

Roast Pork Tenderloin with Carrot Romesco

Tarla Fallgatter cooking class, 2018



Servings: 6

1. Preheat oven to 450°F. Toss carrots with oil, spice rub and salt and pepper to taste. Spread out on a rimmed baking sheet and roast, tossing occasionally, until carrots are softened, browned, about 15-20 minutes. Carrots should be very tender. Let cool slightly.
2. Meanwhile, season pork with salt, pepper and spice rub. Heat a saute pan to high, add oil and sear tenderloin on all sides. Transfer to oven and roast until a thermometer inserted into the center registers 145°F, about 10 minutes. Remove, tent with foil and let rest for 10 minutes before slicing.
3. Pulse the pine nuts, garlic and red chili flakes in a food processor with oil, salt and pepper to taste. Add about a cup of the cooked carrots, vinegar and process until it reaches a coarse texture, adding more oil if necessary. Taste for seasonings.
4. SALAD: Toss the greens and the remaining carrots with vinaigrette. Slice pork and serve with romesco alongside the salad.

CARROTS:

- 1 1/2 pounds carrots, small, halved lengthwise
- 2 tablespoons olive oil
- 1 teaspoon spice rub (your choice)
- Salt and pepper to taste

ROMESCO:

- 1/4 cup pine nuts, toasted
- 1 clove garlic
- 1 pinch red chili flakes
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar

PORK:

- 2 pork tenderloins, silverskin removed, trimmed
- 2 teaspoons spice rub (use same as in carrots)
- 2 tablespoons olive oil
- Salt and pepper to taste
- 2 cups greens, watercress, arugula, dark hearty lettuces

VINAIGRETTE:

- 2 tablespoons sherry vinegar
- 1 teaspoon honey mustard
- 3 tablespoons olive oil
- salt and pepper to taste

Per Serving (excluding unknown items): 373 Calories; 28g Fat (66.8% calories from fat); 19g Protein; 13g Carbohydrate; 4g Dietary Fiber; 49mg Cholesterol; 90mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com