tablespoons chili oil and 2 teaspoons sesame oil. Add 4 pork chops to bag, seal and refrigerate overnight.

Island Marinade

In self-sealing bag, combine 1/2 cup orange juice, 4 tablespoons lime juice, 3 cloves crushed garlic, 2 teaspoons dried thyme and 1 tablespoon honey. Add 4 pork chops to bag, seal and refrigerate overnight.

Show-Stopping Toppings

Fresh, fruit-based salsas marry well with grilled pork and offer an opportunity to introduce new ethnic flavors to your table. Simply combine your choice of ingredients and use to top cooked chops – or other pork cuts – before serving.

Pineapple Salsa

In large bowl, stir together 2 cups diced pineapple (fresh or canned, drained), 3 tablespoons cider vinegar, 1/2 teaspoon crushed cumin seed, 1 tablespoon brown sugar, 2 teaspoons finely chopped jalapeño chile* (seeded). Makes about 2 cups.

Mango Salsa

In large bowl, stir together 2 coarsely chopped mangos, 2 tablespoons minced cilantro, 2 minced serrano chilies,* 1/4 cup minced red onion and 2 tablespoons lime juice. Season to taste with salt. Makes about 1 1/2 cups.

Fresh Peach Salsa

In large bowl, stir together 4 peeled and sliced fresh peaches, 1 teaspoon brown sugar, 1 tablespoon each lime juice and grated gingerroot and 2 tablespoons minced fresh cilantro. Season to taste with salt. Makes about 2 cups.

Dried Fruit Salsa

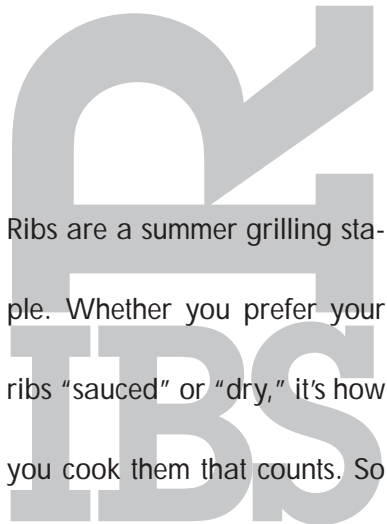
In large bowl, stir together 1/2 cup dried cherries, 1/2 cup cherry jam, 2 tablespoons cider vinegar, 2 tablespoons diced green pepper, 2 teaspoons diced jalapeño chile* and 1 teaspoon ground black pepper. Makes about 1 1/4 cups.

Grilled Chops, Done Right

- Season the pork chops with a rub or marinade, if desired.
- Place chops directly over medium-high heat and cover with grill hood.
- Turn chops once for even browning and cook to medium doneness of 160 degrees F.
- Thick chops should have a slight blush of pink in the center.
- Touch the center of the chop with tongs or your finger. If it's done perfectly, there should be a slight "give." (See "Do You Have The Right Touch," pg. 5.)
- If you're brushing chops with a sauce or glaze, don't sauce too soon. Brush on sauces just before chops are done – this prevents sauces from burning, while maximizing flavor.



* Wear rubber gloves when handling hot chilies.



Ribs are a summer grilling staple. Whether you prefer your ribs “sauced” or “dry,” it’s how you cook them that counts. So learn a new meaning for “the three R’s,” and remember the golden rule: Patience pays off!

Cooking method:

Indirect heat

Cooking time:

Pork Rib 1½-2 hours

Barbecued Baby Back Pork Ribs

- 4 pounds pork back ribs
- Your favorite barbecue sauce (see “Getting Saucy” for suggestions)

Place ribs on grill over drip pan. Cover grill and cook ribs over indirect heat for 1 1/2 hours. Uncover and brush ribs with barbecue sauce. Close grill and cook 10 minutes. Serves 4.

Approximate nutrient information per serving:
 Calories: 770 Fat: 61 g Saturated Fat: 23 g Cholesterol: 245 mg Sodium: 210 mg Carbohydrates: 0 g Fiber: 0 g Protein: 50 g

Apricot-Sauced Spareribs

- 4 pounds pork spareribs
- 2 tablespoons lemon juice
- 1 8-ounce can undrained apricot halves
- 1 tablespoon Dijon-style mustard
- 3 tablespoons catsup
- 1 teaspoon dry ginger
- 3 tablespoons brown sugar
- Salt to taste

Bank medium-hot coals in covered grill. Place ribs on grill over drip pan. Cover grill and cook ribs over indirect heat for 1 1/2 hours. Meanwhile, mix remaining ingredients together in blender. Brush ribs generously with sauce and continue to cook another 30 minutes, basting and turning often. Serves 4.

