

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Peaches and Pork are Perfect Partners!

Quick and Easy Dinner...

Fresh Peach Chutney and Pork Tenderloin

The Pork

1 Pork Tenderloin
2 TB Balsamic Vinegar
2 TB Fresh Squeezed Lime Juice
2 Tsp Each, Chopped Fresh Cilantro and Mint

1/2 Teas Each, Salt and Pepper

Fresh Peach Chutney

4 Peaches, halved, *Skin Removed**
1/3 Cup Diced Red Onion
1 TB Fresh Squeezed Lime Juice
3 TB Sweet Chili Sauce, (available in the international section of your grocery store)

2 Tsp Each, Chopped Fresh Cilantro and Mint

1/2 Teas Each, Salt and Pepper

Step One Cut the Pork Tenderloin in 1" slices. Place each slice under a sheet of parchment paper, (or plastic wrap), and pound to 1/2" thickness. Combine the Vinegar, Lime Juice, Cilantro and Mint in a zippy bag, add the Pork slices and marinate in the fridge for 1 hour.

Step Two Preheat your grill for 10 minutes. Grill the Tenderloin for about 2-3 minutes per side. Brush the Peaches with the Olive Oil, and place cut side down and grill until Peaches caramelize about 2-3 min-

utes per side. Cut the Peaches into 1/2" cubes, toss the Peaches with the remaining ingredients and top the Pork with Fresh Peach Chutney.

2 Kitchen Smidgen

*Remove the skin from Peaches the easy way. Bring a small saucepan of water to a boil. Cut a cross on the bottom of each Peach, and drop into the boiling water for 10-15 seconds. Remove the Peach, and the skin will slide right off!

3 Get Creative

And use Fresh Peach Chutney as an Appetizer. Toast 1/2" Baguette slices in a 350F oven for about 10 minutes. Remove, spread with Goat Cheese and top with Peach Chutney. Delicious!

4 WINE of the Week

Big House - The Line Up

Paso Robles, California
About \$10.00 at Total Wine

A "fun to read" bottle and a fun to drink wine, the pick this week is a spicy juicy partner to spicy juicy peaches! The Line Up is a Grenache/Syrah/Mouvedre blend that is traditional to the Rhone region of France. These grapes, along with several others are combined to make the famous Chateauneuf-du-Pape wine. Winemakers in Paso Robles have embraced these grapes, and you'll find Big House a great example of jammy fruit forward, easy to drink red wine.