Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Summery Blueberry Chutney for Dinner off the Grill

Pork Chops with Blueberry Chutney
4 (5 Oz) Boneless Pork Chops
1 Recipe Brine*
1/3 Cup Syrah/Shiraz
2 TB Red Wine Vinegar
2 TB Sugar
1 TB Fresh Lime Juice
2 ½ Cups Blueberries
1 Jalepeno, Seeded and Minced
¼ Cup Chopped Cilantro
1 TB Chopped Mint
1 Tsp Olive Oil
1 Tsp Sea Salt
2 Tsp Freshly Ground Black Pepper

Step One The night before – or at least 30 minutes before you plan to grill your ribs, brine your chops. Up to an hour, leave them on the counter, any longer than that pop into the fridge.

Step Two Make the chutney by adding the syrah, vinegar, sugar and lime juice to a saucepan. Bring to a boil over high heat, reduce the heat to low and let simmer for about 5 minutes or until the sugar dissolves. Remove from the heat, add the blueberries, mashing some of them into the liquid. Stir in the jalepeno, cilantro and mint and set aside while you cook your chops.

Step Three Brush the chops with the olive oil and sprinkle with the salt and pepper. Cook the chops over medium high on a grill, a grill pan or in a cast iron skillet until they have an interior temperature of 145F. Set aside for 5 minutes to allow the juices to reabsorb. Top each chop with the blueberry chutney and serve.

2 Kitchen Scoop

*Brining proteins adds moisture through osmosis. Here's an easy brine for chicken or pork:
2 TB Table Salt
2 TB Sugar
1 QT Water
Stir the sugar and salt into the water until it dissolves. Place in a 2 gallon ziplock bag, or large bowl. Submerge the pork or chicken in the liquid. Brine for at least 30 minutes up to 8 hours.

3 Clever Idea

Not a fan of pork? This chutney tastes great on a chicken breast, white fish or even tofu!

4 Cheers!

Henry's H Drive Shiraz

Padthaway, South Australia
About $18

Yes, you can find Australian Shiraz at a price less than this one , but if you're game, Henry's is a fun one to try! Made in South Ausralia's town of Padthaway, this shiraz is from a winery named in admiration of the 19th century mail coach that once drove through the property. I've found all their wine's to be consistently high quality and value. Extremely aromatic and flavorful, you'll notice blueberries and spice when you enjoy it - super with summer off the grill

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