

FOOD

Cider and Sage Pork

Ingredients:

- 1/4 cup apple cider
- 3/4 teaspoon cornstarch
- 1/2 teaspoon salt
- 1 teaspoon Dijon mustard
- 1/4 teaspoon black pepper
- 4 teaspoons sherry vinegar
- 1 (1-pound) pork tenderloin, trimmed
- 1 1/2 teaspoons chopped fresh sage

The classic ingredient combination of cider and sage allow the delicious flavor of the pork to shine through. Serve with steamed green beans.

- 1/2 cup lower-sodium chicken broth
- 1 tablespoon heavy whipping cream
- Fresh sage leaves (optional)
- 1 tablespoon olive oil, divided
- 1/4 cup finely chopped shallots



Preparation:

1. Cut pork crosswise into 12 pieces. Sprinkle both sides of pork evenly with salt and pepper. Heat 2 teaspoons oil in a nonstick skillet over medium-high heat. Add pork; cook 3 minutes on each side or until done. Remove pork from pan; keep warm.
2. Add remaining oil, shallots, and chopped sage; cook 2 minutes. Stir in vinegar. Whisk broth, cider, mustard, and cornstarch. Add mixture to pan; bring to a boil. Reduce heat; cook 2 minutes, stirring constantly. Remove from heat. Stir in cream. Serve with pork. Garnish with sage, if desired.

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Beef Filets with Mushroom Sauce and Parmesan Popovers



The hearty and earthy mushroom sauce tastes divine atop the filets. Parmesan popovers make for a satisfying accompaniment.

Popover Ingredients:

- *1 cup fat-free milk \$
- *2 large eggs
- *4.5 ounces all-purpose flour (about 1 cup)
- *1/2 teaspoon kosher salt
- *Cooking spray
- *2 tablespoons grated fresh Parmigiano-Reggiano cheese

Beef Ingredients:

- *1 tablespoon olive oil \$
- *6 (4-ounce) beef tenderloin steaks
- *1 teaspoon kosher salt
- *1/2 teaspoon black pepper

Sauce Ingredients:

- *1/2 ounce dried porcini mushrooms
- *2 cups boiling water \$
- *1 1/2 teaspoons olive oil \$
- *1/3 cup thinly sliced shallots
- *4 ounces sliced fresh cremini mushroom caps (about 2 cups)
- *2 garlic cloves, minced
- *1/4 teaspoon kosher salt
- *1/4 teaspoon black pepper
- *1/2 cup pinot noir
- *2 tablespoons all-purpose flour
- *2 tablespoons chopped fresh sage
- *1 tablespoon chopped fresh thyme

Preparation:

1. Preheat oven to 400°.
2. Combine milk and eggs in a bowl. Weigh or lightly spoon 4.5 ounces flour into a dry measuring cup; level with a knife. Add flour and 1/2 teaspoon salt to milk mixture, stirring well; let stand 30 minutes. Place popover tin in oven for 5 minutes. Remove tin from oven; lightly coat popover cups with cooking spray. Spoon 1/4 cup batter into each cup, and sprinkle with cheese. Bake at 400° for 35 minutes or until puffed and golden.
3. Place porcini mushrooms in a bowl, and cover with 2 cups boiling water. Let stand 15 minutes. Drain through a sieve over a bowl, reserving mushrooms and soaking liquid. Heat a large saucepan over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add shallots to pan; sauté 1 minute, stirring frequently. Add cremini mushrooms to pan; sauté for 2 minutes or until almost tender. Add garlic to pan; sauté 30 seconds, stirring constantly. Stir in porcini, 1/4 teaspoon salt, and 1/4 teaspoon pepper; sauté 1 minute, stirring frequently. Add wine to pan; bring to a boil. Cook until liquid almost evaporates (about 3 minutes). Sprinkle 2 tablespoons flour over mushroom mixture; cook for 1 minute, stirring frequently. Gradually add the reserved mushroom soaking liquid, stirring constantly; bring to a simmer. Cook 2 minutes or until slightly thick, stirring frequently. Stir in herbs.
4. Heat a large skillet over medium-high heat. Add 1 tablespoon oil. Sprinkle beef with 1 teaspoon salt and 1/2 teaspoon pepper. Add beef to pan; sauté 4 minutes on each side or until desired degree of doneness. Remove from pan; let stand 10 minutes.