

Pork Tenderloin with Maple-Mustard Sauce

Author: Phillis Carey, cooking instructor, April, 2008

Carolyn T's
Cookbook

Servings: 6



2 pounds pork tenderloin, two whole
2 teaspoons dry mustard
salt and pepper to taste
2 tablespoons vegetable oil
1 medium onion, halved, sliced lengthwise
1 cup chicken broth
1/3 cup maple syrup, real stuff
3 tablespoons balsamic vinegar, aged, not the cheap stuff
3 tablespoons mustard, whole grain style
2 tablespoons green onions, green tops only

Serving Ideas: Be sure to serve this with some kind of carb side dish to help soak up the extra sauce.

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

Per Serving (excluding unknown items): 291 Calories; 10g Fat (32.9% calories from fat); 33g Protein; 15g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 299mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Notes: Use a meat thermometer to make sure you don't overbake the meat.. Be sure to use good quality balsamic vinegar. If you don't have (or want to use) green onions, substitute parsley or cilantro. Don't be concerned about serving the meat at 150 degrees - trichinosis is killed at 137 degrees. The more you cook the pork, the tougher it will get.

Description: Yummy, delicious sauce

1. Preheat oven to 400. Trim tenderloins of all fat and silverskin. Season well with dry mustard, salt and pepper. Heat oil in a large skillet over medium heat. Add pork and brown well on all sides, 6-8 minutes. Transfer pork to a parchment-lined baking sheet and roast for about 25 minutes, or until internal temperature reaches 150 degrees. Let stand for 5 minutes (and internal temp will likely rise to about 155) before slicing on a diagonal.
2. While pork roasts, add onion to skillet and cook over medium heat until softened and beginning to brown, 3-4 minutes. Increase heat to medium high and add broth; bring to a simmer, scraping up any browned bits from the bottom of the pan. Simmer until reduced to 1/3 cu, about 3-4 minutes.
3. Add maple syrup, vinegar and mustard, whisking to combine well. Simmer until thickened and reduced to one cup, 3-4 minutes longer. Adjust seasoning with salt and pepper and spoon over pork slices to serve sprinkled with green onions.