Approximate nutrient information per serving:
 Calories: 920 Fat: 65 g Saturated Fat: 24 g Cholesterol: 260 mg Sodium: 440 mg Carbohydrates: 18 g Fiber: 1 g Protein: 63 g

Chinese-Style Spareribs

- 6 pounds pork spareribs
- 2 tablespoons honey
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1/4 cup water
- 2 cloves garlic, minced
- 3 tablespoons dry sherry

Cut spareribs into serving-size portions; set aside. Place large plastic bag in large bowl. In bag, combine remaining ingredients; mix well. Reserve 1/4 cup marinade. Add ribs, close bag tightly. Refrigerate 6 hours or overnight; turn bag several times to distribute marinade.

Drain ribs, discard marinade. Place ribs on grill over drip pan. Cover grill and cook for 1 1/2 hours, until ribs are tender. Uncover and brush ribs with the reserved marinade. Close grill and cook 10 minutes. Serves 6.

Approximate nutrient information per serving:
 Calories: 900 Fat: 65 g Saturated Fat: 24 g Cholesterol: 260 mg Sodium: 550 mg Carbohydrates: 11 g Fiber: 0 g Protein: 63 g

Getting Saucy

Most barbecue sauces will burn on the grill if brushed on too soon. Baste ribs with tomato-based sauces and other sauces containing sugar during the last 30 minutes of grilling. Also, set some aside to serve at the table.

South Carolina Mustard Barbecue Sauce

Stir together 3/4 cup prepared mustard, 3/4 cup red wine vinegar, 1/4 cup sugar, 2 tablespoons melted butter, 1 1/2 teaspoons Worcestershire sauce, 1 1/2 teaspoons black pepper, 1/2 teaspoon each salt and red pepper sauce. Makes about 2 cups. Refrigerate leftover sauce; will keep refrigerated for about 3-4 weeks.

Spicy Apricot Basting Sauce

In small saucepan, place 1 cup apricot jam, 1/2 cup white vinegar, 3 tablespoons Worcestershire sauce, 2 tablespoons each Dijon-style mustard and honey and 2 teaspoons hot red pepper flakes. Simmer mixture, stirring until jam and honey are melted. Makes about 1 3/4 cups. Refrigerate leftover sauce; will keep refrigerated for about 3-4 weeks.

Smoky Tomato Barbecue Sauce

In Dutch oven, combine 18-ounce can tomato sauce, 1 cup red wine vinegar, 1 cup catsup, 1/2 cup spicy honey mustard, 1/4 cup hickory-smoked Worcestershire sauce, 1/4 cup Worcestershire sauce, 1/4 cup (1/2 stick) butter, 2 tablespoons each brown sugar and hot pepper sauce, 1 tablespoon each paprika, seasoned salt and lemon juice, 1 1/2 teaspoons garlic powder, 1/8 teaspoon each chili powder, ground red pepper and ground black pepper. Bring to a boil, reduce heat and simmer gently for 30 minutes, stirring occasionally. Makes about 4 cups. Refrigerate leftover sauce; will keep refrigerated for about 3-4 weeks.

The Three R's For Perfect Ribs

- *Rub racks of ribs with your favorite seasonings.*
- *Roast ribs on a covered grill over indirect heat.*
- *Relax while ribs cook for 1 1/2 to 2 hours over low heat. Ribs are done when you can "wiggle" the end of the rib bones and meat is "relaxed."*



Choosing The Right Rib

The hog is blessed with an ample mid-section and 14 pairs of ribs, resulting in a variety of pork cuts to suit any rib fan:

Pork Back Ribs – Also called “baby” back ribs – not because they come from baby hogs, but because the rib bones are smaller than spareribs. Pork back ribs are cut from the blade and center section of the loin and are known for the “finger meat” between the bones. These are favorites of rib fans because they’re meatier than spareribs. Plan on one pound per person when purchasing pork back ribs, which generally weigh between 1 1/2 to 1 3/4 pounds per rack.

