

Pork Tenderloin with Fig & Port Sauce

Phillis Carey, cooking instructor



SAUCE:

- 2 1/2 cups Port wine, tawny, not too sweet
- 1 1/4 cups chicken broth
- 8 whole dried figs, black Mission, coarsely chopped
- 2 sprigs fresh rosemary
- 2 whole cinnamon sticks
- 1 tablespoon honey
- salt and pepper to taste
- 3 tablespoons unsalted butter
- 1 cup chicken broth

PORK:

- 2 large pork tenderloin, 2 1/4 pounds total
- 2 tablespoons olive oil
- 2 tablespoons fresh rosemary leaves, chopped
- 1 tablespoon salt
- 1 1/2 teaspoons fresh ground pepper
- 3 tablespoons parsley, chopped for garnish

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

Servings: 5

Highly recommend using a meat thermometer for this. Phillis recommends taking out the pork at 155. I prefer 150. Don't be concerned that if it's pink it may contain trichinosis. That little bug is killed at 137 degrees.

1. SAUCE: combine port, broth, figs, rosemary, cinnamon sticks and honey in a medium saucepan. Bring to a boil and cook until reduced by half, about 30 minutes. Discard herb sprigs (yes, get all of those rosemary pieces out of there) and cinnamon sticks. Transfer to a blender and puree until smooth. Season sauce to taste with salt and pepper. The sauce can be made ahead one day.
2. PORK: Preheat oven to 400. Trim tenderloins of all fat and silverskin. In a small bowl combine the olive oil, rosemary, salt and pepper. Rub all over the pork. Heat a large skillet over medium-high heat and brown pork well on all sides (4 of 5). Transfer pork to a parchment (or silpat) lined baking sheet and roast for 20 minutes or until internal temp reaches 150 degrees. Remove from oven, tent with foil and allow to rest for 5-10 minutes.
3. To the skillet with pork drippings, add the chicken broth and bring to a boil, scraping up any browned bits from the bottom of the pan. Continue to cook down to about 1/2 cup of broth. Add the reserved port sauce from above and stir to warm through. Remove from heat. Stir in the butter until melted, then place in pitcher to serve with the pork.
4. SERVING: Slice pork in about 3/4 inch slices (you'll get about 9 slices per tenderloin), place on hot platter or plates and serve with sauce. Garnish with parsley.

Per Serving (excluding unknown items): 529 Calories; 17g Fat (36.3% calories from fat); 23g Protein; 43g Carbohydrate; 7g Dietary Fiber; 78mg Cholesterol; 1680mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.