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Number 6

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The Grapevine

THE OFFICIAL NEWSLETTER FOR VINESSE WINE CLUB MEMBERS



MARTIN'S JOURNAL

*April 26 was a
strange day in the
state of Illinois.*

On that day, the Chicago City Council outlawed the sale of foie-gras, and the Illinois House approved a bill that would allow restaurant patrons to “brown bag” their unfinished bottles of wine.

I’m not sure why a city council would feel compelled to pass legislation dealing with what people can eat within city limits, but I’m very happy about the state’s decision regarding wine.

Interestingly, that legislation was supported by a regular sponsor of anti-drunk driving proposals. Kudos to Sen. John Cullerton for understanding that a restaurant customer who is allowed to take an unfinished bottle home is less likely to over-imbibe before getting behind the wheel.

The real losers on April 26 were Chicago restaurant workers, whose tips are likely to decrease with pricey foie-gras orders no longer on patrons’ bills. Then again, customers may just spend a few more bucks on a good bottle of wine — since they know they’ll be able to finish it at home.

There’s No Need to Fear the Pace of Technology in Wine

By Robert Johnson

*We live in an era
when the pace
of change has never
been faster.*

It’s true in golf, as the designs of clubs and balls have combined to “shorten” courses considerably. It’s true in highway construction, where “Speed Pass” technology is rendering the traditional toll booth nearly obsolete.

And it’s true in wine packaging, where everything from the cork to the glass bottle has at least a few alternatives. Technological advancements are changing the very “face” of wine.

The most obvious packaging development has been the industry’s embracement of the screw cap closure. Screw caps eliminate the problem of “corked” bottles — those that have been tainted due to poorly-made corks — and growing numbers of consumers are more than happy to sacrifice the “popping” sound in exchange for a guarantee of quality.

Now, vintners are experimenting with alternatives to traditional glass bottles — everything from advanced box systems to soda-like cans to clear plastic bottles.

What’s our take on these new

concepts in wine packaging? The same as the stance we took when Vinesse became the first wine club to publicly endorse screw-cap closures: As long as the wine is good, everything else is just details. All that matters is the quality of the wine inside the bottle, box or can.

*As long as the wine
is good, everything is
just details.*

Speaking of “what’s inside,” be sure to give this issue of *The Grapevine* a thorough reading. We’ve retained all of your favorite features and squeezed in two more: “Quotes du Jour” (an expanded version of what formerly was found in our “Wine Buzz” department), and “Q&A,” in which we answer wine-related questions from members.

Also inside: an armchair trip to San Luis Obispo County (“Wine Touring Tips”), a profile of Staglin Family Vineyards (“Wineries of Distinction”), advice on storing wine (“Cellarmaster”) and much, much more.

As founder Martin Stewart always says, enjoy your newsletter, but most of all, enjoy your wines.

Robert Johnson can be reached at Robert@vinesse.com.



OUR MISSION:

To uncover and bring you wine gems from around the world, which you're not likely to discover on your own, and which enhance your wine enjoyment.

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
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
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
 Premium wine selections at members-only prices


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At long last, it's Yogi Bear's favorite time of the year.

That's right, Mr. Ranger Sir, it's pic-a-nic basket time.

We may pack a basket to accompany a concert at a favorite outdoor venue (the Hollywood Bowl in Southern California, Ravinia in suburban Chicago, et al), to enjoy under the trees at a county or state park, or to savor in the sunshine while lounging on a pristine beach.

There's just something about a picnic that helps us cool the cabin fever of winter and improve our outlook on life.

Whether planning a picnic just for yourself to get away from it all for a few hours... for you and your sweetie so you can spend some quality time together... or for a large group of family members or friends... two essential ingredients are wine and cheese.

I believed this even before I went on a week-long driving trip through America's dairy capital, Wisconsin. I'm simply more convinced now.

Nature set the stage for the Wisconsin dairy industry during the last Ice Age. Glaciers cut through much of the state, leaving behind rolling hills and lush pastureland that early settlers found to be perfect for

dairying.

