

July 24, 2015

Recipe: Pork Tenderloin with Onion/Raisin Conserve

Pork Tenderloin baked in Fruit Juice and Herbs topped with an Orange Onion Raisin Sauce

Servings: 4

- 1 1/2 pounds pork tenderloin
- 1/2 teaspoon coarse salt
- 1/2 teaspoon black pepper, fresh ground
- 5 bay leaves, crushed
- 3 sprigs thyme, fresh, leaves only
- 2 tablespoons olive oil
- 1 1/4 cups orange juice, fresh, or tangerine juice
- 3/4 cup raisins
- 4 tablespoons butter, unsalted
- 1 red onion, small, sliced thin
- 1 fennel bulb, medium, sliced thin
- 1 teaspoon sugar
- salt and pepper, to taste



Rub tenderloins with coarse salt, pepper, bay leaves, and thyme. Let rest at room temperature for 30 minutes. Preheat oven to 375 degrees.

Scrape marinade off pork and reserve. Heat olive oil in large skillet and add tenderloins. Sear meat quickly over high heat until well browned on all sides. Place seared meat on a rectangular piece of foil and rub reserved marinade back onto meat. Fold up ends of foil to create a "boat" and pour 1/4 cup of the tangerine or orange juice over the meat and then fold foil to create a sealed pouch.

Place in oven in and cook for 20 minutes. Remove tenderloin from oven and loosen the foil to allow any steam to escape. Leaving the pouch open, return to oven for 30 to 40 minutes or until meat registers 150 degrees on a thermometer. Let meat cool, re-seal foil pouch and store in refrigerator.

Combine the raisins and remaining orange or tangerine juice and let soak 30 minutes. Melt 3 tablespoons of butter in a large skillet over medium heat and saute the onion slowly for 5 minutes. When the onion has softened, add the fennel and continue to cook for 5 minutes. Add the raisins, juice, and the remaining 1-tablespoon butter. Stir in sugar and season with salt and pepper to taste.

Heating instructions:

Heat onion/raisin conserve in microwave until warm. Slice pork tenderloin thinly and place on plate. Cover with some of the conserve and heat in microwave briefly (just to warm).

Serving Suggestions:

Serve with Bulgur with Mushrooms