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Smoky Shredded Pork Tacos – Traditional and Classic Mexican Cooking

Shredded pork makes the perfect classic Mexican taco. This authentic recipe makes tacos that are steamed, delicious, and as tender as can be.

This Mexican pork tacos recipe calls for the pork to be shredded, and not ground. Not only can you use this feeling for tacos, but it works great in enchiladas or tamales. All of these ingredients can be found in supermarkets everywhere, and the results lead to authentic Mexican food results.

Mexican Smoky Shredded Pork Tacos

Ingredients:

- 1 1/2 pounds pork butt, cut into large cubes
- 5 garlic cloves, 2 minced and 3 left whole with skins on
- 1 large onion, chopped
- 1 1/2 pounds ripe tomatoes
- 3 chipotle chiles, from canned in adobo sauce

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1/2 cup slivered almonds
2 1/2 tablespoons lard
Salt to taste
Ground pepper to taste
1/2 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/2 cup raisins
20 corn tortillas
1/2 cup crumbled Mexican queso blanco, or Monterrey Jack cheese

Directions:

Place the pork, the chopped garlic, and half the onion in a 3-quart saucepan, and cover with salted water. Bring to a boil over medium heat. Skim the foam off the top, then reduce the heat to medium-low. Simmer, covered, for about 1 1/2 hours, until fork tender. Cool the meat in the liquid, then remove and shred using a fork.

Heat an ungreased skillet over medium-high heat. Cook the whole garlic cloves until soft, or about 10-15 minutes, turning occasionally. Remove the garlic and set aside.

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Preheat the broiler, and arrange the tomatoes in a broiling pan. Roast about 4 inches under the broiler heat until the skin blackens, or about 6 minutes. Turn the tomatoes over and roast for another 4 minutes. Remove the tomatoes and set aside.

Now place the almonds under the broiler, on another smaller metal tray, until they are lightly browned, or 1 to 2 minutes. Set them aside. Once the tomatoes are cool, peel them, and collect all the juice in the pan. Place the tomatoes in a food processor or blender, and pulse with the canned chipotle peppers and soft garlic. Look for a medium-fine puree.

In a heavy 3-quart saucepan or Dutch oven, melt 1 tablespoon of the lard over medium-high heat. Add the tomato puree, and cook until thicker, or about 5 minutes, stirring constantly. Turn the heat off, season with salt, and set aside.

In a 12-inch skillet, heat the remaining 1 1/2 tablespoons of lard over medium-high heat. Once it starts to smoke, add the shredded pork and the rest of the onion. Cook until the pork is crispy and golden in color (12-14 minutes), stirring frequently and scraping up any brown bits. Sprinkle with the pepper, cinnamon, cloves, and raisins. Pour in the tomato

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puree. Reduce the heat to low, and simmer until all of the liquid has evaporated (about 5 minutes), stirring occasionally. Add the almond slivers to the pork.

Wrap the corn tortillas in a kitchen towel, and place them in a steamer with 2 inches of water in the bottom. Bring to a boil, then turn it off and let it the tortillas sit for about 10 minutes.

To serve these pork tacos, hold a tortilla in your hand and fill it with cheese and shredded meat. Top with salsa if you like.

This authentic shredded pork tacos recipe makes 4 servings.

Billy Bristol is the writer and editor for Spicy Cooking, a website devoted to hot spices, spicy foods, blazing cooking, the hottest cuisines around the world, and “knock-your-socks-off fiery recipes that all chile-heads and chili-head wannabes will love. Spicy Cooking will fire up taste buds and scorch your plate...Guaranteed. Spicy Cooking

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Barbeque Pork Dishes ? Fast, Easy and Economical Approach to Serve up Luscious Delight

One of the most exciting and enchanting aspect of Pork recipes is the sheer variety of pork cuts and their cooking ways. Pork is an exceedingly versatile meat that may be tailored according to the likings and the tastes of the folks. Barbeque pork preparations are the well-liked recipes among pork lovers. These kind of dishes are pretty uncomplicated to make and proper for instant meals.

