

RECIPE FILE

Cooking for one or two

Whether you're down-sizing recipes after years of cooking for a family or setting up in your first kitchen, cooking for one or two requires creativity and organization.

Shopping for versatile ingredients is the first step toward success when cooking for singles and couples. For example, selecting boneless cuts of lean pork offers the cook a wide range of menu options.

A boneless centre-cut pork roast can become two or three meals. Cut off one or two steaks for grilling or cubes for a stir fry. This leaves a small pork roast perfect for one or two. Another idea to add variety to a week's menus is to cook the steaks then wrap and freeze the roast to use later. Frozen pork retains all of its nutritional and delicious eating qualities. Just remember to wrap it airtight and thaw it in the refrigerator.

These down-sizing cooking tips are just a few of the suggestions offered in a new booklet on cooking pork which is now recognized as a healthy meat choice for persons of all ages. (Contrary to once-held beliefs, today's lean pork is not difficult to digest.) To obtain this free booklet, send your name

and address to Cooking Pork for One or Two, 106-405 Britannia Rd. East, Mississauga, Ontario L4Z 3E6.

Savoury Tenderloin with Red Currant Sauce

For an intimate dinner for two, moist and tender pork tenderloin is ideal and fuss-free. Serve with peas, carrots and pasta.

- 1 (3/4 lb/375 g), pork tenderloin well trimmed;
- 1 tbsp. (15 ml) Dijon mustard;
- 1 tsp. (5 ml) dried thyme;
- 1/2 tsp. (2 ml) dried savoury;
- 1/2 tsp. (2 ml) dried marjoram;
- 1/2 tsp. (2 ml) salt;
- Pinch freshly ground black pepper;
- 1/2 cup (125 ml) chopped fresh parsley;

Red Currant Sauce:

- 1/3 cup (75 ml) red or black currant jam or jelly;
- 1 tbsp. (15 ml) Dijon mustard;
- 1 tsp. (5 ml) red wine vinegar;
- Pinch each salt and freshly ground black pepper;



Don't let the number of people you're serving limit what goes on the dinner table.

Directions: Tuck under thin end of tenderloin to make even thickness throughout.

In small bowl, combine mustard, thyme, savoury, marjoram, salt and pepper to make a smooth paste. Spread or rub paste all over tenderloin. Roll in parsley to coat tenderloin. Place on rack in shallow roasting pan. Roast, uncovered at 375F (190C) for 30 to 35 minutes or until meat is slightly pink inside

and meat thermometer reads 160F (70C).

To make sauce: In small saucepan over medium-low heat, or small microwavable bowl, melt jam. Stir in mustard until smooth. Stir in vinegar and season to taste with salt and pepper. Serve warm over sliced tenderloin. Makes 2-3 servings. Per serving: 338 calories, 37 g protein, 7 g fat, 31 g carbohydrate.

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