



HOME COOKING

with Cathy

by Cathy Abernethy

HOME PROMOTER
CONTRIBUTOR

I always enjoy trying a new recipe for Pork Tenderloin. This is a great recipe to serve when having company because it serves 8 people. I thought with spring time right around the corner, I should include a recipe which uses maple syrup. You can always prepare the sauce ahead of time. Enjoy!



Pork Tenderloin with Maple Mustard Sauce

Maple Mustard Sauce

- 1 Tbsp. butter
- 1 small onion, finely chopped
- 1 Tbsp. all-purpose flour
- 1 cup chicken or vegetable stock
- 2 Tbsp. Dijon mustard
- 2 Tbsp. pure maple syrup
- 1 Tbsp. soy sauce
- Salt and freshly ground pepper

Pork Tenderloin

- 1 cup coarse dry bread crumbs
- 1 Tbsp. freshly chopped ginger – I use a rasp or fine grater) or use 1 Tbsp. ground dried ginger
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- 3 Tbsp. Dijon mustard
- 1 Tbsp. pure maple syrup
- 4 pork tenderloins (each about 12 oz.)

Preparation:

To make sauce; melt butter over medium heat in a small saucepan. Cook onion, stirring, for about 5 minutes or until soft and starting to brown. Sprinkle with flour and cook, stirring, for 1 minute. Whisk in stock, then mustard, syrup and soy sauce and increase heat to med.-high. Bring to a boil. Boil gently, whisking, for about 5 minutes or until slightly thickened. Check seasoning.

To cook pork, preheat oven to 375 F. Combine bread crumbs, ginger, salt and pepper in a shallow dish. Separately, combine mustard and syrup and brush all over pork tenderloins. Tuck thin end of pork under to make even thickness and roll each tenderloin in crumb mixture, pressing to make crumbs stick. Space tenderloins apart on foil-lined rimmed baking sheet or shallow roasting pan, placing tucked end underneath.

Roast tenderloins in oven for about 20-25 minutes or until internal temperature is 160 F. on an instant-read thermometer .

Meanwhile, reheat sauce gently if necessary. Season sauce to taste with salt and pepper. Transfer pork to a cutting board and cover with foil paper loosely and let rest for 5 minutes. Slice pork diagonally into ½ inch thick slices. Place on a warmed serving platter and serve with sauce on the side.

Serves 8 - Complimented well with your favourite roasted potato and vegetables.