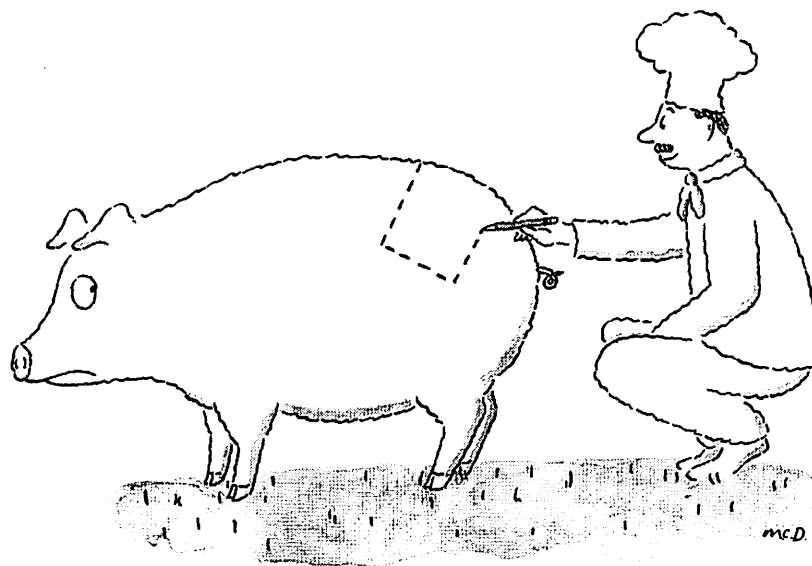


GASTRONOMIE SANS ARGENT

PORK TENDERLOIN



he Chinese have long revered pork in its sweet-and-sour, twice-cooked, and stir-fried renditions, and natives of the American South still honor this meat in their

lovingly smoked and sauced barbecue. Those who remain dubious often equate pork with the fatty product of decades past and the packaged sausage that lines supermarket shelves. Standards of quality among meat producers and consumers have, however, risen, along with awareness of good nutrition, and the flavor, versatility, and relative economy of fine cuts of pork are becoming more and more appreciated. In times gone by, too, pork was sometimes overcooked in extreme reaction to possible harmful organisms. It is now widely known that at 138° F. any worry is unfounded, and we have chosen to cook our pork to 155° F., when it is just cooked through but still juicy.

Pork tenderloin, a high-grade boneless cut taken from the inside loin, is increasingly available prepackaged in supermarkets, generally in the form of two tenders, or slender rolls. It is the most tender cut of pork; this does not mean, however, that it is marbled with fat, as is usually the case with tender beef. The revelation to many cooks is that pork tenderloin contains less than half the fat of equivalent quantities of other red meats—specifically, of beef tenderloin and top round and of the leg and loin of lamb. The delicacy and leanness of pork tenderloin make it in fact and practice a perfect alternative (and a less expensive one) to veal, to wit its ready adaptability to veal's clas-

sic treatments. Pork tenderloin *piccata*, *parmigiana*, *schnitzel*, and *Cordon Bleu* go far to illustrate the point, so let us tender these and a panoply of other preparations created to complement this kindest cut of all.

Grilled Pork Tenderloin with Mustard Cream Sauce

- 1½ pounds pork tenderloin, trimmed of any membrane
- ¾ cup vegetable oil
- ¼ cup dry white wine
- 3 garlic cloves, crushed lightly
- For the mustard cream sauce*
- ¾ cup dry white wine
- 1 tablespoon minced shallot
- 1 cup heavy cream

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Grilled pork tenderloin with mustard cream sauce. Haviland "Marco Polo" porcelain dinner plate and Old Newbury Crafters "Scandia" sterling flatware from Cardel, Ltd., 621 Madison Avenue. Hem-stitched linen napkin from Cherchez, 862 Lexington Avenue. Hand-painted background by Richard Pellicci, (212) 988-4365. Both addresses are in New York City. Photographed at GOURMET's studios.

3 tablespoons Dijon-style mustard
freshly ground white pepper to
taste

steamed baby carrots or steamed
carrots, cut into sticks, as an
accompaniment if desired
deep-fried carrot tops as an
accompaniment if desired

In a small deep dish just large enough to hold the pork combine the oil, the wine, and the garlic, add the pork, turning it to coat it thoroughly, and let it marinate, covered and chilled, overnight. Drain the pork, discarding the marinade, and grill it on an oiled rack set about 6 inches over glowing coals, turning it, for 25 minutes, or until a meat thermometer registers 155° F., for meat that is just cooked through but still juicy. Transfer the pork to a cutting board and let it stand while making the sauce.

Make the sauce: In a small heavy saucepan boil the wine with the shallot until it is reduced to about 2 tablespoons. Add the cream, bring the mixture just to a boil, and simmer it for 2 minutes, or until it is thickened slightly. Strain the sauce through a fine sieve into a bowl and whisk in the mustard, the white pepper, and salt to taste.