Brick cheese is a Wisconsin original, created near the town of Theresa by a Swiss immigrant during the 1870s. About the same time, Colby cheese was created in the town of Colby. Wisconsin's first cheese factory was developed in 1876 near Sheboygan.

The Monroe area and surrounding Green County is home to the largest concentration of cheesemakers and the most certified Master Cheesemakers in the nation. More than 350 varieties, types and styles of cheese are produced in Wisconsin today — far more than any other state.

So even though I'm a Californian, I highly recommend Wisconsin cheese

to friends planning picnics. There's a Wisconsin "version" of just about any cheese type you could name.

But what kind of wine goes with what kind of cheese? Well, only your palate can answer that question with any degree of certainty, but here are a few of my favorite pairings...



- **Manchego** — A semi-firm to hard Spanish cheese with a rich, creamy color. Delicious when accompanied by olives, it can range from mild to sharp, depending on how long it has been aged. Wine match: (red) Zinfandel.

- **Brie** — A soft and creamy cheese from France, often thought of as the perfect picnic cheese. For a special treat, eat it with Granny Smith apples and a California-style, off-dry Riesling.

- **Gouda** — A yellow Dutch cheese with a mild, nut-like flavor and creamy texture. Try it with toasted almonds and Cabernet Sauvignon.

And no matter what cheese and wine you select, here's one more piece of advice: Keep an eye out for that pic-a-nic basket-stealing bear.



WINE A TO Z

Weighty. A well-balanced, well-structured wine with plenty of flavor – perhaps a bit too “big” for some palates. (Generally, however, a positive descriptor.)

Xylem. The woody, center portion of a grapevine trunk, arm or cane. (An excellent word to have at your disposal during a game of Scrabble.)

Yeasty. A wine term used to describe the aroma of fresh-baked bread. (Very common in Blanc de Blanc Champagne.)

Zucchero. Italian term for sugar. (The word Zuccheraggio refers to residual sugar in wine.)

Abocado. Spanish term for semi-sweet. (Let’s see if we can use this word in a sentence: The Zuccheraggio is abocado. Oh, well...)

Bandol. Wine region in France’s Provence, between Ciotat and Toulon.

APPELLATION SHOWCASE

SAN JOAQUIN VALLEY

*San Joaquin Valley
Once was better
known for raisins than
wine grapes.*

One of the richest agricultural areas in the world, California’s San Joaquin Valley measures about 220 miles in length and 40 to 60 miles in width, extending from around Stockton south to Bakersfield.

The Sierra Nevada Mountains form the eastern border of this grand expanse of land, and the lower, more irregular Coast Ranges define it to the west.

There are 5 million acres of irrigated farmland planted to cotton, grains, vegetables, fruits and nuts. The majority of wine, table and raisin grapes in California are grown in this valley. Wine grape vineyards total 152,000 acres, and the valley accounts for more than 47 percent of the total state wine grape crush.

Although grapes have been grown in the region for more than 100 years, there has been continuing advancement in grape and wine quality thanks to viticultural refinements, including new varieties, rootstocks, trellis systems and irrigation techniques.

As a result, we’re seeing more and more varietal bottlings from the valley.

In fact, wines produced by viticulture students at Fresno State often earn high honors at the California State Fair Wine Competition.

Once considered the “jug wine capital” of California, the San Joaquin Valley now is a dependable source of quality grapes for vintners up and down the state.



San Joaquin Valley once was better known for raisins than wine grapes.



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Vinesse created the Elevant Society to meet members' demands for super-premium wines. While virtually all members of the original American Cellars Wine Club were very satisfied with their monthly selections, some wanted more, and they were willing to pay for it.

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VINESSE STYLE

'CHOCO PASS' TRAIL

Early in 2006, the Italian city of Torino found itself in a worldwide spotlight as host of the Olympic Games.

Once there, visitors found a lot to love about the city itself — particularly those with a sweet tooth.

In preparation for the influx of tourists, city officials convinced top local purveyors of chocolate to participate in a tasting program similar to those organized by regional vintners' groups.

