

CELEBRATE SUMMER SIZZLE!



Caribbean Pork Sandwich

Serves 4

- 4 ¾-inch-thick loin pork chops
- ½ tablespoon coarse salt
- ½ teaspoon cracked pepper
- ½ teaspoon ground cumin
- ½ teaspoon ground allspice
- ½ cup light mayonnaise
- 1 teaspoon minced chipotle pepper en adobo
- 1 teaspoon grated lime rind (if desired)
- 1 teaspoon lime juice (optional)
- 4 ciabatta rolls, sliced

The grill is the ultimate timesaver.

The key to creating fast, flavor-packed meals on the grill is to use smaller cuts of pork, like chops and kabobs, over direct heat.

Combine salt, pepper, cumin and allspice in a small bowl. Rub onto both sides of the pork chops. Cover and refrigerate at least 20 minutes.

Prepare medium-hot fire in charcoal or preheat gas grill to medium high. Pat chops dry and grill over a medium-hot fire, turning once, until just done, about 8 to 11 minutes or until internal temperature reaches 155° F.

Transfer chops to a cutting board. Cover loosely with foil; let rest 5 minutes.

Meanwhile, combine light mayonnaise, chipotle pepper, lime rind (if desired) and juice in a small bowl. Season to taste with salt and pepper.

Spread 1 to 2 tablespoons mayonnaise mixture on top half of rolls. Cut pork into thin slices and place on rolls. Add lettuce leaf and tomato slices if desired.

Glazed Blade Steaks

Serves 4

- 4 1-inch-thick pork blade steaks, bone-in
- 2 tablespoons steak or pork seasoning
- ½ cup barbecue sauce
- 1 tablespoon steak sauce
- 1 tablespoon molasses

Blade steaks + marinade = perfection.

Pork blade steaks may include more bone and are more marbled compared to loin chops. This cut works well in recipes that call for a marinade.

Rub seasoning onto both sides of the pork steaks. Cover and refrigerate 1 to 2 hours.

Prepare medium-hot fire in charcoal grill or preheat gas grill to medium high. Pat steaks dry and grill over a medium-hot fire, turning once, about 8 minutes on each side.

Meanwhile, combine barbecue sauce, steak sauce and molasses in a small bowl. Brush steaks with sauce and continue cooking 5 minutes more or until internal temperature reaches 155° F., turning and brushing with sauce.

Transfer steaks to a cutting board. Cover loosely with foil; let rest 5 minutes.

Grilled Ham Steaks with Peach Salsa

Serves 4

- 4 ham steaks, about ½ inch thick
- Salsa**
- 1 cup chopped peaches
 - 1 cup grape tomatoes, cut in half
 - 1 teaspoon balsamic or seasoned rice vinegar
 - 1 teaspoon chopped fresh thyme
 - 1 teaspoon minced jalapeño pepper

Size matters! If you're cooking for more than one or two, consider the bone-in ham steak. It's larger than typical boneless ham steaks and serves more (or is great for leftovers!).

Combine the peaches, tomatoes, vinegar, thyme and jalapeño pepper in a small bowl. Season with salt. Chill until needed.

Prepare medium-hot fire in charcoal grill or preheat gas grill to medium high. Grill ham steaks over hot coals, turning once, until nicely browned, about 6 to 8 minutes. Serve with peach salsa.

Chili-Orange Grilled Ribs

Serves 4 to 6

- 4 pounds country-style pork ribs
- 1½ cups orange or apple juice
- ½ cup chili sauce
- 2 tablespoons hoisin sauce
- 1 tablespoon grated orange rind
- 1 tablespoon (or to taste) sriracha sauce (red chili sauce)
- 2 teaspoons firmly packed brown sugar

Brush your ribs! Ribs basted with sauces during the barbecuing process are called "wet ribs." For best results, brush ribs generously during the last 30 minutes of cooking.

Place the ribs in a 4 to 5 quart Dutch oven. Add orange juice and cover. Marinate 30 to 60 minutes.

Combine the chili sauce, hoisin sauce, orange rind, sriracha sauce and brown sugar in a small bowl.

Prepare a medium fire in charcoal grill or preheat one side of gas grill to medium.

Remove ribs from the Dutch oven and pat dry. Discard marinade. Place ribs on grill and grill about 1½ to 2 hours or until tender, brushing with sauce several times during last 20 minutes of grilling.

Asian Pork and Pineapple Kabobs

Serves 4

- 1 pound boneless pork loin, cut into 1-inch cubes
- ¾ cup teriyaki marinade, divided
- 2 cups pineapple chunks, about 1-inch pieces
- 1 red pepper, cut into 1-inch squares
- 4 green onions, cut into 2-inch pieces
- ½ cup bottled Thai peanut sauce (optional)

Refrigeration increases flavor. For even flavor distribution, place chops and marinade in a resealable plastic bag and refrigerate for 30 minutes to 12 hours before grilling.

