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Take Comfort In

Country-Style Pork

Ribs This Winter

BY FAMILY FEATURES

The aromatic flavors and wholesome ingredients found in comfort food can take us back to another place in time - a place that conjures up happy, feel-good memories, along with the completely satisfied feeling that comes after enjoying a hearty meal.

For James Beard Award winner, author and chef, Michelle Bernstein, the traditional dishes she remembers most vividly from her childhood include traditional American-style BBQ pork ribs and pork marinated in mojo - a simple, Latin-influenced sauce that varies in spiciness and typically includes citrus, garlic and cumin.

Country-Style Pork Ribs With Mojo

Yield: 6 servings

Prep time: 20 minutes, plus overnight marinade. Cook time: 25 minutes.

- 12 cloves garlic, smashed
About 2/3 cup canola oil
3 oranges
4 limes
3 tablespoons adobo sauce, from a can of chipotles in adobo
3 tablespoons packed brown sugar
3 tablespoons olive oil
Leaves from 4 sprigs thyme
1 teaspoon ground cumin
1/2 teaspoon pepper
1/4 teaspoon ground coriander
2 pounds pork country-style ribs

In small saucepan over medium heat, combine garlic and enough canola oil to barely cover it. Bring to a boil, reduce to a simmer, and cook until garlic is tender and lightly golden, about 5 minutes. Strain and set the garlic aside.

Zest oranges and set zest aside. Juice oranges and limes. In jar of a blender, combine orange juice, lime juice, garlic, adobo sauce, brown sugar, olive oil, thyme, cumin, pepper and coriander and process to puree. Stir in zest. Transfer to large resealable bag and add pork. Set aside in refrigerator overnight.

Prepare grill to medium heat and lightly oil grate. Remove pork from marinade and grill, turning occasionally, until ribs are tender. Remove ribs from grill and let rest 3 minutes.

Serving Suggestions: Stay in the Caribbean style and serve these ribs with grilled plantains or coconut rice. If you like, you can use the mojo marinade on other cuts of pork as well - try it with roasts, chops and tenderloins.

chef Bernstein created a new, flavor-filled recipe that infuses classic country-style pork ribs with a zesty, savory mojo sauce.

"I knew there couldn't be anything more perfect than marinating pork ribs in mojo - not just because the ingredients remind me of my heritage, but because ribs are so easy to make and so great to pair with different flavors," said chef Bernstein. "After marinating them in the mojo sauce and grilling them for about 15 minutes, you'll have incredibly tasty, tender and juicy ribs the whole family will love - and probably ask for again and again."

For more modern interpretations of classic comfort food - as well as generations-old standbys from chef Bernstein and leading food bloggers, visit PorkBeInspired.com/CookingForComfort to download the National Pork Board's "Cooking For Comfort" free e-cookbook.



Easy Pork Bolognese

BY J.M. HIRSCH
AP Food Editor

There is a time and place for jarred pasta sauces. Wednesday nights, for example.

Those nights when one kid needs to be at karate, another at band practice, and the spouse has a late meeting. Those are the nights for jarred pasta sauce. For all other nights - nights when you can spare 30 minutes to whip together something better - leave the jar in the cabinet.

Because the difference between a jarred sauce and a home-made Bolognese will make you wish you could carve out those 30 minutes more often. Plus, a pot of bubbling sauce on a cold winter night is a fine way to begin an evening at home with the family. So sit the kids at the counter to do their homework, then start cooking.

This Bolognese is mostly effortless. You can make it even more so by using the food processor to chop your vegetables. Just toss them all in at once, then pulse until finely chopped. As for the meat, pork is delicious, but feel free to substitute beef, veal or turkey.

Five-Spice Pork Bolognese Pasta

Servings: 4

Start to finish: 25 minutes

- 12 ounces pasta
1 pound lean ground pork
1 large yellow onion, diced
1 celery stalk, finely chopped
1 carrot, peeled and finely chopped
3 cloves garlic, minced
1 tablespoon five-spice powder
28-ounce can crushed tomatoes
1/2 cup grated Parmesan cheese
Salt and ground black pepper
Chopped fresh basil

Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside.

Meanwhile, heat a large saute pan over medium-high. Add the pork and saute for 2 minutes, or until fat begins to render from the meat. Add the onion, celery, carrot and garlic. Saute until the carrots are tender, about 5 minutes. Stir in the five-spice powder and tomatoes. Bring to a simmer. Stir in the Parmesan, then season with salt and pepper. Stir in a bit of basil. Add the pasta, tossing to coat well. Serve topped with additional basil.

Nutrition information per serving: 770 calories; 270 calories from fat (35 percent of total calories); 30 g fat (11 g saturated; 0 g trans fats); 90 mg cholesterol; 86 g carbohydrate; 8 g fiber; 5 g sugar; 40 g protein; 850 mg sodium.

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