For a mere 10 euros (about \$12), a visitor could purchase a 24-hour pass good for samples of goodies at 10 Torino chocolate retailers.

The pass may now be passé in Torino since the Olympics are a part of history, but the shops, cafes and

specialty chocolate makers remain. And if there's one must-stop along the former "Choco Pass" Trail, it's Gobino, where Guido Gobino crafts confections in a rather cramped basement space, and sells them upstairs in his street-level shop.

The son of a chocolate maker, Gobino says he was born into the trade and has maintained a life-long passion for the craft. Although we love his ginger chocolate, the specialty of the house is hazelnut-flavored *gianduotti* candy.

The wrapped pieces of nutty chocolate goodness were big sellers during the Olympics. Among the best customers were the athletes, many of whom endured months of deprivation leading up to the Games.

Now, the crowds are gone, but the city's chocolate artisans remain. And that makes Torino a city still very much worth visiting.

BEING GREEN

The generally drier conditions in the western half of the United States are more conducive to organic grape production than in the East. In fact, there are several very large-scale organic vineyards in California and Arizona. Mites, leafhoppers and leafrollers are likely to be the most troublesome arthropod pests in the West, and all of these are indirect pests; i.e., they do not directly attack the fruit. In general, indirect pests can be tolerated in higher numbers than direct pests, allowing more time for naturally-occurring or purchased biocontrol agents to exert an acceptable level of control. Botrytis bunch rot can be a serious disease problem in the West, but it can be controlled through cultural techniques and/or sprays of organically acceptable fungicides.

The major problems for eastern organic grape growers are the grape berry moth and several fungal diseases. The berry moth is a direct pest of the fruit and, if left unchecked, can render whole clusters unmarketable. Other indirect insect and mite pests can be troublesome in the East as in the West, but it is the severe disease pressure that provides the major challenge for eastern growers. Still, more and more grape growers across the nation are embracing organic methods because of their commitment to a more Earth-friendly lifestyle.



Aging Wine: How Long Is Too Long?

In America, more than half of the wine sold in supermarkets is consumed within 24 hours of its purchase.

For the take-it-home-and-pop-the-cork crowd, there's no need to be concerned about storage conditions or how long to age a particular bottle.

But for those who seek to drink a wine when it's in its prime, a little bit of knowledge can add years to a bottle's life.

As a general rule, red wines age longer than whites, although some whites — particularly German or French Riesling — also can be laid down for extended periods.

As red wines rest, they undergo dynamic changes that are easily detectable. Primarily, the color changes from ruby to brick red or garnet. The aroma also evolves, becoming more subtle and complex as the fruitfulness begins to fade. And the wine becomes less tannic, giving it a softer impression in the mouth and often lengthening the finish.

White wines typically turn more golden as they age, and then become brown if over-aged. Fruit aromas and flavors give way to stronger impressions of butter, caramel and/or butterscotch. And the process takes place at a much faster pace than it does with reds.

To maximize a wine's aging potential, it should be stored at a constant



temperature between 48 and 58 degrees, away from both light and vibration.

But even when stored under ideal conditions, different bottles of the same type of wine can age at varying speeds. Vintage can make a difference, as can winemaking techniques and the original quality level of the wine.

Keep that in mind as you peruse the suggested aging parameters that follow. We've said it before and we'll say it again: It's always better to drink a wine when it's too young than when it's too old.

- **Chardonnay** — Consume within 18 to 24 months of the vintage date.

- **Pinot Noir and Merlot** — Within three to five years.

- **Zinfandel** — Within three to five years for lighter styles, up to 10 years for heavier styles.

- **Cabernet Sauvignon** — Within three to five years for lighter styles, and within 10 to 20 years for heavier styles.

Four Seasons



WINES THAT MATCH THE SEASON.

Summer — wines for barbecues, picnics or just for sipping. Fall — wines for hearty, harvest-time dishes. You get the idea. All wines are selected by our Tasting Panel to pair beautifully with the foods you love.

