

# Pork tenderloin stuffed with chorizo, grainy mustard sauce and old-fashion vegetables

Recipe for 4 persons



## Description

Pork tenderloin stuffed with Spanish chorizo drizzled with a grainy mustard and demi-glace sauce and accompanied by a small casserole of parsnips, turnips, carrots and leeks.

## Note

Feel free to vary the vegetables according to market arrivals.

## Ingredients

### For the porc

- 2 Unit(s) Pork tenderloin
- 100 Gr Spanish chorizo
- Butter
- Salt and pepper
- Vegetable oil

### For the sauce

- 2 Unit(s) Shallot
- 100 Ml White wine
- 30 Ml Grainy mustard
- 300 Ml Veal demi-glace
- Butter
- Salt and pepper
- Vegetable oil

### For the casserole

- 2 Unit(s) Parsnip
- 2 Unit(s) Carrot
- 0.50 Unit(s) Turnip
- 1 Unit(s) Leek
- Butter
- Salt and pepper
- Vegetable oil

## Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

### General preparation

Peel the carrots, parsnips and turnips and cut into 1cm cubes. Slice the leeks. Finely chop the shallot. Cut the chorizo into little stripes.

### Preparation of vegetable casseroles

Precook the vegetables separately in a large pot of salted water to boil or steam until they get a texture al dente by checking with the tip of a knife. Then plunge them into a large volume of ice water to stop cooking. Just before serving, heat your vegetables in a pan. Season with salt and pepper and serve them in small individual casserole dishes.

### Preparing pork tenderloin stuffed with chorizo

Using a paring knife, incise the pork in the center lengthwise and insert strips of chorizo. In a nonstick pan, drizzle with vegetable oil and sear the pork for 2 minutes on each side. Finish cooking pork tenderloin in the oven for 8-10 minutes for medium rare. Let rest 2 minutes before slicing.

### Preparing the sauce Three Mustards

Degrease the pan used to sear the pork, sweat the shallots. Deglaze with white wine. Let reduce by half. Stir in mustard and demi-glace and simmer over low heat until desired consistency is obtained. Season with salt and pepper to taste.

### To serve

On your plate, place sliced pork tenderloin, drizzle with mustard sauce and accompanied with a vegetable casserole.

**Bon appétit!**