

# AHF National Culinary Competition

## Approved Recipe Format

*Final recipes should be proofed and formatted before submitting to AHF. Each recipe should be submitted using the format below. Recipe submissions should be written based on **6 portions**.*

### Recipe Name: Chicory and Collard Green Wrapped Pork Tenderloin

*Recipe Description: Chicory and collard greens with pork tenderloin, sweet potato paillason, sweet corn sabayon, okra tuile and trinity relish*

#### Full Recipe:

- Prep Time: 25-30 Min
- Cook Time: 35-40 Min.
- Yield: 6 portions

#### Component 1 Name Chicory and Collard Green Pork Tenderloin

1.5 lbs pork tenderloin  
½ tablespoons minced thyme  
1.5 tablespoons chicory coffee  
3 tablespoons dijon mustard  
1 teaspoon garlic powder  
1 teaspoons paprika  
2 tablespoons brown sugar  
1 teaspoon salt

2 tbsp oil  
8 leaves collard greens

**Method of Preparation:**

In a large pot of boiling water, add collard greens and cook for 30 seconds. Immediately remove and place in an ice bath.

Combine thyme, chicory, dijon, garlic powder, paprika, sugar, salt and oil. set aside

Trim pork of silverskin and cut into 6 equal portions. coat with chicory mixture.

lay out a double sheet of plastic wrap. Add one collard green leaf and top with one piece of pork. roll tightly, ensuring to cover pork completely with collard green. add the pork pieces to the zip top bag and complete the remaining pork pieces similarly.

add the bag to simmering water and cook for 20 minutes or until pork reaches 135, ensuring pork pieces are completely submerged.

allow pork to rest and carry over to at least 141 degrees. Remove from plastic and slice into 1.5 oz portions.

**Component 2 Name Corn Sabayon**

1 ears of corn on the cob

¼ cup water

1 eggs

1 tablespoon melted butter

½ teaspoon white pepper

½ tsp paprika

**Method of Preparation:**

1. In a large pot of boiling water, cook ears of corn for 5 minutes.
2. with a sharp knife, remove corn kernels, setting aside 3 tbsp for plating.
3. puree in blender with water, and strain with a fine mesh strainer
4. In a heatproof bowl, whisk egg yolks with a splash of the warm corn purée to temper them.
5. Place the bowl over a simmering water bath (bain-marie) and whisk continuously until it thickens (3–5 minutes).
6. Slowly drizzle in the corn purée while whisking vigorously to incorporate air.
7. Whisk in butter at the end for a smoother finish.
8. Stir in salt, white pepper, and lemon juice to taste.
9. Serve immediately or keep warm over a water bath.

### **Component 3 Name Okra Tuile**

50g Okra  
50g (¼ cup) water or stock (for blending)  
25 gram olive oil  
5g cornstarch  
10 gram all purpose flour  
1/2 teaspoon smoked paprika

#### **Method of Preparation:**

1. Bring a pot of boiling water and a bowl of ice water nearby.  
Boil okra for 30 seconds, then transfer to ice water to stop cooking. Pat dry. Reserve 2 tbsp for plating
2. Blend okra and water until smooth
3. Measure 50g (about 3 tbsp) of strained purée. Whisk okra purée, cornstarch, and oil until smooth.  
It should be a thin, spreadable batter—adjust with a few drops of water if needed.
4. Heat a nonstick pan over medium-low heat.
5. . Pour small spoonfuls of batter and spread thinly.
6. Cook until the edges curl and crisp (like a lace tuile), then transfer to a rack.

### **Component 3 Name Sweet Potato Paillson**

Ingredients:

1.5 pounds sweet potatoes julienned  
1 tablespoon clarified butter  
1 tablespoon unsalted butter  
½ teaspoon salt  
¼ teaspoon black pepper  
¼ teaspoon smoked paprika  
½ cup finely chopped parsley  
2 tablespoons finely chopped thyme  
2 Tablespoon minced shallot  
1 tablespoon cornstarch

#### **Method of Preparation:**

1. Julienne the potatoes and toss with salt, pepper, paprika, parsley, thyme, shallot and cornstarch to enhance structure.
2. Form the Paillason:  
Heat butter in a non-stick skillet over medium-low heat.  
Spread the shredded sweet potatoes evenly into the pan, pressing down firmly with a spatula.  
Cook gently for 8-10 minutes, shaking the pan occasionally to prevent sticking.

3. Flip & Continue Cooking:

Place a plate or flat pan over the paillasson and carefully flip it out onto the plate.

Press down gently and cook for another 8-10 minutes until golden and crisp.

4. Finish & Cut:

Transfer to a cutting board and cut rounds

**Component 4 Name Trinity Relish**

Ingredients:

.5 tablespoon mustard seeds

1 oz onion brunoise

1 oz bell pepper brunoise

1 oz celery brunoise

4 oz rice wine vinegar

2 tbsp brown sugar

.5 tablespoon paprika

½ tablespoon oil

**Method of Preparation:**

1. in a skillet over medium heat, add mustard seeds and toast until fragrant. add oil and continue cooking for 30 seconds.
2. add onion, peppers, celery and salt and sautee for 2 minutes.
3. add vinegar and sugar and continue cooking until mixture is thickened. add paprika and remove heat. set aside.

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**Plating:**

**Components Per Serving**

*For each item, include details such as size/quantity and component name that matches the recipe. If your recipe does not include all of the items below, or more than what is listed, adjust the list as needed.*

- 2 1.5 oz portions of chicory pork
- 2 in round of sweet potato

- 2 tablespoon of corn sabayon
- 1 okra tuile
- 2 teaspoon of trinity relish
- ¼ tsp thyme leaves
- 2 teaspoons of reserved corn kernels
- 1 teaspoon of reserved okra pieces

#### **To Plate and Serve:**

1. Use a 11-inch round white plate.
2. Using a spoon, take some of the trinity reduction and form a rough circle in the edge of the plate.
3. Spoon 5 dots of sabayon, decreasing in size
4. Place the sweet potato paillasson slightly off center
5. Stand one 1.5 oz piece of collard-wrapped pork tenderloin upright on top of the sweet potato paillasson and top with ¼ tsp of trinity relish.
6. Lay the second 1.5 oz piece of pork on its side to the left of the sweet potato, leaving approximately 2 inches of space between the two pieces.
7. Form a small quenelle of the trinity relish and place it in the gap between the two pork medallions. Insert the okra tuile vertically into the quenelle, anchoring it so it stands upright behind the pork and sweet potato for height and texture.
8. Sparingly scatter few okra slices around the plate for visual texture and color.
9. Lightly sprinkle fresh thyme leaves around the dish to finish.

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#### **Specialty Equipment Used:**

- Blender
- fine mesh strainer

# Chickory and Collard Green Pork Tenderloin Plate

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Entrees:Red Meat:Pork

Yield:  
Portion:

1  
1 each

Calories	Ca rbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
485 kcal	54.0 gm	34.8 gm	22.2 gm	41.2 %	143 mg	736 mg	4.6 gm	106 mg

Step	Amount	Ingredients
1	3 ounce	Chickory and Collard Green Pork Tenderloin
	1 each 1	Sweet Potato Paillason
	each 1	Corn Sabayon
	each 1	Okra Tuile
	each	Trinity Relish