



How to...

Grill/BBQ Pork

We can't deny it, Canadians love their grill! Many Canadians use their BBQ year-round, and nothing is better than fresh Canadian pork on the grill. Here are some tips and tricks to help you master the art of grilling.

Helpful Hints for Grilling/ Barbecuing Pork

- Always clean and lightly grease grill before use.
- Preheat the grill on high for 10 minutes before cooking and then set the BBQ to the appropriate temperature for your recipe. This is important for food safety reasons and makes cleaning the grill easier.
- If using indirect heat, preheat the BBQ with all burners lit (if using propane grill), then set one side of the grill to MEDIUM and shut off the other side (if using charcoal, pile all coals to one side of the grill only). Place meat to the "off" side of the grill and close lid.
- If using a BBQ sauce or marinade that contains sugar, lower the temperature and watch carefully - it can burn easily.
- Use tongs to turn meat; do not pierce with a fork.

Cooking times can vary when using the BBQ depending on the temperature of the outside air and the wind conditions - use a meat thermometer to know when the meat is done.

Grilling vs. Barbecuing

Although many people use the terms interchangeably, in North America "barbecuing" usually refers to slow cooking over indirect heat or hot smoke, while "grilling" is a fast process over high heat (either from hot coals of charcoal or a propane gas grill). Using indirect heat or "barbecuing" works well for larger cuts of pork like shoulder roast, or pork loins, while direct grilling is best for pork chops and finishing ribs.

Grilling: Cooking directly over the heat source, this is a fast process over high heat.

Barbecuing: Cooking using indirect heat, not directly over the heat source. This is a slower process using medium heat.

Grilling Specific Cuts

Pork Chops on the BBQ <link to pork chops How to... page>

Pork Ribs on the BBQ <link to ribs How to... page>

Crown Roast on the BBQ <link to crown roast How to... page>

Pork Tenderloin <link to pork tenderloin How to... page>