

# The Friday 4

4  
FRESH  
IDEAS  
YOU CAN  
USE IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Divine for Valentines, or Any Night!

### Both Fast AND Elegant:

#### Sage Seasoned Pork Chops with Warm Mustard Sauce

4 Large Pork Chops  
1 TB Dried \*Sage  
1 Tsp each Kosher Salt and Pepper  
1 TB Extra Virgin Olive Oil  
Non Stick Cooking Spray  
1 Medium Yellow Onion, Halved and Sliced Thinly  
1/2 Cup Light Sour Cream  
1 TB Dijon Mustard  
1 TB Flour  
1 Cup Low Salt/Fat Chicken Broth  
1/4 Cup Dry White Wine  
1/4 Cup Chopped Fresh Sage  
Kosher Salt and Pepper to Taste

**Step One** Preheat the oven to 350F. Pat the chops dry and season with

sage, salt and pepper. Heat the oil in a medium skillet over medium-high heat. Add the chops and brown about 5 minutes on each side.

**Step Two** Coat a baking dish just large enough to hold the chops with nonstick cooking spray. Transfer the chops to the dish. Scatter the sliced onion on top of the chops.

**Step Three** In a small bowl, blend the sour cream, mustard and flour together. In the skillet you used for the chops, boil the broth and wine for 1 minute, scraping up any browned bits. Whisk in the sour cream mixture. Pour over the chops in the baking dish and bake for 30 - 45 minutes (depending on the size of the pork chops). To serve, garnish

the pork with the fresh sage.

## 2 Kitchen Smidgen

Have you ever wondered what the difference is between Herbs and Spices? The easiest explanation is that Herbs are the leaves and/or stems of the plant. Spices are the ground or whole seeds.

## 3 Get Creative

\*Sage is an herb with oblong grey green leaves with a peppery flavor. I think of it as the "P" herb - wonderful with poultry and pork. Try adding a layer of flavors to your favorite chicken dish by adding both dried and fresh sage.

## 4 WINE of the Week

Rosemount Shiraz Diamond Label  
South Australia

Publix, Kroger about \$10.00

Here's a grocery store gem. Only \$10 for a big wine with dark fruit flavors and a good balance of fruit, spice and oak. Typical of Aussie Shiraz, it boasts a deep violet color with aromas of ripe plums, prunes and spiced fruit compote. The flagship red wine of Australia, Shiraz is the same grape that makes the legendary French Syrahs from the Rhone Valley.