

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Moist, Herb-y, Juicy and Delicious!

### Pork Roast with a Savory Sauce:

#### Herbed Pork Roast

1 TB Grated Garlic  
1 Tsp Kosher or Sea Salt  
1 Tsp Freshly Cracked Black Pepper  
1 Tsp Dried Sage  
1 Tsp Dried Rosemary  
1 Tsp Dried Thyme  
2 TB Olive Oil  
1 (2 - 3) LB Boneless Pork Loin  
Fresh Herb Sauce\*

**Step One** In a small bowl mix the garlic, salt, pepper, sage, rosemary and thyme together. Whisk in the olive oil and rub the mixture over the pork. Set aside for 1 hour, up to overnight. (If marinating for longer than an hour, place in the frig.)

**Step Two** Transfer the pork to a roasting pan and roast for 1 - 1 ½

hours or until the temperature measured with an instant-read thermometer reaches 145 - 150F. (The temperature will rise with carry over cooking) Remove the pork from the oven and let it rest for 15 minutes. Slice the pork and serve with Fresh Herb Sauce:

\*Fresh Herb Sauce  
1 TB Fresh Sage  
1 Fresh Rosemary  
1 TB Fresh Thyme  
1 Cup Parsley  
2 Coarsely Chopped Shallots  
2 TB Dijon Mustard  
3 TB Lemon Juice  
3 TB Olive Oil  
Salt and Pepper to taste  
Place all the ingredients in a blender and puree.

## 2 Kitchen Smidgen

*Shallots*, relatives of the onion, are commonly used in recipes where a just a touch of sweet onion flavor is desired. Used in cuisines all over the world, they contain more antioxidants like flavonoids and phenols than other members of the onion family. You can use shallots interchangeably with onions, and even garlic in recipes.

## 3 Get Creative

When you add the same herbs and spices to several elements in a dish or a dinner, you create complimentary flavors. Try repeating some of the same ingredients in your recipes and watch the compliments roll in!

## 4 WINE of the Week

Courtney Benham Cabernet Franc  
Sonoma, California

Total Wine around \$15.00

You may know Cabernet Franc as a minor player in Cabernet Sauvignon blends. Hailing from France originally, Cabernet Franc is the bright, fresh, herby contrast to Cabernet Sauvignon's heavier flavors. But it's time to bring it out in the spotlight, and this easy-to-drink Californian can do it. Light red fruit, smooth and mild with good acidity and a rich warm finish makes this wine a great pork pairing.