

Pork tenderloin cooked under vacuum Sous vide in the Miele Steam Oven, cumin white beans puree green peas and butternut squash sauce.

Recipe for 4 persons



Description

Pork tenderloin cooked under vacuum Sous vide at 62C (144F) for 40 minutes, cumin white beans puree, green peas and a butternut squash cold sauce.

Note

Sous vide cooking will create a very evenly cooked meat. If some of your guests prefer their meat doneness to be well cooked 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

- 4 Unit(s) Filet mignon of pork
- 1 Big Vacuum bag
- 4 Nut(s) Butter
- 4 Sprig(s) Thyme
- 4 Clove(s) Garlic
- 60 Ml Canola oil
- Olive oil
- Vegetable oil
- Salt and pepper

Green peas

- 500 Ml Frozen green peas
- 25 Gr Butter
- 15 Gr Coarse salt
- Olive oil

White beans purée

- 1 Unit(s) White beans (540ml)
- 2 Unit(s) Garlic
- 4 Sprig(s) Thyme
- 500 Ml Chicken stock
- 1 Unit(s) Onion
- Olive oil
- Vegetable oil
- Salt and pepper

Virgin sauce

- 1 Unit(s) Tomato
- 0.50 Unit(s) Butternut squash
- 75 Gr Pine nuts
- 175 Ml Olive oil
- 1 Unit(s) Tarragon

- Vegetable oil
- Salt and pepper

- 1 Unit(s) Chives
- 25 Ml White balsamic vinegar
- 1 Unit(s) French shallot

- Olive oil
- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **50 mins**

Pork tenderloin

Turn on your Miele steam oven and set it at 62 C (144F). In the sous-vide bags, place the pork, a knob of butter, thyme and sliced garlic. Seal it with the sous-vide machine. When the oven reaches the right temperature, put the vacuum sealed bag of meat in it, then cook it for 40 minutes. Once you 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 and a knob of butter then sear in it the pork on each side to get a nice and crispy texture on the outside. Set aside to rest for 5 minutes before slicing.

White beans purée

In a hot pan with a drizzle of olive oil, sweat the chopped onions for 2 minutes then add the garlic and the thyme. Add the beans and cover with chicken stock. Cook for 20 minutes at medium heat. When cooked remove half the liquid and make the puree using a food processor add more liquid as you go to get the desired texture. Season with salt and pepper and add a touch of olive oil for flavor.

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 nice green color. When you are ready to serve, warm through in a pan with a knob of butter. Season with salt and pepper.

Butternut squash virgin sauce

Peel the butternut squash and cut into fine cubes (brunoise) and cook them in the steam oven at 100C for 2 minutes until they are tender. Rinse them under cold water to stop them from getting too mushy. Slice the tomatoes in half and remove the core with a spoon then dice the flesh. Pick the leaves of the tarragon and chop them. Chisel the shallots and the chives. In a hot skillet, add the pine nut and stir continuously until they are nice and golden. Once they are golden, add them to the olive oil. In a bowl, place all the ingredients together and season with sea salt and fresh ground pepper.

To serve

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

Bon appétit!