

GRILLED PORK TENDERLOIN & MUSHROOM SAUCE

PAIRED WITH 2020 SYRAH SLIDE MOUNTAIN | YIELDS 6 SERVINGS

PORK TENDERLOIN

2 pounds Pork Tenderloin
2 tablespoons Olive Oil
Kosher Salt as needed
Freshly ground Black Pepper as needed
Garlic as needed, granulated or powdered

1. Using a sharp knife, remove the silverskin from the pork tenderloin. Next butterfly it or cut it in half lengthwise then pound it lightly to create an even thickness. This will promote even cooking.
2. Rub the pork tenderloin with about 2 tablespoon of olive oil and liberally season with salt, pepper and garlic.
3. Heat an outdoor grill or grill pan to high. Grill the seasoned tenderloin for about 5-8 minutes per side, or until it reaches an internal temperature of 145°F.
4. Remove the tenderloin from the grill and let rest for 5 minutes.
5. Slice the meat on the bias and served on a platter with Wild Rice Cranberry Pilaf and mushroom sauce.

MUSHROOM SAUCE

3 tablespoon Butter
2 tablespoon Shallot, minced
2 cups Mushrooms, sliced
4 tablespoons Flour, Rice or All-Purpose
1 tablespoon Dijon Mustard
1 tablespoon Worcestershire Sauce
2 ounces Brandy
2 cup Vegetable Stock
1 ounces Heavy Cream
1 tablespoon fresh Parsley, chopped
1 tablespoon fresh Chives, chopped
Kosher Salt and ground Pepper as needed

1. Melt the butter in a saute pan over medium-high heat. Add the shallot and cook for 1 minute.
2. Add the mushrooms and continue cooking until the mushrooms have browned and released their moisture.
3. Add the Dijon mustard and Worcestershire sauce and stir.
4. Add the flour and continue stirring.
5. Add the brandy then the stock while continuing to stir.
6. Bring to a boil and cook for 1 minute.
7. Reduce the heat to a simmer and continue cooking for at least 10 minutes.
8. Add the cream and herbs.
9. Taste and adjust the seasoning for salt and pepper. Serve. Yields about 3 cups.

HERBED WILD RICE & CRANBERRY PILAF

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CRANBERRY PILAF INGREDIENTS

2 tablespoons Butter
¾ cup Onion, finely diced
1½ cups Long Grain White Rice
½ teaspoon Salt
¼ teaspoon Black Pepper
3 cups Chicken or Vegetable Stock, warmed
1 tablespoon fresh Parsley, chopped
1 teaspoon fresh Sage, chopped
½ teaspoon fresh Rosemary, chopped
½ teaspoon fresh Thyme, chopped
1 cup Wild Rice, cooked (see recipe)
½ cup Cranberries, dried
½ cup Orange juice, warmed

METHOD

1. Melt butter in a saucepan and cook onion over medium heat until soft and aromatic.
2. Stir in rice and cook for 1 minute.
3. Season with salt and pepper.
4. Stir in warmed stock and bring to a boil.
5. Cover and turn heat down to low. DO NOT STIR!
6. Simmer gently for 20 minutes, check for doneness.
7. Meanwhile, soak cranberries in warmed orange juice to rehydrate a bit.
8. Fluff the white rice pilaf with a fork and stir in parsley, sage, rosemary and thyme while rice is very hot.
9. Stir in wild rice and cranberries. Taste and adjust seasoning, if needed.
10. Serve immediately or cool to reheat for later use.

WILD RICE INGREDIENTS

1 cup Wild Rice
4 cups Water
½ teaspoon Salt

METHOD

1. Rinse the wild rice with cold water in a fine-mesh strainer. Drain.
2. Bring the rice, water and salt to a boil over high heat in a saucepan.
3. Reduce the heat to a simmer and cook until the rice begins to crack open.
4. Check the rice for tenderness and continue cooking, if needed, until the rice is chewy and tender.
5. When the rice is done, pour it into a strainer to drain off any remaining liquid.
6. Fluff and serve. Yields about 3 cups.