



Have a Smokin' Summer with Pork

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

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Barbecue isn't Barbecue without the Pork!

Barbecue vs. Grilling

Summer is in full swing and if you're like many Americans, it's time to partake in a summertime ritual --- firing up the barbecue! But what many don't realize is that "to barbecue" and "to grill" are two very different techniques. What's the difference you ask? TheOtherWhiteMeat.com defines the different techniques as following:



- **Barbecue** - A method of slowly cooking pork in an open pit or on a spit using coals, hardwoods, gas or electricity as a heat source. The same effect can also be achieved using a grill by placing the pork on the rack away from the heat source.
- **Grilling** - A method of cooking pork over direct heat on an electric, gas or charcoal grill.

Controlling your temperature and allowing smoke to encompass meat to help tenderize the pork and add flavor are key to executing a great barbecue. And as illustrated above, the main difference between the two techniques is harnessing direct versus indirect heat during the cooking process. While pork is the ideal meat for either method, there are several cuts of pork that are perfectly suited for a lazy summer's day barbecue.

Flamin' Que

Since the traditional barbecue calls for an extended amount of time over a lower heat, you want to make sure you choose a cut that is right for the job. To create a succulent pork barbecue, the best cuts to try include ribs, roasts and shoulders.

- **Ribs:** Ribs are the quintessential American staple for grilling. Pork ribs can vary in size and amount of meat, but all pork ribs offer great barbecue possibilities. Kick back while ribs cook over medium-low, indirect heat for 1-1/2 to 2 hours or until the meat "wiggles" away from the bone. Not only will you feel relaxed, but so will the ribs.
 - **Back Ribs:** Also known as "baby back ribs" because these ribs are cut from the blade and center section of the loin, and thus are smaller than spareribs. They are known for the "finger meat" between the bones. Back ribs are a favorite rib choice because of the large amount of meat they offer.
 - **Spareribs:** Cut from the underbelly or side of the hog, spareribs are the least meaty variety of pork ribs, but are big on flavor. St. Louis-style spareribs are spareribs with the breast bone removed.
 - **Country-Style:** The meatiest of pork ribs, country-style ribs are cut from the rib end of the loin. Country-style ribs are often sold in individual servings, rather than full racks. These ribs are perfect for large appetites and contain enough meat to

warrant the use of a knife and fork.

- **Roast:** Roasts should be cooked over indirect heat, with the pork placed on the portion of the grill not directly over the heat source. A boneless loin roast will cook to tender perfection in about 20 minutes per pound or until the internal temperature measures 155 degrees F. Tent the roast, once off the grill, with aluminum foil and let it “rest” 10 minutes, allowing the internal temperature to come-up to 160 degrees F and the juices to redistribute before carving.
- **Shoulder:** Shoulder, sometimes known as shoulder butt, is an economical cut when needing to feed a crowd. Requiring about an hour per pound of slow roasting for flavor infusion, a shoulder roast offers the perfect opportunity to invite close friends over while preparing an evening feast. With patience, the shoulder roast will become tender and juicy, falling apart on its way to your plate. Allow the meat to sit for 10 minutes before serving.

Smokin' Recipes

Test out your barbecue skills at your next alfresco gathering and tap one (or all!) of the delicious recipes below:



[Low and Slow Pulled Pork:](#)

A popular barbecue choice. Top-off the pulled pork sandwich with an extra helping of the sauce to ensure this sandwich is a backyard hit with guests.



[BBQ Baby Back Ribs with Spicy Girls' Dry Rub and Mop Sauce:](#) Packed with flavor these ribs are cooked with a spicy dry rub covering every inch then smothered in a sweet hickory barbecue mop sauce for an irresistible punch.



[North Carolina-style Pulled Pork Sandwiches:](#) This recipe, courtesy of pro-grill gal Elizabeth Karmel, is a nod to the traditional Carolina barbecue. Shredded pork is drenched in a vinegar-based barbecue sauce for a mouth-watering dish everyone will love.

Tantalizing Techniques

Depending on what part of the country you live in, there are regional flavors of barbecue, but all use similar techniques. Here are some tips to help you create a “smoldering” good time:

- **Up in Smoke:** Keep your grill lid or smoker door on and closed to help create a thick, dense cloud of smoke to cover the meat. Make sure the smoke is able to move freely around the meat and out the top quickly to keep meat from having a bitter taste.
- **Temperature Control:** Make sure to control the temperature, keeping it at a low level. This will allow the smoke enough time to sink in to enhance pork's flavor and helps to

tenderize the meat.

- **Be Patient:** Often known as “low and slow,” smoking takes time, so don't rush it.

So what are you waiting for? Succumb to the smoke! Whether it's for a weekend of relaxation or a backyard celebration, barbecued pork can help you create the best feast of the season. Be sure to check out several other barbecue recipes and tips on TheOtherWhiteMeat.com to make sure your barbecue is smokin'!

[Share](#) YOUR FAVORITE grilling pork tip for a chance to win \$5,000 and a trip to NYC to meet grilling guru Guy Fieri!

Also, check out PorkKnifeandSpoon.com and be sure to ask Shauna and Daniel about all things pork --- they'd love to hear from you!

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