Spareribs – Cut from the belly or side of the hog, spareribs are the least meaty of all pork ribs, but are prized by many for their taste. Plan on one pound per serving.

Country-Style – The meatiest variety, country-style ribs are cut from the rib end of the loin. Country ribs do not come in “slabs” but are sold in individual pieces. These pork ribs are perfect for those who want to use a knife and fork. A half-pound will satisfy most appetites.

ROASTS

Pork roast is the perfect center-piece for a special celebration as well as a classic comfort

food to be enjoyed with family and friends. Slow-cooking a roast on the grill creates time to unwind and relax before dinner – not to mention delicious leftovers for lunch the next day.

Cooking method:

Indirect heat

Cooking times:

Loin roast, 2 lbs. 45 minutes -1 hour

Shoulder roast, 3-5 lbs. (Boston Butt) 2 1/2 -4 hours

Grilled Pork Roast with Pepper Jelly Glaze

- | | | |
|---|--|-------------------------------------|
| 1 | 4-pound pork loin roast, rolled and tied | 1 1/4 cup cider vinegar, divided |
| 1 | cup apple juice | 1 3/4 cup hot pepper jelly, divided |

Place pork in large self-sealing plastic bag. Heat apple juice and 1 cup EACH cider vinegar and hot pepper jelly together until jelly melts; pour over pork in a bag. Seal bag, refrigerate 12-24 hours. Prepare covered grill with banked coals. Remove pork from marinade, reserving marinade. Place pork roast over drip pan, cover grill. Grill pork for about 1 1/4 hours, until thermometer inserted in center reads 150 degrees F., basting occasionally with leftover marinade. Stir together 1/4 cup cider vinegar and 3/4 cup hot pepper jelly; coat roast with jelly glaze and continue grilling until thermometer inserted in center reads 150-155 degrees F. Remove from grill; let roast rest for 10 minutes. Serves 16.

Approximate nutrient information per serving:

Calories: 280 Fat: 8 g Saturated Fat: 3 g Cholesterol: 70 mg Sodium: 65 mg Carbohydrates: 26 g Fiber: 0 g Protein: 24 g

Cajun Pork Roast

- | | | |
|-----|---|-----------------------------------|
| 1 | 2-pound boneless single loin pork roast | 1/2 teaspoon salt |
| 3 | tablespoons paprika | 1/2 teaspoon white pepper, ground |
| 1/2 | teaspoon red pepper (cayenne) | 1/2 teaspoon cumin |
| 1 | tablespoon garlic powder | 1/4 teaspoon nutmeg |
| 2 | teaspoons oregano | |

Prepare covered grill with banked coals. Combine all seasonings and rub well over all surfaces of roast. Place roast over drip pan, cover grill. Grill pork for about 1 1/2 hours, until thermometer inserted in center reads 150-155 degrees F. Remove from grill; let rest 10 minutes before slicing. Serves 6.

Approximate nutrient information per serving:

Calories: 260 Fat: 12 g Saturated Fat: 4 g Cholesterol: 90 mg Sodium: 260 mg Carbohydrates: 4 g Fiber: 1 g Protein: 33 g

Roasted Rack of Pork

- | | | | |
|---|---|---|------------------------------|
| 1 | 4- to 5-pound rack of pork,
chine bone cracked | 2 | garlic cloves, peeled |
| | | | Coarsely ground black pepper |

Trim any excess fat from pork loin and trim rib bones of all extra meat. (This is called “frenching” the bones; you can ask your butcher to do this for you.) Cut garlic cloves in half and rub all surfaces of loin, sprinkle loin generously with black pepper.

Prepare covered grill with banked coals. Place rack of pork, bones up over drip pan, cover grill. Grill pork for about 1 1/2 hours, until thermometer inserted in center reads 150-155 degrees F. Remove rack from grill, let rest about 10 minutes. Cut between rib bones to serve. Serves 6.

Approximate nutrient information per serving:

Calories: 390 Fat: 23 g Saturated Fat: 8 g Cholesterol: 135 mg Sodium: 105 mg Carbohydrates: 0 g Fiber: 0 g Protein: 44 g

Pump Up The Flavor

Treating pork chops and roasts to a brine bath renders them juicy when cooked on the grill – or on the stove or in the oven. Brines can also impart added flavors from spices, seeds, herbs and other aromatics like citrus peel. All brines contain either salt or sugar – or both – which is critical to driving extra moisture into the meat, keeping it juicy while cooking. Brining is also called “curing” – although this term is more commonly applied to long brining processes, as in making ham.

