

Pork Tenderloin & Shrimp on Leaf Spinach

Ingredients to serve 4:

- 2 Pork tenderloins - cut into 1½ " thick slices
- 2 lbs. fresh Leaf Spinach, washed & well-drained
- 4 oz. fresh Mushrooms, sliced
- 2 lbs. medium Shrimp w/o. tail, pre-cooked
- 2 cloves fresh Garlic, finely chopped
- 1 piece fresh Ginger, peeled and finely diced
- 4 tbs. light Soy sauce
- 2 tbs. Sesame or Olive Oil
- 1 tbs. Corn Starch
- 1 cup fresh Orange juice
- 3 tbs. dry White Wine
(substitute: dry pale Sherry)

Serve with egg noodles or rice.

Mix orange juice, soy sauce and corn starch well to have it handy when needed.

Pre-warm on 3. When yellow light turns off, set temperature to 7. When reached (yellow light off) place the pork tournedos (that's what they are called when cut this way) onto the cooking center. Fry until light brown, turn and brown the other side.

Lower temperature to 6 and cook another 2-3 minutes from each side for a perfect medium. Push meat into the warming area and let rest.

Heat up 1 tbsp. oil, add garlic and mushrooms and cook for 2-3 minutes until starting to brown. Push mushrooms into the warming area.

Heat up 1 tbsp. oil, add diced Ginger and roast for 2-3 minutes.

Lower temperature to 5, add shrimp and toss quickly until nicely warmed (about 2 minutes) and again push the food into the warming area.

Now check the meat if it is cooked to the desired degree of doneness. If it requires a couple more minutes of cooking time, place it back on the cooking center and cook until ready. Push meat back into the warming area.

Place spinach batch by batch onto the cooking center and keep tossing and turning it until cooked (3-4 min.). Quickly blend in mushrooms and shrimp. Now take the orange juice mix and pour it over the food in the cooking center. If you like to add wine or Sherry, add it now. Use a spatula (or two) to blend liquid in and toss frequently until the liquid starts thickening slightly.

Turn Cook-N-Dine off and serve.

For additional seasoning to your personal taste, have soy sauce, a pepper mill and salt handy.