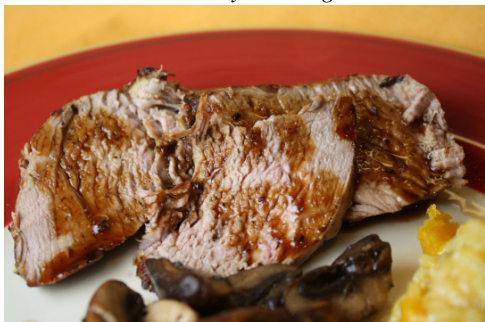


## Pork Tenderloin with Maple Syrup Mustard & Vinegar Sauce

Carolyn T's  
Main Cookbook

Servings: 6

Author: Phillis Carey cooking class



Notes: If you have guests with big appetites, two tenderloins might not be enough.

### PORK:

2 whole pork tenderloin

2 tablespoons Dijon mustard

Salt & pepper to taste

1 1/2 tablespoons vegetable oil (don't use olive oil)

### SAUCE:

3/4 cup apple cider vinegar

1/2 cup maple syrup (the real stuff)

6 tablespoons Dijon mustard

1 1/2 tablespoons fresh sage, chopped

Serving Ideas: Do serve with a bright vegetable - like broccoli or carrots, or asparagus.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 209 Calories; 7g Fat (29.3% calories from fat); 17g Protein; 21g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 291mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.

1. Preheat oven to 425.

2. Trim fork of fat and silverskin. Combine 2 T. mustard with salt and pepper and rub all over the pork.

3. Heat oil in a skillet over medium-high heat. Add the pork tenderloin and brown on all sides, about 6 minutes total. Transfer pork to a parchment-lined baking sheet (or use Silpat) and roast until the internal temperature reaches 150 (155 if you want it at medium), about 20-25 minutes. Remove from oven (do not rinse the pan).

4. Use roasting pan (if it can go on the stovetop) and place on low heat. Add the vinegar and boil, scraping up any browned bits from the bottom of the pan. Whisk in the maple syrup and mustard and bring to a boil. Use a whisk to mix all the mustard smoothly into the sauce. Reduce heat and simmer until sauce has thickened, about 5 minutes. Add the sage and remove from heat.

5. Meanwhile, slice the pork on the diagonal, about 1/2 inch thick slices. Serve on a heated plate (it gets cold very quickly) and drizzle with the maple mustard sauce.