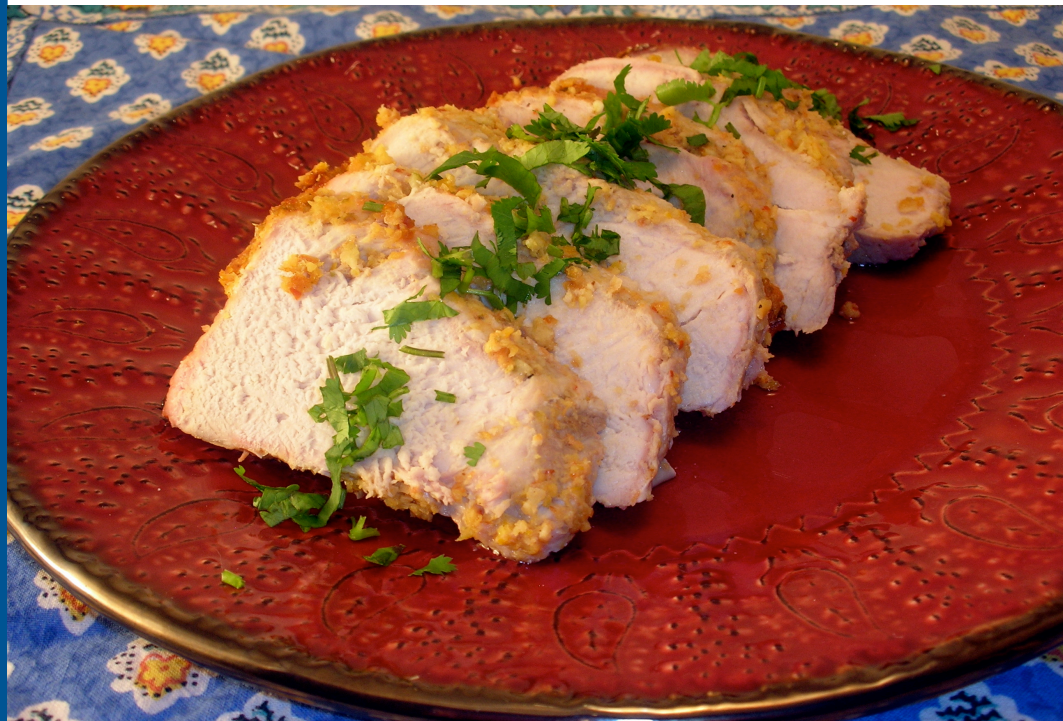


The Friday 4

4
FRESH
IDEAS
YOU CAN
USE IN
4
MINUTES
OR LESS



1 Quick Recipe: Zesty, Tender, Tangy and Juicy!

Great Sandwiches Tomorrow, Too!

Cuban Pork Roast

The Marinade:

- 1 Whole Fresh Orange
- 1 Whole Fresh Lime
- 3 Cloves Peeled Garlic
- 1 Fresh Jalepeno Pepper, deveined and seeded
- 1 TB Crushed Red Chili Flakes
- 2 TB Canola Oil
- 2 Tsp Cracked Black Pepper
- 2 Tsp Kosher Salt
- 1/4 Cup Maple Syrup

The Pork Roast:

- 2-3 Lb. Pork Roast
- 1 Cup White Wine or White Grape Juice

Step One In a food processor, blend all the Marinade ingredients to-

gether. (Use the WHOLE Orange and Lime - even the Peel!).

Step Two Prepare the Pork by making 1-inch incisions all over the Roast. Smear the Marinade all over the Roast, pop in a zippy bag and put in the Frig at least 8 hours.

Step Three Remove the Roast from the Marinade and place the Roast on a rack in a roasting pan. Add the Wine or Juice to the bottom of the pan. Roast at 325F for 1-2 hours or until the internal temperature reaches 155F. (Correct temperature for cooked Pork is 165F. The temperature of the pork will rise by about 10 degrees after you remove from the oven.) Remove the roast from the oven and let rest for 15 minutes before slicing.

2 Kitchen Smidgen

Wondering what wine to use for cooking? When you cook with wine you are concentrating the flavor. Look for wines with enough acidity and good fruit to give your finished dish good flavor. Inexpensive California Sauvignon Blanc is a good cooking white, and a Chilean Merlot the perfect red.

3 Get Creative

And serve Fideos, a thin latin-style pasta as a side dish. You can find it them on the international aisle. Cook the pasta, following the package directions. Drain and toss with grated Manchego - a wonderful Spanish semi-hard cheese. Top with minced cilantro and a TB of orange zest.

4 WINE of the Week

Marques de Caceres Reserva Rioja
Rioja, Spain

Total Wine, Cost Plus about \$20.00

Easy to drink, Rioja is both the name of this week's wine and it's home in Spain. The grape variety Tempranillo gives the wine it's red berry aroma and the taste of strawberries, herbs and coffee. Not only will it pair beautifully with this Cuban Pork Roast, it's a great compliment to any pork dish!