



## Menu du Jour

07 Feb 06

Mustard Pork Chops with Brandied Cranberries

Tomato-Rice Casserole

Lemon-Garlic Broccoli

(Serves two)

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### Mustard Pork Chops

*Brining pork improves the texture and flavor since brining causes the meat to absorb liquid and makes for a juicier and tastier cut of pork. Prepare the brine the night before and brine the chops before leaving for work in the morning. The chops will be ready for cooking when you get home.*

2 center cut or rib chops, about 1-inch thick  
1/4 cup coarse grain mustard  
1 pouch Shake 'n Bake extra crispy seasoning mix  
1 yellow onion, peeled and sliced  
2 tablespoons brandied cranberries (recipe follows)

For the brine:

3 cups cold water, divided  
1/4 cup coarse kosher salt  
1 tablespoon cracked black pepper  
1 tablespoon fresh thyme  
1 tablespoon fresh rosemary  
1 cup hard cider  
1/4 cup pure maple syrup

Prepare the brine:

In a 2-quart saucepan, bring 1 cup of water to a boil over medium heat. Dissolve the salt in the water. Remove from heat and add the pepper, thyme, and rosemary. Allow the mixture to steep for 10 minutes. Add the remaining cold water, hard cider, and maple syrup; cool thoroughly in the refrigerator. (Cool brine to 41 degrees F.)

Place the chops in a resealable food-grade bag. Add the cooled brining solution and brine the chops for 4 to 6 hours. Remove from brine, rinse under cold water, and pat dry.

Preheat the oven to 375 degrees F.

Brush both sides of the chops with mustard and coat with seasoning mix. Layer the onion slices on the bottom of a casserole dish and place the chops atop the onions. Bake the chops, uncovered, for about 45 minutes or to an internal temperature of 155 degrees F.

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### Tomato-Rice Casserole

1 cup long-grain white rice  
1 tablespoon unsalted butter  
2 cloves garlic, finely chopped  
1/2 yellow onion (about 1 cup sliced)  
1 cup sliced green pepper  
1 (14 1/2-ounce) can petite diced tomatoes with green chiles  
1 cup shredded cheese

Prepare rice according to package directions and reserve.

In a medium skillet over medium heat, melt the butter and cook the garlic and onion until the onion is translucent, about 5 minutes. Add the green pepper and cook for 2 minutes.

Preheat the oven to 375 degrees F.

Coat a 2 1/2-quart baking dish with nonstick cooking spray. In a large mixing bowl, combine the rice, cooked onions and peppers, and tomatoes; spoon into the baking dish and cover with aluminum foil.

Bake 40 minutes or until most of the liquid has been absorbed. Remove foil from dish; sprinkle cheese over top. Bake until cheese melts, about 5 minutes. Let stand 10 minutes before serving.

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### Lemon-Garlic Broccoli

2 cups broccoli florets  
3 cloves garlic, finely chopped  
2 tablespoons unsalted butter  
1/2 teaspoon coarse kosher salt  
2 tablespoons fresh lemon juice  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon cayenne pepper sauce

Steam the broccoli florets until barely tender and still bright green (about 5 minutes).

Place butter in a skillet over medium heat. When the butter is melted, add the garlic, then the salt. Sauté, stirring frequently, just until the garlic starts to soften. Add the lemon juice, pepper, and the cayenne sauce. Reduce the heat low and simmer for a couple of minutes.

Add the broccoli florets and toss to combine.



## Brandied Cranberries

1/4 cup dried sweetened cranberries

1/2 cup brandy

Combine the cranberries and brandy in a small bowl. Allow the cranberries to macerate for at least 2 hours.

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### Cooking & Presentation



**For service: Spoon tomato-rice casserole onto a warmed service plate. Layer onion slices over the rice. Place one pork chop atop the onion slices; arrange the broccoli on the plate. Spoon brandied cranberries atop the pork chop. Mound dressed mixed field greens onto the plate. Garnish the plate with chopped flat leaf parsley.**