

CHEF SARA RHODES

APPLE BRAISED PORK TENDERLOIN

- 1 Pork tenderloin, 1 to 1 ½ lbs. trimmed
- 1 small onion, small dice
- 3 cloves garlic, minced
- 1 large red skinned sweet potato, small dice
- 1 Granny Smith apple, medium dice
- 2 tsp. fresh thyme, chopped
- 1 ½ tsp. Chinese 5 spice blend
- 1/3 cup apple brandy or apple juice
- 2 whole star anise pods
- 3 cups chicken stock



BURRE MANIE

Equal parts by measure of raw butter and flour mixed together into a smooth paste

Season pork tenderloin with salt and pepper and ½ tsp of the Chinese 5 spice blend. Heat a braising pan or a heavy skillet over medium high heat. Add some olive oil and sear tenderloin on all sides. Remove tenderloin from pan and set aside.

Add onions and sweet potato to skillet and sauté for about 7 or 8 minutes. Add garlic, thyme, apple and the rest of the Chinese 5 spice blend. Sauté 5 minutes more. Add apple brandy to deglaze the pan, scraping up the brown bits.

Put tenderloin back in the pan and add the chicken stock $\frac{3}{4}$ ways up tenderloin. Bring back to a boil and then reduce heat to medium and simmer covered for about 15 to 18 minutes.

Remove pork to a cutting board to rest. Keep simmering the stock and add a small amount of Burre manie to thicken sauce slightly.

Place the potato and apple mixture on a plate. Shingle sliced tenderloin on top and serve.