

MINUS8

VINEGAR & VERJUS



Pork Tenderloin Medallion
with Yukon Gold Potato and
Corn Toss, with L8
Harvest Apricot Butter,

Chef Mark Picone

Stock Photo, Not the Chef's plating

Serves 4

1 ea pork tenderloin, cleaned and cut into medallions
15 ml sage, fresh, chopped
Olive oil
Salt, freshly ground pepper

1. Season medallions with olive oil, sage and seasoning.
2. Sear in a medium hot pan until desired doneness – about 71C or 160 F internal temperature.

Yukon Gold Potato and Corn Toss

30 ml olive oil
500 gm Yukon gold potatoes, peeled and diced
1 bay leaf
1 shallot, peeled and minced
1 ea corn on the cob, cooked and kernels removed
ó ea red bell pepper, diced
15 ml herbs, fresh such as marjoram, rosemary
ó lemon, juice
Salt, freshly ground pepper

1. Heat oil over medium high heat in large skillet.
2. Add potatoes, bay leaf and season with salt and pepper. Brown on all sides, tossing occasionally.
3. Add shallot and cook until soft – about 3 minutes.
4. Add corn, bell pepper and cook until heated – about 2 minutes.
5. Add herbs and lemon juice and cook another minute.
6. Correct seasoning

Apricot Butter

Not a real butter but more like a wonderful spread, this is quite versatile in the kitchen with duck breast or even halibut filets.

450 gm apricots, fresh, washed and pits removed
125 ml wine – Viognier
45 ml L8 Harvest Vinegar
1 ea shallot, peeled and minced
5 ml ginger, fresh, minced
2 ml paprika, smoked
2 ml allspice, ground
2 ml turmeric
2 ml cardamom, ground
45 ml honey
Salt, freshly ground pepper

1. Combine all ingredients except honey and seasoning in a large sauce pan.
2. Simmer uncovered until apricots are softened – about 10 – 12 minutes.
3. Remove from heat and allow to cool.
4. Transfer mixture to a blender and puree until smooth. Strain the puree through a fine mesh strainer into a bowl.
5. Stir in the honey and season to taste.

Plating

1. Place a small amount of Yukon potato and corn mixture in the centre of the plate.
2. Top with cooked pork medallion.
3. A spoonful of the apricot butter can be drizzled off the side of the medallion