

GUASTELLO'S VILLAGE MARKET

Maple Mustard Pork Tenderloin with Roasted Shallots

Serves 3

Ingredients

1 pork tenderloin
1 Tbsp. olive oil, for searing
5 shallots, root end cut off, peeled and quartered
Optional: 1 large bag of fresh spinach

Sauce:

6 Tbsp. nice dry white wine
2 Tbsp. real maple syrup
1 1/2 Tbsp. Dijon mustard
1 1/2 Tbsp. olive oil
1 Tbsp. grainy mustard
1 clove garlic, minced
1/8 tsp freshly ground pepper
1/4 tsp table salt
2 – 3 Tbsp. white wine, for deglazing the pan

Preheat oven to 375° F.

Remove the silver skin and any visible fat from the pork tenderloin and pat dry. Season with some salt and pepper.

In an oven-safe skillet on the stove-top, heat 1 Tbsp. olive oil over medium high heat. Add pork and cook for several minutes on each side until lightly golden. Combine all sauce ingredients and pour sauce over top and add prepared shallots to both sides of the pork.

Place in the pre-heated oven and cook until pork registers about 150° on a meat thermometer (around 15-20 minutes).

Remove from oven and place on stove-top. Remove pork to a cutting board and tent with foil to keep warm. Remove shallots to a bowl with a slotted spoon (to keep any sauce in the pan).

Turn heat on under skillet to medium-high. Once the pan is hot, add 2-3 Tbsp. white wine and stir with a wooden spoon to loosen any browned bits. Allow wine to cook off for a minute or two, then reduce heat to medium-low and allow to cook down a bit, until thickened. (Note: there won't be a ton of sauce, but it is very flavorful, so a little goes a long way. Be sure to add any juices from the resting pork to the sauce as well, before slicing the pork).

Slice pork and place on serving plate(s). Drizzle with sauce and serve with roasted shallots.

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I added quick sautéed spinach to my dish. I heated a Tbsp. of olive oil in a skillet over medium-high heat while my pork was resting and my sauce was simmering. I added the kale and then immediately turned the heat off under the pan. Add a bit of salt and pepper, then stir for a minute or so until wilted. I sometimes like to add a splash of vinegar to sautéed kale or spinach. White or red wine vinegar, adds a nice tanginess.

Credit: seasonsandsuppers.ca