

in a garlic Cayuga White Wine Sauce

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

8 chicken tenderloins, 16 oz total2 tsp butter2 tsp olive oil

1/4 cup all-purpose flour

3 cloves garlic, minced

12 oz sliced mushrooms

1/4 cup white wine

1/3 cup fat free chicken broth salt and fresh pepper to taste

1/4 cup chopped fresh parsley



Directions

- 1.Preheat oven to 200°F.
- 2. Season chicken with salt and pepper. Lightly dredge in flour.
- 3.Heat a large skillet on medium heat; when hot add 1 tsp butter and 1 tsp olive oil.
- 4.Add chicken to the skillet and cook on medium heat for about 5 minutes on each side, or until chicken is no longer pink.
- 5.Set aside in a warm oven.
- 6.Add additional oil and butter to the skillet, then garlic and cook a few seconds; add mushrooms, salt and pepper stirring occasionally until golden, about 5 minutes.
- 7.Add wine, chicken broth, parsley; stir the pan with a wooden spoon breaking up any brown bits from the bottom of the pan. Cook a few more minutes or until the liquid reduces by half.
- 8. Top the chicken with the mushroom sauce and serve.



MAPLE GLAZED PORK

with apples and onions

FOR THE SAUCE

1/3 cup real maple syrup
2 cloves garlic, finely minced
1 teaspoon dijon mustard
1 teaspoon fresh or dried thyme, chopped
1 teaspoon fresh or dried rosemary, chopped
1 tablespoon soy sauce

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 20 MIN

INGREDIENTS

2 tablespoons olive oil
2 pound lean pork loin roast
salt and pepper to season the roast
3 large sweet onions, coarsely chopped
4 large gala apples coarsely chopped, peels on
1 teaspoon fresh or dried thyme, chopped
1 teaspoon fresh or dried rosemary, chopped
1/2 teaspoon smoked paprika

DIRECTIONS

- Preheat your oven to 375 degrees Fahrenheit.
- Heat a large cast iron skillet over medium-high heat and add the olive oil.
- Pat the pork roast dry with a paper towel and generously season all sides with salt and pepper.
- Brown all sides of the pork roast in the hot cast iron pan until the outside of the roast is golden brown. Don't worry about cooking in all the way through here (it will finish cooking in the oven!), just get that nice golden brown color on the outside.
- Remove the pork roast from the pan to a plate and set aside. Add the onions, apples, thyme, rosemary and paprika to the pan and toss well in the meat juices.
- Let the onions and apples cook just until they begin to soften and take on color. Prepare the glaze by whisking together the maple syrup, garlic, dijon mustard, thyme, rosemary and soy sauce in a small bowl. Add the pork roast back to the pan and nestle the roast into the bed of apples and onions.
- Brush the glaze over the pork roast to coat it generously on all sides. Use all the glaze, and if necessary pour the remainder over the roast. Place the skillet in your preheated oven (to 375 degrees Fahrenheit) and roast for about 35 minutes or until the center of the roast reaches an internal temperature of 65 degrees Celsius or 145 degrees Fahrenheit. Remove the skillet from the oven when the pork is cooked through and cover with foil, letting it stand for about 5 minutes before slicing and serving.





Milled Wine HIGHLAND MANOR STYLE

INGREDIENTS

- 2 large oranges
- 1 bottle Highland Sunset
- ½ cup dark brown sugar
- 2 cinnamon sticks
- 6 whole cloves
- 3 cardamom pods, slightly crushed

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METHOD

- 1.Using a peeler, remove the peel in strips from 1 orange then juice the orange. Slice the other orange into rounds and reserve for garnish.
- 2.In a saucepan, combine orange peel, juice and the rest of the ingredients. Stir over medium heat until the sugar dissolves, about 2 minutes. Increase the heat to high, bring mixture to a boil, then immediately reduce the heat to low. Simmer gently until flavors meld, about 30 minutes. Strain the mixture, discarding the solids.
- 3.Ladle into cups or mugs.
- 4. Garnish each with a reserved orange round.