

CHEF SARA RHODES

PORK TENDERLOIN WITH APPLES AND ONIONS

1 pork tenderloin, trimmed and cut into medallions
2 tsp. Herbs de Provence
One half of a large onion, sliced
1 heaping cup peeled and diced Granny Smith apple
Olive oil
1 ½ tsp. finely chopped fresh rosemary
½ cup Apple Cinnamon Vinegar
1 Tbsp. honey
¼ cup chicken stock
Beurre Manie to finish and thicken



Make the Beurre Manie by kneading together 2 Tbsp., by measure, all-purpose flour and 2 Tbsp., by measure of cold butter. Refrigerate and keep cold. Any leftover can be frozen for later use.

Heat a sauté pan over medium high heat. Add about 1 ½ Tbsp. of the olive oil. Season pork medallions with salt, pepper and herbs de Provence. When oil is hot, add the medallions. Cook about 2 to 3 minutes per side. Remove from pan and put on a warm plate and cover with foil.

Add the onions and rosemary to the pan. Sauté about 3 to 4 minutes. Add the apples and sauté a couple minutes more. Add the vinegar and chicken stock. Bring to a simmer and add the honey. Reduce slightly. Start adding the Beurre Manie a little at a time, while stirring, to reach your desired thickness on the sauce.

Shingle medallions on a plate and spoon sauce with the pork.