



HGBC WOMEN'S MINISTRY PRESENTS

Cooking with Chef Gene

NOVEMBER 9 // HUNTERSGLEN.ORG/WOMEN

Hello Hunters Glen Ladies! We are so excited for you to join us on Monday night, November 9th, to cook along online with our very own Chef Gene Christiano! The video of Gene teaching us how to prepare this meal will be posted on Facebook on the Hunters Glen Baptist Church Facebook page beginning at 4:00 pm. You may watch it any time from that point forward. Gene will answer any questions submitted in comments on Facebook from 5-7:00 pm. The video and recipe will also be posted on the Huntersglen.org website for you to follow along on the 9th or any time at your convenience. Let's have fun cooking a meal together! Our menu will be Roasted Pork Tenderloin | Parsnip and Yukon Potatoes | Roasted Broccolini & Carrots | with Herb Pan Gravy. It is simple, serves 4 and you can do it!

Here's what you need to do!

- 1. Go shopping and buy the ingredients listed on the back of this page. Chef Gene suggested Trader Joes, but any local grocery store will have the items needed. (Total cost should be under \$25.)**
- 2. Gather all the equipment needed listed on the back of this page to prepare this meal.**
- 3. Have all your ingredients washed and measured out (if you have time beforehand).**
- 4. Marinate the pork, following the directions on the back of this page, the night before or at least 2 hours before for the most flavor. If you don't have time, you can prepare the marinade along with Gene, and let it sit for at least 15 minutes while you prepare the side dishes.**

For added fun, we will also email/text you a zoom link closer to the event, so you can see Chef Gene in person, and cook along with other ladies from the church. He will be answering your questions on zoom also.

One more exciting detail! Post a picture of your finished, plated meal in the comments on Facebook, and a winner will be chosen to receive a special prize! Also, be sure you sign up to follow HBGC Women's Ministry on Facebook!



Shopping List:

Roasted Pork Tenderloin & Pan Gravy

- 2 lbs. pork tenderloin**
- 2 springs fresh rosemary & thyme**
- ¼ cup honey**
- 1 clove of garlic**
- 3 Tbs. Dijon Mustard**
- 3 Tbs. oil, olive blended**
- 3 Tbs. apple cider**
- 1 Tbs. flour**
- 2 cups chicken stock**
- salt & pepper**

Side Dishes:

- 2 lbs. gold potatoes**
- 1 lbs. parsnips (looks like white carrots)**
- 6 oz. butter**
- 1 cup heavy cream**
- 1 Tbs. chopped chives, fresh**
- 8 oz. broccolini**
- 8 oz. baby carrots (can be all colors)**
- 3 Tbs. olive oil**
- 2 Tbs. fresh thyme**
- 1 lemon, zest & juice**



Equipment List:

- medium cast-iron skillet/or sauté pan**
- French/utility knife**
- heat resistance spatula**
- ricer/food mill/or masher**
- medium sheet tray**
- 2 medium saucepans**
- cooking tongs**
- digital cooking thermometer**
- kitchen side towel**



Cooking Instructions for marinating the pork tenderloin:

- 1. Remove the pork from the package and place in a bowl or large plastic baggie. Trim if needed.**
- 2. Pick the herbs off the sprigs and chop. Chop the garlic clove. Combine the herbs, chopped garlic, honey, mustard, oil and apple cider into the bowl or large plastic baggie and allow to marinate. Marinate for 2 hours or overnight.**