

These recipes are real winners

See related story on Taste from. Here are some of Sally Sibthorpe's winning recipes.

PORK TENDERLOINS WITH APPLE-ONION RELISH

- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon apple pie spice (or 1/4 teaspoon each cinnamon, ginger, allspice and nutmeg)
- 1 1/2-2 pounds pork tenderloin
- 1 onion, quartered and sliced thin
- 2 small tart apples, peeled and sliced
- 3 tablespoons raisins or dried currants
- 1 clove garlic, minced
- 2 tablespoons brown sugar
- 1/2 teaspoon rosemary
- 2 teaspoons Dijon mustard
- 2 tablespoons balsamic vinegar
- 4 tablespoons apple cider

Preheat oven to 350° F.

In a large skillet, heat olive oil on medium-high heat. Season pork tenderloin with salt, pepper and apple pie seasoning. Sear on all sides, about 5-7 minutes. Remove from skillet and place in a roasting pan.

Turn heat to medium low. Add onions, apples, raisins, garlic, brown sugar, rosemary and vinegar to skillet. Sauté, stirring occasionally, until onions are soft, about 4 minutes.

Stir in mustard and apple cider and simmer for two more minutes. Spread mixture over pork tenderloin and place in oven. Bake for 15 minutes, or until thickest part of tenderloin measures 160° on a meat thermometer. Remove from oven and let sit for 5 minutes. Slice and spoon onion mixture over each serving. Garnish with rosemary sprig if desired. Serves 4. This recipe won first prize in the Remy Martin Perfect Match Competition.

ROAST TOFUURKY BAKED WITH CARAMELIZED ONION AND CHERRY RELISH

- 2 tablespoons olive oil
- 1 large onion, sliced 1/2 inch
- 1 cup dried sour cherries
- 2 tablespoons brown sugar
- 2 teaspoons Dijon mustard
- 2 tablespoons balsamic vinegar
- 4 tablespoons apple cider
- 1 Tofurky roast (source in specialty markets such as Whole Foods)

Preheat oven to 350° F.

In a large skillet, heat olive oil on medium-high heat. Season pork tenderloin with salt, pepper and apple pie seasoning. Sear on all sides, about 5-7 minutes. Remove from skillet and place in a roasting pan. Turn heat to medium low. Add onions, apples, raisins, garlic, brown sugar, rosemary and vinegar to skillet. Sauté, stirring occasionally, until onions are soft, about 4 minutes. Stir in mustard and apple cider and simmer for two more minutes. Spread mixture over pork tenderloin and place in oven. Bake for 15 minutes, or until thickest part of tenderloin measures 160° on a meat thermometer. Remove from oven and let sit for 5 minutes. Slice and spoon onion mixture over each serving. Garnish with rosemary sprig if desired. Serves 4. This recipe won first prize in the Remy Martin Perfect Match Competition.

Place Tofurky roast on sheet of heavy-duty aluminum foil, and spread with the onion mixture. Wrap roast snugly with the foil. Place in roasting pan, and place on center rack of oven. Bake for 45 minutes. Unwrap roast for last 10 minutes of baking. Slice roast, and serve with some of the pan juices spooned over it.

Can be served with Little Island Foods Tofurky gravy drizzled over it. Serves 4. This recipe won the Grand Prize in the Great Tofurky Cooking Contest.

LUAU PORK STIR-FRY

- 1 tablespoon olive oil
- 1/2 pound pork tenderloin, cut into thin bite-sized strips
- 1/2 cup coconut milk (from 14-oz cup coconut)
- 1/4 cup crushed pineapple
- 2 teaspoons lime juice
- 1 (1-pound) package Green Giant Create A Meal! Frozen Teriyaki Stir Fry Meal

Start by heating chopped macadamia nuts in 1/4 cup coconut oil. Add 4 cups hot cooked rice.

Heat oil in large skillet or wok over medium-high heat until hot. Add pork strips; cook and stir 5 to 6 minutes or until browned.

Add coconut milk, pineapple and lime juice; mix well. Reduce heat to low; simmer 5 minutes, stirring occasionally.

Add frozen sauce and vegetables from meal starter; mix well. Cook 7 to 10 minutes or until vegetables are crisp-tender, stirring frequently. Stir in nuts and coconut and serve over rice. Serves 4.

This recipe was a Finalist in the 2001 Pillsbury Cookoff.

