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Grilling Temperatures and Times for Meats

Times listed are for medium doneness; cook slightly less for rare, slightly more for medium-well.

Beef steaks (porterhouse, T-bone, sirloin, New York, tenderloin)	¾ inch thick	4 to 5 minutes per side, medium direct heat
	1 inch thick	5 to 6 minutes per side, medium direct heat
	1½ inches thick	8 to 9 minutes per side, start over high direct heat (2 minutes per side), finish with medium indirect heat (6 to 7 minutes more per side)
Beef roasts (loin, sirloin, rib)	5 pounds	1½ to 2 hours total, indirect medium heat
Beef flank steak	¾ inch thick	7 to 8 minutes per side, high direct heat
Beef skirt or hanger steak	½ inch thick	3 to 4 minutes per side, high direct heat
Pork chops from rib, loin, or shoulder	¾ to 1 inch thick	5 to 6 minutes per side, medium direct heat
	1½ inches thick	7 to 8 minutes per side, start over high direct heat (2 minutes per side), finish with medium indirect heat (5 to 6 minutes more per side)
Lamb chops from rib, loin, or shoulder	¾ to 1 inch thick	4 to 6 minutes per side, medium direct heat
Pork tenderloin (whole)		10 to 12 minutes per side, indirect medium heat
Pork ribs (country-style, baby back, spareribs)	3 pounds	1½ to 2 hours total, indirect medium heat
Pork or veal roasts (loin, sirloin, rib)	4 pounds	1¼ to 1½ hours total, indirect medium heat
Ground meat patties	¾ inch thick	4 to 5 minutes per side, direct medium heat
	1 inch thick	5 to 6 minutes per side, direct medium heat

ALBUQUERQUE GRILLED PORK TENDERLOIN

with Beans and Greens Sauté

PORK TENDERLOIN cooks quickly over a brisk fire, but you can substitute other meats, as well as poultry and even some fish.

MAKES 6 SERVINGS

3 lbs pork tenderloins

Albuquerque Dry Rub, as needed (page 16)

1 cup pomegranate juice

¼ cup molasses

¼ cup sherry vinegar

Olive oil, as needed

Beans and Greens Sauté (page 17)

1. Blot the tenderloins dry with paper towels. Sprinkle all sides of the tenderloins evenly with some of the dry rub. Cover the tenderloins and refrigerate for at least 2 and up to 12 hours.

2. Preheat a gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

3. While the grill is heating, make the mop: Simmer the pomegranate juice in a small saucepan over high heat until it reduces by half. Add the molasses and sherry vinegar, stir well, and bring to a simmer. Remove the mop from the heat and reserve 3 tbsp to drizzle on the pork after it is cooked.

4. Brush the tenderloins with a little of the olive oil. Place the tenderloins on the grill and cook until the meat is marked on the first side, about 3 minutes. Turn carefully and brush the upper side of the tenderloins with some of the mop. Turn the tenderloins again when the second side is marked, about 3 minutes, and brush with the mop once again. Grill for another 8 to 9 minutes, covered, then turn once more and brush with mop again. Finish grilling on the second side, covered, until the pork is cooked, another 8 to 9 minutes.

5. Remove the tenderloins from the grill. Allow them to rest for 5 to 10 minutes before slicing. Place slices of the tenderloin on heated plates along with a serving of the Beans and Greens Sauté. Drizzle the reserved mop over the pork slices and serve.

LEFT TO RIGHT Be sure to coat the tenderloins evenly with the dry rub or the flavor will be uneven; you can use gloves if necessary to prevent your hands from getting stained by the dark red rub. Gently turn the pork tenderloins when they are properly marked. Opposite, the Albuquerque Grilled Pork Tenderloin is served with the Beans and Greens Sauté (page 17).







GRILLED CUBANO SANDWICH

THE CUBANO sandwich migrated to Florida with Cuban immigrants over a century ago. Refer to the Pulled Pork Barbecue Sandwich recipe on page 19 for instructions on preparing the pulled pork.

MAKES 8 SERVINGS

8 hero rolls, 10 inches

½ cup melted butter

½ cup mayonnaise

½ cup Dijon mustard

16 slices Swiss cheese

16 slices ham

1½ lb pulled pork

16 leaves Boston lettuce (about 2 heads)

24 slices plum tomatoes (about 3 tomatoes)

16 slices kosher dill pickles (about 3 pickles)

Mayonnaise

For many people, the idea of mayonnaise at an outdoor picnic is cause for concern. Since the sauce is traditionally made with uncooked egg yolks, there is every reason to be vigilant. If you always take steps to keep your foods safe, whether you are putting them away from the grocery store, getting them ready for the grill, or putting them on the table to serve, there is no need to give up this wonderful sauce.

Instead of a mayonnaise made with uncooked yolks, use store-bought mayonnaise, which is made with pasteurized eggs, or use pasteurized yolks, found in the dairy case, to make your own.

1. Preheat a gas grill to medium-low heat. If you are using a charcoal grill, build a fire with a very small amount of coals and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals out in an even bed.

2. Brush the outsides of the rolls with the butter. Spread the mayonnaise on 1 side of each roll and the mustard on the other. On 1 side of each roll, layer 2 slices of the cheese, 2 slices of ham, and 2 to 3 ounces of the pulled pork. On the opposite side of the roll, layer 2 lettuce leaves, 3 tomatoes slices, and 2 pickle slices.

3. Grill the sandwiches open-faced over direct heat until the bread is golden brown and the cheese has melted, about 45 to 90 seconds. Be sure to grill the sandwich just until it is heated through so that the lettuce stays crisp and doesn't wilt.

4. Close up the sandwiches and serve immediately.

To keep purchased mayonnaise safe, always use clean utensils to remove the mayonnaise from the jar. Clean off the rim of the jar and the lid. If your mayonnaise is in the refrigerator for more than 6 weeks, get a new (and smaller) jar to replace it.

Your own homemade mayonnaise won't last quite that long, but as long as you keep it cold, it will last for about 10 days.

Any dish you make that includes mayonnaise, whether it be a spread, a dip, or a dressing, should never be eaten after it has been at room temperature for more than 2 hours. Throw it away.