

PORK TENDERLOIN WITH APPLES & SAGE

INGREDIENTS

700gms boneless pork tenderloin
1-2 tbsp olive oil
2 tsp chopped sage
salt and pepper
1 Gala apple core removed and cut into chunks
with the skin on
1/2 a yellow onion diced
2 tbsp balsamic vinegar
1 cup apple jam

METHOD

Step 1:

Preheat the oven to 180C. Heat 1 tablespoon of olive oil in a cast-iron skillet over high heat. Carefully place the pork tenderloin into the pan and cook each side for approximately 3 to 4 minutes, or until each side is nicely browned.

Step 2:

Lower the heat to medium-low. Remove the tenderloin from the pan, temporarily placing it on a plate. Add a generous pinch of salt to both sides of the tenderloin, as well as a small pinch of freshly ground pepper; set aside.

Step 3:

To the pan, add another tablespoon of oil (if needed). Add the apple chunks and diced onion. Give everything a stir and sauté for a couple of minutes until the onions turn translucent. Pour in 1 tablespoon of balsamic vinegar and again stir everything together. Remove the skillet from the heat.

Step 4:

Gently push aside the apple chunks and onions to clear a space in the middle of the pan for the pork tenderloin. Transfer the tenderloin back into the pan, pouring its residual juices on the plate in as well.

Step 5:

Warm the apple jam for 30 seconds in the microwave, then add a tablespoon of balsamic vinegar to it. Stir in the vinegar until its incorporated, then smear the jam all over the pork tenderloin. Sprinkle the chopped sage over the entire contents of the pan.

Step 6:

Cover the skillet with a sheet of foil, then bake the tenderloin for 20 minutes, stopping to remove the sheet of foil. Bake for another 10 to 20 minutes, until it registers at least 165°F on a meat thermometer. Once it's done baking, let the tenderloin rest for at least 5 minutes before slicing on the diagonal and serving.

THE COOKERY

by The Secret Jozi Chef