

CUMIN SCENTED PORK TENDERLOIN WITH BLACK BEAN & HOMINY STEW

Sindy Sellers

2 one-pound pork tenderloins,
trimmed of excess fat & silverskin
1 tablespoon olive oil

1 recipe Black Bean Hominy Stew
1 recipe Cumin Rub

Cumin Rub

2 tablespoons ground cumin
1 tablespoon fresh lime juice
1 large clove garlic, minced
1 teaspoon kosher salt
1/2 teaspoon finely chopped fresh ginger
1/2 teaspoon rubbed sage

1/2 teaspoon ground allspice
1/2 teaspoon pepper
2 tablespoons olive oil

Combine ingredients

over please 🍴 🍷

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Black Bean and Hominy Stew

1 cup dried black beans
4 ounces bacon, sliced into 1/2-inch strips
2 poblano chiles, seeded, deveined,
and cut into large dice
2 tomatoes, seeded and cut into large dice

1 small onion, diced
1 large garlic clove, minced fine
1/2 pound winter squash,
cut into 1-inch cubes
Salt & pepper
1/2 cup canned hominy, rinsed

Soak black beans overnight, drain, cover with water, and cook until beans are soft, 1 1/2 - 3 hours, depending upon the age of the beans. When the beans are soft, make sure that they are just covered with liquid, otherwise pour off excess liquid.

In a medium saucepan, cook the bacon until lightly browned, but not crisp. Add chiles, tomatoes, onion, and garlic and sauté for about 5 minutes.

Add squash and sautéed vegetables to black beans. Simmer for about 25 minutes or until squash is cooked. Season with salt and pepper.

Prepare Black Bean Stew. Make Cumin Rub (recipe on front) and spread over the tenderloins. Heat olive oil in a heavy skillet. Brown pork on all sides, reduce heat and sauté for 17-20 minutes (internal temperature 145-150°).

Slice pork into 1-inch slices. Divide stew onto 6-8 plates, lay pork over stew and serve. Serves 6-8.