

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Terrific Pork Tenderloin from the Grill or the Oven

### **Fragrant and Delicious:** **Spice Rubbed** **Spanish Pork Tenderloin**

- 1 TB Coriander Seed
- 1 TB Cumin Seed
- 1 TB Fennel Seed
- 1 TB Mustard Seed
- 1 TB Dried Oregano
- 1 TB Onion Powder
- 1 TB Garlic Powder
- 1 TB Kosher Salt
- ½ TB Black Pepper
- 2 TB Smoked Paprika
- 1 - 2 LB Pork Tenderloin

#### **Step One**

Cut the tenderloin into 1" slices. Place the meat between 2 pieces of plastic wrap, and pound with a mallet or rolling pin until about ¼ to ½

inch thick. Set aside while you make the spice blend.

#### **Step Two**

In a dry skillet over medium heat, toast the first four ingredients until fragrant. Add to the rest of the spices and grind well in a spice grinder. Sprinkle the tenderloin with the rub and set aside for at least 1 hour - up to 3 hours. If sitting for more than 1 hour, place in the frig. (If chilled, remove and let come to room temperature before proceeding.)

#### **Step Three**

Preheat a clean, oiled grill, grill pan or broiler to high. Grill the pork for 5 minutes per side, or until an instant read thermometer reads about 140F.

## 2 Kitchen Smidgen

Cumin is a spice that makes dishes from many different cuisines taste slightly smokey and peppery. But did you know that this little powerhouse seed from Egypt is full of iron and manganese? If you have may have only used ground cumin, try using cumin seed, you'll get even more of it's delicious flavors in your food.

## 3 Get Creative

When you have time, it's worth it to toast and grind your own spices. Toasting releases their essential oils in the spices, especially when you use the whole spices. Invest in an inexpensive coffee grinder that you use exclusively for spices and taste the difference!

## 4 WINE of the Week

**Las Rocas Garnacha**  
Calatayud, Spain

Kroger, Total Wine - around \$13.00

The Grenache grape is used to make wines from all over the world - from the famous Rhone wines of France like Chateauneuf du Pape to the flavorful Australian "GSM" blends, of Grenache combined with Syrah and Mourvedre. In Spain, where it is used as a component in many different wines the grape is called Garnacha. The taste of dark black cherries and blackberries dominant the deep red colored, medium bodied Las Rocas.