



Taste and Savor

1 Quick Recipe:

Roasted Red Pepper Pork Tenderloin

- 1 Package of Pork Tenderloin (2 pieces)
- 1 TB Cumin
- 1 TB Allspice
- 2 Tsp Sea Salt
- 1 Tsp Freshly Ground Black Pepper
- 4 Cloves Garlic, Grated
- 2 Red Bell Peppers, Julienned
- 2 Yellow Bell Peppers, Julienned
- 1 TB Olive Oil

Step One Butterfly the tenderloin by cutting almost in half, and laying it out flat. Place plastic wrap on it, and gently pound it a little flatter.

Step Two Mix the dry spices, salt and pepper together and rub half of them on the inside of the pork. Rub half of the garlic on the inside and outside and sprinkle with the remaining spices.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

Divide the half of the pepper strips equally the two, and tie with kitchen twine.

Step Three Warm the oil over medium high heat in a cast iron or heavy bottomed oven-proof skillet. Sear the outside of the tenderloins. When well-browned, top with the remaining peppers and slide into a 350F oven for about 20 minutes or until the pork registers 145F on an instant read thermometer. Remove pork from the oven and let sit for 15 minutes on the counter. Remove the strings and slice to serve.



2 Kitchen Scoop

If you were a Girl or Boy Scout tying the twine around the meat won't be hard:) Don't fret - even if you have no "string skills", just tie the meat off about every 2 inches and cut it. No one will see the strings, just the colorful rounds of pork you bring to the table.

3 Clever Idea

The colorful rounds of pork are beautiful not only as an entrée for dinner, but as an appetizer as well. While the pork is still tied, stick a bamboo skewer in the meat about an inch apart, and then cut the pork with a sharp knife and serve it up with a "bamboo handle".

4 Cheers!

Emilio Moro Ribera del Duero
Ribera del Duero Spain
About \$20

This Ribera del Duero wine is named for the place it is from - not the grape it is created from: 100% Tempranillo. This rich deeply colored berry flavored wine with smoky flavors and even coffee bean is delicious 🍷 Enjoy this wine with pork, or its great accompaniment to grilled lamb or pork chops. IF you are a mushroom lover, a portabella from the grill with a dash of soy sauce, olive oil and freshly ground pepper makes an excellent match as well!