

# Menu Du Jour

20 Jan 2004

Tossed Green Salad  
Pork Scaloppini  
with Mushroom-Mustard Sauce  
Roasted New Potatoes and Carrots  
Pan-Fried Broccoli  
(Recipes serve two)

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## Tossed Green Salad

The ingredients for this salad may be modified to your liking and for whatever freshest produce is seasonally available.



1/2 head Romaine lettuce  
1 cup mixed field greens  
8 baby carrots, chopped  
4 (1/4-inch) cucumber slices, roughly chopped  
2 slices red onion, chopped  
2 green onions, white part only, chopped  
1/4 cup chopped black olives  
Kosher salt, finely chopped tarragon, and black pepper, to taste

Wash lettuce and greens. Spin dry in salad spinner or blot dry in a clean chef's towel. Divide lettuce mixture between two chilled salad plates. Divide remaining ingredients and place atop greens. Season to taste with salt, tarragon, and pepper. Refrigerate until service. Drizzle with favorite dressing and serve.

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# Menu Du Jour

## Pork Scaloppini with Mushroom-Mustard Sauce

While veal could be used for this dish, pork is a suitable and less-costly alternative. Cook the pork to medium only or it will become tough. A good honey-sweetened horseradish mustard is *Uncle Dave's Kickin' Horseradish Mustard*. If unavailable, add one teaspoon of prepared horseradish and one teaspoon of honey to three tablespoons of grainy Dijon-style mustard.

1 (7-ounce) pork tenderloin chateaubriand  
3 tablespoons olive oil, divided  
1 heaping teaspoon honey-sweetened horseradish mustard  
4 tablespoons Dijon-style mustard, divided  
3/4 cup all-purpose flour  
1 1/2 teaspoons black pepper  
1/2 teaspoon kosher salt  
1 teaspoon hot Hungarian paprika  
4 tablespoons unsalted butter, divided  
1/2 cup sliced mushrooms (any variety)  
1 teaspoon crushed dried rosemary  
2 garlic cloves, finely minced  
1/2 cup chicken stock  
1 teaspoon grated lemon peel  
1 tablespoon lemon juice

In a small mixing bowl, combine two tablespoons of olive oil, one heaping teaspoon horseradish mustard, and two tablespoons Dijon-style mustard. Mix well to combine.

Using a sharp boning knife, remove silverskin from tenderloin. Slice tenderloin into 5/8-inch rounds. Place each slice between two pieces of moistened food film or waxed paper. Using a meat pounder or the flat side of a chef's knife gently pound each slice to a 1/4-inch thickness. Repeat until all the medallions are prepared. Place medallions in a shallow dish and brush both sides with the mustard mixture. Discard any remaining marinade. Marinate, refrigerated and covered, for at least one hour or up to four hours. Remove from refrigerator and bring to room temperature.

In a shallow dish, combine flour, pepper, salt, and paprika. Coat each medallion with the seasoned flour and shake off the excess.

In a large skillet over medium-high heat, heat two tablespoons of butter and the remaining oil. Add pieces of pork, without crowding, and cook for two to 2 1/2 minutes or until golden brown, turning once. Do not allow the pork to overcook. Remove from skillet, reserving drippings in skillet. Keep cooked medallions warm in a low oven while cooking the remaining pieces. Remove second batch of pork and repeat process until all the medallions are cooked. Keep medallions warm while preparing the sauce.

Reduce heat under the skillet to medium and add two tablespoons of butter. When melted, add the mushrooms, rosemary, and garlic. Cook, stirring often, until the mushrooms are tender, about two to three minutes. Add stock and scrape the bottom of skillet with a wooden spatula to release any browned bits. Bring sauce to a boil, reduce heat, and simmer about five minutes or until re-

## Menu Du Jour

duced by one-half. Stir in remaining two tablespoons of mustard, lemon peel, and lemon juice. Heat thoroughly.