The finest fad about pork is that it really is a luscious variety of meat when cooked with full fat, though fat-free pork gets dehydrated extremely fast only if scalded. Listed below are few points on methods to prepare top barbeque pork recipes:

– The best approach to make an inexpensive meal with pork – purchase the whole loin. But, there can be different methods and temps for grilling the different pork cuts. Like, chop must be seared from all sides on extreme warmth for 2-3 minutes and then roasted on medium heat prior to concluding

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the cooking. Standard loin must be seared at 450 degrees F for a minimum of 5 minutes on all sides and cooked for 40-50 minutes at 400 degrees F. Correspondingly, tenderloin is prepared at the heat of 400 degrees F for 15-20 minutes.

- Keep the pork in marinade prior to grilling. A rub made up of dry spices or a liquid marinade, both would work remarkably with the pork. The highly accepted "jerk flavoring" is the best spice rub to cook barbeque pork preparations. Other marinades may contain sage, thyme, many sauces and in some preparations wine is also used.

-While grilling the pork, oil basting is very vital. This will bestow enough dampness to the pork and allow proper crusting.

-One point that needs to be present in mind that the source of heat or the grill is required to be suitably heated prior to cooking to ensure that the juices of the meat gets sealed inside it promptly.

-It is pretty necessary to sustain a right gap among the pork and the heat source at the time of grilling as it may guarantee the correct cooking of meat from inside as well as from outer surface. Allow the meat to cool down for 5-7

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minutes before dishing up.

-Last but not the least; appropriate grilling accessories are essential for making finest grilled meat preparations.

These tips would surely give you a plan of barbequing or roasting the pork, however, the cooking time and the temperature could be changed relating to the requirement. Various largely popular barbeque pork dishes are slow smoked pork ribs, grilled pork with cherry sauce and hoot-n holler baby back pork ribs.

For further details on pork chop recipes please go to [Pork Chop Recipes](#). You can also take a look at some fantastic pork recipes by clicking [pork recipes](#).

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Honey Chipotle Pork Tacos with

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Caramelized Onions

I really like tacos. I think my love for them has stemmed from my relatively recent discovery that they don't need to be comprised of dry ground beef and limp iceberg lettuce; that good tacos use better, fresher ingredients and have a lot more flavor.

I was never one to hop on the "sweet & savory" train that seems to be so popular now, but it really works here because the sweetness from the honey is so subtle compared to the strong, spicy, smoky flavor of adobo chipotles, and provides a much-needed contrast. Caramelized onions provided another source of subtle sweetness to balance all of the spice in the pork, as well as the chipotle slaw (which I also used in my recipe for fish tacos), and the spicy bourbon beans are great as a side dish or right inside the tacos themselves.

Tacos are a fun dish to make because there are so many possible toppings and combinations; just mix and match until you find what you like the best.

Honey Chipotle Pork Tacos with Caramelized Onions

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Ingredients – Serves 4-6:

1 $\frac{1}{2}$ lbs pork tenderloin

2 chipotles in adobo, coarsely chopped, plus $\frac{1}{2}$ teaspoons of adobo sauce (adjust to your tastes)

2 tbsp honey

Juice and zest of 1 lime

2 garlic cloves, coarsely chopped

1 tsp salt

2 medium yellow onions, sliced

1 tbsp butter

1tbsp olive oil + 1 tbsp

1 can black beans, drained and rinsed.

1 jalapeno, seeded & minced

1 garlic clove, minced

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1 tsp cumin

3 tbsp bourbon

Chipotle Slaw (recipe can be found here)

8-12 6-inch corn tortillas, heated in microwave or on the stove until pliable.

Cilantro, for garnish

Directions:

1. Combine pork with chipotles, adobo, honey, lime juice & zest, garlic, and salt in a large zip top bag. Marinate for at least 1 hour or up to overnight.
2. In a large skillet, melt 1 tbsp butter with 1 tbsp oil over medium heat. Add in onions. Sweat for 5 minutes until they start to soften, but not brown, about 5 minutes. Lower heat and cook until they become a dark brown, stirring occasionally. This could take about 20-30 minutes. If the pan gets too dry, add in a touch of water.
3. Meanwhile, preheat oven to 350 degrees. Heat oil in another

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large skillet over medium-high heat. Add in the pork, and sear about 3-5 minutes per side. Transfer to a sheet pan and continue cooking in the oven for about 10-15 minutes or until internal temperature reaches about 140-145 degrees. Let rest for 10 minutes.

