

Grilled Pork Tenderloin

Disney's Contemporary Resort

California Grill

Ingredients

- Pork Tenderloin – 1/3 – 1/2 lb per person fresh

Directions Pork Tenderloin:

1. Coat the tenderloins with olive oil and season generously with salt and pepper.
2. Sear in a hot skillet, browning on all sides.
3. Set aside for later grilling, reserving pan juices.

Ingredients for Mustard Butter

- 1 stick of butter (room temperature)
- 2 tbsp. Dijon mustard
- 2 tbsp. whole grain mustard
- 2 tsp. lemon juice, freshly squeezed
- Splash of Worcestershire sauce
- Kosher salt and fresh ground black pepper, to taste

Directions

1. Combine all ingredients until well blended. Set aside.
2. Makes enough to coat 3 to 4 pounds of pork tenderloin.

Ingredients for Polenta

- 1 cup diced white onion
- 1 head garlic, diced and sautéed
- 2 1/2 cups water
- 2 1/2 cups milk
- 1/2 cup heavy cream
- 2 cups polenta (less if you prefer a softer texture)
- 1 cup Asiago cheese, grated
- 4 ounces goat cheese, crumbled
- 1/4 cup finely chopped thyme
- 1/4 cup finely chopped rosemary
- 1/4 cup finely chopped sage
- 1/4 cup finely chopped chives
- Kosher salt and fresh ground black pepper, to taste

Directions Polenta

1. Sauté onion in a small amount of olive oil until transparent.
2. Stir in garlic, then add water, milk and cream and bring to a boil.
3. Whisk in polenta slowly, stirring until thick and bubbling. Continue to stir and cook for 2 to 3 minutes.
4. Remove from heat and let thicken for 5 minutes.
5. Pour mixture into a pan and bake at 275 degrees for 25 minutes.
6. Remove from oven and fold in cheeses and herbs.
7. Add salt and pepper and pour into a crock to serve.

Ingredients for Balsamic Smothered Mushrooms

- 1/2 cup shallots, minced
- 1/2 cup dry red wine
- 1/2 cup balsamic vinegar
- 1 cup stock, chicken or beef
- 1 1/2 pounds mushrooms (cremini, shiitake, oyster, or portobello)
- 1 ts. fresh thyme, minced



Directions for Mushrooms

1. Place shallots in a sauté pan with the reserved pork tenderloin pan juices.
2. Sauté, stirring, then deglaze the pan with the wine and vinegar.
3. Reduce liquid by half, then add the stock and continue cooking until liquid has reached a light glaze consistency.
4. Wash, slice and season the mushrooms with a little olive oil.
5. Spread the mushrooms out on a grill rack and place over low heat.
6. Cover for a few minutes to lightly smoke the mushrooms.
7. Combine the mushrooms with the reduced liquid and set aside.
8. Grill the tenderloins over a low to medium fire, turning frequently to lightly brown on all sides
9. (approximately 20 minutes).
10. Baste occasionally with the mustard butter and continue to grill until the tenderloins reach desired doneness.

Directions to Plate

1. To serve, place a cup of polenta on each plate.
2. Slice the tenderloins into thick coins and place five coins in the center of the polenta.
3. Ladle the balsamic mushroom sauce over the coins and top with a few leaves of sage or parsley.

