

## PARMESAN SAGE PORK BURGERS

SERVES 4 • PREP TIME: 15 MINUTES • COOKING TIME: 20 MINUTES

- 1 LBS (500 g) lean ground Pork
- ½ cup (125 mL) milk
- ¼ cup (50 mL) dry breadcrumbs
- 3 TBSP (45 mL) grated Parmesan cheese
- 3 TBSP (45 mL) chopped fresh sage, or 1 TBSP (15 mL) dry crumbled sage
- 2 TBSP (25 mL) garlic, minced
- 1½ TSP (7 mL) ground black pepper
- 1 TSP (5 mL) salt
- 4 Kaiser or hamburger buns

1. Combine all ingredients (except the buns) in a large mixing bowl. Mix thoroughly with a fork. Form into 4 equally-sized burgers, about 4 inches (10 cm) wide. Cover and

refrigerate if not grilling immediately.

2. Pre-heat grill to medium; lightly oil grill bars with vegetable oil. Grill burgers on both sides, turning once, until completely cooked with no trace of pink, about 15-20 minutes.

3. Serve on buns with the usual burger toppings: bacon, mustard, mayo, tomatoes, onions, lettuce. Or try something a little more daring: grilled Portobello mushrooms, soft goat cheese, roasted peppers, arugula leaves or black olive tapenade.

*\* TIP: All ground meat MUST be cooked to well done.*

## CORIANDER-PEPPER PORK STEAKS

SERVES 4 • PREPARATION TIME: 5 MINUTES (+ 2 HOURS TO MARINATE) • COOKING TIME: 12 MINUTES

- 4 Pork sirloin steaks, boneless
- 2 cloves garlic, minced
- 1 TBSP (15 mL) *each* crushed coriander seeds, coarsely ground black pepper, brown sugar
- 3 TBSP (50 mL) soy sauce

1. Place Pork in a plastic bag or non-metal sealable container. Combine remaining ingredients and pour over Pork. Cover and marinate Pork in the refrigerator for 2 hours to overnight.

2. Pre-heat barbecue on high; reduce temperature to medium. Place Pork on the grill; close barbecue cover and grill 6 to 8 minutes per side. Serve with marinated green beans and onions.

