



4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Roasted Peppers
Pork Tenderloin

- 1 Package of Pork Tenderloin (2 pieces)
- 1 TB Cumin
- 1 TB Allspice
- 2 Tsp Sea Salt
- 1 Tsp Freshly Ground Pepper
- 4 Cloves Garlic, Grated
- 2 Red, Yellow or Orange Bell Peppers, Julienned, (or cut in thin strips)
- 2 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 bit flatter. (A cast iron skillet works great for this task!)

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.

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!

Campo Viejo Rioja Reserva

Rioja Spain
About \$18

This easy-to-love, easy-to-find wine is full of the flavor of jammy cherries, black plums and blackberries. Made from the Tempranillo grape, a "Reserva" designation means that the wine has been aged in barrel for at least one year and at least 2 years in the bottle before its released to the market. A medium bodied wine with a quite a bit of firm tannins, its a perfect pairing for pork dishes like this one!