

# COOKING WITH CHEF TOM BASORE

## JANUARY 14, 2019

### PORK TENDERLOIN MEDALLIONS

Ingredients:

2 pcs. Pork tenderloin	salt
vegetable oil	pepper

Pan-sear tenderloin, place on sheet pan, and roast in a 350°F oven to 140°F. Remove from oven and allow to rest 5 minutes before cutting.

Yield is approximately 3 to 5- 4 ounce servings per tenderloin, depending on size.

### WILD RICE PILAF

Ingredients:

1 c. long grain & wild rice  
2 c. water  
2 tsp. chicken paste

Add chicken paste to water, and bring to a boil. Add rice. Stir once; reduce heat to simmer. Cover until liquid is absorbed.

Yield is 4- 4 ounce servings.

### MUSHROOM SAUCE

Ingredients:

¼ c. small, diced onion	½ c. water
1 tsp. minced garlic	2 tsp. cream
¼ c. finely chopped mushrooms	2 tsp. starch
½ c. sliced mushrooms	dash black pepper
2 T. oil	dash granulated garlic
1 tsp. beef base (optional)	dash granulated onion
¼ c. red wine	

Heat 1 tablespoon of oil in sauce pan; when hot, sauté sliced mushrooms for 2 minutes. Remove from heat, and set aside. Heat other tablespoon of oil in sauce pan. Add diced onion, minced garlic, and chopped mushrooms; sauté. Add wine; cook for 3 minutes. Add beef base and water, and heat to near-boiling. Add pepper, granulated garlic, and granulated onion. Thicken to light gravy consistency. Add sautéed mushrooms. Add cream.

Yield is 2.5 quart = 36 portions.

To serve: Place 4 ounces of rice in center of buffet plate. Top with 4 to 5 tenderloin medallions, approximately 4 ounces total. Partially cover meat with 2 ounces of mushroom sauce.

**Tom Basore, CDM, CFPP**

**Bluestem Culinary Executive Chef**

**Water's Edge Restaurant General Manager**