

Everyday Basics Cooking Series: Meat and Seafood

January/February 2011

Menu:

Pork Cutlets with Arugula-Caper Salad
White Wine and Garlic Braised Chicken
Grilled Chili-Rubbed Flank Steak with Grilled Lime Drizzle
Perfect Roast Salmon with Roasted Tomato Vinaigrette

Pork Cutlets with Arugula-Caper Salad

serves 6

for the pork:

6 thin-cut, boneless pork chops, pounded 1/4-inch

1 cup flour

2 each eggs

2 cups panko breadcrumbs

salt and pepper

1 tablespoon butter

olive oil

for the salad:

1/4 cup capers

1 lemon, juiced

1 teaspoon dijon

1/4 cup olive oil

4 cups arugula leaves, packed

***** Preparation ******

For the pork:

Place the pork in a plastic bag or between two pieces of plastic wrap and pound until 1/4-inch thick.

Place the flour on one plate, the beaten eggs on another and the breadcrumbs on another. Season each plate with salt and pepper. Dredge the pork in the flour, then the egg and finally the breadcrumbs, shaking off excess at each step.

Add the butter to a large skillet and place over medium-high heat. Add a drizzle of olive oil. When melted, add the pork and cook on both sides until golden.

For the salad:

In a bowl, whisk together the capers, lemon juice, dijon and olive oil. Add the arugula and gently toss. Season with salt and pepper.

Serve the pork immediately topped with the salad.

White Wine and Garlic Braised Chicken

serves 6

olive oil, as needed

6 chicken thighs, boneless OR bone-in, skin removed

2 tablespoons flour

salt and pepper

1/2 cup garlic cloves, peeled

4 sprigs fresh thyme

1 cup white wine

2 cups chicken stock, as needed

rustic bread, for serving

1/2 cup parsley leaves, roughly chopped

***** Preparation ******

Heat a large heavy-bottomed pot over medium-high heat. Drizzle with olive oil.

Season the chicken with salt and pepper and dust with flour. Add chicken to the pan and let cook on one side for about 5 minutes, until very golden. Turn and cook on the other side until golden. Add the garlic when you turn the chicken.

Add the wine and scrape up the bits on the bottom of the pan. Add stock to JUST cover the chicken. Bring to a boil, reduce heat and simmer, covered, for 30 minutes or until very tender.

Taste and season sauce with salt and pepper as needed.

Serve topped generously with parsley, with a slice of rustic bread to soak up the sauce.

Grilled Chili-Rubbed Flank Steak with Grilled Lime Drizzle

serves 5

1 tablespoon ground cumin
1 tablespoon ancho chili powder
1 teaspoon dry mustard
1 tablespoon dried oregano
1 teaspoon salt
1/2 teaspoon ground black pepper
1/4 cup olive oil
1 flank steak, at room temperature
4 limes, 1 sliced, 3 halved

*** Preparation ****

Heat a grill pan or outdoor grill over high heat. Preheat oven to 400 degrees.

In a skillet, combine the cumin, chili powder and mustard. Cook over high heat, stirring, for a couple minutes until fragrant.

In a bowl, stir together the toasted spices, oregano, salt, pepper and olive oil. Generously rub the steak with this mixture.

Place the steak on the grill and leave in one place for 3-5 minutes until caramelized. Flip and caramelize the other side.

Place steak on a baking sheet and into the oven. Roast for 10 minutes. Remove and let sit for 10 minutes before slicing.

Meanwhile, toss the lime slices and lime halves with a little olive oil. Grill until very charred. Remove and let cool.

Once steak is sliced, squeeze grilled lime halves over the steak. Garnish with grilled slices and serve!

Perfect Roast Salmon with Roasted Tomato Vinaigrette

serves 6 people

6 salmon fillets

olive oil, as needed

salt and pepper

5 roma tomatoes, halved and seeded

4 garlic, cloves

4 large leaves basil

1/4 cup Sherry vinegar

1/4 cup olive oil

*** Preparation ****

Preheat oven to 400 degrees. Rub the salmon with olive oil and season with salt and pepper. Lay out on a lined baking sheet.

Toss the tomatoes and garlic in olive oil and spread out on a baking sheet. Roast for 15 minutes or until charred in some spots. Remove from oven and let cool slightly.

Place the salmon into the oven and bake for 12 minutes (about 10 minutes for every inch of thickness).

Combine the tomatoes, garlic, basil leaves, vinegar and olive oil in a blender and blend until smooth. Taste and season with salt and pepper.

Serve the salmon warm or cold with the sauce at room temperature.