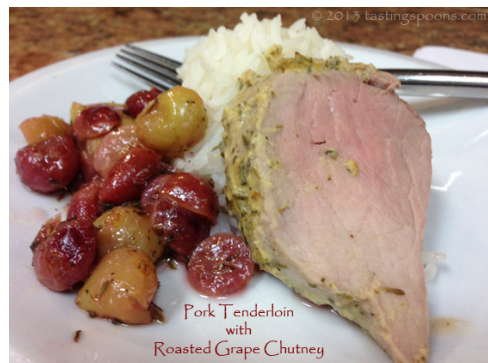


---

# Pork Tenderloin with Roasted Grape Chutney

Phillis Carey cooking class, 2013

Internet Address:



## Servings: 6

1. CHUTNEY: Preheat oven to 425°. Stir together all ingredients and spread on a parchment-lined baking sheet (do not use Silpat for this). Roast for 20 minutes or until grapes begin to shrivel. Let cool for 30 minutes and store in refrigerator for up to 3 days. If desired.
2. PORK: Preheat oven to 425°. Use Convection Bake setting if you have it available. Trim pork of all fat and silverskin. Combine the mustard and thyme and spread all over the pork, then drizzle it with the olive oil. Set pork on a parchment-lined baking sheet (Silpat is fine for this part). Roast pork until it reaches an internal temp of 145-150°, about 20-25 minutes. Remove from oven and let rest for 10 minutes, loosely tented with foil, before slicing on the diagonal (across the grain) into 1/2 inch slices. Serve pork with grape chutney.

### CHUTNEY:

- 1 cup seedless grapes, red, halved
- 1 cup seedless grapes, green, halved
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### PORK:

- 3 pounds pork tenderloin (2 tenderloins)
- 1/4 cup Dijon mustard
- 2 teaspoons dried thyme
- 2 tablespoons olive oil

---

Per Serving (excluding unknown items): 375 Calories; 15g Fat (36.8% calories from fat); 49g Protein; 10g Carbohydrate; 1g Dietary Fiber; 148mg Cholesterol; 422mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

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