

PORK TENDERLOIN ROULADE WITH PUMPKIN AND PECANS

(adapted from [The Essential Sous Vide Cookbook](#))

2 pork tenderloins (about 1.2 pounds each)

Salt and pepper to taste

1/2 cup canned pumpkin purée

1/4 cup chopped toasted pecans

2 teaspoons Southwest spice mix (I used Penzey's)

3/4 cup chicken broth (divided)

1/4 cup apple cider

2 tablespoons olive oil

1 tablespoon flour

Heat the water bath to 150°F.

Butterfly the pork tenderloins and use a rolling-pin or a meat mallet to flatten the meat to about 1/4 inch thick. Protect them with a plastic wrap and sprinkle the meat with a tiny amount of water before pounding. Season with salt and pepper all over.

In a small bowl, stir together the pumpkin purée, the pecans, the Southwest mix, and a smidgen of salt. Spread half the filling on each piece of meat, leaving a 1/2-inch border around it. Roll up each pork tenderloin jelly-roll style, starting at the narrow end, and tie with kitchen twine (use 4 or so pieces to cover the extension of the roll).

Pour 1/4 cup of chicken broth and the apple cider into the bag. Add the roulades, and seal using the water displacement method. Place the bag in the water bath and cook for 5 to 6 hours. Remove the roulades from the bag, reserving the cooking liquid (pass it through a sieve if you prefer a smooth sauce in the end). Place the roulades on a paper towel-lined plate and pat them dry.

In a medium ovenproof skillet, heat the oil over a medium-high heat. Add the pork and brown on all sides. Transfer to a plate and keep warm. If needed, add a bit more oil to the skillet, add the flour, cook it for a couple of minutes, then add 1 cup of chicken broth plus the reserved cooking liquid. Cook until thick, about 5 minutes. Remove the strings from the meat, cut in slices and serve with the gravy.

For non-sous vide cooking: make the roulades and start by browning them on all sides on a skillet with very hot olive oil. When golden brown, add the chicken stock and apple cider, cover, and simmer gently until cooked through, making sure the liquid comes at least to half the height of the roulades. Depending on the thickness of the roulades, it will take 45 minutes to 1 hour. Baste the roulades and turn them around on all sides during cooking. Once done, reduce the cooking liquid by boiling, or if you like more of a gravy consistency, do the flour trick as described in the recipe.