

Menu Du Jour

05 Jan 2004

Mesclun mix, tomato, radish and cucumber with poppy seed dressing

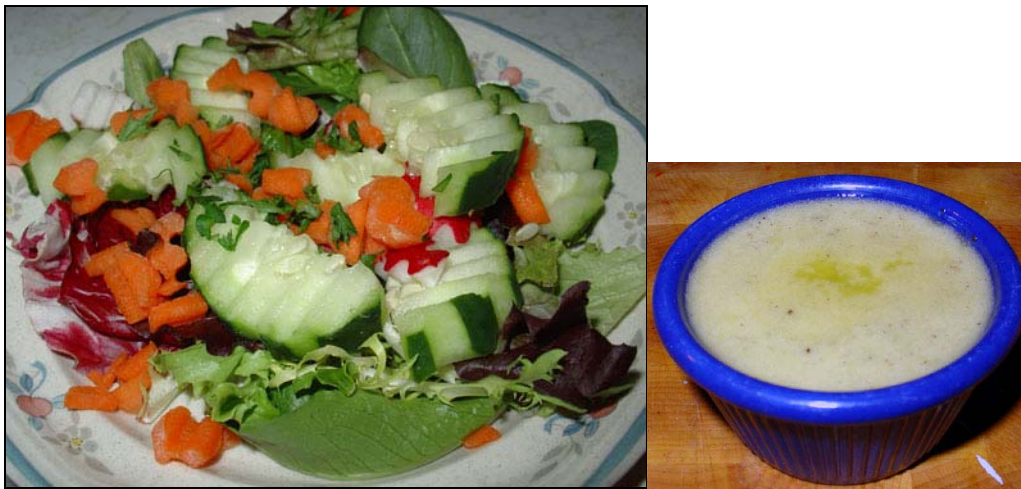
Hickory-Smoked Honey-Garlic Pork Chops

Green Beans and Carrots Parmesan

Lemon-Garlic Roasted Beets

(Recipe serve two)

Field greens, tomato, radish, and cucumber salad



Poppy Seed Dressing

2 tablespoons freshly squeezed lemon juice
3 tablespoons toasted poppy seeds
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
1 teaspoon minced fresh parsley
1 teaspoon granulated sugar
6 tablespoons extra virgin olive oil

In a small mixing bowl or electric blender, mix lemon juice, poppy seeds, salt, black pepper, sugar, and parsley. Whisk in olive oil until emulsified. Serve at room temperature.

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Hickory-Smoked Honey-Garlic Pork Chops

Pork chops are versatile, quick, and easy but that doesn't mean they have to be boring. Be careful not to overcook the chops or they will be tough and dry. Use an instant-read thermometer and take the chops off the grill when they have an internal temperature of 155° F.



- 2 (4-ounce) boneless pork chops
- 1/4 cup fresh lemon juice
- 2 cloves garlic, minced
- 1 tablespoon minced green onion tops
- 1/4 cup clover honey
- 2 tablespoons low sodium Tamari soy sauce
- 1 tablespoon very dry sherry
- 1/3 cup BBQ'r's Delight apple pellets
or 1 cup apple wood chips

Combine marinade ingredients and pour into large resealable food-safe bag. Add chops. Marinate, refrigerated, at least eight hours or overnight.

If using wood chips instead of BBQ'r's Delight pellets, soak one cup of apple wood chips in water at least one hour. Prepare grill for direct cooking. Add drained wood chips (or BBQ'r's Delight apple pellets) to smoker tray.

Remove chops from marinade, reserving marinade. Add marinade to a small saucepan, bring to boil, reduce heat, and simmer five minutes. When a good smoke develops, grill chops, covered, 10 to 14 minutes, turning once and basting with reheated marinade. Allow chops to rest for five minutes before serving.

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Lemon-Garlic Roasted Beets



- 2 large beets, about 1 pound
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1/4 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon olive oil
- 2 cloves garlic, finely chopped
- 1 tablespoon lemon juice

Preheat oven to 400° F.

Trim beet greens leaving about a one-inch stem on top to reduce bleeding. Scrub beets under running cold water. Dry beets and place on a sheet of aluminum foil. Drizzle with two tablespoons of olive oil and season with thyme, kosher salt, crushed red pepper flakes, and black pepper. Form aluminum foil into packet.

Place the beets in a casserole dish and bake for about 45 minutes or until tender. Remove beets from oven and cool. When cool, trim beet tops and bottoms, and remove skins by wiping with a paper towel. Quarter the beets and reserve.

In a medium skillet over medium heat, warm 1/2 teaspoon of olive oil. Add the sliced garlic and cook two minutes. Add the reserved beets and lemon juice. Cook until thoroughly warmed, about four to five minutes.

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Green Beans and Carrots Parmesan



8 baby carrots, sliced in half lengthwise
1 cup trimmed green beans
1/2 tablespoon olive oil
2 tablespoons grated Parmesan cheese

In a saucepan, cook carrots and green beans in one inch of boiling salted water for eight minutes or until tender. Drain. Toss with oil. Sprinkle with cheese and serve.

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Plate Presentation



Slice grilled chop and fan onto service plate. Arrange beets on plate and drizzle with pan sauce. Place beans and carrots on plate. Garnish plate with sweet potato fritter dotted with Chipotle Aioli, chopped fresh parsley, sweet paprika, and chopped green onion tops.