Cut the pork diagonally into ½-inch slices and serve it with the mustard cream sauce, the carrots, and the carrot tops. Serves 4 to 6.

Pork Tenderloin Piccata
(Pork with Herbs and Lemon)

1½ pounds pork tenderloin,
trimmed of any membrane, cut
crosswise into 12 slices, and
pounded thin, cut sides down,
between 2 sheets of moistened
wax paper
flour seasoned with salt and pepper
for dredging the pork
2 tablespoons unsalted butter
2 tablespoons olive oil
½ cup dry white wine
¼ cup fresh lemon juice
2 tablespoons finely chopped fresh
parsley leaves
1 teaspoon dried basil, crumbled
1 teaspoon dried thyme, crumbled
1 teaspoon dried oregano,
crumbled

Dredge the pork lightly in the flour, shaking off the excess. In a large heavy skillet heat 1 tablespoon of the butter with 1 tablespoon of the oil over moderately high heat until the foam subsides, add half the

pork slices, and sauté them, turning them once, for 4 minutes. Transfer the pork with tongs to a platter and keep it warm, covered. Sauté the remaining pork in the remaining butter and oil in the same manner and keep it warm, covered. Add the wine to the skillet and deglaze the skillet over high heat, scraping up the brown bits, until the mixture is reduced by half. Add the lemon juice, the parsley, the basil, the thyme, and the oregano, swirling the skillet to combine the mixture well, pour the sauce over the pork, and serve the pork immediately. Serves 6.

Pork Schnitzel

1½ pounds pork tenderloin,
trimmed of any membrane, cut
crosswise into 12 slices, and
pounded thin, cut sides down,
between 2 sheets of moistened
wax paper
flour seasoned with salt and pepper
for dredging the pork
3 large eggs, beaten until frothy
2 cups fine dry bread crumbs
(page 225)
½ cup finely chopped fresh parsley
leaves
½ cup vegetable oil
½ stick (¼ cup) unsalted butter
For the garnish
3 hard-boiled large eggs, the
whites and yolks separated and
minced fine
12 flat anchovy fillets, halved
lengthwise
lemon slices

Working with 1 slice of the pork at a time, dredge the pork lightly in the flour, shaking off the excess, dip it in the eggs, letting the excess drip off, and dredge it in the bread crumbs combined with the parsley. In each of 2 large skillets heat 2 tablespoons of the oil with 1 tablespoon of the butter over moderately high heat until the fat is hot but not smoking and in it sauté the pork in batches, turning it and adding the remaining oil and butter as necessary, for 4 minutes. Transfer the pork as it is cooked to a heated platter.

Sprinkle the yolks and the whites over the pork, crisscross 2 anchovy strips on top of each slice, and arrange the lemon slices decoratively on the platter. Serves 6 to 8.

Pork Tenderloin Parmigiana

For the sauce
½ cup minced onion
2 tablespoons olive oil

2 garlic cloves, minced
½ teaspoon dried basil, crumbled
½ teaspoon dried oregano,
crumbled
a 28-ounce can Italian plum
tomatoes including the juice

1½ cups fine dry bread crumbs
(page 225)
1¼ cups (5 ounces) freshly grated
Parmesan
¼ cup finely chopped fresh parsley
leaves
1½ pounds pork tenderloin,
trimmed of any membrane, cut
crosswise into 12 slices, and
pounded thin, cut sides down,
between 2 sheets of moistened
wax paper
flour seasoned with salt and pepper
for dredging the pork
3 large eggs, beaten until frothy
about ½ cup olive oil for sautéing
the pork
½ pound mozzarella, sliced ¼ inch
thick

Make the sauce: In a heavy saucepan cook the onion in the oil over moderately low heat until it is softened, add the garlic, and cook the mixture for 1 minute. Stir in the basil, the oregano, the tomatoes with the juice, and salt and pepper to taste, bring the mixture to a boil, and simmer it, stirring occasionally, for 30 minutes. Purée the mixture through a food mill fitted with the coarse disk into a bowl and keep the sauce warm, covered.

In a large bowl combine well the bread crumbs, ¾ cup of the Parmesan, the parsley, and salt and pepper to taste. Working with 1 slice of the pork at a time, dredge the pork lightly in the flour, shaking off the excess, dip it in the eggs, and dredge it in the bread crumb mixture. In a large heavy skillet heat 2 tablespoons of the oil over moderately high heat until it is hot but not smoking, in it sauté one fourth of the pork slices, turning them once, for 4 minutes, and transfer them in one layer to a large flameproof baking dish. Sauté the remaining pork in the remaining oil in the same manner and transfer it to the dish. (The pork may be prepared up to this point 4 hours in advance and kept covered and chilled. Bring the pork to room temperature before proceeding with the recipe.)

Top each pork slice with 2 tablespoons of the sauce, divide the mozzarella among the slices, and sprinkle the tops with the remaining ½ cup Parmesan. Bake the cheese-