



Tasty grilling with fresh Canadian pork

It may feel as though summer is drawing to a close, but there is still time to enjoy a great outdoor barbecue. Summer grilling is an easy way to make a tasty meal while escaping the heat of the kitchen – and fresh pork is a great choice for the grill.

Outdoor barbecuing is a symbol of summer, a simple approach to cooking that offers flavour and variety. And cooking with pork is no different – it's easy and tasty. Pork is one of the most versatile meats to prepare and serve, and can be incorporated into just about any dish or substituted for chicken in many recipes. Pork also offers many options for grilling; pork chops, tenderloin, pork ribs, pork sirloin steak or lean ground pork are all favourite cuts for the grill.

“Grilled pork is full of flavour and can be a healthy, low-fat option for the barbecue,” says Kimberly Green, registered dietitian with Pork Marketing Canada – an alliance of provincial pork producer associations that have joined forces to promote fresh Canadian pork. “A low-fat cooking method like grilling is an easy way to trim fat – lean meats stay lean since, unlike frying, grilling allows fat to naturally drip away as meat cooks.”

Many consumers are not only interested in healthy options, but in food produced locally and in Canada. Fortunately, a new label is making it easier to choose Canadian pork – fresh pork is now labeled and easily identified as “Canadian Pork” at participating grocery stores across Canada. In addition, the Government of Canada recently announced more stringent food label guidelines to take effect in 2009. This will ensure “Product of Canada” labels only appear on food produced and processed in Canada. Both initiatives will help feed consumers’ growing desire to be able to choose Canadian food products for their grills.

So, savour the last few weeks of summer with fresh pork on the barbecue – an easy, healthy and tasty way to stretch the outdoor cooking season a little longer.

For best results when grilling pork:

- Use tongs instead of a fork to handle meat; a fork will pierce the meat and allow juices to run out, resulting in a dry product.
- Do not overcook! For best results, use a meat thermometer.
- Pork is most flavorful and juicy when cooked to an internal temperature of 155°-160° F (68°-71° C), medium doneness. Insert thermometer into the thickest part of the meat, away from any bones. Ground pork and sausage, like all ground meats, must always be cooked thoroughly.

For more grilling tips and pork recipes visit www.putporkonyourfork.com. Look for the “Canadian Pork” label when shopping, or ask your retailer for Canadian-grown pork. Fire up your barbecue and enjoy fresh BBQ Asian Pork Tenderloins, best served with new potatoes and seasonal vegetables.

BBQ Asian Pork Tenderloins



Yield: Serves 4-6

Cooking Time: 20 minutes

Preparation Time: 10 minutes

Ingredients

1/4 cup (50 mL) soy sauce

1/4 cup (50 mL) honey

3 tbsp (45 mL) fresh lime juice

2 tbsp (25 mL) vegetable oil

1 tbsp (15 mL) minced garlic

1 tbsp (15 mL) grated ginger

2 tsp (10 mL) ground cumin

1 tsp (5 mL) ground black pepper

2 fresh Canadian pork tenderloins (about 750 g total)

Cooking Instructions

Combine all ingredients except the pork tenderloin to make a marinade. Divide marinade in half: put one half in a small, non-metal container with the pork, cover and refrigerate for about four hours. Pre-heat barbecue to hot. Grill pork over high heat, basting with the other half of the marinade. Turn and baste pork tenderloins frequently. Continue grilling until the pork is nicely browned and internal temperature reaches 155-160 F (68-71 C) with a meat thermometer (about 20 minutes). Do not overcook. Allow pork to rest for about 10 minutes. Slice diagonally and serve.

Funding provided in part by the Agricultural Adaptation Council's CanAdvance program.