

South American Spiced Pork Tenderloin

with Bacon Rendered Sautéed Swiss Chard, Pork Stuffed Plantains, Mojo Verde, Mojo Rojo, and a Microgreen Bell Pepper Salad

Recipe by Steven Frueh

Ingredients

Pork Tenderloin

2-1lb. Pork Tenderloins
½ tsp. Cumin
½ tsp. Spanish Paprika
1/8 tsp. Cayenne
1 tsp. Dried Oregano
1 tsp. Garlic Powder
1 tsp. Onion Powder
Salt to taste
Black Pepper to taste
1 ea. Lime
Vegetable Oil to sear

Sautéed Swiss Chard

4 bunches Rainbow Swiss Chard
(cleaned and stems removed)
1 Large Yellow Onion (Julienned)
¼ lb Slab Smoke Bacon (¼ diced)
3 cloves Garlic
1 ea. Lime
Salt to taste
Pepper to taste

Plantain Dough

3 ea. Plantains
1 tsp. Onion Powder
1 tsp. White Pepper
1 tsp. Salt

Pork Meatball Stuffing

¼ lb. Ground Pork
1 medium Onion (diced)
4 cloves Garlic (diced)
1 tsp. cumin
1 bunch Cilantro (chopped)
Salt to taste
Pepper to taste
Vegetable Oil to fry

Mojo Verde

2 ea. Green Bell Peppers
1 ea. Jalapeño
2 bunches Parsley
1 bunch Cilantro
1 tbsp. Vinegar
1 tbsp. Extra Virgin Olive Oil
3 cloves Garlic
Xanthan Gum as needed

Mojo Rojo

3 ea. Red Bell Peppers
1 ea. Red Finger Chilies
½ tsp. Paprika
¼ tsp. Cumin
3 tsp. Cilantro
1 tbsp. Vinegar (not sweet)
1 tbsp. Extra Virgin Olive Oil
Salt to taste
Pepper to taste
Xanthan Gum as needed

Microgreen Garnish

Mixed Bell Peppers (diced)
4 oz. Microgreens
2 ea. Limes (juice and zest)
1 bunch Cilantro (chopped)
½ c. Extra Virgin Olive Oil
1/3 tbsp. Mustard
Sugar to taste
Salt to taste

Procedure

Spice Rubbed Pork Tenderloin

1. Combine all dry ingredients together. 2. Rub tenderloin generously with spice mix. 3. Sear (high heat) tenderloin on each side until brown. 4. Add oil and cook on medium heat until an internal temperature of 145°F. 5. Let rest and slice when ready to serve. 6. Drizzle lime juice a la minute.

Pork Stuffed Plantain

1. Boil Plantains until soft then mash them with the onion powder, white pepper, and salt to make a dough. 2. Combine all meatball ingredients together and form meatballs. 3. Fry meatballs in oil until browned. 4. Wrap meatballs in dough and fry again until golden brown. 5. Serve right away.

Rendered Bacon Sauteed Swiss Chard

1. Render bacon until crispy and remove the crispy bits for later. 2. Sauté yellow onions until translucent. 3. Add Swiss chard and garlic and cook till Swiss chard is tender. 4. Squeeze lime juice over vegetables and season with Salt and pepper. 5. Serve when ready.

Mojo Verde

1. Combine all ingredients in a blender and blend until smooth. 2. Add Xanthan Gum as needed. 3. Serve immediately.

Mojo Rojo

1. Sauté red peppers then combine all ingredients in a blender. 2. Add Xanthan Gum as needed. 3. Blend until smooth and serve immediately.

Sweet Pepper and Microgreens with a Lime Vinaigrette

1. Dice the sweet peppers and set aside with the microgreens. 2. Combine the rest of the ingredients until a smooth consistency is reached. 3. Toss the diced peppers and microgreens with the vinaigrette. 4. Use as a garnish.

About Steven

As a child, I grew up in a culinary home. My grandparents were both chefs and from a very young age inspired me to cook and savor food. Whether it was baking pies and cakes for holidays or making Italian dinners for my family I enjoyed every second of it. At the age of 15, my culinary career began. I started working with my Grandparents in their restaurant. Cleaning pots, working the fryers, sautéing, and customer service was only a little of what I learned and I was hooked.

I decided to continue my education at Johnson & Wales University where I received my Associate degree in Culinary arts and went on to earn my Bachelor's in Nutrition and Food Science. Throughout college, I paid my way by working in various restaurants. Both front and back of house were challenging but I enjoyed the challenge that cooking brought me. After I graduated, I went and cooked at Oregon University for the Sports nutrition department where I learned to develop recipes and menus that were appropriate for athletes. When I returned to the east coast, I worked at Morristown Medical Center and cooked alongside the dietetics department making meals for individuals with dietary restrictions.

My most recent chapter before coming to Rutgers was spending seven years in Europe. I had the opportunity to cook at different schools and test my culinary skills with different ingredients that I had never used before. My most memorable experience was catering an entire Thanksgiving meal and sharing my culture with people who never experienced my favorite holiday.

I am now honored to be working at Rutgers University where all new culinary challenges await me including this competition.