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- Detailed Tasting Notes for each featured wine
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FREQUENCY:
4 times per year, plus a special holiday shipment

PRICE:
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Experience the SLO Approach to Life

If one could design and create an ideal growing environment for wine grapes, California's South San Luis Obispo County would be an outstanding model.

Located half-way between San Francisco and Los Angeles, SLO's southern sector has earned worldwide recognition and respect for producing exceptional wines, with Chardonnay and Pinot Noir being the region's star varieties.

South County encompasses the recognized viticultural areas of Edna Valley and Arroyo Grande Valley, as well as the Avila Valley and the tiny town of Nipomo. The valleys have east-west orientations and are distinguished by the extensive maritime influence on the climate and soil.

More than 3,000 acres of grapevines are planted in South SLO, with more being added each year. And with close to two dozen wineries offering tastes of their unique liquid wonders, the region is ideal for a "wine country" getaway.

Area lodging ranges from inexpensive chain motels to cozy bed-and-breakfast inns to luxury resorts.

A popular B&B is the Petite Soleil, featuring 15 distinctly appointed rooms. Step inside the cobblestone courtyard with its rustic charm and colors, and you'll feel as if you've been transported to Provence. Whimsical European touches abound, including the very European tradition of serving delectable bites with local wines during the evening hours.

A long-time favorite among regular visitors to the region is the Apple Farm Inn, Restaurant & Millhouse, a 4-diamond country-Victorian inn.



TOURING TIPS



After a long day of wine touring, guests can browse the inn's gift shops and dine under the warm glow of Tiffany-style lights.

For a true taste of life in the SLO lane, consider the Inn at Morro Bay Resort. This romantic coastal hide-away provides front-row seats for some of the world's most spectacular

sunsets, and the inn's restaurant boasts a wine list with more than 250 labels — just in case you need some more wine.

Speaking of restaurants, South SLO has an abundance.

We'll probably be banned from the place for telling you this, but the favorite among locals — voted SLO's best restaurant five years running — is the Big Sky Café. The owners use local organic produce to create such innovative dishes as Ancho Chile

Glazed Fresh King Salmon, Caribbean Dry Rubbed Pork Roast, and Moroccan Seared Chicken Salad. And for dessert, don't pass on the Lemongrass Panna Cotta — Italian eggless custard infused with lemongrass, and garnished with seasonal fruit salsa.

If you crave fresh seafood, be sure to visit Steamers of Pismo, anchored atop the bluffs of Pismo Beach. While soaking in the absolutely spectacular view of the Pacific, you can nosh on creations such as blackened red snapper topped with sautéed shrimp in an ancho chile cream sauce, or fish and chips featuring tavern-battered halibut — the best you'll taste this side of those famous Friday Fish Fry dinners in the Midwest. Steamers' butternut squash risotto, served with sautéed spinach leaves, Portobello mushrooms, pine nuts and dried cranberries, is another dependable and delicious dish.

Finally, here's a favorite among members of the Vinesse tasting panel, who have been known to make the drive up the Central Coast on a moment's notice to enjoy this restaurant's amazing food. We speak of Jocko's in the one-exit town of Nipomo.

You don't go to Jocko's for the ambience. You don't go to Jocko's for the wine list (in fact, the corkage fee

is so amazingly low that you should plan on bringing at least a couple bottles from your Vinesse stash). You don't go to Jocko's to be seated quickly. And you don't go to Jocko's for 5-star service.

There is only one reason to go to Jocko's: the beef. Whether it's a New York steak, a filet mignon or a simple hamburger steak (smothered in grilled onions, please), Jocko's will provide you with a delicious, abundant, unforgettable meal. The Jocko's secret involves grilling over oak chips, and when the wind is blowing just right, the aroma can waft upwards of a mile away.

Here's a useful tip: To avoid an

ultra-long wait, call ahead to see what time the restaurant opens on the day you plan to visit. Then get there about 15 minutes prior to opening time so you're first in line.

Even with a completely empty seating area, they'll still find a way to make you wait a little longer. After all, you're in SLO County.

But it'll be worth it. Trust us.

