

Pork Tenderloin with Caramelized Pears and Pear Brandy Sauce

Phillis Carey, cooking instructor and author

Internet address:



PEARS:

3 tablespoons unsalted butter

4 whole Anjou pears, or Comice, peeled, halved, cored, cut into 6-8 wedges per pear

2 teaspoons sugar

PORK:

3 pounds pork tenderloin, about 3

2 tablespoons unsalted butter

Salt and freshly ground black pepper to taste

Sprigs of fresh thyme for garnish

1/3 cup brandy

SAUCE:

1 tablespoon unsalted butter

1/2 cup shallots, minced

1/2 cup pear nectar

2 teaspoons fresh thyme, minced

1 1/2 cups heavy cream (may use half cream/half chicken broth)

Servings: 8

1. PEARS: Melt butter in large nonstick skillet over medium-high heat. Add pears in a single layer, sprinkle with sugar and saute until pears are tender and deep golden brown, about 8 minutes, turning over carefully to caramelize both sides. (Since the pork is pale, the sauce is white, it's important to get some golden brown on the pears!)
2. PORK: Trim pork tenderloin of all fat and silverskin. Preheat oven to 400F. Melt butter in large, heavy skillet (with a long handle) over high heat. Season with salt and pepper. Brown pork on all sides, about 8 minutes total. Add brandy, turn off heat and ignite with a long match or lighter. Shake pan continuously until the flames extinguish. Do NOT have your kitchen exhaust fan on when you do this.
3. Set this skillet aside and transfer the pork to a parchment-lined baking sheet and roast for 20-25 minutes or until the internal temperature reaches 150°F. Remove from oven and allow to rest for about 8 minutes before slicing on a diagonal (across the grain) into 1/2 inch thick slices. (If you happen to be baking something else at a lower oven temp, the pork can roast anywhere between 350°-425°F, just watch the time and still bake only until it reaches 150°F in the center. Use a meat thermometer.)
4. SAUCE: Melt butter in the skillet used to brown the pork. Add shallots, saute 2 minutes. Add pear nectar and thyme. Bring to a simmer, scraping up any browned bits from the bottom of the pan. Add cream and boil down until thickened to a sauce consistency, about 5 minutes or so. Season with salt and pepper to taste. Garnish with fresh thyme sprigs.

Per Serving (excluding unknown items): 478 Calories; 31g Fat (61.6% calories from fat); 37g Protein; 6g Carbohydrate; trace Dietary Fiber; 195mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>