



Episode 10 – Healthy Seniors

Cooking at Cucina Bambini Segment

Restaurant: Catered Too!

Chef Matt Mermod

Orange and Herb Crusted Pork Tenderloin

Molasses Baked Beans and Sautéed Baby Turnips and Greens

Recipe serves 3-5 people

Cook time; approximately 45 minutes

12-14 oz. pork tenderloin (cleaned)
1 orange zest and juice (separated)
1 TBSP fresh thyme (finely chopped)
1 TBSP Italian flat leaf parsley (finely chopped)
4-5 cups cooked Navy beans
1 TBSP Blackstrap molasses
1 med. yellow onion (small dice)
1 TBSP maple syrup
1/2 TBSP worcestershire sauce
1/2 cup chicken stock
1 bunch about 12 baby turnips with greens
3-4 shallot (thin slice rings)
2 tsp olive oil
2 tsp unsalted butter
salt and black pepper to taste

Preheat oven to 375 degrees.

Cover the pork tenderloin with thyme, parsley, orange zest, salt and pepper. (This can be prepared up to 24 hours ahead).

Heat a sauce pot to medium heat. Add 1 tsp oil, 1 tsp butter and diced onion. Season with salt and pepper. Cook until light brown. Add cooked beans, maple syrup, worcestershire sauce, molasses and chicken stock. Transfer to a baking pan. Cover with parchment paper and aluminum foil and bake for 20-30 minutes at 375 degrees.



Heat a large sauté pan on medium to high heat. Add 1 tsp. oil and the marinated pork tenderloin. Sear all sides until brown. Transfer to a baking sheet and finish cooking in a 375 degree oven until internal temp of 135. Let rest for 5-7 minutes.

Remove turnip greens, clean and set aside. Chop turnips in half. In the same sauté pan used for the pork, add 1 tsp of butter, shallots and chopped turnips. Season with salt and pepper. Cook until golden brown (about 7-10 minutes). Add the cleaned turnip greens and orange juice, sauté for 3-4 more minutes.

Pull the beans from the oven. Slice the pork into 1/2 inch pieces.

To plate, start with a medium spoonful of beans, a few of each turnip tops and bottoms and 3-4 slices of the pork tenderloin.