

OMBR_1002

Menu:

GRILLED ASPARAGUS WITH 63 DEGREE EGG

FARRO SUCCOTASH

SOUS-VIDE PORK TENDERLOIN & BLUEBERRY SAUCE

NO-BAKE BLUEBERRY CHEESECAKE

Mise en Place!

- **Start the Pork Tenderloin:**
- Set up an immersion circulator to 63 C (145.4 F)
- Pat the pork tenderloin dry with paper towel and season well with salt and pepper.
- Place the pork in a sous-vide bag along with the butter, garlic, thyme, rosemary, and sage.
- Seal the bag and place in the immersion circulator for 1 hour.
- **Make the Crust for the Cheesecake:**
- In a bowl, combine the graham cracker crumbs, sugar and melted butter. Mix well to combine.
- Press the crumbs tightly into the bottom of 3-4 mason jars.
- Refrigerate the crust until firm, 10-15 minutes.
- **Cook the Farro:**
- Rinse the farro in cold running water, drain, then tip into a medium saucepan.
- Add 3 cups (710 ml) of the vegetables stock to the farro, turn the heat to medium-high and bring to a simmer. Cover and allow to simmer for 30 minutes.
- **Cut the vegetables for the Succotash:**
- Slice the red onion
- Cut the Romanesco into florets
- Halve the green beans
- Halve the snap peas
- Trim the ends off the asparagus
- Cut some asparagus for succotash, leave the rest aside for the Grilled Asparagus.
- Dice the zucchini
- **Cook the Eggs for the Appetizer:**
- Carefully lower the eggs into the water of the immersion circulator, alongside the pork. Allow the eggs to cook for 40-45 minutes.
- **Make the Cheesecake Filling:**
- In the bowl of a stand mixer fitted with the whisk attachment, combine the cream cheese, icing sugar, and vanilla seeds.
- Beat on low speed until fluffy, 5-7 minutes.
- Spread the cream cheese mixture over the chilled crusts.
- Cover with plastic wrap and chill thoroughly, 2-3 hours in the refrigerator or 30 minutes-1 hour in the freezer.

Get cookin'!

- Begin checking the farro at the 30-minute mark. Once the grains are cooked to the level of tenderness you like, drain off any excess liquid and set aside to cool to room temperature.
- **Grill the Asparagus:**
- Preheat the grill to medium-high.
- Drizzle asparagus with olive oil and season with salt.
- Grill asparagus until charred and pliable, 4-6 minutes.
- Remove the asparagus to a plate, allow to cool to room temperature, and refrigerate until just chilled, 15-20 minutes
- Shave some Parmesan using a vegetable peeler for the Asparagus and grate some on a rasp for the Succotash.
- **Make the Blueberry Gastrique for the Pork:**
- In a heavy-bottomed, high-sided saucepan over medium-high heat, begin to melt the sugar. Add the water, and stir just enough to moisten the sugar, giving it the consistency of wet sand.
- Once beginning to melt and caramelize around the edges, swirl the pan evenly to distribute the browning sugar. Continue until all the sugar has melted and turned amber.
- Remove the pan from the heat, tilt away from you, and carefully add the vinegar, noting that the caramel will sputter and steam.
- Once the mixture has calmed down, return the pan to medium heat, stirring and scraping any hardened sugar off the bottom.
- Add the berries and continue cooking until they've broken down and the sauce has reached a syrupy consistency, 8-10 minutes.
- **Make the Blueberry Topping for the Cheesecake:**
- In a saucepan over medium heat, combine the blueberries and sugar. Stir continuously until the berries begin to release their juices, 3-4 minutes.
- In a small bowl, whisk together the cornstarch, lemon juice, and water until smooth.
- Drizzle the cornstarch mixture into the blueberries while stirring and continue to cook until thickened, 2-3 minutes more.
- **Begin Cooking the Succotash:**
- Melt the butter in a large skillet over medium-high heat. Add the onion and cook, stirring occasionally, until just softened, 2 minutes.
- Add the Romanesco and cook, stirring often, for 2-3 minutes. Add the white wine as needed to prevent scorching.
- Add the beans, peas, asparagus, and zucchini, stirring to combine, and cook for another 2 minutes, until all the vegetables are beginning to soften, but still retain some crunch. Season with garlic powder, dried oregano, salt and pepper.
- Add the cooked farro, breaking up any clumps with a wooden spoon. Stir to combine, continuing to add splashes of vegetable stock if needed.
- **Serve the Grilled Asparagus:**
- Grill each slice of bread until crispy and slightly charred, 1-2 minutes per side.
- Rub the toasted bread vigorously with the garlic clove and reserve with the asparagus.
- Place the bread on serving plates and top each with some of the asparagus.
- Remove the eggs from the sous-vide bath and once just cool enough to handle, carefully crack the shells and release the just-cooked eggs onto the waiting asparagus.
- Garnish each plate with Parmesan and preserved lemon and serve immediately.

- Add the coriander powder to the Blueberry Gastrique, swirling to incorporate.
- Transfer the sauce to a blender and blend until smooth
- Return the sauce to the saucepan and keep warm until needed.

Take a break, sit down and enjoy...

Dinner time!

- Whip the Cream for the Dessert and set aside in the refrigerator.
- **Serve the Succotash and Pork Tenderloin:**
- Remove the bag of pork tenderloin from the immersion circulator.
- Remove the pork from the bag and pat dry.
- Heat a cast-iron pan over medium-high heat and add a drizzle of vegetable oil.
- Sear the pork tenderloin until browned on all sides, 1-2 minutes per side.
- Stir in ¼ cup (60 ml) of the grated cheese to the succotash.
- Remove the pan from the heat. Spoon the succotash into a serving dish.
- Garnish with chopped parsley, lemon juice, and the remaining cheese and serve immediately.
- Transfer the browned pork to a cutting board and slice into long slices against the grain.
- Fan the slices out on a serving plate, drizzle with Blueberry Gastrique and serve immediately.

Sit down and enjoy – great work!

- **Serve the Cheesecake:**
- Remove the jars from the refrigerator or freezer 10-15 minutes before serving.
- Drizzle the cooled Blueberry Topping over the cheesecakes
- Garnish with whipped cream and serve immediately.

You did it! Take a bow!