

Pork Tenderloin with Plum Chutney



Makes:

10 servings, 3 ounces per serving

Utensil:

Saladmaster Food Processor
1 Qt./9 L Sauce Pan with Cover
11" Large Skillet with Cover
small mixing bowl
7" Santoku Knife

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Recipe:

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Plum Chutney

1 large

shallot, strung, use Cone #2

½ cup

brown sugar, packed

(90

g)

¼ cup

sherry vinegar or apple cider vinegar

(60

mL)

1 tablespoon

garlic, shredded, use Cone #1

(8

g)

1 tablespoon

mustard seeds or 2 teaspoons mustard powder (11g/5g)

2 teaspoons

fresh ginger, peeled and shredded, use Cone #1

(4

g)

½ teaspoon

black pepper

(1

g)

1 bay leaf

¼ cup

water
(60
mL)
kosher salt to taste
1 cup
dried pitted plums, chopped
(174
g)

Pork

2
tablespoons minced fresh rosemary (3 g) 4
teaspoons Herbes de Provence (5 g) 1
pinch each Kosher salt and black 4
pepper 2
teaspoons olive oil (20 mL)
pork tenderloins, about 2 (200 g)
pounds

Directions:

1. Preheat sauce pan over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, add shallots. Lower heat to medium-low and cook, stirring occasionally, until shallots begins to soften, about 2 minutes.
2. Add brown sugar and next 8 ingredients through salt. Continue to cook until mixture is fragrant, about 2 minutes.
3. Stir in plums. Cover and simmer over medium-low heat for 8 minutes. Uncover and continue cooking, stirring occasionally, until fruit is soft and juices have thickened, 20 – 25 minutes. Let cool slightly.

Pork

1. Stir rosemary, Herbes de Provence, salt, pepper and oil in a small bowl and blend well. Rub all over pork.
2. Preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, reduce heat to medium-low and place pork into pan. Cook uncovered until meat releases from pan, approximately 5 minutes, and turn meat one-quarter turn. Brown all four sides, approximately 5 minutes per side. If internal temperature is 145°F/65°C, remove from pan, transfer to cutting board and allow to rest 10 minutes. If temperature is not at least 145°F/65°C, cover with lid ajar and cook an additional 5 minutes.
3. Slice and serve with plum chutney alongside.

Tips:

- Can substitute dried pitted plums with 4 fresh red or black plums, peeled, pitted and chopped.

Nutritional Information per

▼ Serving

Plum Chutney

Calories: 86

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 8mg

Total 21g

Carbs:

Dietary Fiber: 0g

Sugar: 12g

Protein: 1g

Pork

Calories: 198

Fat: 9g

Saturated Fat: 3g
Cholesterol: 85mg
Sodium: 86mg
Carbohydrate: 0g
Fiber: 0g
Sugar: 0g
Protein: 27g