Use about two quarts of solution to brine a 4- to 6-pound loin roast or four pork chops; use two cups of solution to brine a single chop. Pork should be thoroughly covered or submerged in brine – use self-sealing plastic bags or submerge pork in large bowl or kettle. Pork can be brined for as little as four hours (chops) or as much as two to three days (roast). Always brine pork in the refrigerator.

Do-ahead tip: Freeze pork chops – individually or in pairs – in brine in plastic self-sealing bags for up to two to three months. Move to the refrigerator the morning you plan to grill. Chops will thaw in time for grilling.

Fennel and Orange Brine

In large saucepan, combine 2 quarts water, 1/2 cup sugar, 1/4 cup salt, 3 tablespoons crushed fennel seed, 2 tablespoons thyme leaves, 2 tablespoons black peppercorns and the peel of one orange. Bring to boil, stirring to dissolve sugar and salt; let cool to room temperature before brining pork. Makes 2 quarts.

Herbed Brine

In large saucepan, combine 2 quarts water, 1/4 cup brown sugar, 2 tablespoons salt, 10 peppercorns, 5 juniper berries, 1 bay leaf, 1/2 cup chopped fresh herbs (i.e. rosemary, sage, oregano). Bring to boil, stirring to dissolve sugar and salt; let cool to room temperature before brining pork. Makes 2 quarts.

Apple Cider Brine

In large saucepan, combine 1 quart each apple cider and water, 1/4 cup each salt and brown sugar, 3 tablespoons cracked black pepper, 1 tablespoon dried sage and 1 teaspoon cinnamon. Bring to boil, stirring to dissolve sugar and salt; let cool to room temperature before brining pork. Makes 2 quarts.

Molasses Brine

In large saucepan, combine 2 quarts water, 1/2 cup each molasses and sugar, 2 crushed garlic cloves, 1/4 cup salt, 2 teaspoons cracked black pepper, 1 cinnamon stick, 2 whole cloves and 2 teaspoons coriander seed. Bring to boil, stirring to dissolve sugar and salt; let cool to room temperature before brining pork. Makes 2 quarts.

Think Pink!

To ensure juicy, tender results, pork loin roasts should be grilled to medium doneness – 150-155 degrees F. The juices will run clear and the roast will have a slight blush of pink in the center. Use a meat thermometer to judge doneness and always let a roast “rest” for 10 minutes before slicing to allow the juices to redistribute – and to allow final temperature to rise to 160 degrees F.



“Rack of Pork is an easy, elegant entrée for a special grilled meal.”

ROASTS

Racy Rubs

Rubs are mixtures of spices that act like a dry marinade. They combine salt (sometimes sugar), spices and herbs that are rubbed dry onto the surface of pork. They are typically applied 10 to 20 minutes before grilling.

Caribbean Jerk Rub

In jar with tight fitting lid, shake together 2 tablespoons dried minced onion, 1 tablespoon garlic powder, 4 teaspoons crushed dry thyme leaves, 2 teaspoons salt, 2 teaspoons ground allspice, 1/2 teaspoon ground nutmeg, 1/2 teaspoon ground cinnamon, 1 tablespoon sugar, 2 teaspoons black pepper and 1 teaspoon cayenne pepper. Store covered at room temperature. Makes about 1/2 cup.

Latin American Rub

In jar with tight fitting lid, shake together 4 tablespoons ground cumin, 4 tablespoons chili powder, 2 tablespoons ground coriander, 1 tablespoon cinnamon, 1 tablespoon brown sugar, 2 tablespoons salt, 1 tablespoon red pepper flakes and 2 tablespoons ground black pepper. Store covered at room temperature. Makes about 1 cup.

Mediterranean Rub

Combine zest of 2 lemons, 1/3 cup thinly sliced garlic cloves, 1/3 cup fresh rosemary leaves, 1/4 cup fresh sage leaves, 1/4 cup coarsely ground black pepper and 1 tablespoon salt. Place all ingredients in the bowl of a food processor and process until garlic, herbs and lemon zest are chopped finely and ingredients are thoroughly combined. Store covered in the refrigerator. Makes about 1 cup.

