

virtual kitchen

EPISODE THREE RECIPES



Honey Butter Pork Tenderloin

Cauliflower-Parsnip Purée, Apple Chips, Maple Glazed Winter Squash

GENERAL ADVICE FROM CHEF ZACH:

"I always advise students at the Dedman School that recipes are only starting points. Stated another way, recipes are points of departure. It is the musician who delivers a great performance, not the sheet of music. It is the cook who makes a great dish, not the recipe. The recipe is only a tool. A great recipe will still only get you halfway to a great dish. The other half must come from the mind and the hands of the person cooking."

INGREDIENTS

Pork tenderloin, cut into 6 oz portions,
4 each

Honey, 2 tbsp

Unsalted butter, 6 tbsp, softened

Salt and pepper

Cauliflower, 1 head, florets trimmed
from the stem, roughly and thinly sliced

Parsnips, 2-3 each, peeled, sliced into
 $\frac{1}{4}$ " thick rounds

Russet potato, 2 each, peeled and
cubed

Cream cheese, 8 oz, softened
(or any melting cheese of your choice,
or a blend of multiple)

Green Apple, 2 each, peeled and cored

Butter, 4 tbsp ($\frac{1}{2}$ stick)

Butternut squash, 1 $\frac{1}{2}$ lb, peeled and
diced into 1" cubes

Maple syrup, $\frac{1}{2}$ cup

Light brown sugar, $\frac{1}{2}$ cup

Butter, 2 tbsp

Apple cider vinegar, $\frac{1}{4}$ cup

Salt and pepper

Before beginning to cook anything, make sure all ingredients are prepared and accessible, according to their description above.

Apple Chips

(up to 24 hours in advance)

** A convection oven is crucial for this to work optimally.*

1. Line a sheet pan with parchment paper. Using a pastry brush, coat the parchment paper with melted butter.
2. Using a mandolin or v-slicer, cut apples perpendicular to the stem into 1/16" slices. Lay slices on buttered parchment and brush the tops with more butter.
3. Bake at 250 degrees in a convection* oven for 20–60 minutes, depending on oven and humidity. Apples will turn a light, toasty brown and start to curl up off when they are ready.

Honey Butter

(up to 3 days in advance)

1. Mix honey, butter, salt and pepper in the bowl of an electric mixer with the whisk attachment on medium speed.
2. Mix thoroughly, 5–7 minutes, or until mixture lightens in color and thickens slightly.
3. Store in a pastry bag or roll (like sushi on a sushi mat) into a log on parchment paper and store in the refrigerator until 1 hour before serving.
4. Serve dollops or slices of the softened honey butter on top of the finished pork tenderloin once it is plated.

Cauliflower-Parsnip Purée

(no more than 3 hours in advance)

*** If you don't own a manual food mill, a food processor will work. Use the "pulse" function on the food processor and scrape the sides of the bowl often.*

1. Fill a medium stockpot half full with water and place over high heat. Add potatoes and parsnips to water while it is coming to a boil.
2. When the water is boiling, add the cauliflower and cook for 15–20 minutes, or until all ingredients are fully softened.
3. Strain through a fine strainer or colander with small perforations. Transfer to the bowl of a food processor or, ideally, into a manual food mill** bowl. Adjust seasonings.
4. When you have achieved a smooth purée, add the cheese and mix until thoroughly combined.
5. Hold hot until ready to serve.

Maple Glaze Winter Squash

(up to 24 hours in advance)

1. Toss the squash in oil or fat of your choice (bacon fat is excellent), season with salt and pepper and lay on a sheet pan with at least 1/4" between each piece to ensure even cooking. Roast at 350 degrees for 12–15 minutes, or until squash is almost fork tender. Cool at room temperature.
2. Preheat a large sauté pan over high heat and add the apple cider vinegar, maple syrup and light brown sugar. Bring to a boil and reduce by half. Add squash and toss to coat. Continue cooking over high heat as the remaining glaze reduces and begins to adhere to the squash. You are looking for a certain, pleasant degree of stickiness to occur as the pan sauce reduces and adheres to the squash.

Pork Tenderloin

(allow 10 minutes for it to rest before serving)

+ The safest way to clean a hot cast iron pan is with a specialized metal tool built specifically for that purpose. In commercial kitchens, we keep an oiled kitchen towel on hand and use it to scrub the solid debris from the bottom of the pan, then invert the pan into a large metal container whose sole purpose is to catch hot pan debris and hot oil.

*** There are many ways to sear proteins. Use whatever way is safest for you in your kitchen set-up. We do not recommend attempting the hot cast-iron method in an apartment building. Preheat cast-iron pan first; then add oil. Do not preheat the oil along with the pan.*

1. Preheat a clean and well-finished cast-iron skillet⁺ over medium-high heat until the surface temperature is approximately 425 degrees, or until oil barely begins to smoke when added to the pan. Preheat cast-iron pan first; then add oil. Do not preheat the oil along with the pan. If your cast-iron pan is well cared for, this will not hurt the pan.
2. Add pork fillets, two at a time, and sear^{**} until deep golden brown. Flip and repeat on the other side. Use tongs to transfer pork to a sheet pan. Clean (but don't wash) the pan between sears. If your smoke alarm is inside a walled-off kitchen, this process may set it off!
3. Finish pork in a 350-degree oven for 8–12 minutes, or until internal temperature at the thickest portion of the filet is 140 degrees for medium or higher for a greater degree of doneness.

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Cheers!

Lacey Wallheiser

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Rosemary Whiskey Sour

to be paired with Chef Zach's Honey Butter Pork Tenderloin

INGREDIENTS

- 2 oz **Bourbon whiskey**
- ½ oz **Lemon juice**, freshly squeezed and strained
- ½ oz **Rosemary simple syrup**
- 1 oz **Sparkling apple juice**
- Dash of **Angostura bitters**
- Apple slice** and **rosemary sprig** for garnish

EQUIPMENT

- Cocktail Shaker
- Jigger
- Citrus juicer
- Fine-sieve strainer
- Knife and cutting board
- Funnel (optional)

Fresh Rosemary Simple Syrup

1. Gather 2 cups of sugar, 2 cups of hot water and approximately one ounce of fresh rosemary springs.
2. Bring water to a simmer, turn off the heat and add sugar. Stir to incorporate. While hot, add rosemary sprigs and set aside to steep and cool.
3. Allow to cool completely and pour through fine-mesh sieve into the intended dispenser (a funnel may be helpful). This can be prepared in advance and stored in the refrigerator.

Mixing the cocktail

1. Add bourbon, rosemary simple syrup and lemon juice to the cocktail shaker.
2. Add 1 cup of ice cubes, seal well and shake hard until the shaker is cold and well chilled (5–10 seconds).
3. Add ice to the rim of the glass, pour and strain cocktail, leaving 1" headspace.
4. Add a dash of bitters and top with sparkling apple cider.
5. Garnish with apple slice and rosemary sprig.

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