



COOKING WITH JAN ~ February 5, 2020

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Easy Weeknights ~ Under 30 Minutes

PORK LO MEIN

1/2 LB BONELESS PORK LOIN	1 CUP BABY CUT CARROTS, CUT LENGTHWISE
9 OZ PKG REFRIGERATED LINGUINE	1/3 CUP CHICKEN BROTH
1 TBL SOY SAUCE	2 TSPS CORNSTARCH
1 TSP WHITE SUGAR	2 TSPS GINGERROOT, FINELY CHOPPED
2-4 CLOVES GARLIC, FINELY CHOPPED	2 TSPS VEGETABLE OIL
1/2 CUP RED ONIONS, THINLY SLICED	SESAME SEEDS FOR GARNISH

TRIM FAT FROM THE PORK; CUT PORK, WITH THE GRAIN, INTO 1" STRIPS, THEN CUT THE STRIPS, ACROSS THE GRAIN, INTO 1/8" SLICES. (PORK IS EASIER TO CUT IF PARTIALLY FROZEN). HEAT 2 QUARTS OF WATER TO BOILING; REMOVE STRINGS FROM PEA PODS THEN ADD TO WATER WITH THE CARROTS & LINGUINE. BOIL FOR 2-4 MINUTES OR JUST UNTIL LINGUINE IS TENDER; DRAIN. IN A BOWL, MIX THE BROTH, SOY SAUCE, CORNSTARCH, SUGAR, GINGERROOT & GARLIC. IN A SKILLET OR WOK, HEAT OIL TO MEDIUM HIGH HEAT. ADD THE PORK & ONIONS; STIR-FRY FOR ABOUT 2 MINUTES OR UNTIL PORK IS NO LONGER PINK. ADD IN THE BROTH MIXTURE, ADD PEA PODS, CARROTS & LINGUINE. COOK FOR 2 MINUTES, STIRRING OCCASIONALLY, SPRINKLE WITH SESAME SEEDS. IF MORE SAUCE DESIRED, JUST ADD MORE BROTH, SOY SAUCE AND CORNSTARCH. MAKES 6 SERVINGS.

LEMON-SESAME CHICKEN

CHICKEN	4 BONELESS, SKINLESS CHICKEN BREASTS	1 EGG
	2 TBL LEMON JUICE	1/2 CUP BISQUICK MIX
	1/2 TSP PAPRIKA	2 TBL SESAME SEEDS, TOASTED
	1 TBL CANOLA OR VEGETABLE OIL	
SAUCE	1/2 CUP CHICKEN BROTH	3 TBL WHITE SUGAR
	2 TBL LEMON JUICE	2 TSPS CORNSTARCH
	1 TSP GRATED LEMON PEEL	2 TBL SLICED GREEN ONIONS

BETWEEN PIECES OF PLASTIC WRAP, PLACE CHICKEN BREASTS, SMOOTH SIDE DOWN; GENTLY POUND WITH ROLLING PIN OR Mallet UNTIL ABOUT 1/4" THICK. IN BOWL, BEAT EGG & 2 TBL LEMON JUICE WITH FORK. IN RESEALABLE PLASTIC STORAGE BAG, MIX THE BISQUICK, PAPRIKA & SESAME SEEDS. DIP CHICKEN INTO EGG MIXTURE, THEN PLACE IN BAG; SHAKE UNTIL WELL COATED. IN SKILLET, HEAT OIL; ADD CHICKEN AND COOK 6-8 MINUTES, TURNING ONCE UNTIL NO LONGER PINK IN CENTER. IN SAUCEPAN, HEAT ALL THE SAUCE INGREDIENTS, **EXCEPT** ONIONS, STIRRING OCCASIONALLY UNTIL THICKENED & BUBBLY. SPOON THE SAUCE OVER CHICKEN BEFORE SERVING; SPRINKLE WITH ONIONS. CAN SERVE WITH WHITE RICE, FETTUCINE NOODLES OR A GREEN SALAD. MAKES 4 SERVINGS!

SALMON FILLETS WITH CREAM CHEESE POTATOES

2 LBS RUSSET POTATOES, PEELED	8 OZS CREAM CHEESE, SOFTENED
1 BUNCH SCALLIONS, THINLY SLICED	KOSHER SALT & BLACK PEPPER
1 CUP BAGEL CHIPS, FINELY CRUSHED	3 TBL EVERYTHING BAGEL SEASONING
2 TBL EXTRA VIRGIN OLIVE OIL	1/2 SMALL RED ONION, THINLY SLICED
2 TSPS RED WINE VINEGAR	1 TBL CAPERS, DRAINED (OPTIONAL)
4—6 OZ SKIN ON, CENTER CUT SALMON FILLETS	1 LB PLUM TOMATOES, SLICED

CUT POTATOES INTO 1/2" CHUNKS & CUBE THE CREAM CHEESE. PREHEAT OVEN TO 400 DEGREES; LINE A BAKING SHEET WITH FOIL & SPRAY WITH COOKING SPRAY. ADD THE POTATO CHUNKS TO A SAUCEPAN, COVER WITH WATER & BRING TO A BOIL. COOK UNTIL FORK TENDER, ABOUT 15 MINUTES. REMOVE 1/2 CUP OF THE WATER, THEN DRAIN THE POTATOES. RETURN POTATOES TO PAN, ADD THE CREAM CHEESE CHUNKS, THE SCALLIONS, RESERVED WATER & 2 TSPS SALT. MASH POTATOES WITH A FORK, COVER & SET ASIDE. MIX TOGETHER THE BAGEL CHIPS, SEASONING & 1 TBL OIL IN SMALL BOWL. PRESS THE BAGEL CHIP MIXTURE ONTO TOP OF EACH SALMON FILLET; PLACE, SKIN SIDE DOWN ONTO THE BAKING PAN. BAKE UNTIL SALMON IS COOKED THROUGH & TOP IS GOLDEN BROWN, 10-12 MINUTES. ARRANGE THE TOMATO SLICES AND ONION SLICES ON 4 SERVING PLATES; DRIZZLE WITH THE VINEGAR & REMAINING TBL OF OIL. IF USING CAPERS, SPRINKLE TOP OF FILLETS WITH THE CAPERS, THEN SEASON, TO TASTE, WITH SALT & PEPPER. SERVE THE FILLETS WITH THE POTATOES. MAKES 4 SERVINGS.