



## Pork Tenderloins Tangiers

### Ingredients:

1 tsp. kosher salt  
¼ tsp. ground cinnamon  
¼ tsp. ground cardamom  
Fresh pepper  
2 1-lb. pork tenderloins  
2 tsp. olive oil  
½ cup wine or water for deglazing

Heat oven to 260°C. Combine salt, cinnamon, cardamom, and pepper in small bowl. Rub tenderloins with seasoning and oil. Roast for 10 minutes on each side. Deglaze.

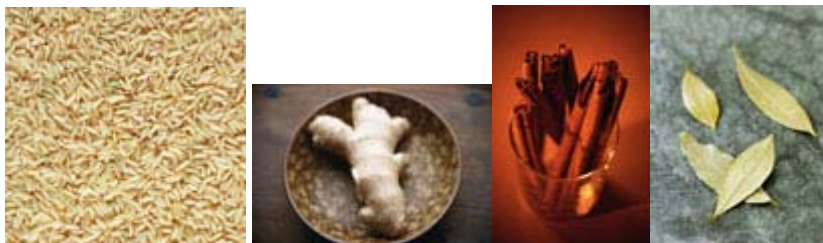


## Glazed Carrots

### Ingredients:

12 carrots  
8 Tbsp. butter  
¼ cup maple syrup  
Lemon juice  
1 Tbsp. fresh thyme

Cut peeled into 2" lengths, then halve or quarter the pieces lengthwise to that all the carrots are in equal-size strips. Melt butter in a large skillet over medium-low heat. Add carrots, cover and braise, stirring occasionally, until carrots are fork-tender, about 20-30 minutes. Increase heat to medium and stir in maple syrup and a squeeze of lemon juice. Cook for 2 minutes, then season to taste with salt and pepper. Add 1 Tbsp. fresh thyme leaves and mix well.



## Spicy Rice Pilaf

- 3 small garlic clove, minced
- 3 Tbsp. minced peeled fresh gingerroot
- 3/8 tsp. dried hot red pepper flakes, or to taste
- 6 tsp. vegetable oil
- 2 cup converted rice
- 3-3" cinnamon stick
- 1 1/2 bay leaf
- 4 cups water
- 3/4 tsp. salt
- 3 Tbsp. minced fresh parsley or coriander

In a small heavy saucepan cook the garlic, gingerroot and red pepper flakes in the oil over moderately low heat for 1 minute. Add the rice, cinnamon stick and bay leaf and cook over moderate heat stirring for 1 minute. Stir in water and salt, bring liquid to boil and cook rice, covered, over low heat for 18-20 minutes. Fluff with fork and let stand, covered off the heat for 5 minutes. Discard cinnamon stick and bay leaf and stir in parsley.

Serves 6.