

Pork Tenderloin with Pears, in Mustard Port Sauce

*Carolyn T's
Main Cookbook*

Servings: 5

Author: Phillis Carey recipe



Pork Tenderloin w/ Pears & Mustard Port Sauce

PEARS:

2 tablespoons unsalted butter
1 1/2 pounds pears, Red Bartlett or Anjou, peeled, cored, cubed

PORK TENDERLOIN:

2 whole pork tenderloin
Salt & pepper to taste
1 tablespoon fresh sage, chopped

1 tablespoon unsalted butter

MUSTARD PORT SAUCE:

3/4 cup tawny port
1 cup chicken broth
1 tablespoon whole grain Dijon mustard
2 teaspoons Dijon mustard
1 tablespoon unsalted butter
1 tablespoon cornstarch (optional)

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

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Per Serving (excluding unknown items): 280 Calories; 13g Fat (41.7% calories from fat); 21g Protein; 21g Carbohydrate; 3g Dietary Fiber; 84mg Cholesterol; 224mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.

1. Preheat oven to 400. Melt butter in a large (not nonstick) skillet over medium heat. Add pears and toss in butter. Cook until lightly browned and just tender. Using a slotted spoon, transfer pears to a plate and set aside.
2. Trim pork of all fat and silverskin. Season well with salt and pepper and rub with fresh sage. Add remaining butter to skillet and heat over medium-high heat. Add pork and brown 6-8 minutes or until browned on all sides. Transfer pork to a parchment-lined (or Silpat) baking sheet. Roast pork for 20 minutes, or until internal temp reaches 155. Remove from oven and tent lightly with foil. Allow it to sit for 8 minutes, then slice on an angle into 1/2 inch thick slices.

3. For sauce: add the Port to the skillet, stirring to scrape up any fond (browned bits). (If using cornstarch, add it to the chicken broth now.) Stir in the chicken broth and both mustards. Bring to a boil and cook down by half, about 4 minutes. Swirl in last tablespoon of butter. Serve sauce spooned over pork.

4. Meanwhile, reheat pears if you'd prefer them to be hot (can be served at room temp).