

QUICK AND EASY MAIN DISH RECIPES

PORTOBELLO MUSHROOM WITH GOAT CHEESE

4 large Portobello Mushrooms
1/2 cup chopped scallion
1/4 cup chopped shallots
1/4 cup Olive Oil
3 tbsls balsamic vinegar
salt to taste
2 to 3 oz of Goat cheese

Clean Portobello mushrooms by brushing with a damp paper towel. Do Not wash under water as the gills will fill with water. Heat half the oil in a large frying pan. Sauté the scallions and the shallots at medium heat. Add the Mushroom gills facing up. Sprinkle lightly with some salt, add one tablespoon of balsamic. After two minutes turn gills down and cover and cook another two minutes. Uncover, turn gills up and fill with pan fried scallion, shallots and some additional oil and vinegar. While the mushrooms are still hot, crumble goat cheese over them. This can be a first course or a main course.

HONEY ROASTED PORK

1 Lb. Pork Tenderloin
1 Cup boiling Water
1 Tbls Honey, dissolved with a little hot water

MARINADE

1 Tbls Sugar
1 Tbls Soy Sauce
1 Tbls Hoisin Sauce
1 Tbls Oyster Sauce
1 Tsp Sesame Oil

Combine all ingredients for marinade and mix well. Add pork tenderloin and turn until well coated. Cover and marinate for at least 4 hours. Remove tenderloins from marinade and reserve

marinade. Arrange the pork on a rack over a baking pan. Pour boiling water into the pan and place pan in oven and roast for 10 minutes in preheated 425 oven.

Remove from oven and baste with reserved marinade, lower temperature to 350, return pork to oven and roast for another 10 minutes. Remove pork from oven, baste with honey syrup and lightly brown under the broiler. (If you have a grill at your picnic site you can baste and grill at your picnic site) Allow to cool, then slice across the grain into thin slices.