

## 2014 BFS Food Show **CULINARY COMPETITION RECIPE**



**Chef Charon McKenzie**  
Lyford Cay Club

*"Holy Smokes" Spice Rubbed Pork in Cauliflower & Potato Puree, served with Sautéed Broccoli, Baby Carrots & Asparagus, Sweet Potato Ball, Hibiscus Reduction and Caramelized Shallots*

### Holy Smoke Spice Rub Pork

- 1 cup Badia® Holy Smokes Pork & Meat Rub
- 3 tsp Badia® cumin
- 2 tsp Badia® jerk seasoning
- 1 tsp white sugar
- 2 tbsp roasted garlic seasoning
- 1 lb Hormel® pork tenderloin
- Sea salt to taste

#### Method

1. Preheat grill to 350° F.
2. Mix seasonings together in a bowl.
3. Season pork and grill for 5 minutes, all over.
4. Bake in oven for 10 minutes.



### Cauliflower and Potato Puree

- 1 cup fresh cauliflower
- 1 potato, peeled
- 1 cup chicken stock (use Major® Bases)
- 1 stick lemongrass
- ½ cup President® cooking cream

#### Method

1. Place cauliflower, potato and lemongrass in a pot with the stock and boil until tender.
2. Put mixture in blender and blend until smooth.



### Caramelized Rosemary Shallots

- 1 cup shallots, sliced
- ½ cup rosemary
- 2 tbsp white sugar
- 5 oz butter
- ½ cup chicken stock (use Major® Bases)

#### Method

1. Preheat sauté pan to medium heat.
2. Sauté shallots and rosemary in butter.
3. Add sugar and stock to shallots and sauté for 5 minutes.
4. When shallots sweat add to a blender and blend until smooth.



**Hormel**  
*Always Tender*



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