SLO—FYI

LODGING

**Petite Soleil
Bed & Breakfast**
1473 Monterey St.
San Luis Obispo
800-374-3705

Apple Farm Inn
2105 Monterey St.
San Luis Obispo
800-374-3705

Inn at Morro Bay
60 State Park Rd.
Morro Bay
800-321-9566

DINING

Big Sky Café
1121 Broad St.
San Luis Obispo
805-545-5401

Steamers of Pismo
1601 Price St.
Pismo Beach
805-773-4711

Jocko's
125 N. Thompson Ave.
Nipomo
805-929-3686

WINE TOURING

**San Luis Obispo
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slowine.com



Staglins Carry on Napa Tradition & Make a Difference

When Garen and Shari Staglin purchased a 62-acre Napa Valley ranch in 1982, they had a pretty good idea they'd be able to make good wine.

That's because 50 of the 62 acres were covered with grapevines that had been planted under the supervision of legendary winemaker Andre Tchelistcheff. For many years, much of the vineyard's production was used to produce the equally legendary BV Georges de La Tour Private Reserve Cabernet Sauvignon.

The purchase of the ranch came with a "catch" to which the Staglins were more than happy to

agree: Tchelistcheff's granddaughter insisted that they care for the vineyard with the same devotion and passion that her family had.

In some ways a vineyard is like a dog or a cat. It has its own personality, it requires a good deal of attention, and it becomes a part of the family.

For nearly 20 years, this 50-acre plot of land on the Rutherford Bench had been a part of the Tchelistcheff family. Now, for more than 20 years, it has been a part of the Staglin family.

When the time came for the vineyard to be replanted, the Staglins undertook the project with the guidance of Andre Tchelistcheff. Today, the Cabernet Sauvignon made from the grapes of that vineyard continues to be among the most coveted wines on Earth.

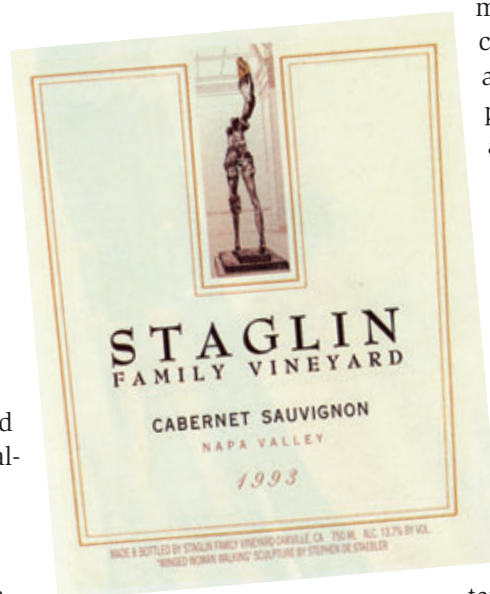
Staglin Family Vineyard also makes an amazing Sangiovese named "Stagliano" — the family's original Italian name.

The organic farming methods and meticulous winemaking techniques employed by the Staglins are intended to create wines of intense fruit character with soft, supple tannins that accommodate both early enjoy-

ment and the capacity to age and gain complexity. Garen and Shari — along with their children Brandon, 34, and Shannon, 26 — have adopted a philosophy of "good food, good wine and good causes."

So when we pay a hefty tariff for a bottle of

Staglin wine, at least we know that part of the purchase price is helping to make a difference in someone's life.



Quotes Du Jour

■ *Restaurateur Drew Nieporent — whose company operates such esteemed dining destinations as Montrachet, Tribeca Grill, Rubicon and Nobu — on the joy of sharing your best bottles:*

“Every time you open a prestigious bottle of wine and share it with friends, it’s an extraordinary experience.”

■ *San Antonio Spurs Head Coach Gregg Popovich, asked (by Sports Illustrated) how many bottles he had in his wine cellar:*

“About 3,000. A third of them won’t be ready to drink until I’m planted in the ground.”

