MIDLO
FAMILY DE
Sedation... is it ri

## Spiced Sweet Potato/Carrot Soup

### Ingredients:

- 1 pound - 7 medium carrots, peeled and chopped, 3 cups
- 1 pound - 1 large or 2 medium sweet potato, peeled and diced, 3 cups
- 4 cups vegetable stock
- 2 teaspoons freshly grated ginger, grated on a microplane
- ¼ teaspoon powdered cinnamon, plus more to taste
- 1/16 teaspoon cayenne powder, plus more to taste
- Juice of 1 lemon, 1 tablespoon
- 1 tablespoon honey
- 3 tablespoons extra-virgin olive oil
- Kosher Salt and freshly ground black pepper, to taste
- Crème Fraiche, garnish
- Italian parsley, chopped, garnish

### Instructions:

In a medium pot, over high heat, combine the carrots, sweet potato, plus the stock, and cover. Once the stock comes to a boil, lower the heat to maintain a low simmer. Cook until both the carrots and sweet potatoes are falling apart, approximately 25 minutes. Remove from the heat, then using a stick/ immersion wand, or blender, carefully blend the mixture until a smooth texture is achieved, blending in the spices, honey, juice, and oil. If you desire a slightly thinner consistency, simply add an additional ½ cup of stock, or water. Season to taste. Serve with a dollop of crème fraiche, a grind of black pepper, a drizzle of olive oil, and chopped parsley.
Yield, 6 cups.

## Oven Roast Pork Tenderloin

Ingredients:

- 1 pork tenderloin, approximately 1 pound in weight, silver skin removed
- ¼ teaspoon Kosher salt
- A few really good grinds of black pepper

### Instructions:

Season the tenderloin with salt, pepper. Allow to sit at room temperature, covered, for 30 minutes. Pre heat the oven to 350*F. Heat a medium sauté pan over high heat until hot. Add 1 tablespoon extra-virgin olive oil, and swirl the pan to distribute the oil. Immediately add the tenderloin and allow to cook for 1 minute, or, until nicely seared. Using tongs, rotate the tenderloin ¼ turn, and continue to sear. Once well seared, rotate again. Upon rotating the tenderloin to the final and fourth side, hold the tenderloin off the pan with your tongs, and insert the digital probe into one side, dead center, half way into the tenderloin, lengthwise. Replace the tenderloin to the pan then transfer the entire pan into the oven. Set the digital thermometer to 145*F. For reference, in my oven, it took approximately 12 minutes to reach 140*F. When the thermometer beeps at 145*F, remove the tenderloin from the hot pan and place it on a cutting board, covered loosely with foil, to rest for 15 minutes before serving.

## Goat Cheese Mashed Potatoes

### Ingredients:

- 4 medium yellow potatoes, cut evenly into eighths
- 1 cup whole milk, warm
- 2 tablespoons unsalted butter
- 2 tablespoons EXTRA-VIRGIN OLIVE OIL
- 3 tablespoons goat cheese (chevre), soft/room temperature
- Kosher salt and freshly ground black pepper
- ¼ cup chopped chives, optional

### Instructions:

In a medium pot, add the potatoes, cover with cold water and cook over medium-high heat until soft and easily pierced with a fork. Meanwhile, in a small sauce-pan, combine the butter and milk together, and warm until just steaming. Drain the potatoes, then reintroduce them into the same pot. Add almost all of the milk/butter mixture