

FIRE UP YOUR GRILL

Compiled By Cathy Sudbeck

Barbecue, barbeque, BBQ, Bar-B-Q or On-the-Barbie: A method and apparatus for cooking with the heat of a fire, charcoal or cooking gas.

As a noun it refers to the meat, the cooking apparatus itself (the "Barbecue grill" or simply "Barbecue") or to a party that includes bbq foods or bbq methods.

As an adjective it refers to foods cooked by this method, i.e. bbq ribs.

As a verb it is the act of cooking food in this manner.

No matter how you spell it, or what form of the word you use, it's the most popular summer past time in the United States. The foods you can create are as varied as the names and the forms of the word barbeque. The sky is the limit! Meat is not the only thing that works well on the grill. Vegetables, breads and even desserts can be made this way. So fire up the grill and enjoy the many great tastes of this American past time and enjoy the following favorites from some of our local Her Voice readers!

Grilled Pork Loin

Terre Berkland
Yankton

Use favorite cut of pork
— 6-8 chops, pork butt roast, pork tenderloin

RUB:

4 tsp. kosher salt 2 tsp. ground cumin
1 tsp. garlic powder 1 tsp. ground coriander
1/2 tsp. ground ginger 1 1/2 tsp. ground pepper

I actually make a small container of this in advance to have on hand.

GLAZE:

1/4 cup whiskey or bourbon (whichever is your choice)
1 cup apricot preserves

1 tsp. minced ginger
2 tsp liquid smoke
1/2 tsp crushed red pepper flakes
salt and pepper

Rinse and dry meat. Mix rub mixture and rub evenly over meat. Cook on grill to desired doneness.

Last 1/2 hour for large cuts generously brush on glaze. Continue cooking until internal temperature of meat is 165. For smaller cuts last five minutes.

For glaze:

In small saucepan, combine ingredients for glaze. Bring to a simmer and reduce to thicken, about 10 minutes. Divide in two, reserving half for serving.



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