



Tailgating Recipes

Lone Star-Style Smokin' Spicy Ribs

Texas Barbecue Pork Chop Wrap

Recipes courtesy of Emmitt Smith, on behalf of the National Pork Board

Apple Sweet and Sour Brats

Barbecued Pork Steaks

Smoky Citrus Kabobs

Recipes courtesy of the National Pork Board

Lone Star-Style Smokin' Spicy Ribs

Recipe Courtesy of Emmitt Smith, NFL's All-Time Leading Rusher

Add extra cayenne pepper to this rub if you like your ribs smokin' hot. Once the ribs are on the grill, lift lid once or twice and rearrange the ribs if some areas are becoming too dark.

2 racks baby back pork ribs, membrane attached
2 tablespoons garlic salt
1 tablespoon ground black pepper
1 tablespoon onion powder
1 tablespoon liquid smoke
1/2 - 1 teaspoon cayenne pepper
4 cups wood chips

Mix together the garlic salt, ground black pepper, onion powder, liquid smoke and cayenne pepper. Rub spice mixture over both sides of ribs. Wrap ribs in plastic wrap and refrigerate overnight.

One hour before grilling soak 4 cups wood chips in enough water to cover. Preheat gas grill to high. Drain wood chips. Place chips in metal smoker box, disposable drip pan or wrap in heavy-duty foil that has holes poked in the top for steam to escape. Place box, drip pan or foil packet directly over lava rocks. When chips begin to smoke, reduce heat to 275 degrees F. Place ribs, bone side down on grill rack. Turn off any burners directly below the ribs. Cover and grill over indirect heat for 1 1/2 - 2 hours or until meat is very tender. Add more wood chips as needed.

Transfer ribs to cutting board. Loosely cover with foil; let rest for 10 minutes before serving.

**For charcoal grill:* Drain wood chips. Prepare a medium fire in covered charcoal grill. Bank coals on both sides of grill. Place drip pan in center. Sprinkle 2 cups of the wood chips over the coals. When chips begin to smoke, place ribs, bone side down, in center of grill over drip pan. Cover and grill over indirect low heat for 2 hours or until meat is very tender, adding more wood chips every 20 minutes and, if necessary, a few briquettes to maintain an even grill temperature of about 275-300 degrees F. Continue as directed above.

Makes 4 servings

Nutrition Information per Serving:

Calories: 400
Cholesterol: 115mg
Protein: 23g

Fat: 33g
Sodium: 1430mg
Fiber: 0g

Saturated Fat: 12g
Carbohydrates: 1g

Texas Barbecue Pork Chop Wrap

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Top the warm slices of pork with extra sauce and fold inside a tortilla. The pork chops and sauce can be prepared ahead. Slice and reheat pork chops in the barbecue sauce before serving. Serve with deli cole slaw or lettuce leaves on the side or place some over the pork in the tortilla.

4 6-ounce natural (non-marinated) boneless pork loin chops, 3/4-inch thick
Salt and pepper, to taste
1 cup barbecue sauce
1/2 cup beer
1-2 canned chipotle chiles, finely chopped
8 flour tortillas
1/2 cup shredded Cheddar cheese, if desired
Deli cole slaw or lettuce leaves, if desired

Combine barbecue sauce, beer and chiles in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to low and simmer 5-7 minutes or until slightly thickened. Remove from heat and set aside 1/4 cup for pork chops.

Prepare a medium-hot fire in grill. Sprinkle both sides of chops with salt and pepper. Grill chops, uncovered, over direct heat for 3-4 minutes until nicely browned on one side; turn and brush liberally with sauce. Grill 3-4 minutes until second side is browned. Turn and brush with sauce. Grill a few minutes more, brushing with sauce, until the internal temperature reaches 155 degree F. Transfer chops to cutting board. Loosely cover with foil; let rest for 5-10 minutes.

Meanwhile, reheat remaining sauce and warm tortillas. Thinly slice pork and serve with sauce and warm tortillas. Place pork slices in warm tortilla and sprinkle with cheese. Serve with sauce and deli cole slaw or lettuce leaves.

Makes 4 servings

Nutrition Information per Serving:

Calories: 360

Cholesterol: 15mg

Protein: 11g

Fat: 7g

Sodium: 1090mg

Fiber: 1g

Saturated Fat: 2g

Carbohydrates: 57g



Apple Sweet and Sour Brats

12 bratwurst
1 32-ounce jar sauerkraut, rinsed and well drained
1 cup applesauce
1/2 cup apple juice
1 onion, sliced
1 tablespoon butter
2 tablespoons brown sugar
1 large apple, cored and cubed
1 teaspoon cinnamon
Salt and pepper to taste

In a large saucepan, simmer sauerkraut with applesauce and apple juice for 20 minutes.

In a large deep skillet, heat butter over medium heat; add onions and sauté, stirring frequently, until very soft, about 10 minutes. Add brown sugar, and cook for 5 more minutes. The onions should be caramelized. Add apple pieces and sauté for 5 more minutes until apples are just tender. Add to sauerkraut along with cinnamon, salt and pepper. Keep warm until ready to serve.

Prepare a medium-hot fire in grill. Grill bratwurst directly over fire, turning, until evenly browned, about 5-7 minutes, or until internal temperature reaches 160 degrees F.

Remove bratwurst from grill and serve with sauerkraut.

Makes 6-8 servings

Barbecued Pork Steaks

4 pork blade steaks, 1 to 1 1/4 -inches thick
1/2 cup bottled barbecue sauce
1/3 cup honey
1 tablespoon Worcestershire sauce
1 teaspoon garlic salt
1/2 teaspoon prepared mustard

Place steaks on grill about 4 inches above medium-slow coals. Cook about 8 minutes on each side. Meanwhile, stir together remaining ingredients in a small bowl. Brush steaks with sauce and continue cooking 5 minutes more, turning and brushing with sauce.

Nutrition Information per Serving:

Calories: 244
Cholesterol: 67mg
Protein: 20g

Fat: 8g
Sodium: 811mg
Fiber: 1g

Saturated Fat: 3g
Carbohydrates: 28g

Smoky Citrus Kabobs

1 pound pork tenderloin, cut into 3/4-inch cubes
1/3 cup smoky barbecue sauce
1/3 cup orange marmalade
2 tablespoons prepared horseradish

Thread tenderloin cubes onto skewers (if using bamboo skewers, soak in water for 30 minutes before using to prevent burning). Stir together remaining ingredients for basting sauce. Place kabobs over medium-hot coals, brushing generously with basting sauce. Grill and turn to brown evenly, brushing frequently with sauce, just until done, about 10-12 minutes.

Makes 4 servings

Nutrition Information per Serving:

Calories: 220
Cholesterol: 65mg
Protein: 24g

Fat: 4g
Sodium: 260mg

Saturated Fat: 1g
Carbohydrates: 21g