4. Meanwhile, make the bourbon black beans. In the same skillet the pork was cooked in, sauté the garlic and jalapeno for 1 minute. Add in the black beans and cumin and sauté for 2 minutes more. Take the skillet off of the heat and add in the bourbon (this is very important-if you leave it on the heat, it may flare up). Deglaze the pan by scraping up all of the brown bits from cooking the pork. Cook until most of the liquid has evaporated.

5. After pork has rested, slice thinly.

6. To serve, top taco with pork, beans, caramelized onion, chipotle slaw, and cilantro.

By: Jessica Verderame

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Now Make use of Healthy Materials In Pork Chop Dishes

If you talk about easy and simple recipe you may make in the home, the pork chop recipes will be among the very first few things. Pork can be utilized to prepare various forms of recipes. You can actually pair it almost with any form of seasoning or sauce.

Though it is easy to get fine pork chop recipes, coming up with those that are totally astonishing is a little more difficult . Pork, being a flexible meat, usually don't join with additional savor so effortlessly.

If you're on a diet, then you definitely are likely also searching for pork chop recipes which are beneficial. More and

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more individuals are very fitness conscious these days. Everybody desires to eat healthy and it may be slightly tough at times. Luckily, you will discover dozens of entirely healthful materials that are also a delight to the taste buds. With red meats such as beef that is harder as beef goes well with other strong flavors, most of that are unhealthy. On the contrary, pork is certainly one of the foremost healthiest meat which enable it to be very easily utilized to make some beneficial recipe with other a few healthful components.

Barbecue is something that everyone likes to gobble, and most of it is prepared just with pork. Making healthy pork chop recipe by the barbecue at home is quite simple and can be tired few minutes. The majority of time when you purchase barbecue sauce from your grocery store and check out the nutritional facts you could possibly be inclined to place it back on the shelf. Creating your own is simple, and can be much improved than the shop-bought kinds.

You also can utilize tomato sauce in order to make the sauce extra natural. Tomato sauce, considered one of the very best choices of barbecue sauce, is incredibly flavorful and thick, which make it a great choice for barbecue sauce.

The most unhealthy thing that you'll want in the sauce is

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Worcestershire sauce, which you merely need to use a bit of to have the sauce started. Some other healthy ingredients that can be utilized to prepare a delicious and healthy recipe are garlic, onions, pepper, paprika, oregano, ginger. What could be more astounding is that if you negate the tomato and Worcestershire sauce, you need to use those exact same components to prepare an entirely different-tasting pork chop.

For details on pork chop recipes please look at Pork Chop Recipes. You may also take a look at some awesome pork recipes by visiting pork recipes.

Authentic Jamaican Pork Roast – The Blazing Hot Roasted Pork That’s Heaven on a Plate

Pork is a very popular meat in Jamaica, and after you try this Jamaican pork roast, you will see why. This pork is screaming with heat, so be forewarned. But the pork is so tender after all the roasting that it will just melt away.

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Preparation of this Jamaican pork roast is thought to be influenced by the Spanish, were probably responsible for adding tomatoes to the dish. It's not absolutely necessary, but pushing the sauce through a food mill is just plain worth the work. The smooth texture is a great finishing touch to this pork dish. This is normally served with plain rice.

Ingredients:

- 1 3-pound boneless pork shoulder
- 5 large garlic cloves, 2 finely chopped and 3 slivered
- 2 tablespoons vegetable oil
- 4 habanero chiles, seeded and chopped
- 1 green bell pepper, chopped coarsely
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground pepper
- 1/2 teaspoon ground cinnamon
- 1 bay leaf
- 1/2 cup fresh lime juice
- 2 cups canned tomato puree

Directions:

Make small slits all over the pork with the tip of a paring knife. Stuff the slits with the garlic slivers, then roll the



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pork up and tie it with kitchen twine, if necessary. In a large skillet over medium-high heat, heat the vegetable oil. Cook the chiles, bell pepper, chopped garlic, onion, cumin, oregano, pepper, cinnamon, and bay leaf until the vegetables are soft, or about 8 minutes, and stirring frequently. Remove the skillet from the heat and stir in the lime juice.

Place the pork roast in a large bowl and pour the marinade over it. Turn the meat several times to get an even coating of marinade all over it. Cover with plastic wrap and refrigerate for at least 4 hours, turning occasionally.

Preheat the oven to 350 degrees F. Scrape off as much of the marinade as you can off the pork, and reserve in a saucepan. Place the pork in a roasting pan and roast until the interior temperature of the meat reaches 165 degrees F., or about 1 3/4 hours.

