

FOOD

Pork Chops with Apple Stuffing

Ingredients

- 6 pork chops, at least 1-inch thick
- 2 to 4 slices bacon, diced
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 3 apples, peeled, cored, and diced
- 1/4 cup sugar
- salt and pepper, to taste
- 2 teaspoons chopped parsley
- 1/2 cup bread crumbs or cracker crumbs



Preparation

1. Cut a pocket in each of the chops for stuffing. Fry diced bacon until crisp, then add celery and onion; cook until tender.
2. Add diced apples, sprinkle with sugar, then cover and cook slowly until tender and glazed. Add bread crumbs; season with salt, pepper and parsley. Stuff mixture into the pockets in chops.
3. Season chops with salt and pepper and brown on both sides in a hot skillet. Reduce heat, add a few tablespoons of water; cover and let cook slowly until done, or about 45 to 60 minutes

Pork Chops with Peppers

Ingredients

- 4 pork loin chops -- boneless
- 2 tablespoons cornmeal
- 1 tablespoon all-purpose flour
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- salt and pepper -- to taste
- 1/4 teaspoon ground cumin
- 1 green bell pepper
- 1 red bell pepper
- 3 cups hot cooked rice
- 2 tablespoons vegetable oil or shortening



Preparation

1. Lay the chops between two sheets of plastic wrap and pound to about 1/4-inch thickness. Combine cornmeal, flour, paprika, garlic and onion powders, cumin, salt and pepper. Rinse meat off with cold water then dredge in the cornmeal mixture one at a time until thoroughly coated.
2. Heat the oil or shortening in a large skillet over medium heat. When the oil is hot, add the pork chops. Fry for about 4 minutes then turn over. Add pepper strips and cook another 4 to 6 minutes, or until the meat is browned and cooked through. Remove pork to a warm serving dish and continue cooking peppers for a minute or two. Serve pork and peppers over hot rice.

Chipotle-glazed London Broil

Ingredients

- 3 tablespoons tomato paste
- 1 1/2 tablespoon lime juice
- 1 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1 pound (1-inch-thick) London broil
- 1 tablespoon canned chipotle pepper in adobo sauce



Directions

1. Preheat the broiler.
2. Line the broiler pan with foil and coat the rack with cooking spray. Combine the tomato paste, chipotle, lime juice, cumin and salt in a bowl. Place the steak on the broiler pan under the heat for 5 minutes. Turn and cook another 5 minutes.
3. Remove from broiler and use a butter knife or pastry brush to spread half the tomato mixture over the meat.
4. Broil for 2 minutes, or until slightly bubbly. Turn the steak and repeat with the remaining sauce. This results in a medium-rare steak.
5. To cook the steak longer, increase the time before the chipotle mixture is spread over the meat (to avoid scorching the glaze).

Raspberry Vinegar

Ingredients

- 1 (16 ounce) bottle white wine vinegar
- 1 cup fresh raspberries



Directions

- Rinse and drain the raspberries and pour into a large glass bottle. Pour in the vinegar, tightly cover the container, and let sit in a cool dark place for two weeks before using.

Raspberry and Blueberry Pound Cake

Ingredients

- 5 eggs
- 1 2/3 cups sugar (12 1/3 oz.)
- 1 1/4 cups unsalted butter, cut into tablespoon-size pieces, room temperature (2 1/2 sticks)
- 2 tablespoons kirsch
- 2 cups cake flour plus 8 tablespoons cake flour (10 oz. total)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup fresh raspberry
- 1 cup fresh blueberries
- ice cream or whipped cream



Directions

1. Generously butter 9-cup bundt pan; dust with flour, shaking out excess.
2. In bowl of processor, blend eggs and sugar until smooth and thick, about 1 minute, stopping once to scrape down bowl sides.
3. Add butter pieces and kirsch and blend until fluffy, about 1 minute, stopping once to scrape down bowl sides.
4. Add 2 cups plus 6 tablespoons flour, baking powder and salt and blend in using 2 on/off turns.
5. Toss remaining 2 tablespoons flour with raspberries and blueberries in large bowl.
6. Fold batter into berry mixture using rubber spatula.
7. Transfer mixture to prepared pan, spreading evenly.
8. Place pan on center rack in cold oven.
9. Turn oven to 300 degrees and bake until tester inserted in center comes out clean, about 1 hour 25 minutes.
10. Cool in pan 5 minutes; invert onto rack and cool completely. (Can be prepared 1 day ahead, wrapped tightly and refrigerated.)
11. Serve at room temperature with whipped cream or ice cream.

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