

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: EASY Cornbread and Messy Peach BBQ - Perfect Partners!

Cornbread Sliders with Peach BBQ

1 (3-4) LB Pork Loin (I prefer Local Pork)
Sea Salt and Black Pepper
1 Recipe Peach BBQ Sauce*
1 Recipe Easy Corn Bread Muffins**
Dill Pickle Chips

Step One Double a large piece of aluminum foil and place on a sheet pan. Salt and pepper the pork loin and enclose it in the foil. Bake at 300F for 2 hours. Remove from the oven, pour off any accumulated fat or juices. Pour three-quarters of the Peach BBQ Sauce over the pork loin and re-close the pork with the foil. Bake at 300F for an additional 3 hours or until the pork loin shreds easily with two forks. After shredding, add the remaining BBQ sauce.

Step Two Split the muffins in half and scoop on the BBQ pork. Pile in a couple of dill pickle chips. Replace the tops and serve.

2 Kitchen Smidgen

*Peach BBQ Sauce

1 TB Olive Oil
1 ½ Cups Minced Red Onion
2 TB Grated Ginger
2 Tsp Grated Garlic
1 ½ Cups (low salt) Ketchup
½ Cup (low sugar) Peach Jam
1 Tsp Ground Allspice
2 Large Ripe Peaches, Peeled and Cut into ½" Pieces
¼ Cup Balsamic Vinegar
Sea Salt and Pepper to taste

Step One In a large skillet over medium heat, cook and stir the onion until

golden - about 5 minutes. Add the ginger and garlic and cook for an additional minute.

Step Two Stir in the remaining ingredients. Bring the mixture to a boil, then reduce the heat and simmer until the mixture is reduced and thickened slightly, about 20 minutes.

3 Get Creative

**Easy Cornbread Muffins

¾ Cup All-Purpose Flour
½ Cup Whole Wheat Flour
¾ Cup Corn Meal + 3 TB Sugar
2 Tsp Baking Powder + ½ Tsp Sea Salt
1 Cup Skim Milk (or Almond if you Prefer)
¼ Cup Extra Virgin Olive Oil + 1 Large Egg

Preheat oven to 400F. Combine flours, corn meal, sugar, baking powder and salt. Stir in milk, oil and egg, mixing just until dry ingredients are moistened. Pour batter into an olive oil sprayed muffin tin. Bake 15-20 minutes or until golden brown.

4 WINE of the Week

Brazin Zinfandel
Lodi, California
Kroger, Public around \$15.00

There's a reason Zinfandel is often called "The Barbecue Wine". Spicy with a hint of pepper and a boatload of juicy berries, this is a real bargain at this price. Try it with almost anything from the grill - it's sure to make you mouth happy!