Author Michael Stephenson, on the romantic language of wine:

■ “I love the vocabulary of wine. It’s a sumptuous feeling to roll those gorgeous words around your mouth as though you were tasting a Cote-Rotie. There’s *remuage* and *vendage* for the back palate, and *pourriture* for the tip of the tongue. For a really silky little word, try *moelleux*. Linger on it, purse your lips on that opening syllable, and say it to someone you wish to seduce.”

Q AND A

I have saved a bottle of Champagne from my wedding 24 years ago, to be opened on our 25th wedding anniversary. It has been in my refrigerator the whole time, laying on its side and wrapped in a shoebox. What are the chances it will still be good?

— Sue Anderson

First of all, congratulations! Any marriage that lasts 25 years in this day and age should be saluted with not just a bottle of Champagne, but a ticker-tape parade. Because you have kept that bottle away from sunshine and heat — the two biggest enemies of wine — there is a chance the Champagne is still good. A slightly warmer place than a refrigerator would have been better, but your plan was the next-best thing to perfect cellar conditions — although extended time in a fridge can dry out the cork, allowing air to leak into the bottle. A big factor in the case of your special bottle will be the quality

of the Champagne. If it was an outstanding bottle to begin with, it has a better chance of being good now. If it was a so-so bottle, it’ll be less than so-so now. We’d suggest opening both that bottle and a “fresh”

Will a 25-year-old bottle of champagne fizz — or fizzle?

bottle — perhaps the same brand, but of a much more recent vintage — on your anniversary, and comparing the two. The “fresh” bottle will serve as “insurance” just in case your wedding/anniversary bottle has “fizzed out.”

Have a question about wine? Log on to Vinesse.com/ask and ask away. We’ll get back to you with a personal answer as soon as possible, and selected questions and answers will be featured in this column.



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RIDE 'EM, RAYMOND!

If you happen to see a hand-tooled saddle on display at Raymond Vineyard in St. Helena, Calif., be aware that it came from the Houston Livestock Show and Rodeo International Wine Competition. (Yes, even cowboys enjoy good wine.) The saddle is the prize that went to the competition's "Grand Champion" wine: Raymond's 2001 Napa Valley Reserve Cabernet Sauvignon.



About 1,300 people attended the subsequent live auction for charity, and a 9-liter engraved bottle of that wine generated a winning bid of \$200,000 — more than doubling the previous auction record of \$86,000.

AN INSIDE JOB?

Robbers broke into a wine shop south of Paris and made off with more than 2,000 bottles of Champagne and vintage wines worth an estimated 150,000 euros (about \$185,000). Police and the shop owner said the thieves were selective in their haul, taking high-end bottlings exclusively.

SATTUI GOES SOLAR

California Energy Commission Chairman Joseph Desmond was the guest speaker at a solar dedication ceremony held April 27 to honor the solar electric installation at V. Sattui Winery in the Napa Valley. Sattui received a commendation from Assemblywoman Noreen Evans, and Barry Cinnamon, president of Akeena Solar, presented a bronze dedication plaque. "The V. Sattui Winery project

is the most recent addition to our growing list of far-sighted winery customers who are producing their own free electricity while at the same time protecting the environment,"

Cinnamon said. "The list includes Mount Eden Vineyards, Cooper-Garrod Vineyards, Hagafan Cellars, Paloma Vineyards and Kent Rasmussen Winery. Sustainability has become a vital focus for family-owned wineries in California, and we are proud to have partnered with the Sattui family on this latest solar winery project."

NOTHING BUT NET

Add retired basketball star Larry Bird to the list of celebrities now dabbling in the wine business. In cooperation with Napa Valley's Cosentino Winery, Bird is producing 500 cases of "Legends" wine — specifically, a 2003 Napa Valley Meritage, priced in the \$70-80 range. Plans call for varietal releases of Chardonnay, Merlot and Cabernet Sauvignon as well.

FILLING THE GAP

There's a winegrowing area in California's Sonoma Coast region where farmers and vintners are working to develop name recognition. The area is known as the Petaluma Gap, defined by low-lying hills that enable the coastal fog to move in faster, shutting down grape development earlier in the evening than in areas farther north. That extends the growing season, and enables the grapes to attain extremely concentrated aromas and flavors at harvest time.

