

Angels Cook Book



BBQ Terriyaki Pork Kabobs

3 tablespoons soy sauce	2 tablespoons soy sauce
3 tablespoons olive oil	1 tablespoon brown sugar
1 clove garlic, minced	2 cloves garlic, minced
½ teaspoon crushed red pepper flakes	¼ teaspoon ground ginger
salt and pepper to taste	3 portobello mushrooms, cut into quarters
1 pound boneless pork loin, cut into 1 inch cubes	1 large red onion, cut into 12 wedges
1 (14.5 ounce) can low-sodium beef broth	12 cherry tomatoes
2 tablespoons cornstarch	12 bite-size chunks fresh pineapple

Instructions:

In a shallow dish, mix together 3 tablespoons soy sauce, olive oil, 1 clove minced garlic, red pepper flakes, salt, and pepper. Add pork cubes, and turn to coat evenly with marinade. Cover, and refrigerate for 3 hours.

In a saucepan, combine beef broth, cornstarch, 2 tablespoons soy sauce, brown sugar, 2 cloves minced garlic, and ginger. Bring to a boil, stirring constantly. Reduce heat, and simmer 5 minutes.

Preheat an outdoor grill for high heat and lightly oil grate.

Thread pork cubes onto skewers, alternating with mushrooms, onion, tomatoes, and pineapple chunks.

Cook on grill for 15 minutes, or until meat is cooked through. Turn skewers, and baste often with sauce during cooking.

Nutritional Information

Serving Size: 6 servings • Calories: 297
www.allrecipes.com/recipe/50870



Fresh Southern Peach Cobbler

8 fresh peaches - peeled, pitted and sliced into thin wedges	¼ cup brown sugar
¼ cup white sugar	1 teaspoon baking powder
¼ cup brown sugar	½ teaspoon salt
¼ teaspoon ground cinnamon	6 tablespoons unsalted butter, chilled and cut into small pieces
⅛ teaspoon ground nutmeg	¼ cup boiling water
1 teaspoon fresh lemon juice	
2 teaspoons cornstarch	
1 cup all-purpose flour	
¼ cup white sugar	

Instructions:

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, combine peaches, 1/4 cup white sugar, 1/4 cup brown sugar, 1/4 teaspoon cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into a 2 quart baking dish. Bake in preheated oven for 10 minutes.

Meanwhile, in a large bowl, combine flour, 1/4 cup white sugar, 1/4 cup brown sugar, baking powder, and salt. Blend in butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Stir in water until just combined.

Remove peaches from oven, and drop spoonfuls of topping over them. Sprinkle entire cobbler with the sugar and cinnamon mixture.

Place back in oven and bake until topping is golden, about 30 minutes.

(Optional) Top with whip cream or vanilla ice cream.

Nutritional Information

Serving Size: 4 servings • Calories: 562
www.allrecipes.com/recipe/51535