

Gas Grilled Pork Pieces

Barbara Hanson - Cambridge, MN
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Servings: 6

*1/2 cup soy sauce
1/2 cup pineapple juice
1/2 cup water
1/2 cup brown sugar (or white)
1/4 cup salad oil
3 to 4 slices ginger root (or 1/2 teaspoon ground ginger)
1 teaspoon garlic salt
2 pounds pork tenderloin slices (3/4 to one inch thick) (or 4 to 6 chops)*

Preparation Time: 15 minutes

Grill: 30 minutes

In a quart jar, combine the soy sauce, pineapple juice, water, sugar, salad oil, ginger and garlic salt. Shake and mix thoroughly.

Place the pork pieces in a glass dish or plastic marinating pan. Pour the marinade over the pork. Cover.

Refrigerate overnight. Turn the pork two or three times.

Grill the pork for 20 to 30 minutes on medium heat depending on the thickness.

Cold leftovers are delicious when served.

(You may double the meat amount using 1-1/2 times the marinade. May prepare two days ahead of time. You may alternately bake in a 350 degree oven for one hour using only one cup of marinade.)

Per Serving (excluding unknown items): 105 Calories; 9g Fat (76.3% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1714mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.