

Pork Tenderloin with Maple Glaze

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(recipe courtesy of About.com)

Ingredients:

1 or 2 pork tenderloins, about 1 ½ to 2 pounds
2 tsp. butter
2 tsp. olive oil
6 tab. pure maple syrup
¼ c. cider vinegar
2 tsp. Dijon (or brown) mustard
1 tab. pure maple syrup

For the rub (mix together in container):

1 tsp. garlic powder
1 tsp. dried oregano
1 tsp. ground cumin
1 tsp. ground coriander
1 tsp. dried thyme
1 tsp. garlic salt

Preparation:

Pre-heat oven to 350 . Trim pork of any visible fat and membrane. Apply rub evenly and return pork to refrigerator for 2-3 hours.

In a small bowl, combine 6 tablespoons maple syrup, ¼ c. cider vinegar, and the Dijon or brown mustard. Stir to blend thoroughly. Set aside. Melt butter with oil in large nonstick skillet over medium heat until hot and foamy. Add pork tenderloins and cook, turning, until brown on all sides, about 6-8 minutes. Place tenderloins in oven for 15-20 minutes until internal temperature is 155 . Transfer pork to platter; cover with aluminum foil to keep warm. Add 2 tab. vinegar to skillet and bring to boil, scraping up any browned bits. Reduce heat to medium low.

Return pork to skillet; add maple syrup mixture and turn pork in glaze to coat well, about 2-3 minutes until internal temperature is 165 . Remove from heat. Transfer pork to cutting board. Cut pork into ½” slices. Stir 1 tab. maple syrup into the glaze. Taste and season the glaze with salt and pepper, if needed.

Arrange sliced pork on plates or platter. Spoon glaze over pork and serve.

Smashed Red Skins with Horseradish

Ingredients:

Six redskin potatoes, washed and cut into eighths
½ c. of cream
1 tab. butter
Prepared horseradish (1-2 tablespoons, to taste)
Chopped scallions (3-4)
Salt and Pepper

Steam potatoes until tender (about 20 minutes)

Procedure:

- Smash potatoes with fork or potato masher.
- Add warm cream, parsley, butter and horseradish.
- Salt and pepper to taste.

Green Beans with Shallots

Ingredients:

1 lb. green beans, washed and trimmed
1 large shallot
Butter, salt and pepper

Procedure:

- Boil beans in salted water for 8-9 minutes
- Drain beans and put them in an ice bath to stop the cooking and preserve bright green color
- In the same pan, melt butter and add shallot. Sauté shallot until tender
- Add beans and parsley to pan and sauté beans until warm.
- Add salt and pepper to taste.