

Tenderloin of Pork with Apples and Cider

- Pork tenderloin (mine was 380kg) remove any sinew
- 1/2 tbsp. Olive oil
- 1 large apple, I used a Granny Smith. Peeled, cored and sliced
- 2 cloves of garlic, crushed
- 2 bay leaves
- 1 tbsp. of fresh rosemary leaves and sage, finely chopped
- 1 cup apple cider
- 1/2 tbsp. Dijon mustard
- 1/2 a pint stock, I used chicken, you can use chicken or veg if that's what you have.
- 1/2 cup heavy cream
- Sea salt and cracked black pepper to taste

Method:

- Preheat oven to 200 degrees.
- Season the pork well and rub with oil, heat up a pan that can go into the oven, I used a cast iron skillet. Brown the pork on all sides then set aside.
- In the same pan add the apples and garlic, add a little more oil if needed, then add the bay leaves and the rosemary/sage, mix well and cook for a few minutes.
- Pour in the cider and let it bubble for a few minutes more.
- Add the Dijon, stock and salt and lots of pepper. Stir then place the pork in the middle of this sauce.
- Place into the oven and cook for 25 minutes.
- Take the pan out of the oven and carefully remove the pork, set aside to rest; I covered it with foil.
- Place back into the oven, and turn up to the highest, let this cook for 5-8 minutes more, or until the apples are a little caramelised.
- Again, carefully remove from the oven, whisk in the cream then bring back to the boil on the hob and let it thicken a little.
- Slice the pork and add to the sauce. Sprinkle with rosemary flowers.