

RECIPE FILE

Pork barbecues

Marinate and sizzle

The beauty of barbecue meals is that they require little attention yet provide an easy solution to delicious summertime meals. Marinate meat ahead of time and sizzle Ontario pork over the grill while relaxing with friends.

If spareribs are the only cut that comes to mind when choosing Ontario pork for barbecue menus, think again. Pork steaks, ground pork for burgers, delicious roasts and even pork sausages are perfect barbecue fare.

Add special flavours to pork by using different marinades seasoned with fresh summer herbs or piquant mustard. Marinades may consist of two key ingredients — an acid, such as vinegar, wine or lemon juice, and oil.

The acid penetrates the meat fibres and acts as a tenderizer while the oil lubricates and helps keep the meat moist. For best results, marinate pork at least two hours at room temperature or six to eight hours in the refrigerator before grilling.

Keep in mind, marinades are different from sauces and should not contain sugar. Sugar caramelizes on the grill and can burn easily. If you're using a sugar-based sauce, brush on during the last 10 minutes of barbecuing only.

Cold beer is not just a refreshing drink. It also tastes great in marinades. The tangy marinade in

Beer Marinated Pork Steaks calls for beer, a splash of tomato juice and a dash of mustard.

Beer Marinated Pork Steaks

- 4 pork loin chops/steaks, 1-inch (2.5 cm);
- Marinade:
 - 2/3 cup (150 ml) beer;
 - 1/4 cup (50 ml) tomato juice;
 - 2 tbsp (25 ml) brown sugar;
 - 1 tsp (5 ml) Dijon mustard;
 - 1/2 tsp (2 ml) salt;
 - 1/8 tsp (0.5 ml);
 - 2 cloves garlic minced;
 - 2 green onions, finely chopped;

Directions: Trim fat on chops/steaks to 1/8-inch (3 mm), if required. Combine marinade mixture thoroughly. Place pork steaks in plastic bag placed in a bowl. Pour marinade in bag and close tightly so that marinade covers meat. Place in refrigerator to marinate for four to six hours.

Barbecue over medium-high heat nine minutes on each side or until there is just a hint of pink left in the meat. Brush occasionally with the marinade. Makes four servings.

Preparation time: Five minutes.
Marinating time: Four to six hours.

Cooking time: 18 minutes.
Calories per serving: 283. Fat per serving: 11.3 g.



Beer Marinated Pork Steaks — a tasty barbecue meal — features a unique mustard/beer marinade.

LS3—The Canadian Champion, Wednesday, July 4, 1990

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