While the roast is cooking, add the tomato puree to the marinade and bring close to a boil, before it begins sputtering, and stirring constantly. Then reduce the heat to low and simmer for about 5 minutes. Remove the bay leaf and press the sauce through a food mill, if desired. Transfer the pork to a serving platter and let it rest for about 10 minutes

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before slicing. Spoon the smooth sauce over the sliced pork and serve immediately.

This Jamaican roast pork dish serves 6.

Billy Bristol is the writer and editor for Spicy Cooking, a website devoted to hot spices, spicy foods, blazing cooking, the hottest cuisines around the world, and “knock-your-socks-off fiery recipes that all chile-heads and chili-head wannabes will love. Spicy Cooking will fire up taste buds and scorch your palate...Guaranteed.

How To Cook Pro Quality Bbq Pork Butt

One of the most popular ways to cook pork inexpensively, with extremely tasty results, is by smoking it low and slow over around 12 hours until it has absorbed all of the flavors from the rub, smoke, and it's own fat and collagen.

The meat has a succulence that has to be tried to be believed, and as cuts of meat go, there are few better ways to provide a

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large number of heads with a great meal.

Pulled pork sandwiches, rollups, you can even make a hash for breakfast with the leftovers! It is a truly versatile cut in the sense that it can be used in so many different ways.

The best tasting pulled pork is comes only from a good slab of meat that is thoroughly riddled with delicious fat and loaded with copius amounts of collagen.

When a decent piece of pork butt is cooked low and slow, the fat and collagen melts together throughout the meat which in turn internally bastes the muscle fibers which results in a much more tender and moist result. The cooking process usually takes eight to twelve hours or more, and this slow cooking process ensures that the finished pork is moist, flavorsome and truly delicious.

It is best to buy partial butts in the 4-5 pound range as they are particularly good owing to the fact that they cook quickly and there is a plenty of the crispy, crusty surface, referred to as "Mrs. Brown" by BBQ pork lovers.

On to the recipe so you can make your own great tasting BBQ pork butt!

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BBQ Pork Butt Ingredients

1 nicely marbled pork butt, around 5 pounds in total weight

3 tablespoons of vegetable oil

1/3 cup BBQ Rub –

2 cups hickory wood chips for smoke (use your favorite, apple, cherry or oak taste great too)

10 large rolls or buns (try panini, ciabatta or baguettes, they are all good)

1 cup of your favorite BBQ sauce such as Bone Suckin' Regular, it's nice and thick

This recipe will leave you with around 3 pounds or so of meat which will be plenty to fill up almost a dozen sandwiches.

If by some miracle there is actually any pulled pork left over, it will keep well in the freezer for up to a couple of months. Just make sure that the meat is completely sealed in a suitable airtight container.

Allow yourself quarter of an hour to remove the excess fat and rub the meat with your favorite blend of spices, or pre-made/bought rub.

Cooking time. Allow 8-12 hours or 1.5-2 hours per pound at

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225F. If you push the heat up to around 280F, you can reduce the cooking time to 1 hour per pound of meat. Once finished, make sure that you allow time to pull the meat, which should take around half an hour if you do it by hand.

Remove most of the of fat from the outside of the pork cut so that the meat takes on the flavors from the rub, rather than the fatty exterior. Now tie up the meat well with string so that everything stays together during cooking.

Rinse and dry the meat then lightly brush the pork with vegetable oil on all sides so that the rub sticks to the meat properly. You can also lay on a coating of mustard first if you like for extra flavor. Now work in your favorite BBQ rub into the meat and then refridgerate it, covered for at least 6 hours. The longer, the better.

Set up your grill for indirect cooking and aim for 225c before putting the meat onto the grill then add your chosen prepared wood chips to the charcoal.

Always use a temperature probe when cooking any joint of meat as this takes out the guesswork and gives you a clear and accurate reading of the internal temperature of the meat.

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When the internal temperature of the pork hits around 190, the chances are that it is ready to eat, but you still need to check visually to be 100 percent sure.

You should find that the outside of the meat is a nice deep brown color or possibly a blackened, charred color. Either way the meat is in great shape! Some rubs have a tendency to impart darker colors onto meats than others, so bear this in mind when checking your meat at the end of cooking!

Test the meat at this stage with a fork, and give it a turn. If the meat gives little resistance you are done. If on the other hand the fork is very hard to rotate, it needs a little longer, so drop the lid and let it cook for another 30-40 minutes.

When the meat is done you should let it rest for an hour or so before pulling (the fun part!), and you should be left with delicious, mouthwatering pulled BBQ pork that will look like this.

When you have pulled your pork, it should look pretty good!

At this stage you are good to go, you can serve up your pulled pork into sandwiches, burger baps with salad or slaw, with a

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side of beans and corn, into mexican fajitas with sliced peppers, red onion and sauce, the list it pretty much endless!

Pulled pork keeps very well, and as mentioned earlier, can be frozen down and kept for a long while in the freezer if necessary. If you choose to refridgerate the meat, make sure that it is kept in an airtight container wrapped in foil so that the moisture is retained in the meat.

You can eat your BBQ pulled pork how you like. Try it with beans and slaw served up in a large bun and enjoy!

Barbecue Party has daily updated BBQ news, product reviews, BBQ competition schedules, contest results, guides, tips and a tantalizing selection of mouthwatering free BBQ recipes. You may also like to find out how to make your own homemade BBQ sauce, as well as discover many more how-to BBQ guides.

How To Cook Pulled Pork

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Properly

If you love smoky, sweet or spicy shredded barbecued pork, then you must love Pulled Pork also. In this article, you will get to know that what constitutes the best barbecue as well as what techniques you should use to have a great result vary in each region and even each cooking style.

There are nearly as many opinions about this type of cooking as there are people creating and consuming it. Here is one tried and true method used to get a raved review for your prowess with combining meat, smoke, spices and sauce.

Create a dry rub. This simply means combining powdered spices into a mix that can be generously spread onto the entire surface of the meat. Use ingredients that improve the flavor of the meat without overpowering it.

Typically dry rubs include garlic powder, onion powder,

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cayenne pepper, black pepper, paprika, and salt. Unusual things like curry or nutmeg should be avoided unless your target audience is known to be fans of these and their unique flavors.

Smoke the meat slowly and properly. Smoke a good piece of pork roast for up to 24 hours at a low heat. Usually it is cooked at about 175 degrees. This prevents dryness and lack of flavor.

Smoke the meat with the fat side up to allow the juices to flow into the pork. In addition this prevents flammable liquid from dripping onto your heat source and causing flare ups that burn the meat.

Pick a flavorful wood like hickory, apple, or cherry. These enhance the taste of the finished product. The smoke from these woods or a combination of them fills the pores of the meat and changes it to a light red color that boosts the

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flavor.

Place the meat into a crock pot. Chopping the smoked pork and submerging it in the barbecue sauce you have chosen to continue the slow cooking process is the preferred method for finishing Pulled Pork. This method will keep the meat juicy.

Ovens heat from outside the container the meat is in by surrounding it with a huge volume of dry air. Humidity escapes from the cooking pork into the oven and evaporates. Removing excess liquid to get the appropriate thickness is much easier than trying to re-hydrate overcooked or burnt meat.

If you want to get a meal that is your signature dish, then you must make your own barbecue sauce. This adds another level of complexity to the process of finishing the transition from roast to meal.

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With patience, high quality pork, several spices, a combination of flavorful wood, and your preferred barbecue sauce a party favorite or delicious family meal is in your near future.

Article Source: http://ezineseeker.com/?expert=Paul_Weiss

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Daeji Bulgogi ? Korean Bbq Grilled Pork

The meat is marinated with a mixture of soy sauce, sesame oil, garlic, sugar, ginger roots, rice wine and kochujang which is the base sauce for this dish. It is marinated for 30-60 minutes to bring out the depth and intensity of flavors.

Daeji bulgogi tastes better if grilled, though it is often cooked using a stove-top pan. The dish is commonly served side dishes that include lettuce, spinach and other tender leafy

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vegetable, which are used to wrap around a slice of the cooked pork.

The Daeji bulgogi “wraps” are often served with a touch of ssamjang (a mixed soybean & chili pepper paste), and is then eaten in all of it’s delicious glory!

You may add gochujang which is a fermented bean paste with chilies to provide additional heat to the Daeji bulgogi and the dish is usually served with rice and side dishes such as kimchi.

