

# THE RIDER ELITE TEAM

## COOKING LIVE

# RECIPE



## INGREDIENTS

- 2 each Pork tenderloin, sliver skin removed
- 2 tbs Olive oil
- ½ c White wine
- 2 can Whole peeled tomatoes, pureed
- 2 tbs Garlic clove, minced
- 1 tbs Shallot minced
- 1 tbs Fresh parsley, minced
- 2 tsp Fresh thyme, de-stem
- 2 tsp Crushed Red Pepper
- 2 tsp Sugar
- 1 each Fresh or frozen package Gnocchi
- To taste Salt and Pepper

## ITALIAN PORK TENDERLOIN AND GNOCCHI

1. Pre-heat oven to 350 degrees.
2. In large pot bring 3 quarts of water to a boil.
3. In large oven safe skillet add olive oil over high heat. Add shallot and garlic sauté one minute. Light salt and pepper pork tenderloin, add to skillet and sear 2 minutes a side. Remove, set aside.
4. Reduce heat and add white wine. Sauté for 2 minutes, add puree tomatoes, parsley, thyme, sugar and crushed red pepper. Bring to simmer.
5. Add pork tenderloin to tomato sauce and place in oven uncovered for 15 to 20 minutes. (Depending on size of tenderloin. (Until cooked to 145 degrees internal temperature)
6. Remove from oven and take pork out of sauce and set aside. Allow to rest.
7. Place gnocchi in boil water, boil 3 to 4 minutes. Strain gnocchi from water and lightly drizzle olive oil over to prevent from sticking.
8. Once pork has rested, slice to desired thickness.
9. Place desired amount of gnocchi in pasta bowl, lay three to four slices of pork on top and finish with tomato sauce. Enjoy!



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### INGREDIENTS

- 1 sprig of mint
- ½ lime sliced
- 1 Tbsp elderflower syrup  
more if you like it sweet,  
15 mL
- 1 cup Prosecco or white  
sparkling wine 236 mL
- 1 to 2 Tbsp sparkling  
water 15 to 30 mL
- ½ cup ice cubes

## HUGO COCKTAILS

- 1. Muddle:** Briefly muddle the mint in your glass, or leaves between your palms to draw out the flavor, then place in glass. You can either remove the leaves from the stem or keep them on. Add lime slices.
- 2. Assemble:** Pour in elderflower syrup, Prosecco, and a splash of sparkling water.
- 3. Serve:** Stir to combine and serve immediately on ice.

