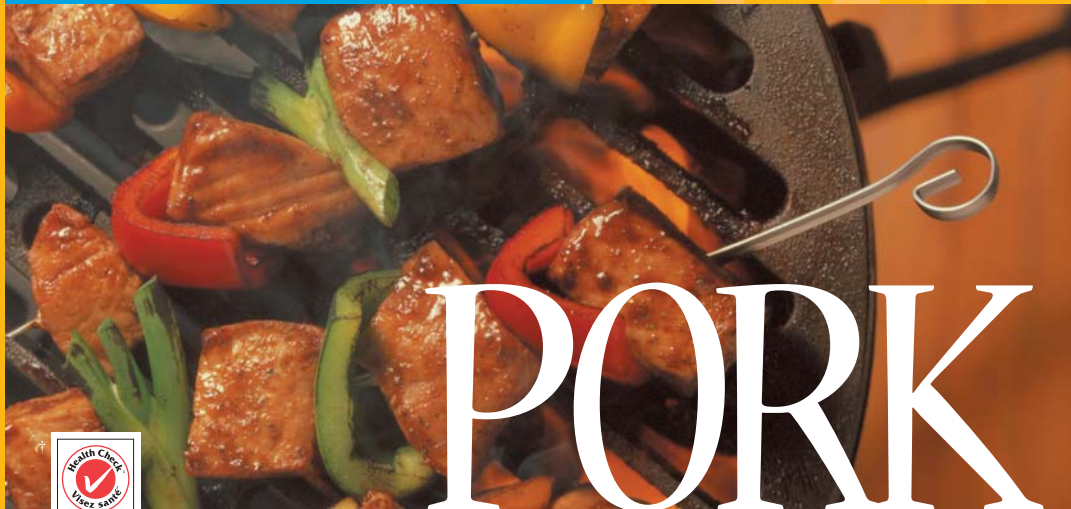


Great Grilling Recipes



HEART AND STROKE
FOUNDATION
FONDATION DES
MALADIES DU COEUR



Nutrition Tips

- Grilling is a perfect low fat cooking method. Excess fat melts and drains away during the cooking process, leaving the meat lean and succulent.
- Low fat doesn't have to be low flavour. Add punch to your recipes with zesty herbs and spices and low fat condiments like flavoured vinegars, mustards and salsas.
- Lean pork is a nutritious choice for summer meals, providing high-quality protein and valuable vitamins and minerals. Combine cold cooked pork with vegetables and fruits in salads and whole wheat wraps to add a fibre boost to your meal.
- Pork tenderloin is the leanest cut of pork, with only 3 grams of fat per 3 oz (85 g) serving. A whole pork tenderloin cooks quickly on the grill in about 15–20 minutes.

Food Safety Tips

- Time's up! Make sure leftovers are refrigerated. Food shouldn't remain at room temperature for more than 2 hours (or even less in warm weather).
- When in doubt, throw it out. If you're uncertain about the wholesomeness of a food item, discard it rather than taking a chance on foodborne illness.
- Ground pork burgers, like all other burgers, should be cooked to well done. To test, insert a meat thermometer parallel to the flat surface. Final temperature should be 160°F (71°C).
- Be sure to wash your hands before and after handling raw meat to prevent cross contamination.

NUTRITION INFORMATION

A 100g average serving of raw, untrimmed pork contains 192 Calories (800kJ), 21g of Protein, 10g of Fat and 0g of Carbohydrate.

Trimming makes a BIG difference A 100g average serving of raw, **TRIMMED** pork contains 139 Calories (580 kJ), 22g Protein, 5g of Fat and 0g of Carbohydrate.

