

Stuffed Pork Tenderloin with a Walnut-Parmesan Crust

Originally from *Food and Wine*, 2001, adapted by Tarla Fallgatter, Feb. 2013



Servings: 6

- 3/4 cup walnut halves, about 3 ounces
- 2 tablespoons unsalted butter
- 1 medium onion, minced
- 1/4 cup Panko bread crumbs
- 2 tablespoons Italian parsley, finely chopped
- 2 teaspoons sage, finely chopped
- 1/4 cup Parmesan cheese, freshly grated
- Salt and freshly ground pepper
- 1 1/2 pounds pork tenderloin, butterflied as instructed below
- 1 tablespoon extra-virgin olive oil
- 1/4 cup water
- RED WINE SAUCE:
- 1/4 cup dry red wine
- 1/2 cup low-sodium chicken broth
- 1 teaspoon cornstarch
- 2 teaspoons water

1. Preheat the oven to 375°. Spread the walnuts in a pie plate and toast for about 7-9 minutes, or until golden. Let cool, then coarsely chop the nuts. Leave the oven on.
2. Melt the butter in a medium skillet. Add the onion and cook over moderately high heat until softened and lightly browned, about 5 minutes. Add the ground walnuts, bread crumbs, parsley and sage and let cool. Stir in the Parmesan and season with salt and pepper.
3. Butterfly the pork tenderloin - slice it deeply (but not clear through) down the length. Once you spread that open, cut another butterfly slice through each side which will allow you to spread it open further. Season with salt and pepper. Spread half of the walnut mixture on the pork, then roll up the roast and tie it at 1-inch intervals with cotton string.
4. In a sturdy roasting pan, heat the olive oil until shimmering. Season the roast with salt and pepper and cook over moderately high heat until browned all over, 5-6 minutes. Add water to the pan and cover loosely with foil. Roast the pork about 20 minutes until meat is done. Transfer the pork to a baking sheet.
5. Preheat the broiler. Discard the strings from the pork. Gently press the remaining ground walnut mixture onto the top of the pork and broil 10 inches from the heat for about 5 minutes, or until the nut crust is golden and crisp. Remove from broiler, cover loosely with foil and allow pork to stand while you make the sauce.
6. Set the roasting pan over high heat. Add the red wine and boil until reduced by half, scraping up any browned bits from the bottom of the pan. Add the chicken stock and any reserved pan juices and boil until reduced by one-third. Whisk the cornstarch into an equal quantity of water, then whisk the slurry into the sauce in the roasting pan and bring to a boil. Cook until the sauce is slightly thickened. Strain the sauce into a gravy boat and season with salt and pepper.
7. Carve the pork into thick slices and serve with the sauce.
8. Make Ahead: The pork can be prepared through Step 3 and refrigerated overnight.

Per Serving (excluding unknown items): 236 Calories; 12g Fat (45.3% calories from fat); 27g Protein; 4g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 138mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

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