

Nestor Sanchez-Lopez

Entrée for Competition Best use of Soybean, Corn and Pork Products

Pesto Tofu Pork Tenderloin Roulade

Speck Wrapped Pork Tenderloin, Stuffed with Pesto, Tofu, Crispy Cornmeal Polenta, Colorful Vegetables  
Succotash, Toasted Soy Bean Sauce

#### Ingredients

7oz pork tenderloin

3 very thin slices of Smoked prosciutto

2oz tofu

2 Tb Spoon of pesto

1cup Yellow cornmeal

1cup toasted soy bean

½ cup succotash

½ cup chicken stock

3cups Soy milk

#### Directions

Butterfly pork; lay between 2 pieces of plastic wrap. Using the side of a meat mallet, gently pound it. Remove the top sheet of plastic and place tofu, pesto and roll the plastic and pork forming the roulade. Set roulade aside. Place a piece of plastic wrap and lay 3 slices of prosciutto neatly, place the roulade on top and wrap roulade very tight.

Brown in a sautéed pan, finish in the conventional oven.

Cooking time 20 minutes.

<p style="text-align: center;"><b>Pesto</b></p> <p>2 cups fresh basil leaves 1 Tb spoon chopped garlic Salt and Pepper to taste 2 Tb spoon fresh lemon juice ¼ cup pine nuts ½ cup grated parmesan cheese Combine first 5 ingredients until fully incorporated Add cheese and season with salt and pepper to taste</p>	<p style="text-align: center;"><b>Polenta</b></p> <p>1cup Yellow cornmeal 1cup Chicken stock 3cups Soy bean milk 1ts spoon chopped garlic 1/4cup minced Spanish onion 2Tb spoon whole butter</p>
<p style="text-align: center;"><b>Succotash</b></p> <p>¼ cup small diced red pepper ¼ cup small diced red onion ¼ cup edamame ¼ cup fresh corn 1ts spoon chopped garlic 1ts chopped parsley</p>	<p style="text-align: center;"><b>Toasted Soy bean sauce</b></p> <p>1cup toasted soy bean 2 avocado leaves 1 red bell pepper ¼ minced onion 1ts chopped garlic 2Tb spoons Spanish paprika 2 cups chicken stock 1 ts spoon Miso</p>