

# Meet Me In The Kitchen

with Connie Spiros

Aired weekly on Milton Comcast Channel 8

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## SHOW TWENTY-ONE

**From Fuller Village**

**Pork Medallions Piccata**

### INGREDIENTS

1/3 cup Italian seasoned breadcrumbs

1 pork tenderloins (weighing about  $\frac{3}{4}$ -1 pound) – sliced and pounded to  $\frac{1}{2}$  inch thickness

1 Tbsp olive oil

$\frac{1}{4}$  cup shallots, chopped

1 cup low sodium chicken broth

1 Tbsp fresh lemon juice

3 Tbsp chopped fresh parsley

1 Tbsp capers

1 tsp grated lemon rind

Pinch of black pepper

### THE METHOD

Place the breadcrumbs in a shallow dish. Dredge pork medallions in breadcrumbs. Heat oil in skillet over medium high heat. Cook pork for 2-4 minutes on each side or until golden brown. Remove from pan. Reduce heat to medium. Add shallots and cook for 30 seconds. Stir in broth and juice, scraping pan to loosen the browned bits. Stir in  $\frac{1}{2}$  of the parsley, capers, rind, and pepper, simmer 1 minute. Return pork to pan, cook 3 minutes more until thoroughly heated. Sprinkle pork with the rest of the parsley. Serves 4

Store hours: Monday – Saturday, 8am to 8pm; Sunday, 8am to 6pm

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**Panzanella**

### INGREDIENTS

1 ½ cups of day-old crusty peasant style bread, cut into 1 inch cubes

1 large tomatoes (about 1 pound) trimmed and chopped

½ cup chopped cucumber

¼ cup chopped red onion

¼ cup olive oil

1 Tbsp red wine vinegar

5 fresh basil leaves, shredded

### THE METHOD

Mix everything together in a large serving bowl. Make this before you prepare the rest of the meal, since the dressing soaks into the bread and makes this really tasty. Serves 3–4.

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**Blueberry Sauce**

### INGREDIENTS

3 cups blueberries

1/3 cup sugar

3 Tbsp lemon juice

3 Tbsp water

### THE METHOD

Bring to a boil and simmer for at least 5 minutes. Look for a thick consistency. Cool on counter and then refrigerate. Serves 6–8 over ice cream.

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