

Roasted Pork Tenderloin with Cherry, Grape and Wine Sauce

Carolyn T's
Internet
Cookbook

Author: Phillis Carey, cookbook author and instructor

Servings: 6



Notes: Phillis' recipe says 2 tenderloins feed four people. If you have other dishes to serve with, I think 2 tenderloins amply serve 6 people, but use your own judgment.

1. SAUCE: In a large pot boil both broths and red wine until reduced by about two thirds, about 30-45 minutes. During last 30 minutes add the grapes, reduce heat and continue simmering until sauce has begun to thicken (about 3/4 cup total liquid). Remove grapes and set aside once they've become plump (you don't want to cook them until they're mushy).
2. PORK: Trim the pork of all visible fat and remove silverskin; brush with olive oil. Sprinkle the chopped herbs all over the pork (roll in it if needed); wrap in plastic wrap and let stand at least an hour, or refrigerate several hours or overnight.
3. Preheat oven to 500. Remove pork from refrigerator at least 30 minutes ahead of baking. Sprinkle meat with salt and pepper. Heat 2 T. oil in a large (not a nonstick) skillet over medium-high heat. Add pork and sear until brown, about 8 minutes, turning to brown all sides. Reserve skillet.
4. Transfer pork to a parchment (or Silpat) lined baking sheet and roast for 18-20 minutes, or until the internal temperature reaches about 150. Remove from oven, allow to sit with a piece of aluminum foil tented over it, until the temperature reaches 155, about 8 minutes. (While it's baking proceed to step 5 to finish sauce.) Slice on the diagonal and serve on piping hot plates with sauce over the top.
5. FINISH SAUCE: While pork is baking add the sauce to the skillet you browned the pork in. Bring it to a simmer, scraping up any pan brown bits. Simmer until thickened. If the sauce is not thick enough, combine an equal amount of softened butter and flour (about a tablespoon each), mix and mash with a spoon until all the flour is thoroughly mixed in, then gently add a few bits of this to the sauce. It may require you to mash with a whisk or flat spatula to distribute the butter without lumps. Add just enough to thicken the sauce to your liking. Add grapes and drained cherries to the sauce and heat through. Add any pan juices from the baking sheet you used for roasting the pork. Spoon sauce over pork.

FRUIT SAUCE:

- 2 cups low-sodium chicken broth
 - 1 cup beef broth, low-salt, if possible
 - 2 cups dry red wine
 - 1 1/2 cups red grapes, small size, if possible, seedless
 - 1/4 cup brown sugar
 - 1 teaspoon Worcestershire sauce
 - 1/2 cup Morello cherries, canned, drained
- PORK:**
- 2 pounds pork tenderloin
 - 2 tablespoons olive oil
 - 1 tablespoon fresh rosemary, minced, or fresh sage
 - 1 tablespoon fresh thyme, minced

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

Per Serving (excluding unknown items): 354 Calories; 11g Fat (30.4% calories from fat); 38g Protein; 17g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 364mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.
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