

Roasted Pork Tenderloin

Polenta, Broccoli Rabe, Baby Turnips & Sage

Polenta:

2 cups polenta

8 cups water

1 yellow onion small diced

¼ lb butter

¼ lb mascarpone

Cover onions with extra virgin olive oil, season with salt and let sweat until completely tender, and no color! Bring water to a boil in separate pan. Once onions are ready add polenta to the oil, whisking in to ensure that it is completely coated with the oil. Add the boiling water and season, whisking it briefly. Cover and place in 350-400 oven, let cook for 30 minutes. When it is removed the oil will be on the top and needs to be whisked in. Add butter and cheese and check seasoning, hold in a water bath with a cover.

Pork Brine:

1 gallon water

1 cup salt

½ cup sugar

½ cup honey

Pepper corns, fennel seed and chili flakes

Let cleaned pork tenderloin soak in brine for 4 hours

Baby turnips and carrots butter braise separately. Clean rabe and leave raw. On pick up sauté rabe first adding the carrots, turnips, small amount of stock and butter, season should be glazed and not liquid.

Sauce:

Caramelize meat, remove

Caramelize mire poix remove

Deglaze with small amount of apple cider vinegar, and then add white wine. Reduce and add chick stock and veal stock 60-40 ratio.