All-American Rub

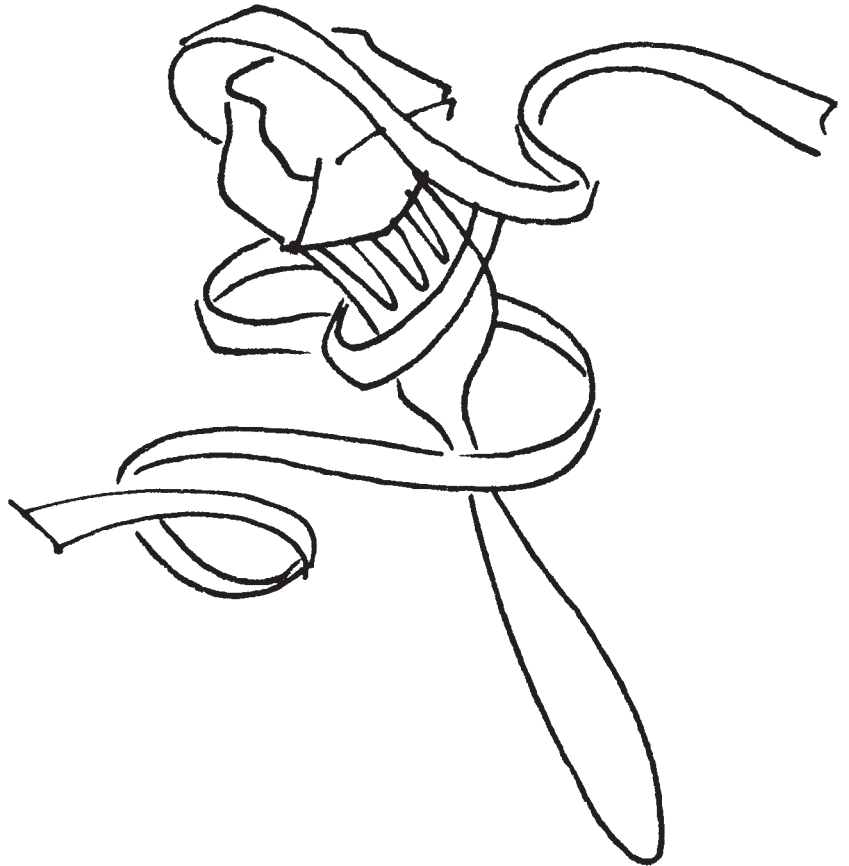
In jar with tight fitting lid, shake together 6 tablespoons paprika, 4 teaspoons garlic powder, 4 teaspoons seasoned salt, 4 teaspoons ground black pepper, 2 teaspoons cayenne, 2 teaspoons ground oregano, 2 teaspoons dry mustard and 1 teaspoon chili powder. Store covered at room temperature. Makes about 3/4 cup.



Leave Room For Leftovers

Once you realize how many ways you can use leftover roasts, you'll be planning your day-after meals ahead of time! Here are some ideas to get you started:

- Cut leftover roast into cubes and add to pasta dishes.
- Slice thinly and layer on slices of crusty homemade bread with a cream cheese and pepper jelly spread.
- Dice and toss into a hearty bean soup.
- Slice into strips, roll up in flour tortillas with sautéed onion and peppers.
- Shred and use to top crisp mixed salad greens.



TENDERLOIN

Pork tenderloin can be used whole, as a mini-roast for two,

or cut into a variety of shapes.

The leanest cut of pork, tenderloin is comparable to skinless

chicken breast with only 139

calories and 4.1 grams of fat

per 3-ounce serving.

Cooking method:

Direct heat

Cooking time:

Tenderloin 13-15 minutes

Tenderloin Suits Grilling To A “T”

Tenderloin is a quick and easy choice for the grill. To prepare a whole tenderloin, simply:

- Season to taste. Try a marinade or rub before grilling, or use a glaze to add flavor during grilling.
- Place tenderloin on grill directly over heat source.
- Cook 13-15 minutes to medium doneness, turning once. Juices will run clear when tenderloin is pierced with a fork. Or measure doneness with a meat thermometer. Remove tenderloin from the grill when internal temperature reaches 155 degrees F. and let stand for 10 minutes.

