

Fire It Up with New Grillings

For a flavorful spin on warm-weather meals try a versatile protein, like pork, to revitalize standby menus and add creativity to dinner.



Pulled pork on the grill

Follow these tips from the National Pork Board:

Cut: The best roast for preparing pulled pork is the flavorful shoulder, which is broken down into two parts, Boston Butt and Picnic Roast. Though both yield delicious pulled pork, uniformly shaped Boston Butt is more commonly used.

Temperature: For tender pork, your best tools are patience and indirect heat. The ideal preparation calls for grilling at 285°F for 45 minutes per pound until tender.

Technique: When finished cooking, remove from heat and let sit, covered in foil, for 15 to 30 minutes. Shred meat with two forks, discarding remaining fat.

Grilled Pork Pie

Makes: 8 single-serving pies
Prep time: 1 hour
Cook time: 15 minutes

Dough

- 2 sticks butter
- 2 1/2 cups flour
- 1/2 teaspoon salt
- 1/2 cup cold water

Soaking Sauce

- 1/2 cup white vinegar
 - 1/2 cup cola
 - 1/2 cup ketchup
 - 2 tablespoons brown sugar
 - 2 teaspoons Worcestershire sauce
 - 1 teaspoon molasses
 - 1/2 teaspoon paprika
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1/4 teaspoon hot sauce
- 3/4 pound chopped barbecued pork

Cut butter into 1/2 inch cubes; refrigerate. In small mixing bowl, combine flour and salt. Add in cold butter until mixture resembles coarse bread crumbs. Slowly add water, mixing continuously, until a dough ball is formed. Seal dough ball in cling wrap; place in refrigerator overnight.

Sprinkle countertop generously with flour. On floured area, roll out dough to a thickness of 1/8-inch. Cut dough into five-inch diameter circles. Immediately peel, lift and flip dough circles, making sure they don't stick. Yield should be eight pie shells.

In small sauce pan, combine soaking sauce ingredients. Bring sauce to a light boil; reduce heat and simmer for 20 minutes. Remove sauce from heat and set aside.

Preheat grill using Kingsford charcoal, until internal temperature reaches 400°F.

Combine chopped pork and 1/2 cup of soaking sauce in medium bowl. Spread three tablespoons of sauced pork onto one-half of each dough circle, making sure outer edge of the shell is uncovered. Lightly moisten edges of dough with water. Fold dough in half creating a half-moon with filling. Gently press pie edges together and crimp with a fork.

Prep the charcoal grill grate with a grill brush and a light coat of oil. Transfer pies to the grill and cook at 400°F over direct heat for two to three minutes on each side, or until dough turns a crispy golden brown. Remove from grill and serve with remaining soaking sauce and coleslaw.

For more, visit www.Grilling.com, www.PorkBeInspired.com, www.facebook.com/PorkBeInspired and Twitter @AllAboutPork.

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