Daeji Bulgogi Ingredients

1 pound pork thinly sliced

1/2 cup gochujang (reduce quantity or remove altogether to control heat)

5 minced garlic cloves

1 minced inch ginger

1 finely chopped small onion

1 Korean pear – grated

1 Fuji apple – grated

1/2 cup soy sauce

1 tablespoon sesame oil

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1 tablespoon sugar

2 finely chopped green onions

1/4 teaspoon freshly ground black pepper

To make the Daeji Bulgogi

One of the great things about preparing and cooking the Daeji Bulgogi is that it takes so little time to do.

Combine all of the ingredients together in a mixing bowl, stirring thoroughly then transfer the marinade to a large zip-lock bag and then thinly slice the pork as you like it, making sure that the slices are not too thick as this will increase the cooking and marination time.

Place the slices of pork into the bag together with the marinade and shake vigorously for a few seconds to make sure that the pork slices are completely coated in the spice mixture.

Leave the zip-lock bag in the refrigerator overnight if possible, though 2-3 hours will still yield good results if you are pressed for time.

When you are ready to eat, take the pork slices from the bag,

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removing any excess marinade, and grill lightly on a medium-hot charcoal grill for a minute or two until cooked through, avoiding overcooking the meat as this will toughen the pork.

When cooked, serve the pork slices into small to medium sized lettuce leaves with steamed rice or vermicelli noodles and crunchy vegetable sides.

The leftover marinade may be used to baste the pork while it is being cooked on the BBQ grill, use sparingly, coating each side and turning until done and then the pork slices should be allowed to rest for around 10 minutes prior to serving for the tastiest results.

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Pork Chops Grilled to Perfection

Are your friends less than enthusiastic when you invite them over for a back yard barbecue featuring grilled pork chops? Could that be because you've served them dried out, cardboard-tasting pieces of pork flesh in the past?

Troubles with your grilled pork offerings can be cleared up with some things you can do that will have your friends and neighbors begging for an invite.

Grilling pork chops to perfection could almost be considered an art.

It may come as no surprise that the art of the pork chop begins at the grocery. A poorly selected chop grilled to perfection is not any better than a great chop botched on the grill.

Selecting Pork Chops

All pork chops come from the wholesale cut of the pig known as

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the pork loin. The pork loin is from the back of the pig and runs from the head all the way to the tail.

The whole pork loin is further cut into retail cuts. Any cut from the pork loin can be labeled as pork chops. But there are huge differences.

Chops cut from near the head will most likely be labeled shoulder chops or blade chops.

These chops are a combination of several muscles. Multi-muscles means connective tissue and if connective tissue is not broken down during cooking these chops will be tough and chewy.

On the opposite end of the pork loin (the tail end) are sirloin chops. Sirloin chops have the same characteristics as shoulder chops if not more so.

Shoulder chops and sirloin chops are delicious in their own right but they are not a good choice for grilled pork chops. Grilling times are too short to break down connective tissue.

Reserve these chop choices for a slow cooking method such as braising.

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The choicest cuts of the pork loin and the best for grilling come from the center. These are the chops furthest from the head and the tail.

You might see these labeled in different ways in your grocery. Center cut pork chops just mean the area they are from.

A great center cut chop is the one shaped like a t-bone or porterhouse beefsteak. On one side of the T will be the pork tenderloin and on the other side will be the pork loin.

These were the chops of choice for my Mom for frying up pork chops southern style.

The trouble with grilling this chop is that the tenderloin side will be done much sooner than the loin side.

By far the best pork chop for grilling to perfection is the center cut pork loin chop. The loin chop is a single muscle cut with very little fat. It compares in fat content with chicken breast.

You will see pork loin chops in plastic wrapped Styrofoam trays in the pork section of the meat aisle. If you opt for one of these packages inspect it first for uniformity of cut.

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You don't want thick and thin areas within a chop or thick and thin chops within the package.

My personal choice is to buy a pork loin roast and have it cut to the chop thickness that I want, which is usually about 1".

Brining Pork Chops

Brining pork is not a secret. Most good cooks know that brining pork before cooking makes it juicier and tenderer. Since pork loin chops are extremely lean I consider brining a must.

During the brining process the weight of the chops is increased significantly. This additional weight is all water.

During the cooking process the water takes time to cook out and some will remain after the chops are done. Moist and tender!

You can also add additional flavorings to the brine if you like. Basic brine however is one cup of non-iodized salt dissolved in one gallon of water. Place the chops in the brine and refrigerate for at least 12 hours.

