



ALPHA OMEGA

Porcini Crusted Pork Tenderloin with Strawberry Farroto

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Yield: 6 portions

Prep time: 1 hour
Cook time: 2 hours

Porcini Crusted Pork Tenderloin

Ingredients:

2 Pork Tenderloins (2 lbs)
2 tbsps. Porcini powder
1 tbsp. Cocoa powder
¼ lbs. Butter
1 tsp. Salt
1 tsp. Pepper
6 sprigs Thyme
1 tbsp. Olive Oil

6 Spring Onions - tops removed, sliced thin
and cut in half lengthwise
3 tbsps. Extra Virgin Olive Oil
½ cup Diced Fresh Strawberries
½ of a lemon, zested and juice

Method:

- Season the pork with salt & pepper.
- Combine the cocoa and porcini powder and rub the seasoned pork.
- In a sauté pan heat the oil, when it is hot, add the pork and begin to sear on all sides.
- Add the butter to the pan. When it starts to bubble, add the thyme and baste the tenderloins. Add the spring onions and sear on the flat side.
- Put the tenderloin in a pan in a 350-degree oven and cook the pork until it has an internal temperature of 135 degrees. Baste the pork every few minutes.
- Remove the pork from the pan, rest on a plate. The onions may need a few more minutes to finish cooking, if so, put them back in the oven for 5-8 minutes until they are tender.
- Combine the onion tops, olive oil, strawberries, & lemon. Season with salt and pepper.
- Slice the pork and serve over the farro, garnish with the roasted spring onions & onion top relish.



Strawberry Farroto

Ingredients:

2 cup Farro
1 cup White Wine
1 cup Yellow Onion, diced small
1 lbs. Bacon, diced
½ cup Leeks, diced
½ cup English Peas
½ lbs. Oyster Mushrooms
1 pt. Strawberry Sofrito
¼ lbs. Butter
¼ lbs. Parmesan
1 lemon, zested and juice
4 tbsps. Olive Oil

Method:

- Sweat the onion in 2 tbs of olive oil, add the farro.
- Add the wine and reduce till dry.
- Add 2 cups of the hot stock, reduce till almost dry.
- Add 2 more cups of the stock and reduce till dry...the farrow should be 90% cooked and should not taste raw.
If necessary, add more liquid.
- In another sauté pan, render the bacon with 2 tbs of oil.
- When bacon is rendered sear the mushrooms in the bacon fat & cook for 2 minutes.
- Add the leeks, season and sweat.
- Add the rhubarb, English peas and strawberry sofrito.
- Add the mushroom mixture to the farro and season.
- Add ½ the remaining stock and stir to help bring out starch.
- Add lemon zest, juice, and butter stirring continuously to release starch and improve risotto consistency.
- Finish with parmesan.

Strawberry Sofrito

Ingredients:

1 cup Onions, Diced Small
2 cup Strawberries diced/puree
1 cup Rhubarb, diced
2 cup Olive Oil
2 Bay Leaf
2 springs Thyme

Method:

- In a pot combine the onions thyme, bay leaf and olive oil.
- Bring to a simmer and reduce heat to low.
- Continue cooking until the oil has clarified, about 30 minutes.
- Add strawberries and cook until strawberries have broken down.
- Cook until the oil has clarified and the strawberry has reduced, about 30 minutes
- Remove from heat, strain oil.

Enjoy!