

Brackish Newsletter

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Recipe Ideas

Roasted Pork Tenderloin in Tinfoil



Recipe **here!** I don't know about you, but I love pork tenderloin. It's such an easy cut of meat that tastes great and can be as simple or as fancy as you want. It also makes great leftovers and is one of the leanest cuts of pork you can purchase.

Because of that, it can also be tricky to cook without drying out. I've cooked a lot of tenderloins, and it's

always hit or miss because I'm paranoid about undercooking the meat, but I don't want to dry it out either. Enter this awesome recipe! Cooking the pork in tin foil solves both problems because it ensures even cooking while keeping everything juicy and delicious. This recipe takes 30 minutes total and makes a great dinner with a side of mashed potatoes (below) and green beans (under "Things I've Made Lately.")

I made this on Saturday and dinner was start-to-finish in 45 minutes, and it was the best roasted tenderloins I've cooked. I encourage you to buy 2 tenderloins when they go on sale, make both according to this recipe, and use the leftovers for homemade gyros. You'll have lunches sorted for the whole week!

Buttermilk Potatoes

This is a great side with pork tenderloin – or any other type of meat! Easy, creamy, and done in 20 mins.



Homemade Gyros

Recipe **here!** Do you like Mediterranean food? Greek food? Yes? Well if you don't or haven't tried it recently, you should give it another chance. It can be whatever you make it, but it's usually fresh, filled with vegetables, spicy (if you like spicy things), and involves both hummus and feta cheese. What could be better?



I developed a passion for street gyros while in Austria, where gyro stands are the equivalent of hotdog stands in NYC. They're *everywhere*, and the food is good, filling, and cheap. But the best part is you can make really good Greek-inspired food at home with minimal work! This recipe is the best because you can use the leftover pork tenderloin in the gyros. I just cut thin slices and shredded them, warmed them in the skillet with a splash of olive oil, and laid them in the pita while building the wrap.

The other key ingredient here is **tzikizi sauce**, which is both delicious, healthy, and easy. It's just plain Greek yogurt with a shredded (drained) cucumber, garlic, salt, and pepper. I added sliced pepperoncinis to the gyros and the BEST marinated tomatoes (below!), which took these over the top.

Lastly, I highly recommend getting good pita from your local Greek restaurant. Quality pita is difficult to buy in the grocery store, so I often stop by Peno Grill in Wilmington to get a stack of pita to-go for about \$2.50. They will even grill it for you and so it's easy and amazing!

Richard's Tip of the Week

In honor of Cinco de Mayo this weekend: Santitas are both the cheapest and the best store-bought tortilla chips in the world. They are \$2.29/bag and have the perfect amount of salt.

Cinco de Mayo Recipes



Enchiladas con carne

– these are straightforward and delicious. I highly recommend making your own sauce instead of buying it from the

store...the difference is more than worth the while!

Mexican Street Corn – if you are cranking up the grill this weekend and need a good recipe, please make this! It's easy and quick and is a great crowd pleaser.



Chicken Fajita Quesadillas – hard to go wrong with a quesadilla, and these are some of the best. Feel free to substitute shrimp and don't hold back on the cheese. If you're having a quesadilla, might as well make it amazing. I like to add spinach for some veggies and finish the quesadillas in the oven to get

everything melted together.

Guacamole - Last week I featured **this** mango salsa, which is one of my favorite dip recipes. My other favorite is homemade guacamole, which is both healthy and delicious. It's so easy to make and would be a great appetizer for your Cinco de Mayo meals this weekend!



Did you know?

Caterers at Churchill Downs will serve over 120,000 mint juleps over the weekend, which will use 10,000 bottles of bourbon, 60,000 tons of ice, and 1,000 pounds of fresh mint. Here's a **classic recipe** in case you trade your sombrero for a Kentucky Derby hat this weekend!

Things I've Made Lately

Marinated Tomatoes – I've been seeing lots of recipes for marinated tomatoes lately, and I decided to try them as a topping for our gyros last week. These things are incredible! I could eat the whole bowl and plan on having one in the refrigerator all summer long.



Meatballs with Zoodles – I wanted to try another meatball recipe, and this one was easy and really tasty with zoodles. We made diced roasted potatoes as a side and it was a great weeknight meal!

Balsamic Green Beans – I served these with the pork tenderloin and mashed potatoes, and it made for a great complement to the other sides.

Best Chocolate Chip

Cookies – These are the best chocolate cookies you'll find. Pecans make them incredible and they are so simple. *I add ½ teaspoon of baking powder in addition to the soda to make them a little softer and fluffier.



Have you tried a recipe featured in Brackish? How did it turn out? Send me an email to let me know what works and what doesn't!

And click [here](#) to subscribe!