



In the Kitchen

with Barb Agee November 2018

Pork Tenderloin 4 Ways

Spinach and Mushroom Stuffed Tenderloin with Sherry Cream Sauce

5 tablespoons extra-virgin olive oil, divided	1/3 cup Parmigiano-Reggiano, freshly grated
4 ounces white mushrooms, stemmed and thinly sliced	2 large (1/2 cup) shallots, finely diced
Kosher salt and freshly ground black pepper	3/4 cup canned chicken stock
5 ounces baby spinach, long stems removed	2 tablespoons dry sherry
1 large (about 1 1/4 pounds) pork tenderloin	2 teaspoons sherry vinegar
1 tablespoon fresh thyme leaves, lightly chopped	1/4 cup heavy cream

Heat the oven to 450°F. Heat 2 tablespoons of oil in a heavy ovenproof skillet over medium-high heat. Add the mushrooms, sprinkle with 1/2 teaspoon salt and pepper; cook, stirring until browned and tender, about 3 minutes. Stir in the spinach, sprinkle with 1/2 teaspoon salt; cook, tossing well with tongs, until just wilted, about 2 minutes. Transfer spinach mixture to a colander and set skillet aside.

Trim the pork of any silverskin or excess fat. Butterfly the tenderloin by making a horizontal slice lengthwise through the tenderloin almost all the way to the other side. Open the meat flat, like a book. Cover with plastic wrap, using a meat mallet, a small heavy skillet or the heel of your hand, lightly pound the pork so that it is 1/4 inch thick. Rub the pork all over with 1 tablespoon olive oil, half of the thyme and about 1/2 teaspoon each salt and pepper. Squeeze any excess liquid from the spinach mixture. Spread mixture over the pork, leaving a 2-inch border along one long edge. Sprinkle with cheese. Starting with the long side that's covered with filling, roll the stuffed tenderloin toward the bare-border side so it forms a cylinder, secure it with 4 or 5 toothpicks or kitchen twine.

Wipe the skillet clean, heat remaining 2 tablespoon oil in the skillet over medium-high heat. Sear pork on all three non-seam sides until well browned, about 6 minutes. Flip onto seamed side, then transfer skillet to the oven. Cook until instant-read thermometer inserted into the thickest part of tenderloin registers 140°F. about 10 to 15 minutes.

Transfer meat to a clean cutting board, tent with foil, and let rest 10 minutes. Return the skillet to the stove over medium-high heat. Add the shallots, season with 1/4 teaspoon salt; cook, stirring until the shallots soften and brown. Add the chicken broth, sherry, vinegar and 1 1/2 teaspoon thyme; simmer briskly until the mixture reduces by half, about 4 minutes. Remove pan from heat, add the cream. Reduce heat and simmer for 2 to 3 minutes until warm. Season with salt and pepper to taste. Slice pork into 1/2-inch thick slices and serve with sauce. *Serves 6*

Pork Tenderloin Steaks with Honey Chipotle Barbecue Sauce

2 small (totaling 1 1/2 pounds) pork tenderloins	1/2 cup honey
1 tablespoon chili powder	1/4 cup apple cider vinegar
2 teaspoons ground cumin	3 tablespoons tomato paste
2 teaspoons light brown sugar	1 chipotle, minced + 2 tablespoons adobo sauce
2 teaspoons garlic powder	1 teaspoon Dijon mustard
Kosher salt and freshly ground black pepper	

Trim the pork of any silverskin and excess fat, cut each tenderloin diagonally into about 4 pieces about 2-inches thick. Turn pieces onto cut a side. Using a meat mallet, lightly pound steaks so they are about 1/2-inch thick. In a small bowl, mix the chili powder, cumin, brown sugar, garlic powder, 2 teaspoons salt and 1 teaspoon pepper. Rub this all over the steaks; let sit 15 minutes at room temperature. Heat grill to medium-high. When grill is ready, cook the pork, covered, until it forms nice grill marks, about 3 minutes. Flip and continue cooking until just firm to the touch, 3 to 4 minutes and an instant-read thermometer inserted into the center registers 140°F. *(May grill pork on a stove top grill pan over medium-high heat. Cover steaks with a loosely laid piece of foil over steaks as they cook.)*

Transfer pork to a platter and tent with foil. Stir together honey, vinegar, tomato paste, chipotle, adobo sauce and mustard. Season with salt and pepper to taste. Spoon sauce over pork. *Serves 6 to 8*

