

CUISINE

BAYSIDE

In Paul we truss ... pork loin with special pepper blend

As some of you know, if you ask me for my top 10 movies of all times, you would get an interesting list. It would include the likes of "Barfly" (Rourke, Dunaway), "Holy Grail," "Cinema Paradiso," "Apocalypse Now," and "Better Off Dead." The final cinematograph-



ic masterpiece in my abbreviated list was one of my favorites during the '80s, and was a launching point for the career of John Cuzack, one of the great understated geniuses of our time.

Within the boundaries of this formidable film was one of the greatest lines of all times; when the French foreign-exchange student is telling our hero about Ricky Smith, who can't keep his "tentacles" off of her. Of course, with a misguided letter added to the joke, and no true homophone to disallow us from using our imaginations, all confusion was set straight at the end of the scene.

And so, it was with great relish that I recalled this scene (In my mind only) as I wrestled my way through an exercise tonight trying to tell my family what the article was going to be about this week.

"What do you mean, Dad? You don't think we should trust the neighbors?"

"No, but I just don't think that you should have trussed them," I replied.

You see, trussing is the process of tying up meats, typically, to ensure even roasting, uniform appearance, and general all-around goodness. As a secret weapon in the repertoire of butchers worldwide, trussing is the last great secret we chefs have against the dining public. Soon enough, you will all be as good at cooking as we are, and you will realize that cooking at home for ten hours a day is much more satisfying than letting some stranger cook your food for you.

Who knows? Maybe you are lazy enough to let others cook for you. Or, perhaps you are intelligent enough to realize that you have better things to do. I can live with that, in that it means job



PAUL SUPLEE/BAYSIDE GAZETTE

security for those involved in my field of choice.

Cooking can seem like quite a chore, and truth be told, after a day of teaching to young and 'enthusiastic' youths in our county, I find the same challenges cooking for family as I found when I was cooking for 14 hours a day in the

business. And that's OK. Sometimes, bringing the basics back into the home kitchen acts as a reset button for me. Plus, it makes the food really good.

TRUSSING PORK LOIN

Trussing is a simple process. You need butcher's twine, of an organic cloth such as cotton. Obviously, if you use a synthetic

twine, it would melt under the intense heat, and you would have not only a disgusting plastic taste in the food, leaving it inedible, you will also have introduced plastoids into your food, greater increasing your chances of chemical poisoning. So, stay away from that.

In this case, I trussed some boneless pork loin, leaving the fat in place. Begin by tying a loop at one end of the loin tightly, bringing the loin together, which results in that portion of the loin taking on a nice tubular shape.

From this point, it may get a little confusing, but try to hang on. Pull the string down the loin about 2 inches, and then, with a rolling motion, create another loop, which you will then toss over the top end of the loin, and then pull down its length.

You then tighten this loop, and repeat until the entire roast is done. Tie it off and season it to your liking. For me, in this case of the pork loin, I salted it liberally and then peppered it with my secret hush-hush pepper blend. For that, you will have to reference last week's column.

In the pan, I just put a nice combination of butter, olive oil and rendered bacon fat that I keep by the stove on occasion. When this was smoking hot, I seared the nonsense out of the outside of the loin, and then finished it in the oven at 300 degrees until it reached an internal temperature of 140 degrees.

Technically, you should take it to 145, but the carry-over cooking will finish the job as you let it slack in the pan for a half hour. When you slice it thinly and let it rest in the juices from the pan, it will end up beautifully.

In the pan, after searing and before roasting, I threw in some whole heads of garlic, carrots, whole shallots and onions, and just let them go through the oven period. The next thing we knew, we had a feast fit for a king.

So, after untying the neighbors, we all sat down and ate a great, succulent pork loin, and the night ended with a Halloween movie for the kids...of all ages... and a nice respite to get ready for the following week's work. I don't think the folks next door will ever trussed me again.

Paul Suplee is the culinary instructor at Worcester Technical High School, and is an ACF recognized Chef de Cuisine.

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