

Grilling with Ontario Pork



If ever a meat was destined to be grilled, it has to be pork - the most popular meat in the world!

Grilling is perhaps the easiest method of cooking, and pork on the barbecue tastes spectacular with only minimal preparation. Approach the barbecue with a spirit of experimentation, enjoyment and relaxation. You don't have to follow these recipes to the letter; you can adapt them to come up with something that is uniquely your own.

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Grilled Pork Steaks with Peach Salsa

Yield: Serves 4

Cooking Time: 10 to 12 minutes

Preparation Time: 30 minutes

Ingredients

Salsa

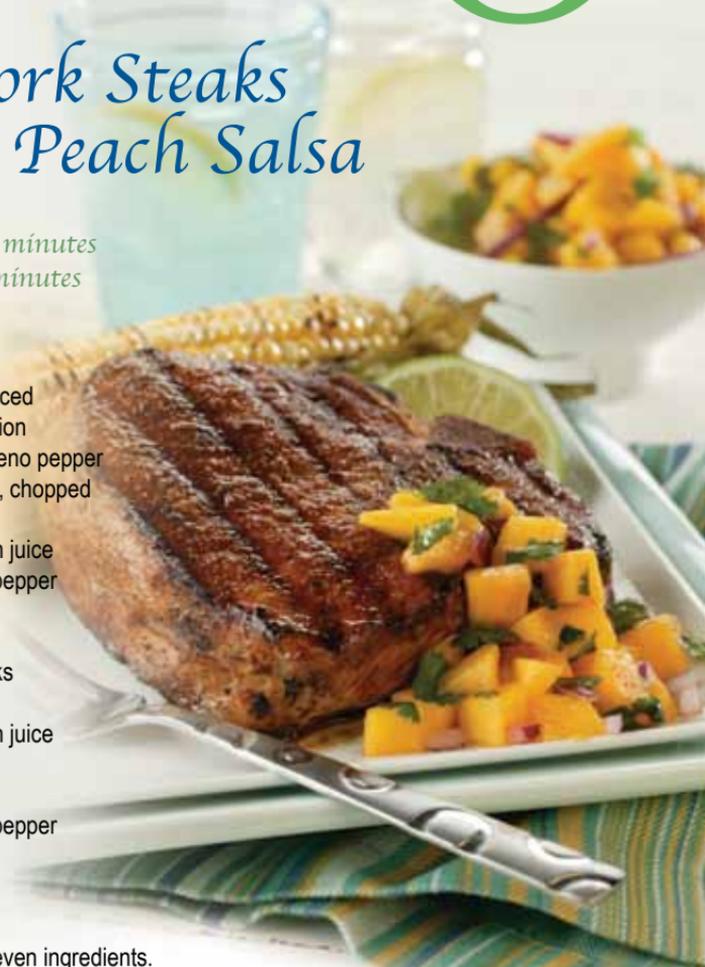
- 2 ripe peaches, peeled and diced
- 1/4 cup (60 mL) diced red onion
- 1 Tbsp (15 mL) minced jalapeno pepper
- 1 Tbsp (15 mL) fresh cilantro, chopped
- 1 tsp (15 mL) ground cumin
- 3 Tbsp (45 mL) lime or lemon juice
- 1/2 tsp (2 mL) ground black pepper

Steaks

- 4 boneless Ontario pork steaks (1 in/ 2.5 cm thick)
- 3 Tbsp (45 mL) lime or lemon juice
- 1 Tbsp (15 mL) vegetable oil
- 1 tsp (15 mL) ground cumin
- 1/2 tsp (2 mL) ground black pepper
- 1/4 tsp (1 mL) cayenne

Cooking Instructions

- Salsa:** Mix together first seven ingredients. Let sit 20-30 minutes before serving with pork steaks. Can be made the previous day if refrigerated.
- Steaks:** Place in a single layer in shallow glass dish. Stir together lime or lemon juice, oil, cumin, cayenne and black pepper. Pour over steaks; cover and marinate 30 minutes at room temperature or up to 6 hours in refrigerator. Reserving marinade, place steaks on grill over medium heat. Cook about 5-6 minutes per side, brushing often with marinade.



