



CURIOUS ABOUT LEARNING HOW TO MAXIMIZE YOUR CONVECTION OR CONVECTION STEAM OVEN?

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LARISSA TABORYSKI

SPICE RUBBED PORK TENDERLOIN AND VEGETABLES

Ingredients:

- 1 - 1lb pork tenderloin
- 1 - teaspoon BBQ spice rub
- ½ - teaspoon Kosher salt
- 2 - teaspoons olive oil

The important thing to think about with this combination is timing and temperature. Since the tenderloin has already been seared it only needs about 15 minutes in the oven at a moderate temperature to cook through. However you also need to factor in 10 minutes for resting before slicing.

If the vegetables take about 25 - 30 minutes to cook then they can go into the oven with the tenderloin at a moderate temperature and when you remove the tenderloin to rest before slicing, you can increase the oven temperature to give the vegetables some high heat for caramelization.

Preparation:

Heat the Steam Oven in the Combination Convection Steam Mode 350 degrees.

Rub the seasoning and oil into the tenderloin and heat a 10 - 12"

skillet over moderate heat, sear the tenderloin on all sides then place on a rimmed baking sheet.

Toss the vegetables in a little olive oil and spread onto the baking sheet next to the pork.

Cook for 15 minutes until the Pork is firm to the touch.

Remove the pork from the oven and set aside to rest.

Change the oven Mode to Convection 400 degrees and cook the vegetables for another 15 minutes. Using this combination they cook with the combined benefit of humidity and dryer heat for caramelization.

Vegetables:

- 2 - cups Brussels sprouts, washed, trimmed and cut into 3 - 4 slices
- 8 - ounces Cremini mushrooms, cut into 3 - 4 slices
- 4 - small golden potatoes, cut into ½" thick slices (or 1 large sweet potato if you prefer)
- ½ - teaspoon mixed Italian seasoning
- 1 - tablespoon olive oil

COMBINATION CONVECTION STEAM MODE



Preparation:

Toss the vegetables with the oil and spread onto a rimmed baking sheet cooking as directed above.

Note: if your oven doesn't accommodate a ½ sized baking sheet you may have to cook the pork on a separate pan so that the vegetables are not too crowded.

Serves 4

WRITE YOUR NOTES: