



Menu du Jour

02 Jun 06

Grilled Pork Chops with Pig Sauce
Roasted Sweet Corn with Lime-Cayenne Butter
Grilled Squash & Zucchini with Garlic Oil
(Serves two)

Grilled Pork Chops with Pig Sauce

This is a quick entrée for a work night dinner. Marinate the chops in the morning and they'll be ready for a quick grill in the evening.

2 center-cut bone-in pork chops
1 cup zesty Italian dressing
1 tablespoon Cajun spice (recipe follows)
1/2 cup Pig Sauce (recipe follows)

Trim any excess fat from the pork chops and score any remaining fat to prevent the chops from curling. Place the chops in a resealable food-grade bag and add the Italian dressing. Refrigerate for at least 4 hours. Remove the chops from the marinade and pat dry. Sprinkle the chops evenly on both sides with Cajun spice.

Prepare a charcoal grill for a two-level fire or, if using a gas grill, preheat the grill on high and then set one burner on medium-high and the other burner on low. When the hotter side of the coals is medium-hot (if you're using the "palm test" to determine the heat level, you'll be able to hold your hand over the grate for about 2 seconds). Using long tongs and a wad of paper towels, brush the grill grates with vegetable oil. Set the chops directly above the coals, or over the medium-high burner on a gas grill.

Sear the chops over the hotter area of the grill for about 2 minutes per side and then move them to the cooler side of the grill. Lightly brush the chops with Pig Sauce. Cover the grill and continue cooking until the chops have an internal temperature of 150 degrees F., another 3 to 4 minutes per side.

Transfer the chops to a clean platter and let them rest for 5 minutes, tented with aluminum foil.



Pig Sauce

This sauce is neither a traditional Piedmont (western) or eastern Carolina sauce but an adaptation of the western sauce that goes well with any style of cooked pork. It may be used as a glaze or a dipping sauce.

1/2 cup pork stock
1 clove garlic, finely chopped
1 teaspoon grated ginger
1 cup ketchup
1/2 teaspoon ground cumin
1/4 cup brown sugar, packed
1 teaspoon Worcestershire sauce
3 tablespoons cider vinegar
1 tablespoon hot sauce
1 teaspoon crushed red pepper flakes
1/2 teaspoon freshly ground black pepper
Coarse kosher salt to taste

In a medium saucepan, combine the ingredients and whisk until thoroughly mixed. Bring to a low simmer over medium-low heat and cook for 5 minutes. Season to taste with salt. Remove from the heat and allow the sauce to cool.

Yields 2 cups

Cajun Spice

This seasoning blend will keep stored in an airtight container about a month. It may also be used to season baked potatoes, vegetables and a variety of meats.

1/3 cup sweet paprika
1/4 cup coarse kosher salt
1/4 cup granulated garlic
2 tablespoons dried oregano
2 tablespoons dried thyme
2 tablespoons onion powder
2 tablespoons cracked black pepper
2 tablespoons ground cayenne pepper
2 tablespoons dried parsley

Combine ingredients in a medium mixing bowl mixing well to evenly distribute the spices.

Yields about 1 1/2 cups



Roasted Sweet Corn

Roasting corn brings out the corn's natural sugars. The husks protect the kernels from getting overly charred. Any extra corn could be used for a chowder or salsa.

4 ears sweet corn
4 tablespoons lime-cayenne butter (recipe follows)

Carefully pull the husks away from corn but do not remove them. Remove the silk and push the husks back in place. Tie the husks in place with butcher's twine.

Fill the sink with cold water and soak the corn for at least 30 minutes.

Prepare the grill for medium-high cooking. Place the drained corn on the grill and cook, covered, for 20 to 30 minutes or until done, turning frequently. Remove corn from the grill, remove the husks and brush with lime-cayenne butter.

Lime-Cayenne Butter

This spicy butter brings a nice flavor to roasted corn, grilled vegetables or grilled seafood.

4 tablespoons unsalted butter
1 tablespoon fresh lime juice
1/2 teaspoon coarse kosher salt
1 teaspoon ground cayenne pepper
1/2 teaspoon coarsely ground black pepper

Melt the butter in a small saucepan over medium heat; stir in the lime juice, salt, cayenne and pepper.

Grilled Squash & Zucchini with Garlic Oil

1 medium yellow squash
1 medium zucchini
1/4 cup extra virgin olive oil
3 cloves garlic, finely chopped
Coarse kosher salt
Freshly ground black pepper

Prepare the grill for medium-high cooking. Wash the vegetables and slice in half lengthwise.

Heat the olive oil in a small pan over medium heat; add the garlic. Cook until the garlic becomes fragrant, about 2 to 3 minutes. Brush the vegetables with the garlic oil; season with salt and pepper.



Grill the squash and zucchini, flesh side down, for about 8 minutes. Turn and cook another 5 to 10 minutes or until tender. Brush with additional garlic oil.

Cooking & Presentation



Squash, Zucchini and Chops On The Grill



Corn Roasting On The Grill

From The Kitchen Of Michael H. Stines, Ph.B.
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**Grilled Pork Chops with Pig Sauce Served with Roasted Corn
And Grilled Squash & Zucchini**