

Pork Chops Braised with Apples and Prunes

- 2 tablespoons vegetable oil
- 8 boneless center cut pork chops about 3/4" thick
- Salt and pepper
- 1 cup julienned onion
- 2 large golden delicious apples, peeled, cored and thinly sliced
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons minced garlic
- 2 tablespoons brown sugar
- 1 1/4 cups chicken broth
- 1/2 cup quartered, pitted prunes
- 1/2 cup heavy cream

In a large skillet or sauté pan, heat oil. Season chops with salt and pepper and sear in oil until browned on both sides, about 4 minutes. Transfer to a plate. To the fat in the pan, add onions and cook until translucent, about 5 minutes. Add the apples, rosemary, garlic, sugar, chicken broth and prunes. Bring to a boil. Return the chops to the pan with any juices on the plate. Cover and simmer until the pork and fruit are tender, about 30 minutes. Remove the pork to a plate and keep warm. Add cream to the pan and bring to a boil. Cook, stirring occasionally until slightly thickened, about 2 minutes. Adjust seasoning to taste with salt and pepper. Serve chops with sauce spooned over the top.

Seasonal
Eating



Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



December
Apples, Pomegranates

Cranberry Brie Appetizer Cups

- 1 (12-ounce) bag cranberries
- 3/4 cup pomegranate juice
- 1/2 cup orange juice
- 1 cup sugar
- 48 frozen phyllo pastry cups, thawed
- Brie cheese

In a saucepan combine cranberries, pomegranate juice, orange juice and sugar. Bring to a boil and boil for 15-20 minutes to allow cranberries to pop and sauce to thicken slightly. Remove from heat and cool. Place pastry cups on a baking sheet. Cut brie into small 3/8" cubes. Place one cube in each phyllo cup and top with a little of the cranberry sauce. Bake in a 350 degree oven for 10 minutes until cheese melts. Let cool a few minutes before serving.

Apple Dumpling Rolls

- 1/2 cup butter
- 2 cups sugar
- 2 cups water
- 1/2 cup vegetable shortening
- 1 1/2 cups self-rising flour
- 1/3 cup milk
- 2 cups finely chopped apples
- 1 teaspoon cinnamon

Place butter in an 8" x 11 1/2" x 2" baking dish. Place in oven and preheat to 350 degrees. Remove pan when butter is melted and set aside. In meantime, combine sugar and water in saucepan and heat until sugar is dissolved. In a medium bowl, cut the shortening into the flour until you have pea sized crumbs. Add milk. Turn onto a floured board and knead until smooth. Roll into a long rectangle, about 1/4" thick. Cover with apples mixed with cinnamon. Roll up and cut into 16 1/2" slices. Put into buttered pan. Pour water and sugar mixture around rolls. Looks like a lot (I mean a lot!!) but it's ok. Bake at 350 degrees for 1 hour.

Holiday Pomegranate Punch

- 1/4 cup sugar
- 1/4 cup water
- 4 cups pomegranate juice
- 2 cups orange juice
- 2 cups limeade
- 3 cups lemon-lime soda (Sprite)

In a small saucepan combine sugar and water. Heat until sugar dissolves. Cool. Combine sugar mixture, pomegranate juice, orange juice and limeade. Chill. Just before serving add chilled soda.

Winter Apple Salad with Pomegranate Vinaigrette

- 1/4 cup pomegranate juice
- 1 1/2 teaspoons balsamic vinegar
- 1/2 teaspoon Dijon style mustard
- 1/2 teaspoon honey
- 1/4 cup vegetable oil
- Salt and pepper to taste
- 6 cups spinach and romaine lettuce mixture
- 1 large apple, cored and chopped (Honey Crisp, Fuji or Gala)
- 1/2 cup pomegranate seeds (from 1 pomegranate)
- 1/2 cup toasted, roughly chopped walnuts
- 6 slices bacon, fried and crumbled
- 4 ounces blue cheese crumbles

For vinaigrette, combine together pomegranate juice, vinegar, mustard and honey in a blender jar. Drizzle in vegetable oil slowly while running. Season with salt and pepper.

For salad, toss spinach and lettuce with enough dressing to coat. Place on six salad plates. Top with apples, pomegranate seeds, walnuts, bacon and blue cheese. Drizzle with a little additional dressing.