



Grilling Recipes

Pork En Fuego

Strawberry Pork Chop Fiesta

Tastebud Poppin' Pork Piccata

All recipes courtesy of Guy Fieri, on behalf of the National Pork Board

Pork En Fuego

1 pound pork tenderloin, cut into 1-inch thick pieces
3 strips bacon, sliced into 1/2 inch pieces
2 tablespoons unsalted butter
1/2 cup yellow onion, diced
4 teaspoons minced garlic (about 8 cloves)
1/3 cup Cabo Wabo® or favorite reposado tequila
3/4 cup canned reduced sodium chicken broth
3/4 cup Roma tomatoes, seeded and diced
1/4 cup jarred hot cherry peppers, chopped
1/4 cup En Fuego Spice Blend (see recipe, below)
4 ounces Havarti cheese, thinly sliced
4 ciabatta rolls, split
1 1/2 tablespoons fresh basil, julienned
1 tablespoon cilantro, chopped
1/2 cup green onions, thinly sliced

En Fuego Spice Blend

1 tablespoon dried thyme leaves
1 1/2 teaspoons granulated or powdered garlic
1 1/2 teaspoons dried basil leaves
1 1/2 teaspoons dried oregano leaves
1 1/2 teaspoons paprika
1 1/2 teaspoons ground cumin
1 1/2 teaspoons cracked black pepper
3/4 teaspoon ground red pepper (cayenne)

For spice blend, combine spice blend in shallow dish or pie plate.

In a large skillet over medium-high heat, cook bacon just until crisp. Transfer bacon to a plate with paper towels and discard bacon drippings in skillet.

In same skillet, over medium-high heat, melt 1 tablespoon unsalted butter. Add onion. Cook for 4 to 6 minutes or until onion is tender and begins to brown, stirring occasionally. Add garlic and cook for 30 seconds more.

Remove skillet from heat. Slowly pour in tequila. Return to heat; cook and stir over low heat for about 30 seconds to remove bits from bottom of skillet. Stir in chicken broth, tomatoes and hot cherry peppers. Bring to a boil; reduce heat. Simmer, uncovered, over medium heat for 10 to 15 minutes or until most, but not all of the liquid has evaporated.

Meanwhile, coat pork pieces with spice blend, pressing to adhere. Preheat gas grill to medium-high heat for direct grilling.

Grill pork pieces, uncovered, for 5 to 6 minutes or until the internal temperature reaches 155 degrees F, turning pork over halfway during grilling. Transfer pork to clean cutting board; set aside.

Split rolls and grill, uncovered about 2 minutes or until lightly toasted. Turn off one burner on grill. Remove roll tops from grill. Turn roll bottoms over and move to area over unlit burner. Top the cut sides of the roll with cheese. Close lid and grill for 1 to 2 minutes or until cheese is melted; remove from grill.

Cut pork pieces into strips. When sauce is reduced, add pork strips, crumbled bacon, basil and cilantro. Cover and simmer about 3 minutes. Stir in the remaining 1 tablespoon of unsalted butter.

To serve, spoon pork mixture evenly on roll bottoms; top with green onions. Cover with roll tops to form sandwich.

Makes 4 servings

Nutrition Information per Serving:

Calories: 610 calories

Fat: 23 grams

Saturated Fat: 12 grams

Cholesterol: 120 milligrams

Sodium: 980 milligrams

Carbohydrates: 48 grams

Protein: 41 grams

Strawberry Pork Chop Fiesta

4 boneless top loin pork chops, cut 1 inch thick (about 1 3/4 pounds total)
4 tablespoons bottled roasted red bell pepper, chopped and well drained
4 tablespoons frozen artichoke hearts, chopped and thawed
8 teaspoons cream cheese
8 to 12 bottled pickled jalapeno nacho-style slices
2 large strawberries, thinly sliced
1 12-ounce package center-cut bacon, thinly sliced (16 slices)
1 tablespoon balsamic vinegar
Honey Mustard Sauce

Honey Mustard Sauce

1/4 cup beer
2 tablespoons honey
2 tablespoons Dijon-style mustard

For honey mustard sauce, combine beer, honey and mustard in a small sauce pan. Bring to boil; reduce heat. Simmer, uncovered, for 2 to 4 minutes or until slightly thickened and reduced by 1/3. Stir occasionally to prevent over boiling. Makes about 1/4 cup.

