



Garlic Pork with Figs

This dish is nice in the cooler months paired with roasted butternut squash and braised cabbage. Look for free-range meat for the best flavor.

INGREDIENTS:

12 ounces (one small loin) Niman or Maveric Ranch pork tenderloin
1 tablespoon Bragg's Liquid Aminos (may sub soy sauce)
1 tablespoon organic garlic powder
½ teaspoon freshly ground black pepper
1 tablespoon coconut oil
1 tablespoon organic unsalted butter
2 ½ tablespoons shallots, minced
1 teaspoon micro grated fresh ginger
1 ½ tablespoons brown sugar
1 cup beef stock
½ cup dried figs, quartered
¼ cup apple juice
1½ tablespoons balsamic vinegar

PREPARATION FOR THE MEAT:

- Heat oven to 450 degrees
- Clean pork of any fat and silver skin
- Coat meat with liquid amino and let rest 10 minutes
- Sprinkle garlic and pepper over meat and roll the seasonings into the tenderloin.
- Heat a heavy oven-proof skillet to near smoking
- Add coconut oil and swirl to coat the pan bottom
- Add pork to hot skillet and quickly sear the meat, lifting and turning and dark browning all sides
- Place skillet in the heated oven and roast for 12 to 15 minutes or to medium (145 degrees internal temperature) depending on the thickness of the loin.
- Remove from oven, transfer meat out of the pan and onto a warm plate, cover with foil and let rest while you prepare the sauce

PREPARATION FOR THE SAUCE:

- Place oven-hot skillet on stove top (careful with the pan's handle!)
- Add butter, shallot, ginger and brown sugar and sauté 2 minutes
- Add beef stock, raise heat to high and briskly boil to reduce liquid by half or until sauce will coat a spoon
- Add figs, apple juice and vinegar
- Simmer a few minutes longer to desired consistency





To Serve: Remove pork to a cutting board and slice meat on a slight angle into ½ thick medallions. Transfer to a heated serving plate and dress with half the sauce

Serves 2

Calories per serving: 4 ounces meat, 3 tablespoons sauce: 150

Fat Grams per serving: 9

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