MOM'S CHICKEN PASTIES WITH CREAMY GRAVY

- 4 cups water
- 8 Herb-Ox Chicken Bouillon cubes, divided
- 1 teaspoon sage
- 1/2 teaspoon parsley
- 4 boneless, skinless chicken breasts
- 4 medium potatoes, diced

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Toss shrimp, lobster with spicy sauce

BY THE ASSOCIATED PRESS

A spicy tomato sauce full of shrimp and lobster transforms linguine into a spectacular, but easy dish for entertaining. "Low-fat" is not the first quality about the dish that appreciative diners will register - but it's certainly part of the deal.

The recipe is from the new "Weight Watchers Simply Delicious Winning Points Cookbook" (Fireside, 2002, \$14.95 paperback).

This is a collection of about 245 recipes, streamlined to help cooks avoid dishes with a lot of fat. Many dishes are tagged to show they'll take only about 20 minutes to make, and some are shown in color photos.

You can make the sauce for this recipe a few hours ahead of time, cover it and let it sit on the stove. Then reheat the sauce and add the lobster and shrimp a few minutes before you're ready to eat.

SPICY SHRIMP AND LOBSTER LINGUINE

- 1 tablespoon olive oil
- 3 onions, chopped
- 6 garlic cloves, chopped
- 28-ounce can diced tomatoes
- 1/4 cup dry red wine
- 2 tablespoons chopped fresh oregano, or 2 teaspoons dried
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1/4 teaspoon coarsely ground black pepper
- 1 lobster tail (about 1/2 pound)
- 1 pound large shrimp, peeled and deveined
- 3/4 pound linguine
- 1/4 cup chopped parsley

Heat the oil in a very large nonstick skillet, then add the onions and garlic. Sauté until golden, about 10 minutes. Add the tomatoes, wine, oregano, crushed pepper, salt, sugar and ground pepper; bring to a boil.

Reduce the heat and simmer, uncovered, until the flavors are blended and the sauce is slightly thickened, about 15 minutes.

Meanwhile, remove the meat from the lobster tail and cut it into 1/2-inch pieces.

(To pry the meat out of the lobster tail, cut away the soft undercooker with scissors and ease away the meat from the shell with your fingers.) Add the lobster and the shrimp to the sauce and simmer, uncovered, until the shrimp and lobster are just opaque, about 5 minutes.

Meanwhile, cook the linguine according to package directions; drain and place in a large serving bowl. Toss at once with the sauce and sprinkle with the parsley. Makes 6 servings.

Nutrition information per serving (sauce 2 cups): 375 cal., 4 g total fat (1 g saturated fat), 98 mg chol., 641 mg sodium, 58 g carbs, 5 g dietary fiber, 25 g pro.

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Contest winner offers tips for success

BY ELEANOR HEALD, CORRESPONDENT

Sally Sibthorpe learns about recipe contests on the Internet. Using the Google search engine and typing in "recipe contests," I found a head-spinning number.

If you've always wanted to win a recipe contest, choose one, follow Sibthorpe's winning suggestions and, as they say, go for it!

"The stuff you cook for your family," Sibthorpe said, "doesn't usually win. It's important to keep up with food trends and incorporate them into recipe

ideas. I target my recipe to the contest. With the Remy Perfect Match, it had to be gourmet. I reviewed the cognac notes on the Remy Web site and used ingredients into their description and my impression of the Extra cognac.

Thus her contest entry form read: "I would pair this recipe (Pork Tenderloins with Apple-Onion Relish) with Remy Extra. I think that the first nose elements of curry, port and cedar would complement the rich pork accentuated with rosemary."

Especially in a cookoff, Sibthorpe believes that presen-

tation is everything. In the Pillsbury competition, the recipe must be "one that is easy, quick and without weird ingredients," she said. "An average home cook or newlywed should be able to make it easily."

Sibthorpe advises others who enter cooking competitions to check recipes already on the sponsor's Web site.

"Don't duplicate them," she said. "For unusual contests like the National Dandelion Cookoff using dandelions, I considered them like I would spinach and advanced the recipe idea from there."

HOBBY

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Cream Sauce. She received a case of Colavita olive oil and a case of Good Seasons for her Honey Raspberry Marinade. The 50 pounds of chocolate from two separate wins in Hershey's chocolates contests turned her friends into chocoholics.

"The most interesting prize was a pink stuffed pig from Sweet Baby Ray's Barbecue Contest."

"I didn't really win a prize," Sibthorpe said, "but they thought the recipe was interesting enough to send me the piglet as a consolation prize. I love to cook. It's my hobby."

"Enter enough contests and you'll eventually win something," Sibthorpe concluded.

"It's the law of averages."

Eleanor Heald is a Troy resident who writes about restaurants, food, wine and spirits for the Observer & Eccentric Newspapers. To leave her a voice mail message, dial (734) 953-2047 on a touch-tone phone, mail box 16448.

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