

Roast Pork Tenderloin w/ Apple Sage Jus

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 45 minutes

Chef's Notes

It is very quick to make and your family or guests will think there are dining in a five-star restaurant.

Brining the pork for 1 1/2 to 2 hours will make a world of difference for this dish, which will leave the pork flavorful and moist. It is, however, an optional step. Try it both ways to see for yourself.

The sauce is best with home made chicken stock. Other low-sodium, store-bought chicken stock can be used, but the sauce will be considerably lighter in color and texture.

This pork tenderloin is even delicious without the sauce and can also be served with apple sauce or caramelized onions.

Serving suggestion: Soft Herb Polenta and Sauteed Green Beans.

Trimming and Brining the Pork

To prepare the pork tenderloin, first remove the silver skin.

Next, prepare the brine. Place the salt and sugar in a bowl, along with 2 cups of hot water. Stir to dissolve. Crush the garlic and add it to the brine along with the peppercorns, bay leaves, maple syrup and the remaining cold water. Pour the brine over the pork tenderloin and place into the refrigerator for 1 1/2 to 2 hours.

Remove the tenderloins from the brine, pat dry and place in the refrigerator until ready to cook.

Step 1: Trimming and Brining the Pork

- 3 whole pork tenderloins
- 3/4 cup kosher salt
- 1/4 cup brown sugar
- 8 cups water
- 6 garlic cloves
- 15 whole black peppercorns
- 3 bay leaves
- 3 tbsp maple syrup (optional)

Preparing to Roast

Preheat oven to 375° degrees.

Heat a frying pan over medium-high heat and add the butter and oil. Season the pork tenderloins with the pepper. Next, add the tenderloins to the pan and cook for about 2 to 3 minutes per side, or until golden brown. Once the pork is fully browned on all sides, transfer to a baking sheet and place into the oven for approximately 20 minutes, or until it is cooked to your desired doneness.

Note: Don't clean the pan. It'll be used in the next step to build the sauce.

Step 2: Preparing to Roast

- 1 tbsp unsalted butter
- 1 tbsp olive oil
- freshly ground black pepper (to taste)

Making the Sauce

While the pork is in the oven, slice the onions. Peel, core and wedge the apples into 1/4" -inch to 1/2" -inch wedges.

Add the oil and butter to the same pan used for the pork, once hot, add the onions and fry for a few minutes until they start to caramelize. Then add the apples and saute for another 2 minutes or until the apples also start to caramelize.

Next, add the white wine, apple cider, chicken stock and simmer for about 5 minutes. While that is simmering, chop the fresh sage and set it aside.

To thicken the sauce, mix cornstarch and water together to form a slurry. Slowly add it to the sauce. Bring the sauce briefly to a boil to activate the starches. Add just enough to get the desired consistency. You may not need it all (or you may need a bit more) to get the proper consistency.

Season to taste with salt and pepper and add the butter. Reduce the heat to very low. You can also hold this sauce in a double boiler until ready to serve.

When ready to serve, add the chopped sage and gently mix to combine.

Step 3: Making the Sauce

- 2 medium onions
- 4 cups granny smith apples
- 1 tsp grapeseed oil
- 1 tbsp unsalted butter
- 1 cup white wine
- 1 cup apple cider
- 2 cups chicken stock
- 1/4 cup fresh sage
- 1 1/2 tbsp cornstarch
- 1 1/2 tbsp water
- 1/4 tsp sea salt (or to taste)
- 1/4 tsp freshly ground black pepper
- 1 tbsp unsalted butter (optional)

Finishing the Pork

The pork is ready when it is still a bit pink in the middle. To test for doneness, use a meat thermometer. For medium doneness, the pork should be between 135° and 140° degrees Fahrenheit. For well done, cook the pork to 165° degrees Fahrenheit.

Let the pork rest for at least 15 minutes before slicing and plating. Slice the pork against the grain into half-inch slices. Place about 3 slices onto each plate and pour over some of the apple sage sauce over top.

Step 4: Finishing the Pork