Pork Lo Mein with Scallions and Mushrooms

¾ pound pork tenderloin, trimmed and cut into ¼-inch strips	4 ounces white mushrooms, stemmed, thinly sliced
2½ tablespoons soy sauce, divided	2 teaspoons minced fresh ginger
2 tablespoons dry sherry, dry sherry	2 medium cloves garlic, minced
1 teaspoon cornstarch	⅛ teaspoon crushed red pepper flakes
2 tablespoons salt + 1 teaspoon	4 cups green cabbage, thinly sliced
9 ounces fresh Chinese noodles	2 cups mung bean sprouts
5 tablespoons canola oil, divided	1 teaspoon toasted sesame oil
8 scallions, trimmed and cut diagonally into 1-inch pieces	

In a medium bowl, mix 1 tablespoon soy sauce, 1 tablespoon sherry, cornstarch and ¼ teaspoon salt with pork strips. Refrigerate for 15 minutes.

Bring 2 quarts of water to a boil in a large pot. Add 2 tablespoons and cook noodles until just tender, about 3 minutes. Drain in a colander and rinse under cold water until noodles are cool. Turn noodles out onto a baking pan lined with paper towels.

Heat 1½ tablespoons of the oil in a 12-inch nonstick skillet over medium heat. Add the noodles and cook, tossing occasionally, until golden and slightly crisp, about 6 minutes. Return noodles to baking pan on clean dry paper towels.

Heat 1½ tablespoons of oil in the nonstick skillet over medium heat. Add the pork and cook, tossing often, until browned and just cooked through 2 to 3 minutes. Transfer to a plate. Pour the remaining 2 tablespoons oil into a skillet and add the scallion, mushrooms, and ¼ teaspoon salt. Cook, stirring occasionally, until browned. Add the ginger, garlic and pepper flakes and cook for 30 seconds. Add the cabbage, bean sprouts and ½ teaspoon salt. Cook, stirring often until cabbage starts to soften, 2 to 3 minutes. Add the noodles and pork to the pan and heat through. Mix remaining 1½ soy sauce, 1 tablespoon sherry and sesame oil together. Drizzle over ingredients and toss. *Serves 4*

Korean-Style Pork Medallions with Asian Slaw

1 large or 2 small pork (about 1¼ pounds) tenderloins	3 teaspoons sweet chili sauce, divided
⅓ cup soy sauce, divided	1 pound (about 6 cups) napa cabbage, thinly sliced
4 tablespoons rice unseasoned vinegar, divided	2 medium carrots (about 1 cup) carrots, grated
3 tablespoons light brown sugar, divided	½ cup red sweet pepper, diced
2 medium cloves garlic, minced	1 cup snow peas, thinly sliced on the diagonal
1 tablespoon ginger, minced	4 scallions (white and green parts), trimmed and thinly sliced on the diagonal
1 tablespoon toasted sesame oil, divided	5 tablespoons canola or peanut oil
Kosher salt	

Trim the pork of any silverskin and excess fat; cut on the diagonal into ½-inch medallions. In a measuring cup, whisk together the soy sauce, 2 tablespoons of rice vinegar, 2 tablespoons brown sugar, garlic, ginger, ½ tablespoon sesame oil and 2 teaspoons chili sauce. Toss ½ cup of this mixture with the pork medallions in a large bowl. Let the pork sit at room temperature for 25 minutes or refrigerate for up to 2 hours.

Meanwhile, in a small bowl whisk together 1 tablespoon canola, 1 teaspoon salt, remaining 2 tablespoons rice vinegar, 1 tablespoon brown sugar, ½ tablespoon sesame oil and 1 teaspoon chili sauce. In a large bowl, toss the cabbage, carrots, sweet pepper, snow peas and half of the scallions together. Pour the dressing over the salad and toss. Transfer to a large serving platter.

Heat 2 tablespoons of the canola oil in a 12-inch heavy skillet over medium-high heat. Remove the pork from the marinade, shaking off excess, and transfer to a clean plate. Discard the marinade. Add half of the pork medallions to the skillet, space them evenly. Cook without touching until well browned, about 2 minutes. Flip and cook until pork is just cooked through, about 2 more minutes. Place on top of slaw. Repeat the process for the remaining medallions. Pour the reserved soy-ginger sauce over medallions and sprinkle with remaining scallions. Serve immediately. *Serves 6*



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