Place pork in self-sealing plastic bag and add ½ cup teriyaki marinade. Seal bag and refrigerate 2 to 4 hours.

Prepare medium-hot fire in charcoal or preheat gas grill to medium high.

Remove pork from marinade. Thread pork, pineapple, red peppers and green onions onto skewers. Grill kabobs directly over fire, turning to brown evenly, for about 10 to 12 minutes or until internal temperature reaches 155° F., brushing kabobs with reserved marinade.

Serve kabobs with peanut sauce on a bed of steamed rice, if desired. (Note: nutrition information does not include peanut sauce or rice.)

Meals prepared during the summer months typically have one thing in common—the grill! Whether you're feeding a crowd for a Fourth of July barbecue or doing dinner outside with family, there's a savory, sizzling cut of pork that's perfect for your summer menu.

That's why pork is a fun and flavorful way to beat the heat! It can be paired with everything from pantry spices to prepared marinades. And many cuts cook up in less than 30 minutes, making it a cinch to get dinner on the table quickly and keep your cool at the same time.

For more information, including delicious recipes, tips and videos for how to celebrate summer sizzle with pork, visit TheOtherWhiteMeat.com.

Method	Cut	Thickness/Weight	Final Internal Temp.	Cooking Time
Grill over Direct Heat	Loin Chops	¾ inch	160° F.	8-10 min.
	Thick Chop	1½ inches	160° F.	12-16 min.
	Kabobs	1 inch cubes	Tender	10-15 min.
	Tenderloin	1-1½ lbs.	160° F.	15-25 min.
Grill over Indirect Heat	Ground Pork Patties	1/2 inch	160° F.	8-10 min.
	Loin Roast*	2-5 lbs.	160° F.	45-60 min.
	Shoulder Roast (Butt)*	3-6 lbs.	Tender	2½-4 hrs.
	Ribs	—	Tender	1½-2 hrs.

* Cook larger cuts of pork to 150° F; remove from the oven or grill and allow to rest 10 minutes before slicing. The temperature of the roast will continue to rise to 160° F, and the pork juices will redistribute throughout the roast before slicing.

Caribbean Pork Sandwich

Add sophistication to your sandwich with a pork chop rubbed with ground cumin and allspice. Plus, the lime in the sauce packs a little flavor and “zest” to any Caribbean theme.

Nutrition Information per Serving:

Calories: 510
 Fat: 26 g
 Saturated Fat: 7 g
 Cholesterol: 100 mg
 Sodium: 1340 mg
 Carbohydrates: 34 g
 Protein: 29 g
 Fiber: 0 g



Glazed Blade Steaks

This blade steak is a hearty dish that starts out with a dry seasoning rub before it's brushed with robust barbecue and steak sauces, as well as rich molasses.

Nutrition Information per Serving:

Calories: 400
 Fat: 19 g
 Saturated Fat: 7 g
 Cholesterol: 140 mg
 Sodium: 1570 mg
 Carbohydrates: 17 g
 Protein: 39 g
 Fiber: 0 g



Grilled Ham Steaks with Peach Salsa

Add a flavor punch to grilled ham steaks with the delicious flavors and colors of the season—peach salsa!

Nutrition Information per Serving:

Calories: 90
 Fat: 2.5 g
 Saturated Fat: 1 g
 Cholesterol: 25 mg
 Sodium: 730 mg
 Carbohydrates: 5 g
 Protein: 12 g
 Fiber: 1 g



Chili-Orange Grilled Ribs

These country-style ribs mix the flavors of familiar fruits—apples and oranges—in a new and exciting way. The ribs are cooked with tasty orange juice and finished on the grill with and chili-orange sauce.

Nutrition Information per Serving:

Calories: 360
 Fat: 13 g
 Saturated Fat: 4.5 g
 Cholesterol: 170 mg
 Sodium: 450 mg
 Carbohydrates: 9 g
 Protein: 47 g
 Fiber: 0 g



Asian Pork and Pineapple Kabobs

For a skewer filled with Asian inspiration, try the combination of teriyaki-marinated pork chops, pineapple, red peppers and green onions. You can serve with peanut sauce and steamed rice.

Nutrition Information per Serving:

Calories: 260
 Fat: 10 g
 Saturated Fat: 3.5 g
 Cholesterol: 60 mg
 Sodium: 980 mg
 Carbohydrates: 20 g
 Protein: 21 g
 Fiber: 2 g

