



Menu du Jour

04 Feb 06

Cranberry-Habanero Glazed Pork Tenderloin
Garlic-Horseradish Mashed Potatoes
Spiced Apple Compote
Sautéed Sugar Snap Peas
(Serves four)

Cranberry-Habanero Glazed Pork Tenderloin

Pork is an inexpensive, flavorful, and versatile meat that lends itself to a variety of preparations. This marinated and stuffed tenderloin is glazed with a spicy cranberry-habanero jelly and served with an apple compote, garlicky mashed potatoes, and sugar snap peas. This recipe requires advance preparation.

1 whole pork tenderloin (about 1 1/4-pound)
3/4 cup Cranberry-Habanero Jelly, melted

For the marinade:

3 cloves garlic, minced
1/2 cup chopped green onion
1 (12-ounce) bottle Woodchuck Amber hard cider
2 tablespoons Dijon mustard
1/2 teaspoon coarse kosher salt
1 teaspoon freshly ground black pepper

For the stuffing:

2 tablespoons olive oil
1 medium red onion, finely diced
1 rib celery, finely diced
2 Cortland or Macintosh apples, seeded and diced
2 cloves garlic, minced
2 cups day-old bread, cubed
3/4 cup hard cider
1 tablespoon chopped fresh parsley
1 teaspoon chopped fresh thyme
2 teaspoon chopped fresh sage
Kosher salt and freshly ground black pepper

Remove any silverskin and extraneous fat from the tenderloins.



Prepare the marinade by combining all the ingredients in a medium mixing bowl. Place the tenderloins in a resealable food-grade bag, add the marinade and marinate the tenderloins, refrigerated, at least 4 hours or up to overnight.

Meanwhile, prepare the stuffing:

In a large skillet, heat the olive oil. Sauté the onion and celery until soft, about 5 to 8 minutes. Add apples and garlic and cook 2 to 3 minutes. Add the hard cider and bread cubes and cook until moisture evaporates. Stir in herbs, salt, and pepper. Adjust seasoning to taste. Cool completely. (Stuffing may be prepared one day ahead and held covered and refrigerated.)

Remove the tenderloins from the marinade; discard marinade. Using paper towels, pat the tenderloins dry.

Brush the inside surface of the tenderloins with the cranberry-habanero jelly. Put a layer of stuffing atop one of the tenderloins. Place the second tenderloin, jelly side down, on top of the stuffing and tie the tenderloins together with butcher's twine. Spoon any remaining stuffing in a buttered casserole dish and reserve. (If desired, the remaining stuffing could be cooked, covered, in a 350 degrees F. oven for 30 to 40 minutes.)

Preheat the oven to 425 degrees F.

Roast the stuffed tenderloins for 30 minutes. Brush melted jelly atop the tenderloin and continue cooking for another 20 to 25 minutes or to an internal temperature of 155 degrees F. Let the pork rest, tented with aluminum foil, for 5 to 10 minutes then bias-slice into 1/2-inch slices.

(Chef's note: The tenderloin could be cooked in a covered 350 degrees F. grill for about 45 to 60 minutes turning once.)

Garlic-Horseradish Mashed Potatoes

5 large Russet potatoes (about 10-ounces each)

Olive oil

3 tablespoons unsalted butter

4 cloves roasted garlic

1/4 cup sour cream

1 tablespoon prepared horseradish, well drained

1/2 to 3/4 cup cream, scalded

2 tablespoons minced fresh flat leaf parsley

Kosher salt and cracked white pepper, to taste

Preheat oven to 425 degrees F.

Wash and dry potatoes. Coat the potatoes lightly with olive oil and season with salt and pepper. Bake the potatoes for 1 hour or until easily pierced with a knife. Cool. Remove flesh from potatoes and mash. (Potato skins could be reserved and used for stuffed potato skins.)



Melt the butter in a medium stockpot over medium heat; add the roasted garlic.

Add the potatoes, the sour cream, and the horseradish to the pot; mash to combine. Slowly add the scalded cream until the potatoes reach the desired consistency. (The potatoes will tighten as they cook.) Cook for 5 to 10 minutes, stirring often, until potatoes are very hot. Garnish with parsley.

Spiced Apple Compote

- 1 tablespoon unsalted butter
- 1 medium red onion, peeled and thinly sliced (about 1 cup)
- 1 Granny Smith apple, cored and cut into pieces
- 1 Red Delicious apple, cored and cut into pieces
- 2 tablespoons brown sugar
- 1/2 cup hard cider
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Heat a 2-quart saucepan over medium heat; melt the butter and add onion. Cook, stirring frequently, about 10 minutes or until onion is brown and caramelized. Add remaining ingredients; reduce heat to low. Cover and simmer, stirring occasionally, for about 20 minutes or until apples are tender. (This may be served warm or at room temperature.)

Sautéed Sugar Snap Peas

- 1 pound sugar snap peas
- 3 tablespoons olive oil
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger
- 1/2 teaspoon coarse kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup julienned red onion

String peas by beginning at tip and pulling it down. Cut off stem ends and leave whole. Place in colander and rinse under cold water. Drain well.

In large skillet heat the oil. Add garlic and ginger; sauté briefly. Add peas and, over medium-high heat, toss and cook for 2 to 4 minutes, until crisp-tender. Do not overcook. Add salt, pepper, and red onion. Serve immediately.



Tenderloins Brushed With Cranberry-Habanero Jelly



Tenderloin With Stuffing



To Serve:

Mound the potatoes onto the plate, dot with butter and garnish with freshly chopped flat leaf parsley. Arrange Sugar Snap Peas onto plate. Spoon Spicy Apple Compote onto plate. Layer sliced tenderloin and stuffing onto the plate, drizzle with warmed jelly and garnish with chopped parsley.