Roast Pork Loin with Apricot Compote

A cooking class by Tarla Falgatter



COMPOTE:

1 1/2 cups white wine, sweeter variety

1 1/2 cups apple cider

2 whole cinnamon stick

1 whole vanilla beans, split & scraped

2 tablespoons sugar

12 ounces dried apricot halves, cut into small pieces

ROAST PORK:

4 1/2 pounds pork loin, chine bone removed

1 1/2 teaspoons salt

1 1/2 teaspoons ground pepper

1 1/2 tablespoons oil

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

Servings: 10

It may be preferable to use two pork tenderloins for this recipe. If so, bake them for about 20 minutes total. You can, if necessary, use vanilla extract in place of the vanilla bean, but the flavor will be significantly reduced. It really is worth the time and trouble to buy the whole bean.

1. Compote: In a medium pan combine wine, cider, cinnamon, sugar and vanilla bean scrapings. Bring to a boil, reduce heat and add apricots. Simmer for 20 minutes or until a syrup consistency is achieved. If the syrup has not reduced sufficiently, remove apricots and boil the syrup until it reaches the desired consistency. Remove from heat and set aside or keep warm to serve. Can be made one day ahead.
2. Pork: Preheat oven to 350°. Season meat with salt & pepper. In a large pan heat oil over medium high heat and brown pork on all sides. Place on a rack in a roasting pan and bake for about 30 minutes, turn meat over, then bake an additional 30 minutes, or until an instant-read thermometer inserted in the center registers 145°. Remove pork from oven, cover loosely with foil for 10-15 minutes, then cut into portions, and spoon hot compote over meat.

Per Serving (excluding unknown items): 332 Calories; 9g Fat (26.6% calories from fat); 27g Protein; 30g Carbohydrate; 5g Dietary Fiber; 64mg Cholesterol; 379mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.