

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN USE  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Tangy Asian BBQ!

**Good in a Lettuce Wrapper, too:**

### HOISIN PORK SKEWERS

#### Marinade

3 TB Rice Vinegar  
3 TB Sesame Oil  
¼ Cup Green Onions, Chopped  
1 Tsp Kosher Salt  
½ Tsp Black Pepper  
1 Inch Fresh Ginger, Grated

#### The Hoisin BBQ Sauce

3 TB Rice Vinegar  
3 TB Sesame Oil  
½ Cup Hoisin Sauce  
2 TB Soy Sauce  
½ Tsp Black Pepper  
1 Inch Fresh Ginger, Grated  
1 TB Chinese Hot Mustard  
1 - 2 LB Pork Tenderloin  
¼ Cup Chopped Fresh Cilantro

8-12 Bamboo Skewers, Soaked in Water for at least 30 minutes

**Step One** Marinate the Pork - Cut the Pork into 1" cubes. In a Zippy Bag, combine the Marinade ingredients. Add the Pork to the bag. Refrigerate at least 4 hours, or overnight.

**Step Two** Make the Hoisin BBQ Sauce by combining the Vinegar, Sesame Oil, Hoisin Sauce, Soy Sauce, Black Pepper, and Ginger In a medium saucepan. Cook over medium low heat for 5 minutes. Remove from the heat, stir in the Mustard.

#### Step Three

Remove the Pork from the Frig. Pat dry, and place on the skewers. Pre-heat your Grillpan, (or Grill). Place the Pork on the Grillpan for 2-3 min-

utes per side. Sprinkle with Cilantro.

## 2 Kitchen Smidgen

Hoisin sauce is a fragrant, pungent sauce used in Asian stir-fries and marinades. It is most often made from a combination of soybeans, garlic, vinegar, chili peppers and sugar. Hoisin is dark brown with a thick consistency and has a strong salty and slightly sweet taste.

## 3 Get Creative

To make easy Wild Mushroom Brown Rice, warm 1 TB Olive Oil in a saute pan. Add 1 cup Brown Rice to the pan and saute until lightly browned. Add 14 oz lowfat/low salt chicken stock, 1 cup sliced wild mushrooms and 2 TB Soy Sauce. Bring to a boil. Cover and lower the heat to a simmer. Cook for about 45 minutes or until the rice is tender.

## 4 WINE of the Week

### Jacobs Creek Reserve Pinot Noir

Southeastern Australia

Publix about \$10.00

This inexpensive and pleasant example of New World Pinot Noir has a jammy, slightly sweet aroma of cherries and berries. You'll taste ripe fruit and plums with some subtle leafy flavors in your glass, complemented by light tannins. A nice value for an Australian Pinot!