

ROAST PORK TENDERLOIN

INGREDIENTS:

- ☐ 2 pork tenderloins, 16 ounces each
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon butter
- ☐ Chestnut flour or all-purpose flour for dredging
- ☐ 1 large shallot (2 ounces), finely chopped
- ☐ ¼ cup amontillado sherry
- ☐ ½ cup chicken broth
- ☐ Salt and pepper
- ☐ Brussels sprout and Chestnut garnish (see recipe)

INSTRUCTIONS: Preheat oven to 400°.

Trim off any silvery skin from the pork. Cut off the thin, tapered ends of each tenderloin, reserving them for another use.

Heat the oil and butter in a heavy, oven-proof saute pan. Rinse the pork, pat dry and roll in flour. Brown on all sides in the hot butter; this will take 5 to 7 minutes. Transfer pan in the oven and roast for 18 minutes, or until internal temperature reaches 145°. Transfer the meat to a warmed platter.

Fold a heavy kitchen towel or large oven mitt over the handle of the saute pan, place the pan on a burner and stir in the chopped shallot. Saute for 2 minutes, scraping up meat residue in the pan.

Add the sherry and let boil for a minute or two, then stir in the chicken broth. Boil for 2 minutes to reduce slightly, then remove from heat. Season to taste with salt and pepper.

Return the tenderloins to the pan and turn to coat with sauce. Transfer to a serving platter.

Add the Brussels sprouts and chestnuts to the pan and toss to coat with sauce. Carve the pork on the diagonal in ½-inch-thick slices. Surround with Brussels sprouts and chestnuts. Spoon the sauce over the meat.

Serves 4 with leftovers.

PER SERVING: 445 calories, 42 g protein, 38 g carbohydrate, 12 g fat (4 g saturated), 119 mg cholesterol, 141 mg sodium, 11 g fiber.