

Show #55. Real Men *can* Cook!

Peach and Blueberry Pie

3 cup flour
1 cup butter cut in small pieces
1 1/2 tsp salt
1/2 cup cold water

Combine first three ingredients until they form a cornmeal like consistency, then add enough of the water for the dough to stick together and be elastic. Roll out the dough to cover a 9" pie tin.

Filling

5 cups peaches
2 cups blueberries
1 cup sugar
1/3 cup flour
1 tsp chopped ginger or 1/2 tsp. ginger powder
1 lemon zest, and juice.
melted butter for brushing

Mix all the ingredients, except for the butter, then put into the pie shell. Roll out the rest of the dough and with a pizza cutter, cut strips, then lay them on top of the pie, forming a criss cross pattern. Crimp the edge of the pie together with the dough strips, brush with melted butter, bake at 350 for about one hour, or until the crust is golden brown. Let cool off and serve.

Baby Spinach Salad

6 cups cleaned baby spinach
1 1/2 cup Blue cheese
1/2 cup Sun dried tomato strips
1/4 cup toasted pine nuts

Toss all of these together then dress with the following balsamic dressing.

Dressing

1/4 cup balsamic vinegar
3/4 cup olive oil
1 tsp chopped garlic
1 tbsp chopped shallots
1 tbsp dijon mustard

Combine everything but the oil in a mixing bowl, slowly whisk the oil into the vinegar mix until it is well mixed. Pour some over the salad to your desired moistness. This dressing can be saved in the refrigerator for a few weeks.

Garlicky zucchini

2 whole zucchini sliced in half length wise.
2 tbsp olive oil
1 tbsp sliced garlic
salt and pepper to taste

In a sauté pan large enough to fit the zucchini, put in the olive oil and heat, in the mean time brush a little oil on the zucchinis, then salt and pepper them. When the oil is hot, place all four of the cut sides down into the pan, let cook until nice and brown, then flip over. When the zucchini seems to become a bit soft to the touch, put the garlic in the pan, stir it a bit, shut off the fire and let it brown, but not burn. Then serve.

Creamy polenta

2 cups boiling water
1 cup corn meal
1 tbsp butter
1/2 cup heavy cream
2 tbsp parmesan cheese
1 tsp salt

Bring the water to a boil, add the corn meal and stir constantly, when it

thickens add the butter, cream, salt and cheese. If it seems too thick, add more cream or water. It is now ready to serve.

Pan roasted Pork Tenderloin

1 pork tenderloin, whole
salt pepper
olive oil

In a sauté pan put about 2 tbsp of oil and heat. In the meantime, salt and pepper the tenderloin. Place the tenderloin in the pan and sear each side, cover, add a little liquid (water, white wine, chicken stock) that you desire, let cook covered for approximately 10 to 15 minutes. When done, let cool a bit, then slice.

Sauce

1 cup apple juice
1 cup white wine
1 tsp garlic
1 tsp shallots
1/4 cup sun dried cherries
3 tbsp butter

Combine everything but the butter, let the mixture reduce by 1/2, turn off the fire, then whisk the butter into the sauce. The sauce should be nice and buttery smooth, pour over tenderloin.