

# FOOD

## Pork Tenderloin with Mustard Sauce

*A wonderful overnight marinade makes the pork so flavorful - serve with the delicious, creamy mustard sauce. A super dish for buffets and potlucks, as it doesn't need to be piping hot. Original recipe makes 8 servings.*

### Ingredients:

- 1/3 cup red wine
- 1/3 cup soy sauce
- 2 tablespoons light brown sugar
- 2 pounds pork tenderloin
- 1/3 cup mayonnaise
- 1/3 cup sour cream
- 1 1/2 tablespoons mustard powder
- 1 tablespoon minced fresh chives



### Directions:

1. Combine wine, soy sauce, and brown sugar in a large resealable plastic bag. Place tenderloin in bag, and refrigerate overnight, or at least 8 hours.
2. In a small bowl, combine mayonnaise, sour cream, mustard powder; mix well. Mix in minced chives if you wish. Chill until ready to serve.
3. Preheat oven to 325 degrees F (165 degrees C). Place meat and marinade in a shallow baking dish, and roast for 1 hour, basting occasionally.
4. Temperature of meat should register 145 degrees F (63 degrees C). Let rest for a few minutes, then cut into 1/2 inch thick slices. Serve with mustard sauce.

## Superb Sauteed Mushrooms

*These mushrooms are the quintessential topping for all types of steak. Original recipe makes 4 servings.*

### Ingredients:

- 3 tablespoons olive oil
- 3 tablespoons butter
- 1 pound button mushrooms, sliced
- 1 clove garlic, thinly sliced
- 1 tablespoon red cooking wine
- 1 tablespoon teriyaki sauce, or more to taste
- 1/4 teaspoon garlic salt, or to taste
- freshly ground black pepper to taste

### Directions:

1. Heat olive oil and butter in a large saucepan over medium heat. Cook and stir mushrooms, garlic, cooking wine, teriyaki sauce, garlic salt, and black pepper in the hot oil and butter until mushrooms are lightly browned, about 5 minutes.
2. Reduce heat to low and simmer until mushrooms are tender, 5 to 8 more minutes.



## Steak on a Stick

*A quick and easy, very tasty version of the teriyaki steak-on-a-stick that you get from a Chinese restaurant. Original recipe makes 20 appetizer servings.*

### Ingredients:

- 1/2 cup soy sauce
- 1/4 cup olive oil
- 1/4 cup water
- 2 tablespoons molasses
- 2 teaspoons mustard powder
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 pounds flank steak, cut into thin strips
- 32 wooden skewers (8 inch long) soaked in water

### Directions:

1. In a large resealable bag, combine the soy sauce, olive oil, water, molasses, mustard powder, ginger, garlic powder and onion powder. Seal and shake the bag to mix together. Add steak strips to the bag and seal.
2. Refrigerate for at least 8 hours to marinate. Preheat the oven's broiler. Thread meat onto skewers and place on a broiling rack.
3. Broil the steak for 3 to 4 minutes on each side. Arrange on a platter to serve.

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