

FOOD

Roasted Pork Loin



Succulent pork roast with fragrant garlic, rosemary and wine.

Ingredients

- 3 cloves garlic, minced
- 1 tablespoon dried rosemary
- salt and pepper to taste
- 2 pounds boneless pork loin roast
- 1/4 cup olive oil
- 1/2 cup white wine

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Crush garlic with rosemary, salt and pepper, making a paste. Pierce meat with a sharp knife in several places and press the garlic paste into the openings. Rub the meat with the remaining garlic mixture and olive oil.
3. Place pork loin into oven, turning and basting with pan liquids. Cook until the pork is no longer pink in the center, about 2 hours. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C). Remove roast to a platter. Heat the wine in the pan and stir to loosen browned bits of food on the bottom. Serve with pan juices.

Salt & Pepper Shrimp

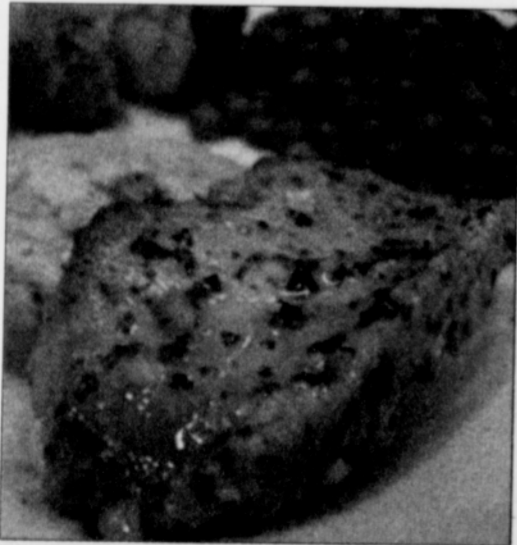
Rice flour is the "secret ingredient" in this dish and is used to make the flavorful coating for the shrimp. But if you can't find it, cornstarch makes a fine substitute. Serve with rice noodles or brown rice and a sprinkle of chopped scallions. 2 servings; Active Time is 30 minutes; Total Time is 30 minutes.

INGREDIENTS

- 2 tablespoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 1/2 teaspoon sugar
- 3 cups thinly sliced cabbage, preferably napa (about 1/4 head; see Tips for Two)
- 1 small red or orange bell pepper, very thinly sliced
- 2 tablespoons rice flour (see Note) or cornstarch
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon five-spice powder, (see Note)
- 10 ounces raw shrimp, (21-25 per pound), peeled and deveined
- 1 tablespoon canola oil
- 1 jalapeno or serrano pepper, seeded and minced

PREPARATION

1. Whisk lime juice, soy sauce, sesame oil and sugar in a large bowl until the sugar is dissolved. Add cabbage and bell pepper; toss to combine.
2. Combine rice flour (or cornstarch), salt, pepper and five-spice powder in a medium bowl. Add shrimp and toss to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring often, until they are pink and curled, 3 to 4 minutes. Add jalapeno and cook until the shrimp are cooked through, about 1 minute more. Serve the slaw topped with the shrimp.



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