

Arugula salad with toasted sesame, marinated olives, soy honey mustard dressing.

Ingredients

3 cups Arugula
1 tablespoon toasted sesame seeds
1 – 2 tablespoons chopped, pitted, marinated olives (your choice of olive from local grocery store....I recommend kalamata)
3 tablespoons soy sauce
2 tablespoons Dijon mustard
½ teaspoon minced garlic
1.5 tablespoons honey
¼ cup olive oil (oil blend is fine)
1 roma tomato (optional)
Pepper

Method

- 1) In a small mixing bowl, add garlic, mustard, honey and soy sauce. Whisk together until blended. After the ingredients have blended, continue to whisk while slowly (the slower the better/ thicker) adding the oil. After oil is added, you should have an emulsified dressing. If it is separated, start again. If you are using a roma tomato, medium dice and add to dressing. Let it sit for 5 minutes at room temp.
- 2) In a larger salad bowl, add arugula and chopped olives. Mix with tongs lightly. Add dressing and mix lightly again. Add most of the sesame seeds (I save a few seeds to add at the end for décor). Mix again, and plate. Sprinkle salad with remaining sesame seeds.
- 3) Finish with pepper
- 4) Enjoy!

Pork Tenderloin, red lentil cake, sautéed spinach, orange ginger gastrique.

Ingredients

Pork

5-7 ounce pork tenderloin (silver skin removed)
Salt & pepper
1 tablespoon oil

Lentil cake

4 cups water
1 cup red lentils
¼ cup flour
1 teaspoon salt
½ teaspoon pepper
2 garlic cloves, minced
1 tablespoon onion minced
2 tablespoons oil

Ginger Gastrique

¾ cup ginger grated
½ cup apple cider vinegar
½ cup orange juice
1/4- 1/3 cup sugar (depending on sweetness preference).
Pinch of salt

Spinach

1 cup spinach
1 pinch salt
1 teaspoon acid (lemon, lime, vinegar)

Utensils

1 large bowl
1 medium bowl
2 small bowls
1 very small bowl/ cup for salt
1 whisk
1 knife
1 cutting board
2 tongs
1 spatula
1 medium sized spoon
Measuring spoons

Measuring cups
1 sauce pan (small pot)
2 saute/ frying pans
1 medium sized pot
1 strainer

Method

Orange Ginger Gastrique

Combine in a saucepan orange juice, vinegar, sugar, and salt. Mix together and bring to a boil. Reduce to a simmer and cook down to half of original volume. Squeeze shredded ginger until all juice is out into a bowl.

Add to sauce pan and reduce until consistency is similar to syrup.

Lentil Cake

*****Preheat oven to 425F*****

Pour water and lentils into a pot and bring to a boil. Boil lentils until soft (this will vary on size of lentil). Pro tip: You can also soak lentils overnight to cut down on cooking time, or use a pressure cooker.

Strain lentils and press out remaining water without losing lentils. Place cooked lentils into a bowl and let cool.

Add salt, pepper, garlic, onion and flour and mix until well blended.

Form round lentil cake with your hands.

Pour oil into frying pan and put on medium high heat. Let pan and oil heat up thoroughly. Place cake in pan. Sear on one side (3-6mins), then flip and allow it to sear for 15 seconds. Remove from burner and place in oven (10-15min).

Once you have removed

Pork Tenderloin

*****Preheat oven to 425F*****

Place pork tenderloin in a large bowl. Pour in oil, salt, and pepper. Toss tenderloin in bowl with tongs until evenly coated with seasoning and oil. Place pan over medium high heat. Let pan get hot. Place tenderloin in pan and sear off 2/3 of loin. When searing the final side, place pan in oven to finish searing side, and cooking the inside of the loin. Cook until loin reaches 145F (medium) or higher (165F is well done). Let loin rest on cutting board for 2-3 minutes before cutting and plating

WHILE THE PORK RESTS!!!!!! Reuse pan and place over medium high heat. Add oil, spinach, and salt for sautéed spinach. Cook down spinach and pour in vinegar. Sauté for 15 more seconds.

PLATING

- 1) Place Lentil cake in center of plate
- 2) Place sautéed spinach on top of lentil cake.
- 3) Cut pork loin into medallions and place around cake
- 4) Pour sauce over pork and off to side.
- 5) Eat!!!!