



COFFEE-SPICED PORK TENDERLOIN WITH WILD RICE AND RED CABBAGE SLAW

Pork tenderloin is both the leanest and the most delicate cut of meat found on our noble friend the swine. Although this makes it easily overcooked using conventional means, it's ideal for sous vide, where gentle heat gives us juicy results without fail. Here, I heighten the tenderloin's mild flavor with a coffee-based spice blend and pair it with a sweet and savory wild rice and red cabbage slaw, for a satisfying, flavorful meal. I won't hold the fact that it's protein rich and low in fat against it.

The tenderloin in this dish is cooked medium rare, that is, with a pink interior, which I think is the best way eat this cut of pork. It's perfectly safe to eat this way, but if the pink color is a no-go for you, just raise the water bath temperature to 60°C (140°F) and you'll still end up with very moist results.

SERVES 4 as a main course | **SOUS VIDE COOKING TIME:** 1 hour (or up to 5 hours) | **ACTIVE PREP TIME:** 25 minutes, plus 5 minutes to rest

PORK

- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon light brown sugar
- 1 teaspoon ground coffee, preferably freshly ground
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- 1 (1-pound) pork tenderloin, no more than 2 inches in diameter
- 1 tablespoon canola or other mild vegetable oil
- ½ teaspoon coarsely ground caraway or dill seed (optional)
- 1 shallot, thinly sliced
- ¼ cup chopped dried cherries or cranberries
- 2 cups shredded red cabbage (on a box grater or with a sharp knife; about ½ small head)
- ¼ cup coarsely chopped fresh flat-leaf parsley or dill, or a mixture
- 3 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper

SLAW

- ½ cup uncooked wild rice
- 2 tablespoons fresh lemon juice
- Flaky sea salt (such as Maldon or fleur de sel) and freshly ground black pepper

DO-AHEAD STRATEGY

If you intend to chill and reheat the tenderloin, I recommend salting the meat after it comes out of the bag (see page 117 for an explanation). The cooked tenderloin can be chilled in the bag in an ice water bath (see page 14) for 10 minutes and then refrigerated for up to 1 week. Reheat in a 55°C (131°F) water bath for about 20 minutes before proceeding with the recipe. The slaw can be made in advance and refrigerated for up to 2 days.

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Preheat your sous vide water bath to 57°C (134.6°F).

To prepare the pork, in a small bowl, stir together the kosher salt, black pepper, brown sugar, coffee, cumin, cinnamon, paprika, and cayenne, mixing well. Rub the mixture onto the pork, covering it evenly, and then coat the pork evenly with the canola oil.

Place the pork in a gallon-size freezer-safe ziplock bag and seal using the water displacement method (see page 12).

When the water reaches the target temperature, lower the bagged pork into the water bath (making sure the bag is fully submerged) and cook for 1 hour.

While the pork is cooking, cook the wild rice according to the package instructions and set aside to cool until you're ready to make the slaw.

When the pork is ready, remove the bag from the water bath and transfer it to a platter or tray, discarding any residual cooking liquid. Pat the tenderloin dry with paper towels and set aside.

To make the slaw, in a large bowl, combine the lemon juice, caraway, shallot, cherries, and cabbage, stir and toss to mix well, and let sit for 5 minutes. Stir in the cooked wild rice,

parsley, and olive oil and season with salt and black pepper. Set aside.

Heat a cast-iron skillet over medium-high heat. Add the pork loin and sear on the underside until deeply browned, about 1 minute. Roll the loin to the next side and sear for another minute. Continue to sear and roll the loin until the whole surface is browned, 4 to 5 minutes total.

Transfer the pork loin to a cutting board and let rest for 2 to 3 minutes before carving. Cut against the grain into ¼-inch-thick slices.

To serve, spoon the slaw onto a platter and top with pork slices. Sprinkle with the sea salt and black pepper.

PRO TIP

This recipe calls for pork tenderloin, a small muscle that runs alongside the much larger loin muscle. Some grocery stores will inaccurately label boneless pork loin as tenderloin, but the two are a long way apart. Even the largest tenderloins will weigh under 1½ pounds and have a diameter of no more than 2 inches, so don't be fooled by any wily grocery store shenanigans.