

PORK TENDERLOIN with SAVORY CHERRY SAUCE

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KITCHEN



Photo: Love + Craft Kitchen

Easy to prepare, this dish fits nicely into weeknight dinner parameters and is also one to have up your sleeve to tantalize and impress weekend guests.

The pork can be roasted in the oven or grilled. The Savory Cherry Sauce is delightful and can be prepared ahead of time, then gently heated just before serving, if you wish.

If using frozen cherries rather than fresh, allow a few extra minutes for the additional moisture to cook out of the sauce. Try the sauce with poultry and salmon for more easy meal ideas.

Makes: 4 servings

INGREDIENTS

For the Pork:

- 1 pork tenderloin (about 1 ¼ - 1 ½ pounds)
- 1 tablespoon olive or avocado
- ½ teaspoon Kosher salt
- ¼ teaspoon ground black or white pepper
- ½ teaspoon dried thyme leaves (or 1 teaspoon fresh thyme leaves)

For the Savory Cherry Sauce:

- 1 tablespoons olive or avocado oil
- 1 ½ tablespoons minced shallot or onion
- 1 teaspoon minced garlic (about 1 clove)
- 1/8 teaspoon dried thyme (or ¼ teaspoon fresh thyme leaves)
- 3 cups fresh sweet cherries, washed, pitted (about 10 ounces; frozen may also be used)
- ¼ cup broth or stock (chicken, pork, beef or vegetable – preferably no or low sodium)
- 2 tablespoons fig, traditional or cherry balsamic vinegar
- ¼ teaspoon Kosher salt
- 1/8 teaspoon ground black or white pepper
- 1 tablespoon cold unsalted butter

DIRECTIONS

To Oven-Roast the Pork

1. Preheat the oven to 375°F. Spray an oven-safe baking dish with cooking spray.
2. Bring pork loin to room temperature. Rub the pork with 1 tablespoon of oil on all sides. Season by sprinkling the salt, pepper and thyme all over. Place the pork into the prepared baking dish.
3. Place the baking dish into the oven and roast the pork for 20 – 25 minutes, until the internal temperature measured in the thickest part of the tenderloin reaches 145°F.
4. Remove from oven and transfer the pork tenderloin to a cutting board. Cover with foil and allow to rest for 5 minutes. (The pork will continue to cook during this time.)

5. Slice the tenderloin into ½ inches slices and serve with the Savory Cherry Sauce.
Note: the pork will be slightly pink in the center, which is acceptable.

To Grill the Pork

1. Preheat the grill – medium-high heat.
2. Bring pork loin to room temperature. Rub the pork with 1 tablespoon of oil on all sides. Season by sprinkling the salt, pepper and thyme all over.
3. Place the pork tenderloin on to the grill and cook for 10 minutes, turn over and cook for another 10 minutes. Cook until the internal temperature measured in the thickest part of the tenderloin reaches 145°F.
4. Remove from the grill and transfer the pork tenderloin to a cutting board. Cover with foil and allow to rest for 5 minutes. (The pork will continue to cook during this time.)
5. Slice the tenderloin into ½ inches slices and serve with the Savory Cherry Sauce.
Note: the pork will be slightly pink in the center, which is acceptable.

To Prepare the Sauce

1. In a medium-sized sauce pan, heat the oil over medium heat. Add the shallot (or onion) and sauté until soft. Add the garlic and thyme and sauté 30 seconds more.
2. Add the cherries, stirring to combine with the shallot and garlic. Allow to heat for about 1 minute. Add the broth, balsamic, salt and pepper. Stir to combine. Cover the pan, reduce the heat to medium-low and allow to gently simmer for 8 – 10 minutes, until the cherries begin to soften.
3. Remove the cover and simmer for 5 - 8 minutes more, allowing some of the moisture to cook out.
4. Remove from the heat and add the cold butter, gently stirring to combine. The sauce will thicken slightly at this point.
5. Serve immediately or cool and refrigerate for later use.