

pork rib chops with sauteed apple and star anise

Ingredients

1, tablespoon vegetable oil
2, 12-ounce, pork rib chops
3, tablespoons, butter, divided
1, tablespoon, brown sugar
4, whole, star anise
2, Fuji apples (about 1 pound), cored, sliced 1/2-inch thick
1/2, cup, apple juice
2, teaspoons, apple cider vinegar

Preparation

1. Heat oil in heavy large skillet over medium heat.
2. Sprinkle pork with salt and pepper.
3. Add pork to skillet; cook until brown on both sides and thermometer inserted horizontally into pork registers 140°F, about 7 minutes per side.
4. Transfer to plates; tent with foil.
5. Pour off drippings from skillet.
6. Add 2 tablespoons butter, brown sugar, and star anise to same skillet and stir over high heat until melted.
7. Add apples; cook until brown and caramelized, stirring frequently, about 8 minutes.
8. Spoon apples over pork.
9. Add apple juice and vinegar to skillet; boil sauce until reduced to 2 tablespoons, about 3 minutes.
10. Whisk in remaining 1 tablespoon butter; season to taste with salt and pepper.
11. Drizzle sauce over apples and pork.

couscous with pine nuts and currants

Servings: Makes 4 servings.

Ingredients

1/8, cup, sesame seeds
1/8, cup, pine nuts
1, tbsp, butter
1/4, tsp, salt
1, cup, dry whole-wheat couscous (made from semolina, which is used to make pasta)

1, can, (15.5 oz) chickpeas, drained
1, cup, peeled, seeded and finely diced cucumber
1/8, cup, dried currants plumped in water
1/4, cup, fines herbes (or minced mint, cilantro and parsley)
„Lemon juice
„Red pepper flakes

Preparation

1. Heat oven to 400°F.
2. Spread sesame seeds and pine nuts on a cookie sheet and bake until golden, about 5 minutes.
3. Remove from sheet and set aside.
4. In a large saucepan, boil 1 cup water with butter and salt.
5. Remove from heat and add couscous. Stir, cover and let stand 5 minutes. Fluff with a fork.
6. Toss couscous with sesame seeds, pine nuts, chickpeas, cucumber, currants, and fines herbes. Season to taste with remaining ingredients and salt and pepper.