Italian Pork Spiedini

- 1 whole pork tenderloin, about 1 pound, cut into 1/2-inch cubes 1 bottle Italian salad dressing

Marinate pork in salad dressing for 10-30 minutes. Thread pork on skewers. Grill for 10-12 minutes, turning occasionally, until done. Serves 4.

Approximate nutrient information per serving:

Calories: 180 Fat: 10 g Saturated Fat: 2 g Cholesterol: 50 mg Sodium: 150 mg Carbohydrates: 1 g Fiber: 0 g Protein: 19 g

Javanese Pork Saté

- 1 pound pork tenderloin, cut into 1/2-inch cubes 2 tablespoons soy sauce
2 tablespoons peanut butter 1 tablespoon brown sugar
1/2 cup onion, minced 1 tablespoon ground coriander
1 clove garlic, minced 2 tablespoons vegetable oil
2 tablespoons lemon juice Dash hot pepper sauce

Blend all ingredients except pork together in blender until smooth or simply use a pre-made Thai peanut sauce. Marinate pork in mixture for 10 minutes. Thread pork on skewers. Grill for 10-12 minutes, turning occasionally, until done. Serve with cooked rice. Serves 4.

Approximate nutrient information per serving:

Calories: 280 Fat: 15 g Saturated Fat: 2.5 g Cholesterol: 75 mg Sodium: 330 mg Carbohydrates: 9 g Fiber: 2 g Protein: 27 g

Hoisin-Glazed Pork Skewers

- 1 whole pork tenderloin, about 1 pound, cut into 3/4-inch cubes
- 1/4 cup hoisin sauce
- 1/4 cup catsup
- 1 tablespoon minced jalapeño chile (wear rubber gloves when handling hot chilies)
- 1 8-ounce can pineapple chunks, drained
- Salt and pepper, to taste

Prepare hot fire in grill. Combine hoisin sauce, catsup and jalapeño; set aside. Season pork cubes with salt and pepper. Thread pork onto skewers; grill over direct heat for about 4 minutes, turn and glaze with hoisin mixture. Continue cooking on grill just until pork develops rich brown color, about 8-10 minutes total cooking time. Skewer pineapple and grill, glazing with hoisin mixture also. Serve with Asian noodles. Serves 4.

Approximate nutrient information per serving:

Calories: 220 Fat: 5g Saturated Fat: 1.5g Cholesterol: 75 mg Sodium: 500 mg Carbohydrates: 19 g Fiber: 1 g Protein: 25 g

Amazing Glazes

Flavorful glazes are an easy way to dress up your tenderloin with little fuss. Simply brush the glaze on the tenderloin during the last few minutes of grilling for an elegant entrée.

Ginger-Apricot Glaze

In a small bowl, stir together 1 cup apricot jam, 2 tablespoons lime juice, 1 tablespoon soy sauce and 1 tablespoon grated fresh gingerroot. Brush onto meat on grill during last 5 minutes of cooking. Makes 1 1/4 cups.

Two-Mustard Honey Glaze

In a small bowl, stir together 1 cup honey, 1/2 cup each Dijon-style and stone-ground mustard, salt and black pepper to taste. Makes 1 3/4 cups.

Maple-Vinegar Glaze

In a small bowl, stir together 1/2 cup maple syrup with 3 tablespoons balsamic vinegar, 1 teaspoon each crushed juniper berries and ground black pepper. Makes 3/4 cup.

Marmalade-Horseradish Glaze

In a small bowl, stir together 1/2 cup orange marmalade, 1/2 cup barbecue sauce and 2 tablespoons grated horseradish. Makes about 1 cup.

Go Crazy For Kabobs

Using pork tenderloin cubes is the first step to succulent, grilled kabobs. To make kabobs easier to cook and eat, try the following steps:

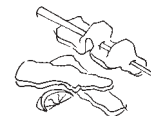
- *Cut pork tenderloin into 3/4-inch cubes for even cooking.*
- *Cook over direct, medium-hot fire. Watch closely and turn frequently to prevent burning.*
- *Meat kabobs may take less time to cook than vegetable and fruit kabobs. Plan cooking times accordingly. Keep cooked kabobs warm on grill rack opposite fire.*

Tenderloin Takes Shape

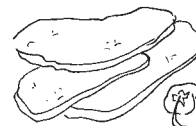
- **Cubes** – Cut into 3/4- to 1-inch cubes for quick kabobs.