Indonesian-Style Pork Kebabs

Yield: Serves 8

Cooking Time: 10 minutes

Preparation Time: 20 minutes

Ingredients

- 2 lbs (1 kg) Ontario pork loin, boneless, cut in 1-inch (2.5 cm) cubes
- 1/4 cup (60 mL) smooth peanut butter
- 1 Tbsp (15 mL) brown sugar
- 2 green onions, finely chopped
- 1/4 cup (60 mL) dry sherry
- Juice from half lemon
- 1 tsp (5 mL) each coriander, cumin, salt
- 1/2 tsp (2 mL) ground black pepper
- 1/4 tsp (1 mL) cayenne pepper

Cooking Instructions

- Place pork in a non-metal sealable container. Combine remaining ingredients and mix well. Pour over pork and toss to coat well. Cover and marinate 2 hours or overnight in the refrigerator. If using bamboo skewers, pre-soak in water 1 hour. Thread pork on skewers with 1/4 inch (6 mm) space between cubes.
- Preheat barbecue on high; reduce temperature to medium. Place skewers on grill; close barbecue cover and grill 10 to 12 minutes, turning often. Serve over rice or in pita breads.



Parmesan Sage Pork Burgers

Yield: Serves 4

Cooking Time: 20 minutes

Preparation Time: 15 minutes

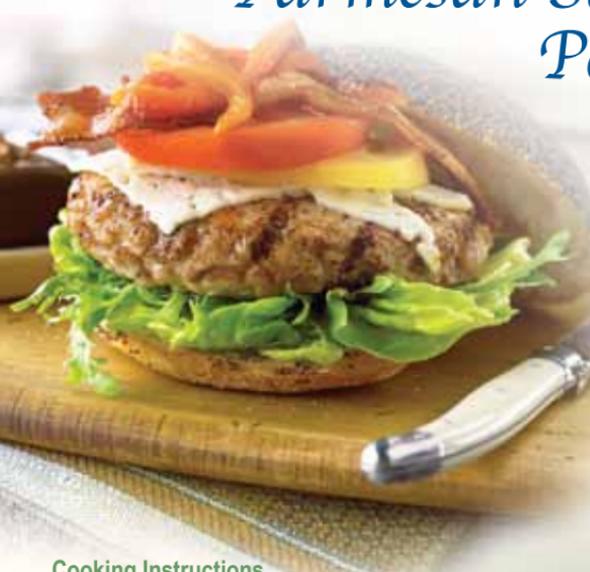
Ingredients

- 1 lbs (500 g) lean ground Ontario pork
- 1/2 cup (125 mL) milk
- 1/4 cup (60 mL) dry breadcrumbs
- 3 Tbsp (45 mL) grated Parmesan cheese
- 3 Tbsp (45 mL) chopped fresh sage, or 1 Tbsp (15 mL) dry crumbled sage
- 2 Tbsp (30 mL) garlic, minced
- 1 1/2 tsp (7 mL) ground black pepper
- 1 tsp (5 mL) salt
- 4 Kaiser or hamburger buns

Cooking Instructions

- Combine all ingredients (except the buns) in a large mixing bowl. Mix thoroughly with a fork. Form into 4 equally-sized burgers, about 4-inches (10 cm) wide. Cover and refrigerate if not grilling immediately.
- Pre-heat BBQ on high for 10 minutes then reduce to medium; lightly oil grill bars with vegetable oil. Grill burgers on both sides, turning once, until completely cooked with no trace of pink, about 15-20 minutes.
- Serve on buns with the usual burger toppings: bacon, mustard, mayo, tomatoes, onions, lettuce. Or try something a little more daring: grilled Portobello mushrooms, soft goat cheese, roasted peppers, arugula leaves or black olive tapenade.

Tip: All ground meat MUST be cooked to well done.



