



Menu du Jour

22 Mar 06

Grilled Cackalacky® Pork Chops

Garlicky Sugar Snap Peas

Mustard Glazed Potatoes

(Serves two)

Grilled Cackalacky® Pork Chops

The secret to grilling succulent pork is to do it quickly, merely minutes for pork chops. Being very lean, pork dries out and becomes tough if left on a hot grill too long. A spicy marinade and rub adds other layers of flavor to this dish. If Cackalacky® Spiced Ketchup is not available, substitute chili sauce.

2 center-cut boneless pork chops, about 8-ounces each

Marinade:

1/3 cup Cackalacky® Spiced Ketchup

1/3 cup Woodchuck Draft Cider (Amber or Granny Smith)

1 tablespoon dark brown sugar

1 tablespoon cider vinegar

1 tablespoon Worcestershire sauce

1/4 teaspoon coarse kosher salt

1/2 teaspoon crushed red pepper flakes

1/2 teaspoon granulated garlic

Spice rub:

1 tablespoon cracked black pepper

1 tablespoon sweet paprika

1/2 teaspoon dry mustard

1/2 teaspoon celery seed

1 teaspoon dark brown sugar

1/2 teaspoon coarse kosher salt

Prepare the spice rub by combining all of the ingredients in a small mixing bowl.

Combine the marinade ingredients in a mixing bowl and pour into a resealable food-grade plastic bag. Add the chops and marinate, refrigerated, at least 4 hours or overnight. Remove chops from the marinade and drain. Sprinkle chops on both sides with the spice rub.

Prepare the grill for medium-high direct cooking.

Grill the chops for 3 minutes and turn 90 degrees and grill another 3 minutes. Turn the chops over and grill for another 3 minutes, turn 90 degrees and grill another 3 minutes or until the chop has an internal temperature of 155 degrees F.

From The Kitchen Of Michael H. Stines, Ph.B.

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Garlicky Sugar Snap Peas

Sugar snap peas are a cross between English and snow peas. They only need a very short cooking time. The sweetness of the sugar snaps diminishes quickly so they are best prepared the day they are purchased.

- 1/2 pound sugar snap peas
- 1 tablespoon water
- 1 tablespoon coarsely chopped garlic
- 2 tablespoons minced shallot (or red onion)
- 1/2 cup cherry tomatoes, sliced in half

Break the stem end of the pea and gently pull the length of the pod to remove both strings that run along the pod. (Although not as flavorful as those with strings, some stringless sugar snaps are available.)

Spray a sauté pan with cooking spray and heat over medium-high heat. Add the snap peas and water. Cook, stirring, for 4 minutes.

Add the garlic and shallot; cook, stirring, for another minute. Add the tomatoes and cook until heated, about another minute. Season with salt and pepper to taste.

Roasted Potato Wedges

These potato wedges are crisp like French Fries but without all the oil. Sprinkle coarse kosher salt on the wedges as soon as they come off the grill to add some flavor highlights. If Cackalacky® Spiced Mustard is not available, substitute coarse-grain or Creole mustard.

- 2 large Idaho Russet potatoes
- 3 tablespoons Cackalacky® Spiced Mustard
- 2 tablespoons olive or canola oil
- 1 tablespoon chopped fresh rosemary
- 2 cloves garlic, crushed
- 1 teaspoon granulated sugar
- 1 teaspoon hot Hungarian paprika
- Coarse kosher salt and freshly cracked black pepper, to taste

Scrub the potatoes and pat dry. Cut each potato lengthwise into four wedges.

In a medium mixing bowl, whisk together the mustard, olive oil, rosemary, garlic, sugar and paprika. Add the potatoes and toss to coat.

Preheat the grill for medium-high indirect cooking. Cook the potatoes in a covered grill, turning occasionally, for 45 minutes or until easily pierced with a knife. Season with salt and pepper.



Cooking & Presentation



Grilled Pork Chops, Roasted Potatoes & Garlicky Sugar Snap Peas