

# GRILLED PORK STEAKS

F HARD

Last Modified: 06/28/2016

PREP: 96 Hrs  
COOK: 2 Hrs 30 Min  
GRILLED

HAWAIIAN

**MAKES 4 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
4	1 Pound	Pork Steaks (Bone In)	Trimmed

HAWAIIAN PORK BRINE			
4	Cups	Water	
1/2	Cup	Light Brown Sugar	Packed
3	Tbsp	Kosher Salt	
1	Tbsp	Allspice Berries	
1/2	Tsp	Curing Salt	
12	Whole	Black Peppercorns	
2	Sprigs	Fresh Thyme	
2	Sprigs	Fresh Rosemary	
6	Whole	Dried Bay Leaves	
6	Cloves	Garlic	Crushed
2	Whole	Cloves	
2	Whole	Star Anise	
1	Whole	Apple (Sweet, Not Granny Smith, etc.)	Sliced
1	Stalk	Celery	Chopped
1	1" Whole	Cinnamon Stick	Crushed
1/2	Medium	Yellow Onion	Diced

HAWAIIAN PORK MARINADE			
3	Tbsp	Honey	
3	Tbsp	Hoisin Sauce (Koon Chun)	
3	Tbsp	Maltose (Best Quality)	(See Hints)
3	Tbsp	Sweet Soy Sauce (ABC)	
2	Tbsp	Sesame Oil (La Tourengelle)	
1	Tsp	Chinese Five Spice Powder	
1	Tsp	Ground White Pepper	
6	Cloves	Garlic	Sliced

HAWAIIAN PINEAPPLE SALSA			
2	Cups	Fresh Ripe Pineapple	1/4" Dice
1/2	Cup	Red Onion	1/4" Dice
1/2	Cup	Green Onions (Greens & Whites)	Thin Sliced
2	Tbsp	Honey	
1	Bunch	Fresh Coriander Leaves (Cilantro)	Fine Chop

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1	Medium	Jalapeno Pepper (Seeded)	Minced
OR			
1	Medium	Habanera Pepper (Seeded)	Minced

## HAWAIIAN FRIED RICE

1	Pound	Thick Sliced Bacon	Diced
1	Cup	Ground Pork Sausage	Crumbled
3	Cups	Brown Rice	Uncooked
2	Tbsp	Sesame Oil (La Tourengelle)	
1/4	Cup	Carrots (Peeled)	1/4" Dice
1/4	Cup	Yellow Onion	Diced
1/4	Cup	Peas (Fresh Or Frozen)	
3	Tbsp	Oyster Sauce (Lee Kum Kee Premium)	
3	Tbsp	Naturally Brewed Soy Sauce (Kikkoman)	
4	Large	Eggs	
1/4	Cup	Green Onions (Greens & Whites)	Sliced
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

## PREPARATION

<b>FACTOID</b>	This is an involved and fairly difficult process from finish to end, YES, 96 hours Preparation Time is CORRECT. But the end result is WELL worth the trip. You will be rewarded with a tender, juicy and extremely flavorful Hawaiian Pork dinner.
<b>HINTS</b>	The Pork Steaks should be cut around 1/2 inch thick - Call your Butcher in advance to special order them.
<b>FACTOID</b>	Curing Salt is Pink in color and will impart a "ham-like" color to the Brined Pork Steaks. It is simply used as a visual (gourmet) enhancement.
<b>HINTS</b>	<b>MALTOSE:</b> Also known as Malt Sugar and is used extensively in making Beer - Now you will be able to quickly find it at your local home-brew store.
<b>OPTION</b>	While you don't really need to include either the Salsa or Fried Rice, they ARE an authentic nice matching compliment to the meal.
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Charcoal OR Gas Grill</li> <li>2) Wok</li> <li>3) 4 - Heavy Duty Double-Seal Zip Lock Bags OR Vacuum Sealer &amp; Bags</li> <li>4) Basting Brush</li> <li>5) Small Saucepan</li> <li>6) Large Saucepan</li> <li>7) Stock Pot &amp; Lid</li> <li>8) Meat Probe Thermometer</li> </ol>
<b>PREP</b>	<b>BRINE</b> <ol style="list-style-type: none"> <li>1) Crush the Garlic Cloves and set them aside.</li> <li>2) Core and thinly slice the Apple into 1/4" thick rings and add it on top of the Garlic.</li> <li>3) Chop the Celery and add it on top of the Garlic.</li> <li>4) Dice the Yellow Onion and add it on top of the Garlic.</li> <li>5) Crush the Cinnamon Stick and add it on top of the Garlic.</li> </ol>