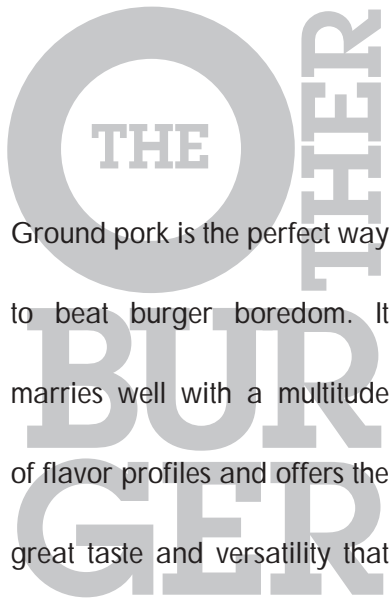


- **Satay** – Marinate pork tenderloin strips, skewer and sear.



- **Cutlets** – Gently pound tenderloin medallions into thin cutlets. Marinate if desired. Grill for just a couple of minutes and serve with a sauce, salsa or chutney.





Ground pork is the perfect way to beat burger boredom. It marries well with a multitude of flavor profiles and offers the great taste and versatility that has made pork the most popular meat in the world.

Cooking method:

Direct heat

Cooking time:

Ground Pork 10-12 minutes

The Basic Other Burger

- 1 pound lean ground pork
- 1 garlic clove, crushed
- 1 teaspoon freshly ground black pepper
- Salt, to taste

Go global by mixing these internationally inspired seasonings with 1 pound lean ground pork.

Italian Burgers

Add 1 tablespoon red wine, 2 teaspoons crushed fennel seed, 1 crushed garlic clove and 1 teaspoon black pepper.

Greek Burgers

Add 1 teaspoon lemon pepper and 1/2 teaspoon crushed, dried rosemary.

Cajun Burgers

Add 1/4 teaspoon each crushed thyme, oregano and cayenne pepper.

Indian Burgers

Add 2 tablespoons plain yogurt, 1 crushed garlic clove and 1/4 teaspoon each ground coriander, cumin and red pepper.

Jerk Burgers

Add 1/4 teaspoon each ground cloves, oregano and thyme.

Bangkok Burgers

Add 1 tablespoon grated fresh gingerroot, 1 crushed garlic clove, 1/2 teaspoon crushed red pepper flakes and 1 teaspoon soy sauce.

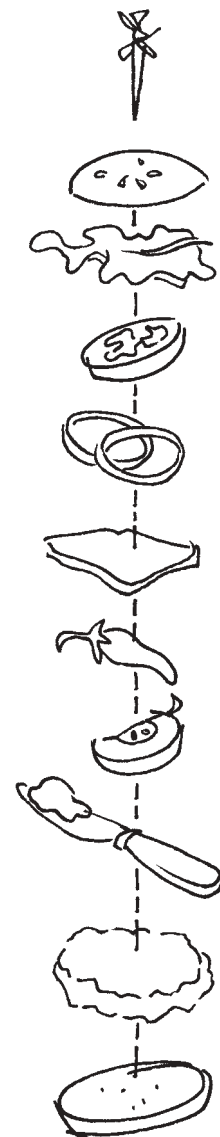
Other Topping Ideas For The Other Burger

While traditional burger toppings like lettuce, tomato, bacon and sautéed mushrooms are a good match for The Other Burger, the great taste of ground pork also goes well with more gourmet ingredients. Try:

- Sautéed peppers
- Wedge of Brie
- Flavored cream cheese
- Sun-dried tomatoes
- Corn relish
- Toasted onion dip
- Sliced cucumbers
- Chutney or salsa
- Sautéed apples and onions

Burger Basics

- Ground pork, like other ground meats, will stay fresh in the refrigerator for one or two days. If you plan to keep it longer than a few days, portion the ground pork into patties, wrap and freeze in resealable plastic bags.
- When shaping ground pork patties, try to handle as little as possible since overmixing meat of any kind tends to toughen it, leaving it dense and heavy.
- Don't press down on the burger while it's on the grill. The burger will lose juices and could start unwanted flames.





The Other White Meat.®

National Pork Board

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