If necessary, trim and discard surface fat from pork chops. Place pork chops on cutting board. Cover chops with plastic wrap. Starting from the narrow end of each pork chop, pound chops to 1/4 inch thickness using the flat side of a meat mallet. Remove plastic wrap.

Near a narrow end of each flattened pork chop, layer 1 tablespoon of roasted pepper, 1 tablespoon artichoke hearts, 2 teaspoons cream cheese, 2 or 3 slices of jalapeno, and 2 or 3 slices of strawberries. Tightly roll pork to enclose filling ingredients. Set rolls aside.

Place a large piece of plastic wrap on work surface. Lay out 4 slices of bacon by placing them 1/4 inch on top of each other in a shingled fashion. Near a short edge of the shingled bacon, place 1 pork roll. Using the plastic wrap to help lift bacon, roll bacon around pork roll. Remove plastic wrap and set bacon-wrapped pork roll aside. Repeat wrapping remaining pork rolls with remaining bacon.

Preheat gas grill to medium heat for direct grilling. Cut two 14 x 16 inch pieces of heavy foil. Place 2 pork rolls, end to end with seam sides down, on center of each piece of foil. Drizzle balsamic vinegar evenly over pork rolls. To make packets, bring up 2 opposite sides of foil; fold down to close, making 2 or 3 tight folds. Fold remaining opposite ends to close. Place foil packets, folded seam up, on grill rack. Close lid and grill for 20 minutes or until internal temperature reaches 155 degrees F.

Remove foil packets from grill and remove foil from pork rolls; discard juices and foil. Return pork rolls to grill, brush with mustard sauce. Continue grilling, uncovered for 2 to 4 minutes or until bacon is crisp, turning occasionally (watch carefully, bacon drippings may cause flames).

Transfer pork rolls to carving board. Loosely cover with foil; let rest for 5 minutes. Cut into 3/4 inch thick slices; serve with remaining mustard sauce.

Makes 8 servings as an appetizer

Nutrition Information per Serving:

Calories: 290 calories

Fat: 12 grams

Saturated Fat: 4.5 grams

Cholesterol: 105 milligrams

Sodium: 1030 milligrams

Carbohydrates: 9 grams

Protein: 36 grams

Tastebud Poppin' Pork Piccata

3 or 4 pork shoulder blade steaks, cut 1/2 to 3/4 inch thick (3 1/2 to 4 pounds total)
1/2 cup dry white wine
1/4 cup peeled garlic cloves, smashed and slightly chopped
5 teaspoons lemon peel, grated
4 tablespoons fresh lemon juice
4 tablespoons bottled capers, drained
5 teaspoons Dijon-style mustard
2 1/4 teaspoons cracked black pepper
1 1/4 teaspoons fine sea salt
1 tablespoon Italian parsley, chopped

Combine wine, garlic, lemon peel and 3 tablespoons juice, 3 tablespoons capers, mustard, 2 teaspoons cracked pepper and 1 teaspoon salt in small bowl.

Place pork in single layer in 2 1/2 gallon resealable plastic bag or large glass baking dish. Pour wine mixture over pork. If using bag, close bag to seal. Turn bag or pork over in dish to coat with wine marinade. Marinate for 30 minutes at room temperature or in refrigerator for up to 1 hour,

Preheat gas grill to medium-high heat for direct grilling. Remove steaks from marinade, brushing off any large pieces and reserving marinade. Transfer marinade to small sauce pan. Bring to boil; reduce heat. Simmer, uncovered, for 1 minute; remove from heat.

Grill steaks, uncovered, for 6 to 10 minutes or until the internal temperature reaches 155 degrees F, turning steaks over halfway during grilling and brushing occasionally with reserved marinade. Transfer steaks to carving board. Loosely cover with foil; let rest for 5 minutes.

Remove foil. Sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Top with remaining 1 tablespoon lemon juice, parsley and remaining 1 tablespoon capers. Cut into serving pieces before serving.

Makes 4 to 6 servings

Nutrition Information per Serving:

Calories: 300 calories	Fat: 16 grams	Saturated Fat: 6 grams
Cholesterol: 95 milligrams	Sodium: 840 milligrams	Carbohydrates: 4 grams
Protein: 30 grams		