

# Wine & Dine with Jeff










## Maple Pecan Pork Tenderloin with Apple Sauce

Maple Pecan Pork Tenderloin Pairing with  
Perrin Cotes Du Rhone Villages 2017



## INGREDIENTS

 1/4 Pound of pork tenderloin

	1 cup of applesauce with cinnamon unsweetened
	2 Tablespoons of Dijon mustard
	2 Tablespoons on fresh sage about 8 large leaves
	1/2 cup of chopped pecans
	2 1/2 Tablespoons of pure maple syrup (Split between
	applesauce and pecans) see below for details
	2 Tablespoons of olive oil
	Salt and Pepper to taste
	

## DIRECTIONS

1. Who doesn't love a 6 ingredient recipe, I love to entertain with this dish because it is so easy and can be done and served in just a few minutes and everyone would think that you spent for hours in the kitchen. I use a pork tenderloin because it is the best part of the pork it is what they call the filet mignon section, but if you are feeding more people and don't want to buy two pork tenderloins you can use the pork loin it is what they cut up porkchops from. The most import part in preparing the pork tenderloin is that you want to remove the silver skin pictured below. This will not render out like fat while the pork cooks and could make the pork chewy. Take your knife and slice directly under the silver skin angling the knife up towards the skin and you cut down the pork tenderloin to remove.

2. In a bowl add the unsweetened applesauce with cinnamon. If you make your own applesauce and you have already sweetened the applesauce you do not want to add the maple syrup to the applesauce because it would be too sweet. Add 1 tablespoon of maple syrup to the unsweetened applesauce with Dijon mustard and fresh sage stir to combine all ingredients and set aside. Chop up the pecans into small bite size pieces and add 1 1/2 tablespoons of Maple syrup stir to combine and set aside.

3. In a sauté pan that is oven proof because you are going from stove top to oven directly add olive oil. Turn heat to medium high and when the oil starts to shimmer you are ready to add the pork tenderloin. Salt and pepper the pork tenderloin on all sides and add it to the hot oil. Brown all sides of the pork tenderloin takes about 2 to 3 minutes per side. You don't want to skip this step because it helps build the layers of flavor to the pork.

4. After browning all sides of the pork tenderloin you want to make sure if there is extra oil in the bottom of the pan remove the oil and turn the stove top burner off. Add the applesauce mixture to the top of the pork tenderloin and yes it will run down the sides that is what you want. Then add the maple and pecan blend to the top of the pork tenderloin as shown below and slightly press down. Place directly into a pre heated oven set for 400 degrees Fahrenheit and cook the pork tenderloin until it reaches 145 degrees this will take 10 to 15 minutes depending on the thickness of the pork. This is

my favorite temperature for a pork tenderloin it is slightly pink in color and juicy. I like to use a meat thermometer that I can keep in the meat while it cooks so I don't have to keep opening up the oven door. Remove the pork tenderloin from the sauté pan and let it rest for 5 minutes before slicing to let the juices redistribute throughout.