Health Check...tells you it's a healthy choice †

† All trimmed pork cuts, with the exception of ribs, are lean. When choosing meats, choosing leaner meats more often is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See www.healthcheck.org



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Jerk Pork Burgers

1 lb	LEAN GROUND PORK	0.5 kg
1	egg, beaten	1
1/4 cup	bread crumbs	50 mL
1	lime	1
2	cloves garlic, minced	2
1/2 tsp	cayenne pepper	2 mL
1/4 tsp	EACH crushed chilies, nutmeg, cinnamon and salt	1 mL
4	hamburger or kaiser buns	4

Place pork in a bowl. Add egg and bread crumbs and mix gently to combine. Grate rind from lime and measure out 2 teaspoons (10 mL). Squeeze out 1 tablespoon (15 mL) lime juice. Add peel and juice to pork along with garlic, cayenne, crushed chilies, nutmeg, cinnamon and salt. Mix lightly with a fork to



combine. Form mixture into 4 patties. Preheat barbecue on high. Reduce heat to medium. Grill patties 5–10 minutes per side. Always cook ground pork to well done. Serve in hamburger or kaiser buns with your favourite condiments.

YIELD: 4 servings

Per serving (with bun): Calories 330; Fat 15g (Saturated 5g, Monounsaturated 6g, Polyunsaturated 2g); Cholesterol 75mg; Sodium 330mg; Carbohydrate 25g (Fibre 1g); Protein 21g



Spicy Pork Steaks

4	PORK SHOULDER BLADE STEAKS,	4
	about 1/2" (1.25 cm) thick	
1 1/2 Tbsp	paprika	20 mL
1 Tbsp	ground coriander	15 mL
1 1/2 tsp	ground marjoram	7 mL
2 tsp	garlic powder	10 mL
1 tsp	salt	5 mL
3/4 tsp	pepper	4 mL
1/2 tsp	ground cumin	2 mL
1/4 tsp	caraway seeds, crushed	1 mL
1/4 tsp	cinnamon	1 mL
1 Tbsp	grated lemon rind	15 mL

Place pork steaks on a cutting board or waxed paper. Combine remaining ingredients. Rub spice mixture on both sides of steaks, pressing into meat. Preheat



barbecue on high; reduce heat to medium. Grill steaks, turning once, for about 12 – 15 minutes.
YIELD: 4 servings

Per serving: Calories 210; Fat 10g (Saturated 3.5g, Monounsaturated 4.5g, Polyunsaturated 1.5g); Cholesterol 80mg; Sodium 680mg; Carbohydrate 4g (Fibre 2g); Protein 24g



(pictured on front cover)

Pork Kabobs with Sweet Lime Glaze

1 1/2 lbs	PORK SHOULDER BLADE ROAST, boneless, in 1" (2.5 cm) cubes	0.75 kg
1/4 cup	soy sauce	50 mL
1 tsp	ground coriander	5 mL
2 Tbsp	rice vinegar	25 mL
2	cloves garlic, minced	2
1 Tbsp	minced ginger root	15 mL
1	bay leaf	1
1/2 tsp	pepper	2 mL
Pinch	EACH cayenne pepper, ground cloves	Pinch
3 Tbsp	ketchup	45 mL
2 Tbsp	lime juice	25 mL
1 Tbsp	EACH sugar, canola oil	15 mL

Place pork in a large ziplock bag. Combine soy sauce, coriander, vinegar, garlic, ginger root, bay leaf, pepper, cayenne and cloves. Pour over pork and turn to coat well. Seal bag; marinate in refrigerator 2–24 hours. Remove pork from marinade; discard marinade. Thread pork cubes onto skewers. (If using bamboo skewers, soak in water for at least 30 minutes before using.) In a small bowl, combine ketchup, lime juice, sugar and oil. Preheat barbecue on high; reduce heat to medium. Grill pork over medium heat, brushing with ketchup mixture, for about 12–15 minutes until pork is browned and cooked to medium.