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### Roasted New Potatoes and Carrots

Roasted carrots are a wonderful side dish as the caramelized sugars created during the roasting adds sweetness but they traditionally take a long time to cook. This method makes roasted carrots and potatoes in 45 minutes.

1 tablespoon unsalted butter  
2 tablespoons diced yellow onion  
1 teaspoon caraway seed, crushed  
1 clove garlic, minced  
12 baby carrots, peeled and washed  
3/4 pound Red Bliss potatoes, scrubbed  
2 tablespoons olive oil  
1/2 teaspoon granulated garlic  
Kosher salt and black pepper, to taste

Preheat oven to 400° F.

Melt the butter in a saucepan large enough to hold the carrots. Add the onion and cook over medium heat for about two minutes until onion begins to wilt. Add the minced garlic and caraway to the saucepan and cook another minute. Add the carrots to the saucepan and toss to coat. Cook, stirring often, for two minutes. Cover the carrots with water and bring to a boil. Cook for two minutes and drain through a fine sieve.

Prick potatoes in several areas with a knife. Quarter the potatoes if they are large, otherwise keep them whole. Place potatoes and carrots in a large mixing bowl, add olive oil and granulated garlic, season to taste with salt and pepper. Toss to coat. Place potatoes and carrots in a medium roasting pan and roast, turning occasionally, about 30 to 35 minutes or until fork tender.

Season vegetables to taste with salt and pepper.

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### Pan-Fried Broccoli

Be careful not to overcook the broccoli. It should be crisp-tender, not mushy.

1 medium bunch broccoli, trimmed  
2 tablespoons unsalted butter  
Crushed red pepper flakes, kosher salt, and black pepper, to taste  
2 lemon wedges

Wash the broccoli and cut the florets from the stems. Peel stems and slice into 1/4-inch rounds. Add an inch of water to a medium saucepan and place steamer basket into saucepan. Bring water to boil. Add broccoli stems and cook, covered, for two minutes. Add the florets, cover, and con-

## Menu Du Jour

tinue steaming for another two minutes. Drain broccoli and shock in an ice bath to stop cooking and set color.

In a medium skillet over medium heat, melt butter. When butter stops foaming, add broccoli and stir-fry until crisp-tender, about two to three minutes. Season to taste with crushed red pepper flakes, salt, and black pepper. Serve with a lemon wedge.

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### **Mushroom-Mustard Sauce** (Alternate recipe)

While a pan-gravy adds another dimension of flavor to the pork, preparing this recipe will give extra sauce for any remaining pork or for another entrée such as a roasted chicken. It would also be good with oven-roasted potatoes.

1/2 cup chopped Portobello mushrooms  
4 tablespoons unsalted butter, divided  
1 shallot, finely minced  
2 tablespoons all-purpose flour  
1 1/2 cups beef or veal stock  
1 teaspoon Worcestershire sauce  
2 teaspoons Dijon-style mustard  
1/2 cup whipping cream  
1 tablespoon cognac (optional)  
Kosher salt and cracked black pepper to taste

In a small skillet over medium heat, melt two tablespoons of butter. Add mushrooms and shallots; cook, stirring, until mushrooms release their juice. Continue cooking and stirring until mushrooms are barely dry.

Add the remaining two tablespoons of butter. When melted, add the flour to form a roux. Cook for one minute. Whisk in one cup of the stock, the Worcestershire sauce, and the mustard. Stir to combine. Add whipping cream and continue cooking until sauce reduces by one-third and thickens. Add more stock, if necessary, to prevent sauce from becoming too thick. Add cognac, if desired, and flambé. Season to taste with salt and black pepper. Keep warm over low heat until service.

# Menu Du Jour

## Plate Presentation



Drizzle mushroom-mustard sauce around service plate. Place one tablespoon of sauce onto plate. Fan pork medallions atop sauce and nappe with additional sauce. Arrange broccoli on plate with potatoes and carrots. Garnish plate with freshly chopped parsley, green onion tops, and sprinkle with sweet paprika. Serve broccoli with a lemon wedge.

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