



Menu du Jour

10 Feb 06

Hawaiian-style Pork Chops
Vegetable Medley Stir-Fry
Caramelized Maui Onions
Oriental Rice
(Serves two)

Hawaiian-style Pork Chops

Whole hog is a traditional luau staple for Hawaiian feasts. Although Kalua Pig is delicious, it does require a lot of work to prepare. This recipe brings the flavor of the Islands to your table without the effort needed for Kalua Pig.

2 center cut pork chops, about 8 ounces each
3/4 cup pineapple juice
Garlic powder
Coarse kosher salt
Freshly ground black pepper
1 tablespoon vegetable oil
3/4 cup orange juice
1/2 cup dark brown sugar, divided
1/4 cup barbecue sauce

In a small mixing bowl, combine the pineapple juice and 1/4 cup of the brown sugar. Place the chops in a resealable food-grade bag and pour the marinade into the bag. Marinate, refrigerated, at least 2 hours. Remove the chops from the marinade and pat dry.

Season the pork chops with garlic powder, salt, and black pepper.

Preheat the oven to 375 degrees F. Heat the oil in a cast iron skillet over medium heat and brown the chops on both sides.

Combine the orange juice and the dark brown sugar in a small mixing bowl. Pour over the chops, cover, and transfer the skillet to the oven. Bake the chops for 30 minutes.

Spoon 1 to 2 tablespoons of the barbecue sauce onto each chop and bake, uncovered, for another 15 minutes. Turn the chops over and spoon the sauce mixture onto the chops; continue baking for 15 minutes or to an internal temperature of 155 degrees F.



Vegetable Medley Stir-Fry

1/2 cup julienne carrots
1/2 cup sugar snap peas
1 tablespoon sesame oil
1 teaspoon minced ginger
1 teaspoon minced garlic
1/2 cup sliced red bell pepper
1/2 cup sliced yellow onion
1/2 cup sliced shitake mushrooms
Coarse kosher salt and freshly ground black pepper
1 teaspoon toasted sesame seeds

Bring a medium saucepan half-filled with salted water to a boil over medium heat. Add the carrots and cook for 2 minutes. Add the sugar snap peas and cook another 2 minutes. Drain into a colander and shock the vegetables in an ice bath. Drain and reserve.

Heat a large skillet over medium heat and add the sesame oil. When the oil is hot, add the ginger and garlic; cook for 15 seconds. Add all the vegetables and sauté for 2 to 3 minutes stirring often. Season to taste with salt and pepper; garnish with sesame seeds.

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.



Caramelized Maui Onions

One of the staples in my kitchen is caramelized onions. They compliment a variety of dishes and will keep, refrigerated, for several days. They may also be frozen and kept for about a month.

4 Maui onions, peeled and thinly sliced (about 4 cups)
2 tablespoons unsalted butter
1 tablespoon olive oil
2 cloves garlic, minced
Coarse kosher salt
Freshly ground black pepper
1/4 cup sherry or port wine

Heat a medium skillet over medium heat. Add the butter, the olive oil, the onions, and the garlic. Season to taste with kosher salt and black pepper.

Toss the onions well, coating them with the butter and oil. Cook for about 5 minutes. Reduce heat to medium-low and continue cooking, tossing often, for another 15 to 20 minutes until the onions are golden brown. Remove the onions and deglaze the pan with the wine. Allow the wine to reduce by one-half and add to the onions.



Cooking & Presentation



Caramelized Maui Onions



For service: Spoon the rice casserole onto a warmed service plate. Place a chop aside the casserole and drizzle with pan sauce. Arrange caramelized onions atop the pork chop. Place vegetables on plate. Serve with mixed field greens. Garnish with chopped green onions.