

APPLE-&-LEEK-STUFFED PORK TENDERLOIN

INGREDIENTS:

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| ❖ Olive oil | 2 TBSP |
| ❖ Leek | 1 Cup |
| ❖ Apple | 1 ea |
| ❖ Thyme (fresh) | 1 tsp |
| ❖ Salt | $\frac{3}{4}$ tsp |
| ❖ Ground pepper | $\frac{3}{4}$ tsp |
| ❖ Pork tenderloin | 1 – $1\frac{1}{4}$ lb |
| ❖ Garlic | 2 cloves |
| ❖ Applejack* | $\frac{1}{2}$ Cup |
| ❖ Apple cider | 2 Cups |
| ❖ Cornstarch | 2 tsp |
| ❖ Mustard | 2 tsp |

METHOD:

1. Preheat oven to 150°
2. Heat 1 tablespoon oil in a large skillet over medium heat.
3. Add leek (white and light green parts only) and cook, stirring, until beginning to soften, about 3 minutes.
4. Add apple, chopped thyme, 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring occasionally, until the apple is beginning to soften, about 2 minutes.
5. Transfer the mixture to a bowl to cool. Rinse out the pan.
6. To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece.
7. Open as you would a book.
8. Cover with plastic wrap. With a meat mallet, rolling pin or heavy pan, pound the pork to an even 1/4-inch thickness.
9. Spread the apple mixture in the center of the pork, leaving a 1-inch border all around.
10. Starting at a long side, roll up the pork to enclose the filling. To keep the stuffing from falling out during roasting, fold in about 1 inch of the two short ends. Tie kitchen string firmly lengthwise around the roast to secure the two ends. Then tie it crosswise with string at 2-inch intervals.
11. Lightly brush the roast with 1 teaspoon oil and sprinkle with the remaining 1/4 teaspoon salt and 1/2 teaspoon pepper.
12. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat.

13. Reduce the heat to medium and brown the roast on all sides, about 4 minutes total.
14. Transfer the roast to a rimmed baking sheet (set the pan aside).
15. Place in the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°, about 15 minutes.
16. Let rest on a clean cutting board for 5 minutes.

SAUCE:

1. Crush garlic with the flat side of a knife.
2. Return the pan to medium-high heat.
3. Add applejack (or apple brandy), thyme sprig and the garlic; bring to a boil and cook for 1 minute.
4. Whisk cider and cornstarch and add to the pan.
5. Return to a boil and cook, stirring occasionally, until thickened and reduced by just over half (to about 3/4 cup), 8 to 10 minutes.
6. Remove from the heat; discard the garlic and thyme. Whisk in mustard and any juice from the baking sheet.
7. Slice the pork and serve with the sauce.

NOTES:

Applejack, brandy made from apple cider, for depth of flavor in the pan sauce, but you can use 1/2 cup cider if you prefer.

NUTRITION:

Per serving: 366 calories; 11 g fat (2 g sat , 7 g mono); 74 mg cholesterol; 27 g carbohydrates; 0 g added sugars; 24 g protein; 1 g fiber; 561 mg sodium; 534 mg potassium.

Nutrition Bonus: Potassium (15% daily value).

