

# Dave and Gerry get a taste of true Southern barbecue

(Gerry is writing today's article).

Finally, we (my husband Dave and I) got the opportunity to experience barbecue down south—North Carolina to be exact, with local residents who know barbecue.

This is certainly nothing like what we know as barbecue. What we serve as barbecue is food cooked on a barbecue, whereas in the south, barbecue means a method of pit roasting foods.

We had lunch at a small pit-cooked barbecue restaurant, established in 1948, in High Point, North Carolina. They only serve pork barbecue, which is pork shoulders cooked for hours outside in a covered pit barbecue. The pork is then pulled off the roast, and sort of shredded, then served on a plate with coleslaw, hush puppies and rolls. The coleslaw at this particular restaurant was vinaigrette style, with crushed tomatoes in the mix.

Apparently, restaurants are very particular about their pork and their coleslaw recipes and all are different. Hushpuppies are a one or two bite side dish—a deep-fried cornmeal mixture. Hot sauce is provided to sprinkle on your pork if you like.

If you order a barbecue sandwich, the pork and the coleslaw come on the same bun. This is very delicious together and helps to moisten the pork. All in all, a very memorable meal and an insight into southern barbecue that I have always wondered about.

The menu is very simple, because

What's cookin'

Lori and Gerry Kentner



all they serve is barbecue, coleslaw, hushpuppies and French fries, just

presented in different ways. Here is part of the menu:

<b>Sandwiches</b>	
Barbecue.....	2.35
Hamburger.....	1.60
Cheeseburger.....	1.70
Hotdog.....	1.25
<b>Barbecue Trays</b>	
(served with barbecue, slaw, rolls or hushpuppies)	
Small.....	3.95
Medium.....	4.35

Large.....	4.75
Barbecue Plate.....	5.40
(served with barbecue, slaw, French fries, rolls or hushpuppies)	
Dessert at barbecue places are cobblers, mostly cherry, peach and blackberry. A cobbler is sweetened, thickened fruit filling covered with a cake like topping and served warm with ice cream. Very delicious	
Have fun and keep cooking!	
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## Pork Tenderloin Medallions

### Ingredients

- 2 pork tenderloins (approximately 10 oz each)
- 4 tbsp unsalted butter
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 2 cups mushrooms, quartered
- 1 bunch fresh asparagus
- 1/4 cup tomato paste
- 1 cup whipping cream

### Method

1. Cut tenderloins crosswise into 1" slices. Flatten to 1/4" thickness.
2. In heavy frying pan melt half the butter. Fry the pork, one layer at a time, approximately two minutes per side.
3. Transfer the pork to an oven-proof dish then season with salt and pepper.

4. Add the rest of butter to the frying pan and on high heat fry mushrooms until golden, stirring frequently. Remove from the heat and place the mushrooms with the tenderloin. Set the pan aside with the remaining butter and brown bits for use again.

5. Snap the ends from the asparagus and cut into 1" lengths, on the diagonal.

6. Place asparagus in a separate pan and cover with cold water.

7. Heat on high until water boils, then remove from the heat. Drain the asparagus and set the cooking liquid aside. Refresh the asparagus under cold water.

8. Add the asparagus to the pork.

9. Using the pan that the pork and mushrooms were cooked in, return that pan to heat. Pour in any juices that have accumulated in the dish



the pork is in. Also add 1/2 cup of the cooking liquid from the asparagus. Scrape up the brown bits from the bottom of the pan and reduce the liquid over medium heat until it becomes a bit thicker. Whisk in the tomato paste. Slowly add the whipping cream while stirring. Bring to a gentle boil.

10. Pour the sauce over the pork and vegetables and bake at 350 degrees F for approximately an half hour.

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