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<b>PREP</b>	<b>MARINADE</b> 1) Slice the Garlic Cloves and set them aside.
<b>PREP</b>	<b>SALSA</b> 1) Peel, core and dice the Pineapple into 1/4" cubes and set it aside. 2) Dice the Red Onion into 1/4" cubes and add it on top of the Pineapple. 3) Thinly slice the Green Onion greens and whites and add them on top of the Pineapple. 4) Finely chop the Cilantro Leaves and add them on top of the Pineapple. 5) Deseed and mince the Pepper and add it on top of the Pineapple.
<b>PREP</b>	<b>FRIED RICE</b> 1) Dice the Carrots into 1/4" cubes and set them aside. 2) Dice the Yellow Onion and add it on top of the Carrots. 3) Slice the Green Onion greens and whites and add them on top of the Carrots.
<b>1</b>	Trim any large pieces of fat off of the Pork Steaks and make several cuts through the fat ring on the outside edge of the Pork Steaks to keep them from curling up too much while being cooked.
<b>2</b>	<b>Day 1, Make The Brine:</b> In a large saucepan over medium heat, add the Water, Sugar, Kosher Salt, Allspice, Curing Salt, Peppercorns, Bay Leaves, Garlic, Cloves, Star Anise, Apple, Celery, Cinnamon, Rosemary, Thyme and Onions and bring it to a boil, reduce the heat to a simmer and stir constantly until the Salt and Sugar are completely dissolved. Cool the mixture overnight in the refrigerator.
<b>3</b>	<b>Day 2, Brine The Meat:</b> Submerge the Pork Steaks in the brine and refrigerate while covered for 48 hours. Every so often, check and slosh the Pork Steaks around to make certain they remain submerged in the Brining Solution.
<b>HINTS</b>	If you will be making the Hawaiian Fried Rice, You need to cook the Rice the day before frying it. See Recipe: Asian - Meat Fried Rice as to the why's.
<b>4</b>	<b>Day 3, Make The Rice:</b> Cook the Rice according to package directions , fluff, cover and refrigerate it for 24 hours.
<b>5</b>	<b>Day 4, Continue Brine and Make The Marinade:</b> In a small saucepan over medium heat, add in the Honey, Hoisin, Maltose, Soy Sauce, Sesame Oil, Five-Spice, White Pepper and Garlic. Bring it to a simmer while constantly stirring until the Maltose and Honey are melted and the Sauce is slightly thickened. Allow the Marinade cool to room temperature.
<b>6</b>	<b>Day 4, Cooking Afternoon:</b> Remove the Pork Steaks from the Brine and pat them dry (discard the Brining Solution). Place each Pork Steak in its own heavy duty double-seal zip lock bag and add in 2 ounces of the Marinade to each (reserve the remaining Marinade). Using a straw, suck ALL of the air from each bag and seal tightly (If you have a Vacuum Sealer & bags available PLEASE USE THEM <u>without</u> vacuuming all of the air out). Squish the Marinade around so each Pork Steak is nicely coated. Bring a large pot of water (the larger the pot, the better) to 145 degrees (maintain the temperature at 145 with a thermometer). Submerge all of the Pork Steak bags by carefully placing each bag in the water and carefully stir every so often to keep the bags from sticking together. Cook for 1 hour. Remove the Pork Steak bags from the water bath and cool them in Ice Water for 1 hour.
<b>7</b>	<b>GRILLING:</b> Once the Pork Steaks begin cooling, fill a starter chimney (or two) with charcoal briquettes. Once burning well, spread them evenly over the bottom of the fire pan. Move the fire pan up high for searing the Marinated Meat over high direct heat.
<b>8</b>	Pour any remaining Marinade from the bags into the saucepan containing the previously reserved Marinade. Bring it to a rolling boil to kill any lurking beasties and then, reduce the heat to a simmer.

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<b>9</b>	Slather the top of each Pork Steak well with Marinade and place that side down over the hot charcoals to sear. Slather the top of each Steak with Marinade. Once the bottom has seared nicely, turn the Steaks over and baste that side again. Sear until the other side is also nicely seared. Continue flipping and basting until a thick coating of Marinade covers the outside of the Pork Steaks.
<b>SERVE</b>	Place each Pork Steak on an individual serving plate and drizzle the top with any remaining hot Marinade. Serve immediately with any side dishes of your choice. (The below listed Hawaiian Style Salsa and Fried Rice does go very nicely with this).
<b>1</b>	<b>Pineapple Salsa:</b> Combine the Pineapple, Red Onions, Green Onions, Honey, Cilantro and Habanera or Jalapeno Pepper in a bowl, cover them with plastic wrap and refrigerate until ready to serve.
<b>1</b>	<b>Hawaiian Fried Rice:</b> Fry the Diced Bacon and Sausage in a Wok over high heat until the fat has been rendered. Add in the cooked Rice and Sesame Oil and cook until the Rice is toasted. Stir in the Carrots, Onions and Peas and stir fry until tender. Stir in the Oyster and Soy Sauce and stir fry until the Rice is coated with the Sauce (you may use extra to get a color you like). Make an open well in the middle of the wok, crack in the Eggs and scramble them until they are cooked through. Add in the Green Onions and some Black Pepper and mix until everything is evenly distributed.