

Miso Ginger Pork Tenderloin with Farro, Citrus Slaw, and Roasted Carrot Purée

Miso Ginger Pork Tenderloin

Yield: 350 grams cooked

Serving size: 5 oz (120 grams)

Ingredients:

Pork tenderloin, trimmed 450 grams

White miso paste 18 grams

Low sodium soy sauce 17 grams

Rice vinegar 15 grams

Honey 21 grams

Fresh ginger, grated 3 grams

Toasted sesame oil 5 grams

Fresh garlic, minced 5 grams

Canola oil 14 grams

Equipment: Digital scale, knife, microplane or zester, cutting board, small bowl, sauté pan, baking sheet, parchment paper, tongs, range/oven, thermometer, basting brushes.

Method:

- 1) Preheat oven to 400°F (200°C) and line baking sheet with parchment paper.
- 2) For the glaze, whisk together white miso paste, soy sauce, rice vinegar, honey, grated ginger, sesame oil, and minced garlic. Divide glaze into two (40 gram) portions and set aside.
- 3) Heat canola oil in a sauté pan over medium-high heat. Sear pork on all sides until golden brown, about 2–3 minutes per side.

- 4) Brush pork with 40 grams of glaze and transfer to a baking sheet with parchment paper.
Roast 20 minutes or until internal temperature reaches 145°F.
- 5) Remove from oven and let rest for 5 minutes before slicing into medallions.
- 6) Heat the other 40 grams of the glaze and brush over pork before slicing and plating.

Roasted Carrot Purée

Yield: 6 oz (180 grams)

Serving size: 1/4 cup (2 oz) or 60 grams

Ingredients:

Carrots, peeled and cut into 1-inch pieces 200 grams

Vegetable oil 15 grams

Kosher salt 1.125 grams

Ground cumin 1 gram

Low sodium vegetable broth 118 grams

Equipment: Digital scale, knife, cutting board, peeler, small bowl, baking sheet, parchment paper, blender or food processor, tongs, spatula.

Method:

- 1) Preheat oven to 400°F (200°C) and line baking sheet with parchment paper.
- 2) In a small bowl, toss carrots with vegetable oil, kosher salt, and cumin.
- 3) Transfer carrots to baking sheet and roast at 400°F (200°C) for 25–30 minutes until tender.
- 4) Transfer to blender, add broth, and purée until smooth. Adjust consistency and seasonings as needed.

Farro

Yield: 130 grams (cooked)

Serving size: 60 grams (cooked)

Ingredients:

Dry farro 60 grams

Water 480 grams

Kosher salt 1 gram

Sesame oil 2 grams

Orange zest 2 grams

Fresh mint, chopped 1 gram

Kosher salt .5 gram

Equipment: Digital scale, fine mesh strainer, small saucepan with lid, wooden spoon, microplane or zester, mixing bowl, whisk, fork.

Method:

- 1) Place the dry farro in a fine mesh strainer and rinse under cold water.
- 2) In a small saucepan, combine water and kosher salt and bring to a boil.
- 3) Add rinsed farro, return to a boil and then reduce heat to medium low and boil uncovered for 20-25 minutes until tender but still slightly chewy. Drain excess liquid.
- 4) Transfer the warm farro to a small bowl. Stir in the **toasted sesame oil, orange zest**, mint and salt, mixing gently to distribute evenly. Fluff with a fork before service. Adjust seasoning as needed.

Citrus Slaw

Yield: 170 grams

Serving size: 60-85 grams

Ingredients:

Green cabbage, shredded 50 grams

Red cabbage, shredded 50 grams

Radish, julienned 30 grams

Orange, peeled and segmented 1/8 orange or 15 grams

Rice vinegar 15 grams

Vegetable oil 15 grams

Honey 15 grams

Fresh ginger, grated 2 grams

Kosher salt .5 gram

Equipment: Digital scale, knife, cutting board, microplane or zester, mixing bowls, whisk.

Method:

- 1) Shred the green and red cabbage finely using a knife.
- 2) Julienne the radish into thin matchstick pieces.
- 3) Supreme the orange, removing all peel and membranes, and separate the segments. Set aside.
- 4) In a small mixing bowl, combine the rice vinegar, vegetable oil, honey, and grated ginger. Whisk until the mixture is emulsified and slightly thickened.
- 5) In a large bowl, combine the green cabbage, red cabbage, and radish.

- 6) Pour the dressing over the vegetables and toss gently until evenly coated. Adjust seasonings as needed. Add the orange segment when plating.

Plating Notes

1. **Prepare the base with purée:**

Using the back of a spoon, spread a swoosh 2 oz (60 grams) of roasted carrot purée along the lower left edge of a white plate, curving slightly upward toward the right side. This creates motion and visual flow.

2. **Place the grain component:**

Spoon 1/4 cup (60 grams) of warm farro just above the purée toward the top of the plate, forming a small mound for height and structure. The farro's nutty flavor should contrast with the bright carrot purée beneath it.

3. **Place the protein:**

The rested sliced pork tenderloin portion should be cut into three even medallions that equal a 5 oz (120 grams) serving. Lay the medallions slightly overlapping, beginning where the carrot purée starts and extending toward the farro.

4. **Place the vegetable component:**

Place a small portion about 1/2 cup (60-85 grams) of citrus slaw to the right of the pork with a few slices of julienned radish layered on top. Add one orange segment just above or alongside the slaw for a pop of brightness and repetition of the citrus note.

5. **Finalize and clean:**

Lightly brush or drizzle warm miso glaze over the pork for sheen and aroma if desired.

Wipe any excess purée or drips, making sure the edges of the plate are clean.

Serve immediately while components maintain temperature contrast.