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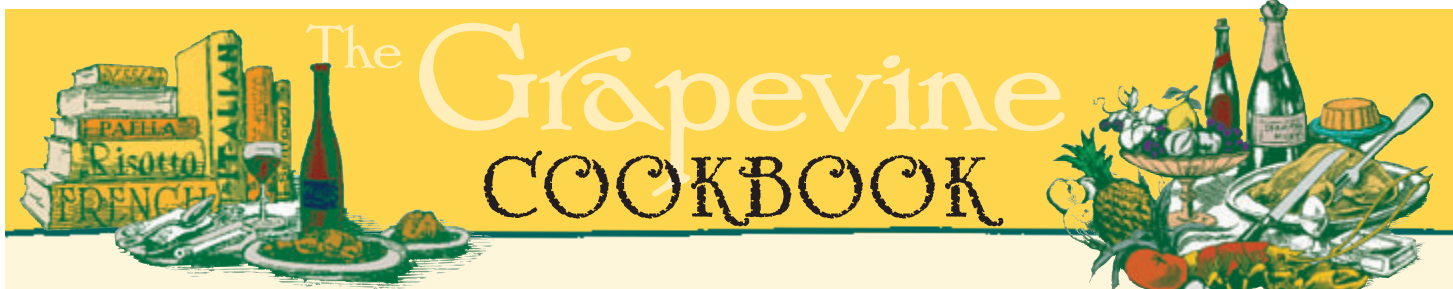
WINE COLOR MIX:
Reds, Whites, or Mixed

FREQUENCY:
6 times per year

PRICE:

\$99 Per Shipment
Plus Shipping

TO LEARN MORE ABOUT THIS CLUB, CALL 800 - 823 - 5527 OR VISIT WWW.VINESSE.COM.



BEEF RIB EYE ROAST WITH SAVORY SAUCE

This recipe is great for a party, as it makes 14 servings. Try it with a Portuguese red wine, or a fruit-forward Cabernet Sauvignon.

Ingredients

- 1 (4-lb.) beef rib eye roast
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon freshly cracked black pepper
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon dried tarragon leaves
- 1/4 cup finely chopped shallots
- 1 cup beef broth
- 1 tablespoon tomato paste
- 1/2 teaspoon granulated sugar

Preparation

1. Preheat oven to 350 degrees. Combine garlic, salt, pepper, thyme and tarragon, stirring until a paste is formed. Spread evenly over surface of beef roast.
2. Place roast, fat-side up, on rack in shallow roasting pan. Insert meat

thermometer so bulb is centered in thickest part, not resting in fat. Do not add water. Do not cover. Roast to desired doneness — 18 to 20 minutes per pound for rare, 20 to 22 minutes per pound for medium.

3. Remove roast from oven when meat thermometer registers 135 degrees for rare or 155 degrees for medium. Allow roast to stand 15 to 20 minutes before carving.
4. Meanwhile, remove rack from roasting pan; drain fat. Add shallots to pan; cook and stir over medium heat 2 to 3 minutes. Add broth, tomato paste and sugar; stir until meat juices attached to pan are dissolved. Increase heat to medium-high and continue cooking until liquid is reduced to 3/4 cup.
5. Carve roast across the grain into 1/4-inch thick slices.

CARMELIZED PORK TENDERLOIN

This recipe matches beautifully with Cabernet Sauvignon or Cabernet Franc, and makes 4 servings.

Ingredients

- 1 pound pork tenderloin
- 2 cloves garlic, finely chopped
- 2 tablespoons packed brown sugar
- 1 tablespoon orange juice
- 1 tablespoon molasses
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation

1. Trim fat from pork. Cut pork into 1/2-inch slices. Spray 10-inch non-stick skillet with cooking spray; heat over medium-high heat.
2. Cook pork and garlic in skillet 6 to 8 minutes, turning occasionally, until pork is light brown and no longer pink in center. Drain if necessary.
3. Stir in remaining ingredients. Cook, stirring occasionally, until



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