

櫻花農場安康豬呈獻

# 加家有廚神



## 波菜蘑菇釀烤豬柳梅(2 人用)

Roasted Pork Tenderloin stuffed with Spinach & Mushroom Duxelle (Serves 2 people)

### 釀餡 Stuffing

#### 材料 Ingredients

5 克無鹽牛油	5 grams butter unsalted
10 克青蔥	10 grams shallots
120 克蘑菇磨碎 (8-9 個)	120 grams mushrooms grated (8-9 pieces)
10 克新鮮菠菜	10 grams fresh spinach

#### 步驟 Directions

1. 用中至猛火，在不粘鍋溶解牛油。
  2. 加入青蔥，攪拌煮約 1 分鐘直至柔軟。
  3. 加入蘑菇，攪拌煮約 2 分鐘直至變軟和出水，並且汁液蒸發，混合物乾涸。加適量鹽和胡椒粉調味。
  4. 熄火。置於一旁讓其冷卻。
  5. 清洗菠菜，棄掉莖部。在碟上張開，用保鮮紙蓋好，用微波爐煮 17 秒。置於一旁讓其冷卻。
  6. 把蘑菇混合物放入擠花袋。袋尖剪開直徑半吋袋口。
  7. 在清潔的平面張開一塊保鮮紙。在保鮮紙上張開 4 吋 x 4 吋的菠菜方塊。在菠菜上擠出蘑菇。
  8. 掀起保鮮紙，把菠菜往蘑菇上摺，向前卷成圓條。把菠菜卷往後拉，掀起保鮮紙，摺向菠菜卷並向前卷動。兩邊打結後放入冰箱冷藏。事先準備菠菜蘑菇卷會更理想。
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1. Melt the butter in a non-stick skillet over medium-high heat.
  2. Add shallots, cook and stir for about a minute until soft.
  3. Add mushrooms, cook and stir for about 2 minutes until mushrooms have softened and released their liquid, and the liquid is evaporated and the mixture is dry. Season with salt & pepper to taste.
  4. Turn off heat. Set aside and let it cool down.
  5. Wash the spinach and discard the stems. Lay on a plate, cover with saran wrap and microwave for 17 seconds. Set aside and let it cool down.
  6. Put the mushroom mixture into a piping bag. Cut the tip about ½" diameter.
  7. Lay down a piece of saran wrap on a clean surface. Lay the spinach on the saran approximate 4x4 inches square. Pipe the mushroom over the spinach.
  8. Lift the saran wrap, fold the spinach over the mushroom and roll forward to form a round stick. Pull back the roll, lift the saran wrap over the roll and roll forward. Knot both ends and freeze it. Ideally, prepare the mushroom roll ahead of time.



## 豬柳梅 Pork Tenderloin

### 材料 Ingredients

1 塊新鮮豬柳梅 (300-400 克)	1 piece pork tenderloin fresh (300-400 grams)
1 湯匙橄欖油	1 tbsp olive oil
15 克無鹽牛油	15 grams butter unsalted
10 克青蔥切碎	10 grams shallots chopped
4 塊櫻桃楔	4 pieces cherry wedges
50 毫升砵酒	50 ml port wine
½ 杯褐色高湯	½ cup demi or brown stock

### 步驟 Directions

1. 烤箱溫度設定為華氏 400°F。
2. 從冰箱取出蘑菇卷，置於室溫環境 10 分鐘。
3. 清除豬柳梅上多餘的脂肪和銀膜。切去豬柳梅兩端（可留作煲粥用）。
4. 在豬柳梅一端戳開一個小洞，穿過豬柳梅肉另一端。解開包裹冷藏菠菜蘑菇卷的保鮮紙，把菠菜蘑菇卷塞入豬柳梅中間。按口味加適量鹽和胡椒粉。
5. 用中至猛火，在中型的不粘鍋中加熱橄欖油和 5 克牛油。加入豬柳梅，腰部周圍灼約 2 分鐘。
6. 熄火，豬柳梅轉到烘焙紙上，在預熱至華氏 400°F 的烤箱內烤 8 分鐘。烤好後置於一旁 10 分鐘後才切片。
7. 在不粘鍋中溶解牛油，加青蔥炒數分鐘。加砵酒、櫻桃煮一下，以幫助黏在鍋底的肉屑脫離，成為醬汁一部份，加褐色高湯煮至沸騰。
8. 熄火。加牛油並攪拌至乳化。根據高湯的稠密度，可能需要多加一點水

註：櫻桃調汁可以改用粗芥末龍蒿，香脂楓糖漿，青椒玉米奶油或橙姜果醬。

建議配酒：半乾紅葡萄酒

1. Turn on the oven @ 400°F.
2. Take the spinach mushroom roll out of the freezer, set aside in room temperature for 10 minutes.
3. Remove some of the fat and silver skin of the tenderloin. Cut off the end (save it for congee).
4. Poke a hole in the center at one end of the pork tenderloin and slide it through the other end. Unwrap the frozen spinach & mushroom roll, slide it through the tenderloin. Season the tenderloin with salt & pepper.
5. Heat the olive oil and 5 grams of butter in a medium non-stick skillet over medium-high heat. Add the tenderloin and sear around the loin for about 2 minutes.
6. Turn off heat, transfer the tenderloin onto a baking sheet and cook for 8 minutes in a pre-heat oven @ 400°F. Set aside and let it rest for 10 minutes before slicing.



7. Melt the butter in the skillet, add shallots and sauté for a few seconds. Add port wine and cherries, deglaze, add demi and bring to boil.
8. Turn off heat. Add butter and stir until it emulsifies. May need to add a bit of water depending on the thickness of your demi or brown stock.

Notes: Cherry Sauce can be substitute with grainy mustard tarragon, balsamic maple syrup, green pepper corn cream or orange marmalade ginger.

Suggest: Medium dry red wine for paring



### 晶釉胡桃南瓜 / 晶亮胡桃南瓜 Glazed Winter Squash

#### 材料 Ingredients

200 克胡桃南瓜	200 grams butternut squash
5 克無鹽牛油	5 grams butter unsalted
一撮孜然粉	A pinch ground cumin
適量鹽和胡椒粉	Salt & pepper to taste

#### 步驟 Directions

1. 胡桃南瓜切成 半吋 x 半吋 x 2.5 吋長條。在加鹽沸水煮 3 分鐘。
1. Cut squash into 1/2" x 1/2" x 2.5" sticks. Cook in boiling salted water for 3 minutes.

### 牛油煮薯仔 Butter Poached Potato

#### 材料 Ingredients

200 克白薯仔 (1 個中型)	200 grams white potato
3 湯匙橄欖油	3 tbsp olive oil
15 克無鹽牛油	15 grams butter unsalted
1 枝新鮮百里香	1 sprig fresh thyme
適量鹽和胡椒粉	Salt & pepper to taste

#### 步驟 Directions

1. 薯仔切成 1 吋厚，1 吋 x 2.5 吋長方形塊
2. 用中火在小的平底鍋加熱橄欖油和牛油，加薯仔和百里香。火調至最低。切勿煮沸。
3. 煨 8 分鐘，反轉薯仔，繼續煮 4 分鐘。從平底鍋取出薯仔，置於一旁。
1. Cut potato into 1" thick, 1"x 2.5" rectangles
2. Heat olive oil and butter in a small saucepan over medium-heat, add potato and thyme. Turn down heat to minimum. Do not boil.
3. Simmer for 8 minutes then turn the potato over, continue cooking for another 4 minutes. Remove potato from the saucepan, set aside.