

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Right off the Grill and on to the Labor Day Plate!

The Brine Creates Super Juicy Chops Peach Glazed Pork Chops

The Chops and the Brine

1 Cup White Wine
4 Large Garlic Cloves
2 Inches Fresh Ginger, Cut in Slices
½ Cup Sea Salt
½ Cup Molasses

1 Tsp Chipotle Tabasco Sauce
1 2-3 LB Pork Loin, In 1" Slices
Prepare the brine by placing the ingredients in a large pot filled with 4 cups of water. Bring to a boil, and turn the heat off. Add 2 Cups of Ice Cubes to the pot and cool. Add the Pork Loin Chops to the brine and refrigerate 4 hours or overnight.

Step One Preheat a clean, well oiled grill or grill pan. Remove the chops from the frig about a half hour be-

fore grilling, wipe them dry with paper towels. Discard the brine.

Step Two Lightly brush the pork loin chops with olive oil. Season with salt and pepper. Grill on the first side for about 5 minutes. Then turn over and brush the chops with *the glaze. Flip over and glaze and cook for an additional 2 minutes until desired doneness.

*The Glaze

2 Lbs Very Ripe Peaches, Chopped, Peeled and Pitted
1 Cup Dark Brown Sugar
3 TB Balsamic Vinegar
2 Cups Dry White Wine
¼ Tsp Chipotle Tabasco
2 TB Grated Ginger
2 Tsp Grated Garlic
2 Tsp Sea Salt

Combine all the ingredients in a pot

and bring to a boil. Lower the heat and simmer for 45 minutes or until reduced and beginning to thicken. Cool and place in the food processor, puree.

2 Kitchen Smidgen

Brining is a kitchen method that uses aromatic spices and salt to flavor meat and encourage moisture retention. In other words, the science of salt allows meat, poultry and even shrimp to remain juicy and flavorful throughout the cooking process. It's easy to do - and once you discover the difference in the taste, you'll may even brine the protein for your everyday meals!

3 Get Creative

Serve Cilantro-Spinach Rice with your chops. Brightly colored Basmati Rice with a taste to match - you'll find the recipe at the Taste and Savor Blog

4 WINE of the Week

Chateau Capion 1C

Languedoc Rousillon, France

Kroger around \$20.00

Here's a delicious Cabernet Sauvignon blend from the South of France that you can enjoy with all your grilled specialities. The aroma and taste of dark cherries, spices and herbs and a touch of spice will encourage you bring this juicy red to the table often.