

Pork tenderloin cooked sous vide, cumin white bean puree, green peas and a butternut squash sauce |

Recipe for 4 portions



Description

Pork tenderloin cooked sous vide, cumin white bean puree, green peas and a butternut squash sauce.

Note

Sous vide cooking will create a very evenly cooked meat. If some of your guests prefer their meat well done, proceed to cook their portion a few additional minutes in the oven.

Never season meats with salt in a sous-vide bag, the salt will draw out the moisture and the meat will be tough.

For the sauce, you can swap the butternut squash for any other squash (pumpkin, acorn).

Ingredients

Pork tenderloin

- 600 Gr Filet mignon of pork
- 1 Big Vacuum bag
- 1 Unit(s) Thermocirculateur
- 4 Nut(s) Butter
- 4 Sprig(s) Thyme
- 4 Clove(s) Garlic
- 60 Ml Canola oil

- Salt and pepper
- Vegetable oil
- Olive oil

Green peas

- 250 Ml Frozen green peas
- 25 Gr Butter

Garbanzo bean purée

- 1 Unit(s) White beans (540ml)
- 2 Unit(s) Garlic
- 4 Sprig(s) Thyme
- 200 Ml Chicken stock
- 1 Tsp Cumin powder

- Salt and pepper
- Vegetable oil
- Olive oil

Virgin sauce

- 125 Gr Tomato
- 125 Gr Butternut squash

- 15 Gr Coarse salt
- Salt and pepper
- Vegetable oil
- Olive oil
- 25 Gr Pine nuts
- 100 Ml Olive oil
- 75 Ml Sliced black olives
- 4 Sprig(s) Flat parsley
- Salt and pepper
- Vegetable oil
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **425 F°**

To serve

On a warm plate, place a dollop of bean purée and using the back of a spoon draw a line from the purée to create a pulled effect. On the side of the dollop, place a slice of pork. Top generously with virgin sauce and sprinkle some peas all over the plate. You can add a few sprigs of herbs for decoration.

Butternut squash virgin sauce

Slice the tomatoes in half and, with a spoon, remove the core. Proceed to finely dice the flesh of the tomatoes. Finely chop the parsley. Peel the butternut squash and cut it into fine cubes (brunoise) and cook in a pot of boiling salted water for 5 minutes or until they are tender. Rinse them under cold water to stop them from getting too mushy.

In a hot skillet, add the pine nuts and stir continuously until they are nice and golden. Once they are golden, add them to the olive oil.

Pit and slice the olives in half. Finely chop the chives.

In a bowl, place all the ingredients together and season with salt and pepper.

Green peas

In a pot of boiling water, add coarse salt and let it come back to a boil. Drop your frozen peas in and cook for 2 minutes. Drain the peas and drop them in an ice bath to stop the cooking process and keep the green color. When you are ready to serve, warm through in a pan with a knob of butter. Season with salt and pepper.

Garbanzo bean purée

In a hot pan with a drizzle of olive oil, sweat the garlic with the thyme (low heat so the garlic doesn't burn). Add the beans and cover with chicken stock. Cook for 10 minutes and then blend the mixture with a handheld mixer (it's best to remove half the liquid before blending and adding more as you go to get the desired texture). Season with salt and pepper and add a touch of olive oil for flavor.

Pork filet mignon

Fill up your thermocirculator container with water and program it so it's set to 57°C (135°F). In the sous-vide bags, place the pork, a knob of butter, thyme and the sliced garlic. Seal the bags with the sous-vide machine (this can be done a day ahead to get even more flavor from the marinade). Once

the water has reached the required temperature, add the bag with the pork and cook for 1 hour minimum (if you leave it longer it won't over cook but it will instead cook and tenderize). Once the pork is done cooking, open the bag, drain the liquid and season the pork with salt and pepper. Heat up a pan with a drizzle of vegetable oil on high heat, to sear the pork to get a nice crispy texture on the outside. Set aside to rest for 5 minutes before serving.

Bon appétit!