

Maple Mustard Glazed Pork Tenderloin, White Bean Puree with Glazed Baby Carrots

Serves 8

INGREDIENTS

Maple Mustard Pork Tenderloin

2 ¼ lb pork tenderloin

¼ cup butter, melted

¼ cup maple syrup

2 tbsp grainy mustard

2 tbsp soy sauce

pepper to taste

White Bean Puree: yields 8

2 tbsp unsalted butter

¼ cup onion, finely diced

1 garlic clove, minced

1 thyme sprig

1 can white beans, (425gr) drained and rinsed

½ cup chicken stock

Salt and freshly ground pepper

For the Carrots:

2 bunch baby heirloom carrots, peeled with tops removed but with a little green left attached

4 tbsp butter

3 tbsp brown sugar

½ lemon, juiced

1 clove garlic, smashed

3 sprigs thyme, picked

Pinch cayenne pepper

½ cup water

METHOD

For the Pork:

Preheat oven to 375 F.

Place a roasting rack on a sheet pan with parchment paper, and set aside. In a small bowl, whisk together the butter, maple syrup, mustard and soy sauce. Set half of the marinade aside. Place the other half of the marinade in a small pot, and reduce by half.

Preheat the grill on medium high heat, and brush with vegetable oil. Sprinkle salt and pepper over the tenderloin with a dry hand, then rub the pork with the seasoning over both sides of the meat, pressing gently so the seasoning adheres well to the tenderloin.

Once the pan is heated, add the tenderloin to the pan and cook for about 5-7 minutes, searing each side using tongs to turn the meat. Transfer meat to a roasting pan, and brush generously with the marinade, and bake at 375F for 20 minutes, or until an internal temperature of 145F is reached. Allow to rest covered in foil for a minimum of 10-15 minutes. Once rested, slice and serve.

For the White Bean Puree:

In a medium saucepan, melt the butter. Add the onion, and season with salt and pepper. Add the garlic, and thyme sprig and cook over moderate heat, stirring a few times, until the onion is softened, about 5 minutes.

Add the beans, and broth, and simmer over moderately high heat until the broth reduces by half, about 4 minutes. Discard the thyme sprig. Puree the bean mixture in a blender. Season the puree with salt and pepper.

For the Carrots:

Bring a pot of well-salted water to a boil. Set up a bowl with ice water. Blanch the carrots in the boiling water, approximately 1 ½ minutes. When they are cooked but still have some crunch, plunge them immediately into the ice water.

In a large sauté pan, add the butter, sugar, lemon juice, garlic, thyme, cayenne and about 1/2 cup of water. Bring the pan to medium heat, swirling occasionally. When most of the water has reduced and the mixture seems homogenous, remove the garlic.

Add the carrots, and stir until they are coated. Cook for another 2 to 3 minutes or until the carrots are completely coated, and hot.