BBQ Asian Pork Tenderloins



Yield: Serves 4-6
Cooking Time: 20 minutes
Preparation Time: 10 minutes

Ingredients

1/4 cup (60 mL) soy sauce
1/4 cup (60 mL) honey
3 Tbsp (45 mL) fresh lime juice
2 Tbsp (30 mL) vegetable oil
1 Tbsp (15 mL) minced garlic
1 Tbsp (15 mL) grated ginger
2 tsp (10 mL) ground cumin
1 tsp (5 mL) ground black pepper
2 Ontario pork tenderloins
(about **12 oz/375 g** each)

Cooking Instructions

1. Combine all ingredients except the pork tenderloin to make a marinade. Divide marinade in half: put one half in a small, non-metal container with the pork, cover and refrigerate for about four hours.
2. Pre-heat barbecue to hot. Grill pork over high heat, basting with the other half of the marinade. Turn and baste pork tenderloins frequently. Continue grilling until the pork is nicely browned and internal temperature reaches 155-160°F (68-71°C) with a meat thermometer (about 20 minutes). Do not overcook, a little bit of pink is alright. Remove pork from grill, cover with tented foil, and allow resting for about 10 minutes.

Honey Garlic Back Ribs

Yield: Serves 6
Cooking Time: 1 hour 15 minutes
Preparation Time: 20 minutes

Ingredients

2 racks of Ontario pork back ribs
(about **3 lbs/1.5 kg**)
2 lemons
1/2 cup (125 mL) EACH: liquid honey,
cider vinegar, and ketchup
1/3 cup (75 mL) soy sauce
2 Tbsp (30 mL) minced garlic
2 tsp (10 mL) EACH: Tabasco or
hot chili sauce, garlic powder



Cooking Instructions

1. Pre-heat oven to 325°F (160°C). Using a fork, lift the membrane from a corner of the rib bones on the non-meaty underside, and gently peel it away from the ribs and discard. Place ribs in a single layer in a baking tray or dish, meaty side up. Add 2 cups (500 mL) of hot water to the tray. Slice lemons and place slices on top of ribs.
2. Cover with foil and bake in oven for about 1 hour, or until meat is easily pierced with a sharp knife, and is beginning to pull away from the rib bones. *At this stage ribs can be cooled, covered and refrigerated for up to 3 days.*
3. Pre-heat barbecue to medium-low, or oven to 325°F (160°C).
Prepare sauce: Combine all remaining ingredients in a saucepan and bring to a boil over high heat. Reduce heat and simmer for 10 minutes, or until sauce thickens slightly.
4. Place ribs on grill and baste with sauce. Keep basting and turning ribs for about 20 minutes or until ribs are thoroughly heated. Slice and serve.

Tip: Any recipe for back ribs can also be used for side ribs with equal success: just add about 50 minutes to the steaming time.

Ribs

Back Ribs:

The most tender, with the highest meat content, and the most expensive. The bones are shorter and rounder than side ribs. Also sold as “baby back ribs”.

Side Ribs:

Not quite as tender, with a greater proportion of bone, but considerably less expensive than back ribs, and great flavour. The bones are longer and flatter than back ribs. Also sold as “spareribs”, or, if cut in half lengthwise, “sweet and sour ribs”.

Country-Style Ribs:

Cut from the rib end of the loin, these are hardly ribs at all. They look like a bone-in loin roast where the ribs have been cut through the middle, and then opened out like a book to form a 2-3 lb roast. Occasionally they are offered for sale cut into ‘fingers’ for grilling. The best bone-to-meat ratio by far.

Orange Country-Style Ribs



Yield: Serves 4
Cooking Time: 1 hr 25 min
Preparation Time: 20 minutes

Ingredients

2 lbs (1 kg) Ontario pork loin, rib
country-style back ribs
1 can (5 1/2 oz/156 mL) tomato paste
1/2 cup (125 mL) brown sugar, packed
1/4 cup (60 mL) frozen orange juice
concentrate, thawed
2 Tbsp (30 mL) red wine vinegar
1 Tbsp (15 mL) prepared mustard
1 Tbsp (15 mL) Worcestershire sauce
1/2 tsp (2 mL) pepper

Cooking Instructions

1. Cut pork ribs into 1-rib portions. Combine remaining ingredients; mix well. Place a large piece of foil over coals beneath grill to catch drippings.
2. Pre-heat barbecue on high; reduce temperature to low. Place ribs on grill, about 6 inches above low heat. Close barbecue cover and cook about 20 minutes. Turn ribs and cook, covered, 20 minutes more. Brush ribs with sauce and cook, covered, 20 minutes more. Brush ribs with sauce and cook, covered, 25 to 35 minutes more or until done, turning and brushing frequently with sauce.



Look for this logo at your grocery store or meat counter to know that you are buying local Ontario pork products.