

KENNEDY★HAHN

APPLIANCE

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★★★ Pork Tenderloin Stuffed with Quinoa ★★★

Courtesy of Richard L. Williams

Chef-Instructor Culinary Arts, Fox Valley Technical College, Appleton, Wisconsin

5, 4-ounce servings

Ingredients:

1 cup Inca red quinoa or traditional quinoa
2 cups stock/broth
1/2 cup cherries, dried or raisins
3/4 cup pine nuts (or any other nut), toasted
1 tablespoon thyme, fresh, minced
2 tablespoon parsley, fresh, minced
2, 1-1/4 to 1-1/2 pound pork tenderloins
1/2 cup feta (optional)
Salt
Pepper

Bring quinoa and stock to a boil, cover and simmer 15 minutes until stock is absorbed and quinoa is tender. When done, the grain appears soft and translucent and the germ ring will be visible around the outside edge. Cool.

Combine quinoa, cherries/raisins, pine nuts, thyme, parsley and feta (optional). Season to taste with salt and pepper.

Cut off silver skin of pork tenderloin. Butterfly lengthwise and gently pound to 1/4 to 1/2 inch thick with meat tenderizer.

Combine quinoa with fruit/nut/seasonings mixture. Stuff half of mixture in each pounded flat loin and roll tight. Use tooth picks or butcher's twine to hold together if needed. Season with salt and pepper.

Grill or oven roast (350 degrees) to an internal temperature of 155 degrees.

