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THE DAILY PORK
July, 2009 **EXCLUSIVE PORK COVERAGE** pork

SEPTEMBER 5 –
We ♥ Bacon!



Celebrate Your Independence – with Pork!

Grilling goes hand-in-hand with summer celebration, including this weekend's biggest celebrations of the summer – Independence Day. To help you fire-up the fun and plan a flawless backyard event, the National Pork Board offers easy tips and recipes – from bratwurst to ribs – to help “liberate” you from your everyday menu and add some spark to your Fourth of July celebration.

So what are you waiting for!? Whether the guest list includes friends, family members or co-workers, impress them all with an explosive menu for this year's holiday cookout.

Red, White and Pork!

Create a burst of pork dishes sure to light up your party. A quick and easy option to prepare, pork goes great with many different flavors – from rubs and sauces to spices and seasonal fruits and vegetables. Check out four must-have recipes to sparkle at your alfresco gathering:



[All American Pork Baby Back Ribs](#) — Kick-off your Independence Day with this grilling staple and your favorite homemade sauce. Serve with grilled corn on the cob and potato salad for a delicious main attraction that will have guests begging for more.



[Grilled Bratwurst with Onions Braised in Beer and Mustard](#) — Instead of serving-up the same-old brat, get the party poppin with this unique take on an old favorite. With beer and mustard to add flavor to this pork sandwich, make sure you have plenty for seconds!



[Bacon-Wrapped Pork with Spicy Mango-Basil Relish](#) — Season fruit adds some pizzazz to this tropical and light summer meal. Grill bacon-wrapped pork chops seasoned with soy sauce, lime juice, cayenne pepper and garlic for a burst of flavor that will be hard to resist.



[Honey Pork Tenderloin Kabobs](#) — Give your grill a new thrill with these spiked pork kabobs. Garnished with peppers and potatoes and served with a marinade of honey, you've got all the flavor bases covered. This dish will certainly knock one out of the park!

Easy Entertaining

Follow our “Four for the Fourth” tips below to help keep the festivities fun while you entertain:

Think Ahead: When selecting the menu, it's important to pick meals that can be prepared ahead of time. By doing so, hosts can spend time socializing with guests and sipping on a tasty beverage instead of cooped up in the kitchen or hovered over the grill.

Potluck Perfect: Assign each guest a dish to share, ensuring there will be something for everyone to enjoy, and you won't get stuck preparing every dish. Just remember to assign someone appetizers to help keep guests satisfied before chowing down on the main course.

Set the Mood: Decorate the backyard for the adults and have goodie bags on hand for the little tykes set to the “theme” of your event. For example, decorate in red, white and blue lights and ribbons for the 4th of July served alongside the same color thematic drinks and desserts. Include a themed coloring book, markers and sparklers (under adult supervision, of course!) to the kid's goodie bags.

Save the Clean-Up: While you may be tempted to clean as you go, we recommend leaving the dishes for later and enjoying the celebration with friends and family while everyone's together.

Safety Tips for More than Just Fireworks

While most are familiar with the risks associated with lighting off fireworks, many are unaware or unfamiliar with risks associated with grilling. To help ensure a healthy and happy Fourth of July, the Home Safety Council offers the following tips for grilling safety¹:

- Before using, place your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.

- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas. Do not attempt to light the grill again until the leak is fixed.
- Keep kids and pets well away until grill equipment is completely cool.

The safety tips don't stop there. TheOtherWhiteMeat.com provides a list of food safety tips for the backyard barbecue.

- Thaw frozen foods in the refrigerator or the microwave, following manufacturer's directions.
- Marinate foods in the refrigerator, not at room temperature. Discard any remaining marinade.
- Never chop vegetables or salad ingredients on the same cutting board used to prepare raw meats, fish or poultry, unless the board is thoroughly sanitized between uses.
- Use a digital thermometer when grilling to ensure your pork reaches an internal temperature of 160 F degrees before serving.

Looking for more ideas to make your celebration sizzle? Check out TheOtherWhiteMeat.com which offers a variety of menu items perfect for the picnic table.

1 Source: [The Home Safety Council-Grilling Safety, 2009](#)

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