

Brown Sugar Balsamic Glazed Pork Tenderloin

(Yield: 5-6 portions)

¼ cup brown sugar

¼ cup balsamic vinegar

½ cup extra virgin olive oil

1 Tablespoon dry thyme

6 cloves crushed/chopped garlic

¼ cup soy sauce

2 teaspoons freshly cracked black pepper

2 teaspoon salt

2 pieces pork tenderloin (1 ½ pounds)

Procedure:

1. Clean tenderloin of any excess fat and set into appropriate sized container.
2. Mix remaining ingredients in separate bowl and blend well.
3. Pour over meat and toss to coat well- cover and allow to marinate for at least 30 minutes, but no longer than 1 hour.
4. Place meat on a well heated and cleaned grill surface (wood or chips will impart the best flavors: hickory, pecan, and mesquite).
5. Brown well turning to evenly brown all sides- cook only to medium to medium rare (meat will have a slightly “springy” feel to it).
6. Allow meat to rest for at least 5 minutes before cutting.

Optional glaze

½ cup balsamic vinegar

1/3 cup brown sugar

Procedure:

1. Place in thick bottomed pan over medium heat and reduce till you see bubbles half the size of a dime.
2. Remove from heat immediately and allow to cool. Drizzle over meat or serve with meat and roasted corn salsa.

Sweet-n- Spicy Flat Iron Steak

(Yield: 6-8 portions)

2 each flat iron steaks (2 pounds)

1 cups pineapple juice

1/3 cup Worcestershire sauce

2 tablespoons chopped garlic

2 each chopped chilies (Serrano, jalapeno, and banana)

¼ jar (2 ounces) pepper jelly

1 tablespoon freshly cracked black pepper

1/3 cup red vinegar

3 tablespoons sugar

To taste salt and pepper/ seasoning blend of choice

Procedure:

- 1. Trim steaks of any excess fat or silver skin- place in bowl.**
- 2. Mix remaining ingredients together in bowl and pour over meat.**
- 3. Cover with plastic and allow to marinate for approximately 1 hour.**
- 4. Place meat on preheated and cleaned grill surface and mark well. (oil surface before grilling**
- 5. Rotate 90 degrees and mark a second time to give the meat the appealing “cross hatches”.**
- 6. Repeat the process on the other side of the meat. (Do not burn the meat!)**
- 7. Place meat to a cooler spot on the grill or place in a 350 degree oven and cook to a medium to medium rare state (slightly springy to the touch).**
- 8. Allow to rest for at least 5 minutes before cutting; thinly against the grain of the meat.**
- 9. Serve with roasted corn salsa or balsamic glaze.**

Grilled Okra

1 pound fresh okra (small pieces are best!)

¼ cup oil (vegetable/olive)

2 teaspoons salt

1 teaspoon pepper

2 teaspoons granulated garlic

Procedure:

- 1. Wash okra well and allow to dry before proceeding.**
- 2. Place okra in bowl and coat with oil (drain off any excess).**
- 3. Place okra on grill (be sure okra is at 90 degrees to the grill grates) and allow to color slightly.**
- 4. Roll okra to color evenly on all sides.**
- 5. Serve immediately.**

Roasted Corn Salsa

2 ears sweet corn- shucked and roasted

¼ cup pan spray /oil to coat

½ each red bell pepper (small diced)

½ cup red onions (small diced)

¼ cup cilantro (carefully chopped)

2 medium Grainger county tomatoes (small diced without the seeds)

2 tablespoons granulated garlic

¼ cup cider vinegar

2 each limes juiced

2/3 cup extra virgin olive oil

3 tablespoons honey

2 teaspoons salt

¼ teaspoon cayenne pepper

Procedure:

- 1. Husk corn and spray with pan spray/ coat lightly with oil and place on hot grill to roast.**
- 2. Allow to color evenly without burning; remove from grill and immediately cut corn off cob.**
- 3. Place all cut vegetables in bowl and then remaining ingredients and seasoning.**
- 4. Adjust seasoning for sweetness, acid, and salt and pepper.**
- 5. Serve as a chip salsa or with grilled meats-enjoy!**