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Grilling the Pork Chops

I don't want to get into a debate over gas grills versus charcoal grills. I've owned a gas grill before and even though they are convenient they don't add flavor like a charcoal grill does. (Plus you don't get to play with fire!)

I use a two-stage grill method for my 1" chops. If you have thinner chops that will cook quickly then a one stage is fine.

In the two-stage method build your charcoal fire in one half of the grill bowl centered next to a bottom vent. Leave the other half free of charcoal. Light the charcoal and allow it to acquire a light coating of gray ash. This is a fairly hot fire.

Place your chops over the charcoal and allow them to sear for 1 1/2 or 2 minutes on the first side and then turn and sear the other side. (Use tongs for turning-don't pierce with a fork)

After searing the chops move them to the non-charcoal side and cover with the lid aligning the top vent in the center of the chop area. By aligning the fire with a bottom vent and the chops with a top vent you have cross ventilation that moves

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heat and smoke from the fire over the chops.

Now comes the tricky part of grilling the perfect pork chop. They have to be cooked just until done! Overdone and you've wasted all your time.

You should aim for removing the chops at 155 degrees internal temperature.

Residual cooking will bring the temperature up to the recommended 160 degrees. The only way to be sure of the internal temperature is to test from the side with a meat thermometer.

If you don't have a thermometer an approximate time for a 1" chop is about 5 to 6 minutes. You can cut into one and see if it's done and that the juices run clear.

Pork Chop Recipes

Maybe grilling the perfect pork chop is not an art but it's certainly a craft and crafts can be learned. But it takes practice!

Do a couple sessions with the information here with just your

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family and perfect your craft. After that you can expand your prowess with some good pork chop recipes for the grill.

You can venture into flavored brines, marinades, dry rubs and sauces. The variety is infinite.

On my website I have some of my favorite recipes as well as those of my website visitors. There are some great Pork Chop Recipes along with recipes for all the different pork cuts. Visit Pork Recipes online now and pick up some recipe ideas.

Now Utilize Healthful Elements In Pork Chop Dishes

If you discuss easy and simple recipe you can make in your own home, the pork chop recipes could be among the initial few things. Pork can be used to make diverse kinds of recipes. You could couple it almost along with any type of seasoning or sauce.

Though it is simple to get excellent pork chop recipes, planning those that are totally surprising is a bit more

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tough. A few tastes simply blend mutually better than others, and while pork is flexible, it does go best with certain flavorings.

Pork chop recipes are supposed to be very nourishing. Therefore, they become a perfect for someone who is on severe eating habits. More and much more persons are tremendously health conscious today. Everybody desires to eat healthy and it can be somewhat tough at times. But, now you can incredibly easily prepare several amazingly delicious and healthful pork chop by using only healthy materials. People normally believe other red meats just like beef are very versatile. But, beef is often one of the unhealthiest meats and can hardly be utilized to prepare any healthful recipe. On the contrary, pork is among the foremost healthiest meat which enable it to be very effortlessly used to cook some healthy recipe with other some healthy materials.

Now, let's come to the method of preparing. Considered one of the most well-liked and extensively appreciated methods of preparing pork chop is barbecue. It is possible to make your own barbecue pork chops, and you can also make them healthily. While making the barbecue recipe, always try to pick a healthful sauce. The very best way to confirm the nutritional

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value of this sauce could be to refer its packaging. Moreover, you can even prepare a few barbecue sauce simply in the home utilizing nourishing components. This may prepare the whole recipe even better than before.

For a healthy barbecue base, you will likely want to begin with tomato sauce. This makes a pleasant, thick sauce that is filled with savor – but is not full of sodium such as vinegar or mustard are, which are the two most frequent barbecue bases.

Further, to cook the recipe even more healthy, you need to cautiously make use of the unhealthy Worcestershire sauce. It is especially used in the barbecue sauce. After that you could add anything you desire to: paprika, onions, pepper, ginger, garlic, oregano; you might be astounded at the sheer quantity of spices and ingredients you could put into your own barbecue pork chop recipes that may only help it become extra scrumptious. What may be more shocking is that if you negate the tomato and Worcestershire sauce, you can use those very same elements to prepare a wholly diverse-tasting pork chop.

For details on pork chop recipes please browse Pork Chop Recipes. You may also take a peek at some fantastic pork recipes by visiting pork recipes.

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