

# Menu Du Jour

07 Jan 2004

Mesclun mix, tomato, radish, and cucumber salad  
Blue Cheese Dressing  
Spicy Sweet Pork Medallions  
Lemon-Garlic Roasted Beets  
Roasted Garlic Mashed Potatoes  
Apple & Spice Glazed Baby Carrots  
(Recipes serve two)

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**Field greens, tomato, radish, and cucumber salad**



## **Blue Cheese Dressing**

1/2 cup sour cream  
2 tablespoons buttermilk  
2 ounces blue cheese, crumbled  
1 teaspoon minced fresh parsley  
1/2 teaspoon Worcestershire sauce  
1/4 teaspoon garlic powder  
Salt and freshly ground black pepper to taste

Combine all ingredients together in a small bowl, mixing well. Refrigerate, covered, for a few hours before serving to allow the flavors to blend.

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## Spicy Sweet Pork Medallions

These Tennessee Gourmet™ Apple & Spice sauce marinated pork medallions are lightly seasoned with herbs and cayenne pepper. Reduced Apple & Spice sauce is used to create a light glaze. A slightly fruity German Gewurztraminer would be an excellent wine to accompany this entrée.



1 (9-ounce) pork tenderloin, silverskin removed, sliced into 5/8-inch medallions  
3/4 cup Tennessee Gourmet™ Sneaky Hot Apple & Spice Sauce  
1 teaspoon dried tarragon  
1/2 teaspoon dried thyme  
1/2 teaspoon black pepper  
1/4 teaspoon ground cayenne pepper  
Dash kosher salt  
1/2 teaspoon cornstarch mixed with 1/2 teaspoon water  
1 tablespoon clover honey

Place pork medallions in a food-safe plastic bag or casserole dish. Add 1/2 cup of Apple & Spice sauce and marinate, refrigerated and turning often, at least four hours. Remove tenderloins from marinade, reserving marinade, and bring to room temperature.

In small bowl, combine tarragon, thyme, black pepper, ground cayenne pepper, and salt; blend well. Into the reserved marinade, add more Apple & Spice sauce to make 1/2 cup, if necessary, and reheat marinade in a small saucepan to a low simmer. Cook five minutes. Stir in cornstarch slurry and honey, cook until thickened, about two minutes. Keep sauce warm over low heat. Pre-heat broiler or grill.

Sprinkle both sides of the medallions with seasoning mixture and arrange tenderloin pieces on broiler pan. Broil (or grill) five to six inches from heat for two minutes. Turn over and cook another two minutes. Remove from broiler. Brush top side of each medallion with thickened mari-

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nade. Return to oven or grill and broil for an additional two minutes or to an internal temperature of 155° F. Keep medallions warm in a low oven until service.

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### Lemon-Garlic Roasted Beets



2 large beets, about 1 pound  
2 tablespoons olive oil  
1 teaspoon dried thyme  
1/4 teaspoon kosher salt  
1/4 teaspoon crushed red pepper flakes  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon olive oil  
2 cloves garlic, finely chopped  
1 tablespoon lemon juice

Preheat oven to 400° F.

Trim beet greens leaving about a one-inch stem on top to reduce bleeding. Scrub beets under running cold water. Dry beets and place on a sheet of aluminum foil. Drizzle with two tablespoons of olive oil and season with thyme, kosher salt, crushed red pepper flakes, and black pepper. Form aluminum foil into packet.

Place the beets in a casserole dish and bake about one hour or until tender. Remove beets from oven and cool. When cool, trim beet tops and bottoms, and remove skins by wiping with a paper towel or by using a sharp paring knife. Quarter the beets and reserve.

In a medium skillet over medium heat, warm 1/2 teaspoon of olive oil. Add the chopped garlic and cook two minutes. Add the reserved beets and lemon juice. Cook until thoroughly warmed, about four to five minutes.

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## Roasted Garlic Mashed Potatoes

The garlic may be roasted at the same time the potatoes are baking by cutting the top one-third off a head of garlic, drizzling it with olive oil and seasoning with kosher salt and cracked black pepper, and placing it in a foil pouch. The potatoes should be baked, not boiled, to develop their full flavor.



3/4 pound Red Bliss potatoes, scrubbed  
4 to 5 large cloves roasted garlic (about 1 tablespoon purée)  
1/4 cup sour cream  
2 tablespoons unsalted butter, softened  
1/2 cup heavy cream, scalded  
Kosher salt and black pepper, to taste

Prick potatoes in several areas with a knife. Preheat oven to 350° F. and bake potatoes about 35 minutes or until fork tender. Remove from oven and quarter.

Place potatoes in a medium saucepan, add the roasted garlic, and mash. Stir in the sour cream and butter. Continue mashing, gradually adding heavy cream, until the potatoes are the desired consistency. Reheat potatoes, if necessary, over medium-low heat, stirring often. Season to taste with salt and pepper.

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### Apple & Spice Glazed Baby Carrots

While this recipe calls for “Sensible” Tennessee Gourmet™ Apple & Spice Sauce, a more spicy variety such as “Sneaky Hot” or even “Silly Hot” could be used.



1 1/2 cups baby carrots  
1/3 cup Tennessee Gourmet™ Sensible Apple & Spice Sauce  
1/3 cup chicken stock  
1/2 teaspoon ground cinnamon  
1/2 teaspoon cornstarch mixed with 1/2 teaspoon water  
Kosher salt and black pepper

In a steamer over two inches of boiling water, steam the carrots, covered, for four to five minutes or until crisp-tender. Remove and keep warm.

In a medium saucepan over medium heat, combine the Apple & Spice sauce and cinnamon and bring to a boil. Add the cornstarch slurry and cook until thickened. Reduce heat and add carrots. Season with salt and black pepper to taste. Keep warm over low heat until service.

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## Plate Presentation



Drizzle reheated pork marinade around plate. Place three pork medallions on service plate and nappe with reheated marinade. Plate mashed potatoes, carrots, and beets. Dot potatoes with butter and sprinkle with finely chopped green onion tops, chopped parsley, and sweet paprika. Garnish plate with tarragon, chopped parsley, radish rose, and green onion fan.

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