

THE FRENCH LAUNDRY

BACON-WRAPPED PORK TENDERLOIN Bratwurst, Apple Dumplings, Braised Red Cabbage and Mustard Sauce

Serves four to six

PORK TENDERLOIN

500 grams (approximately) pork tenderloin, trimmed
250 grams (approximately) thinly sliced bacon, shingled into sheets
Salt and pepper
3 tablespoons vegetable oil

BRATWURST

250 grams lean pork meat from shoulder
125 grams back fat
50 grams crème fraîche
5 grams salt
3 grams ground white pepper
1.25 grams ground mace
1.25 grams ground celery seed
1.25 grams ground yellow mustard seed
2 tablespoons minced chives

Dice the lean pork meat and fat into small pieces, mix together with all spices and salt in a bowl and chill in refrigerator or freezer until very cold (almost freezing). Grind the mixture through medium plate and keep very cold. Add crème fraîche and beat vigorously with a wooden spoon until the meat mixture becomes homogenous and tacky in texture. Reserve.

Lay out a large sheet of cling film (about twice the length of the pork tenderloin) on a damp counter top horizontally. Smooth out any air bubbles and wrinkles. Shingle the bacon strips (lay vertically) in the center of the cling film. The bacon should be almost aligned at the bottom edge. There should be about one centimeter of overlap between each slice of bacon. Season the tenderloin liberally with salt and pepper. Spread the sausage mixture evenly on top of the pork tenderloin. Set the pork loin with the sausage side up in the center of the bacon strips oriented horizontally. Roll the bacon around the tenderloin, then roll tightly in the cling film. Twist the ends of the film until tight and tie each end. Poach the tenderloin in a water bath at 68° C until an internal temperature of 68° has been reached. Remove tenderloin from water. Remove cling film and pat dry with a paper towel. Heat a large sauté pan over medium high heat. Add vegetable oil then quickly sear all surfaces of the bacon until crisp. Remove from the heat and allow to rest several minutes before slicing.

BRAISED RED CABBAGE

¾ pound red cabbage
¾ cup dry red wine
1 tablespoon unsalted butter
½ cup diced (¼-inch) red onion
¼ cup finely grated granny smith apple

¼ cup white veal stock or water
2 teaspoons honey
½ cup finely grated peeled russet potato
Salt and pepper to taste

Remove the thick ribs from the cabbage and cut the leaves into chiffonade, long narrow strips about ¼ inch wide. Place the cabbage and red wine in a large bowl, toss together, cover and refrigerate overnight. The next day, preheat the oven to 350° F. In a deep ovenproof pan, warm the butter over medium-low heat. Add the red onion and cook gently until it begins to release its liquid, about 5 minutes. Stir in the cabbage and the marinating liquid, the apples and stock. Cover with a piece of parchment cut to fit the pan, place in the oven and cook for about 2 hours, until most of the liquid has evaporated. Remove the pan from the oven, add the honey and potato and stir well to combine. If the cabbage seems dry, add ¼ cup of water. Re-cover with the parchment paper and return to the oven for an additional 30 to 45 minutes, or until the cabbage and potatoes are tender and have a noticeable creaminess. There will be approximately 1 ½ cups of cabbage. Season to taste with salt and pepper. The cabbage can be stored, covered, in the refrigerator for up to 5 days.

APPLE DUMPLINGS

225 grams of brioche trimmed of all crust, cubed
125 milliliters milk
125 grams crème fraîche
2 eggs
2 granny smith apples, peeled and diced into ½ centimeter cubes
2 tablespoons minced chives
A pinch of nutmeg
Salt to taste
2 tablespoons vegetable oil
3 tablespoons of butter

Heat a large sauté pan over medium-high heat. Add the vegetable oil and quickly sauté the diced apples until just cooked. Transfer the apples to a plate and cool. Combine the brioche, egg, milk and crème fraîche in a food processor. Puree into a smooth paste. Season with salt, nutmeg and half of the chives. Transfer bread mixture to a bowl and fold in the cooked apples. Lay (horizontally) a sheet of cling film about 50 centimeters long on a damp counter top. Smooth out any bubbles and wrinkles. In the center, close to the bottom, mound some of the dumpling mixture into a log about 25 centimeters long and about 2 centimeters in diameter. Try to eliminate any voids or pockets. Roll the mixture up tightly in the cling film then twist and tie each end. Repeat until all the mixture has been utilized. Poach the rolls in a water bath at about 80° C until firm. Remove from bath and cool. Remove the dumpling from the cling film and slice on a bias 4 centimeter dumplings. Heat a medium non-stick sauté pan over medium-low heat. Add the butter and allow it to gently foam. Carefully place the dumplings in the butter and slowly brown all sides. Sprinkle with chives and a little bit of sea salt and remove from pan. Drain on a paper towel before serving.

MUSTARD SAUCE

Canola oil
¼ cup chopped leek
¼ cup chopped mushrooms
3 tablespoons chopped carrot
½ cup veal stock

1 tablespoon heavy cream
10 tablespoons unsalted butter, cut into pieces
1 ½ teaspoons Dijon mustard
1 ½ teaspoons grainy mustard
1 tablespoon brunoise (finely diced) carrots, turnips and leeks
2 teaspoons finely minced chives
Salt and pepper to taste

Heat a film of canola oil in a medium saucepan over medium heat. Add the leeks, mushrooms and carrots and sauté, stirring often for 2 to 3 minutes or until the vegetables are lightly caramelized. Add the veal stock and simmer for 5 to 7 minutes, or until the liquid has reduced to a glaze. Remove from the heat and set aside until ready to serve. To finish, stir the cream into the sauce and bring to a simmer. Whisk in the butter piece-by-piece, adding another piece only once the previous one has been incorporated. Strain the sauce through a fine strainer and into a small saucepan. Whisk in both mustards, the brunoise vegetables and the chives. Season to taste with salt and pepper.