



WEEKDAYS 1e|12p|c



Michael Symon's Bacon Roasted Pork with Mustard Fruit

skill level
moderate

time
60-120min

servings
6

cost
\$

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While a double dose of pork may seem like overkill, the lean pork tenderloin benefits from the salty bacon exterior.

ingredients

For the Pork Tenderloin:

1 Pork Tenderloin (trimmed)
3 tablespoons Grains Mustard
2 tablespoons Low-Sodium Soy Sauce
1 tablespoon Molasses
8 strips Bacon
Salt and Pepper
Extra-Virgin Olive Oil

For the Mustard Fruit:

1 cup Dry Red Wine
1/4 cup Red Wine Vinegar
1/2 cup Sugar
1 teaspoon Kosher Salt
1/3 cup Grains Mustard
1/2 teaspoon Mustard Seeds
1 Underripe Pear (cored and cut into cubes)
1 cup Dried Tart Cherries

kitchenware

- Cutting Board
- Chef's Knife
- Skillet
- Mixing Bowl
- Slotted Spoon

steps	ingredients per step	instructions
1	1 Pork Tenderloin (trimmed) Salt and Pepper	For the Pork Tenderloin: Preheat oven to 375 degrees F. Season the tenderloin with salt and pepper.
2	8 strips Bacon	Lay a piece of plastic wrap on a cutting board and then arrange the bacon on top, lengthwise, so the strips are touching.
3	3 tablespoons Grains Mustard 2 tablespoons Low-Sodium Soy Sauce 1 tablespoon Molasses	Preheat a cast iron skillet over medium-high heat. In a small bowl, whisk together the mustard, soy sauce and molasses. Brush the tenderloin with the mixture. Lay the tenderloin on the bacon, at the edge closest to you. Using the plastic wrap as an aid, wrap the bacon around the tenderloin.
4	Extra-Virgin Olive Oil	Place the bacon-wrapped tenderloin seam side down into the pan, drizzle with olive oil, and cook until bacon is crispy on all sides.

5

Transfer the pan to the preheated oven and roast for 15 minutes or until the internal temperature of the loin is 145 degrees F.

6

Remove from oven and place pork on a cutting board to rest for 10 minutes before slicing. Slice and serve with Mustard Fruit.

7

1 cup Dry Red Wine
1/4 cup Red Wine Vinegar
1/2 cup Sugar
1 teaspoon Kosher Salt
1/3 cup Grainy Mustard
1/2 teaspoon Mustard Seeds

For the Mustard Fruit: In a small non-reactive saucepan, combine the wine, vinegar, sugar, and salt and bring to a boil. Stir in the mustard and mustard seeds.

8

1 Underripe Pear (cored and cut into cubes)
1 cup Dried Tart Cherries

Put the pear and cherries in a quart-sized glass jar and pour in the hot liquid. Cover the jar and store in the refrigerator for at least 2 days and up to 1 month.

9

To serve, remove the fruit from the liquid with a slotted spoon.