YIELD: 4–5 servings

Per serving: Calories 280; Fat 13g (Saturated 3.5g, Monounsaturated 6g, Polyunsaturated 2g); Cholesterol 95mg; Sodium 770mg; Carbohydrate 7g (Fibre 0g); Protein 32g



Pork Tenderloin with Maple Pepper Coating

2	PORK TENDERLOINS, well-trimmed, about 12 oz (0.375 kg) each	2
1 Tbsp	maple syrup	15 mL
2 Tbsp	grainy mustard	25 mL
1 Tbsp	canola oil	15 mL
1 tsp	coarse black pepper	5 mL

Place tenderloins on a piece of waxed paper. Combine remaining ingredients. Spread over pork on all sides. Preheat barbecue on high; reduce heat to medium. Grill pork on a greased grill with the cover

down for about 15 – 20 minutes or until internal temperature registers 155°F (68°C). Remove to a cutting board. Tent loosely with foil. Let rest 5 minutes before slicing.

YIELD: 6 servings.

Per serving: Calories 190; Fat 6g (Saturated 1g, Monounsaturated 3g, Polyunsaturated 1g); Cholesterol 75mg; Sodium 125mg; Carbohydrate 3g (Fibre 0g); Protein 30g



Pork Loin Roast with Curry Orange Glaze

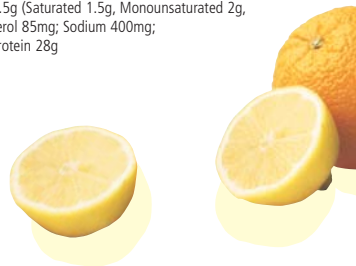
2 1/2 lb	PORK LOIN CENTRE ROAST, boneless	1 kg
1/2 cup	orange marmalade	125 mL
2 Tbsp	lemon juice	25 mL
1 tsp	curry powder	5 mL
2 tsp	Dijon mustard	10 mL
1 tsp	EACH coarse salt, coarse black pepper	5 mL

Preheat barbecue on high; reduce heat to medium and turn off one side of barbecue. Place roast over indirect heat and close barbecue cover. Grill roast until meat thermometer registers 155°F (68°C). Meanwhile combine marmalade, lemon juice, curry powder and mustard. Divide into two portions.

During last half hour of cooking, brush roast generously on all sides with one portion of glaze. Remove roast from barbecue, tent loosely with foil and let rest for 10 minutes. Heat second portion of glaze gently over low heat. Combine salt and pepper; sprinkle over roast. Slice and serve with heated glaze.

YIELD: 8 servings

Per serving: Calories 220; Fat 4.5g (Saturated 1.5g, Monounsaturated 2g, Polyunsaturated 0.5g); Cholesterol 85mg; Sodium 400mg; Carbohydrate 15g (Fibre 0g); Protein 28g



Sweet and Spicy Chops with Apples

4	PORK LOIN CENTRE CHOPS, boneless	4
1/4 cup	EACH Dijon mustard, brown sugar	50 mL
2 Tbsp	EACH apple juice, Worcestershire sauce	25 mL
4	Granny Smith apples	4

Place pork chops in a ziplock bag. Combine mustard, sugar, apple juice and Worcestershire sauce. Reserve 2 Tbsp (25 mL) mixture. Pour remaining mixture over chops and turn to coat well. Seal bag; marinate in refrigerator 4–24 hours. Remove chops from marinade, reserving marinade. Core and slice unpeeled apples crosswise into 1/2" (1.25cm) thick slices. Brush with reserved 2 Tbsp (25 mL) marinade. Preheat barbecue on high; reduce heat to medium. Grill chops about 5–6 minutes per side, brushing

with marinade. Grill apple slices about 4–5 minutes per side. Serve chops with grilled apple slices.

YIELD: 4 servings

Per serving: Calories 270; Fat 6g (Saturated 2g, Monounsaturated 2.5g, Polyunsaturated 0.7g); Cholesterol 50mg; Sodium 270mg; Carbohydrate 35g (Fibre 3g); Protein 22g



For more recipes:

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