



Menu du Jour

23 Feb 06

'Ono Pork

Sautéed Green Bean with Garlic

Hawaiian-style Rice

(Serves two)

'Ono Pork

In the Hawaiian language 'ono means "delicious" which is how your guests will describe this recipe for leftover pork.

3/4 pound cooked pork, sliced
1 cup pork or beef stock
1/4 cup finely chopped macadamia nuts
'Ono sauce
1 (8-ounce) can crushed pineapple
1 tablespoon cornstarch
1/4 cup white vinegar
1/2 cup ketchup
1 tablespoon Tamari soy sauce
3 tablespoons Hawaiian cane sugar
1/2 teaspoon coarse kosher salt
1/2 teaspoon dried ginger
1/2 teaspoon granulated garlic

Drain the pineapple, reserving juice. In a small bowl, combine the cornstarch and 1/4 cup of the pineapple juice.

Prepare the sauce by combining all of the remaining ingredients except the pineapple in a medium saucepan; bring to a low simmer over medium heat. Add the cornstarch slurry, stirring well, and cook for 5 minutes. Add the pineapple and any remaining juice; cook until warmed.

Reheat the pork by braising in stock until warmed, about 5 minutes. Remove with a slotted spoon and keep warm.

(Chef's note: A great way to store leftovers is in vacuum-sealed bags. To reheat, place the sealed bag in boiling water for 5 to 8 minutes.)



Grilled Pineapple

6 (1/2-inch) slices fresh pineapple

Pineapple glaze:

1/4 cup honey

1 tablespoon lime juice

1/2 teaspoon dried ginger

1 teaspoon Tamari soy

Preheat the grill for medium-high direct cooking. Prepare the glaze by combining the honey, lime juice, dried ginger and soy sauce in a small bowl.

Place pineapple slices on the grill and brush pineapple with glaze. Grill for 3 minutes and turn, brushing again with the glaze.

Sautéed Green Bean with Garlic

1/3 pound fresh green beans

1 tablespoon olive oil

2 cloves garlic, finely chopped

1/2 teaspoon coarse kosher salt

1/4 cup Wasabi Vinaigrette

Remove the tips from the green beans and soak the beans in cold water. Drain and pat dry.

Heat the oil in a medium skillet over medium heat until hot. Add the green beans and cook for about 4 to 5 minutes, tossing often. Remove the beans and drain most of the oil.

Add the garlic to pan and sauté for 30 seconds. Add the green beans and salt. Reduce heat to low, add Wasabi Vinaigrette and simmer for about 2 minutes until vinaigrette is warmed.



Hawaiian-style Rice

3 cloves garlic, peeled and minced
1/3 cup diced bell pepper
1 tablespoon unsalted butter
1 cup long-grain white rice
1/2 teaspoon coarse kosher salt
3 cups chicken stock
1/4 cup chopped macadamia nuts
1 cup diced pineapple
1/4 cup freshly chopped flat leaf parsley

In a medium saucepan over medium heat, bring the stock to a simmer and reduce to 2 cups, about 20 minutes.

Preheat the oven to 375 degrees F.

Melt butter in a medium saucepan over medium heat. Add the garlic and sauté briefly. Add the rice, stirring to coat with the butter. Add the bell pepper, salt and chicken stock; bring to a boil. Pour mixture into a lightly buttered casserole dish and cover tightly with aluminum foil.

Bake for 20 to 25 minutes or until all the liquid is absorbed. Remove from oven; stir in the macadamia nuts, diced pineapple and parsley. Mix well to combine.



Cooking & Presentation



For Service: Arrange grilled pineapple slices on a warmed service plate. Top with pork and drizzle 'Ono Sauce over the pork and around the plate. Spoon the rice and the green beans onto the plate. Sprinkle macadamia nuts over the pork. Garnish plate with chopped fresh parsley and garnish pork with chopped green onions.