

Pork tenderloin with a horseradish butter and stiff polenta with sautéed mushrooms |

Recipe for 4 portions



Description

Acidity, crunchiness and richness! Everything's there in this recipe to make a lunch or dinner a success.

Note

Compound butters are a great way to add flavor to fish, beef, seafood, pasta, eggs, etc.

Ingredients

Polenta and sautéed mushroom

- 100 Gr Polenta
- 600 Ml Vegetable stock
- 25 Gr Mascarpone cheese
- 125 Gr Button mushrooms
- 75 Gr Portobello mushroom
- 25 Gr Parmesan
- 4 Sprig(s) Parsley
- Salt and pepper
- Vegetable oil

Horseradish and lemon compound butter

- 100 Gr Softened butter
- 3 Gr Horseradish
- 0.50 Unit(s) Lemon
- 1 Sprig(s) Basil
- 3 Turn(s) Fresh ground black pepper
- Salt and pepper
- Vegetable oil

Pork tenderloins

- 600 Gr Pork tenderloin
- 2 Clove(s) Garlic
- 1 Sprig(s) Thyme
- Salt and pepper
- Vegetable oil

Preparation

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

Mise-en-place

Remove the silverskin from the tenderloins. Bring the vegetable stock to a boil. Clean the mushrooms and cut into fine slices. Grate the parm and the horseradish. Finely chop the parsley. Finely mince the basil.

Polenta and mushroom mix

In a hot skillet, sauté the mushrooms in some butter until they are tender and crispy and golden brown. Add the parsley at the end of the cooking and make sure to keep it fresh. Once everything's cooked, transfer to a dish with some absorbent paper to drain the excess fat away. In the pot with the vegetable stock, pour the semolina into the stock while whisking constantly until it begins to firm up and change for a wooden spoon and keep stirring continuously until the grain is nice and tender (3 to 5 minutes), at low heat. Remove from the heat, add the butter, mascarpone and parmesan. Season. Spread on the baking tray and let the mix cool at room temperature. Once it has cooled down, using a cooking cutter make disks and in a hot pan, sear them all the same way you would with a steak.

Pork tenderloins

Place a large skillet on the stove and the heat on medium-high. Season the tenderloins with salt and pepper. Drizzle a bit of vegetable oil in the pan and sear the tenderloins on each side until they are golden. Lower the heat and add the garlic and the thyme. Finish the cooking in the oven at 425F for 10 minutes and let the meat rest for 5 minutes before cutting it. Slice into a bevel way no more than an inch thin.

Horseradish and lemon compound butter

Bring the butter to room temperature by leaving the butter out overnight. In a bowl, mix the butter, juice and lemon zests as well as the horseradish. Add the basil and rectify the seasoning with salt and pepper. Place the butter in a pastry bag with a star tip and make some nice little dollops on a plate. Place the plate in the fridge or freezer and use the butter as required.

Dressing

Place a half circle of polenta in the middle of the plate and top with some mushrooms. Add a fan of porkloin on top and place a piece of butter atop the pork. Sprinkle the plate with some fresh herbs and serve!

Bon appétit!