



Stuffed Pork Tenderloin topped with Pear and Fig Compote

Pear and Fig Compote

INGREDIENTS:

2 each Pears, peeled and cored, cubed
1 each Shallot, chopped
½ cup White wine
1 ½ cup Apple juice or apple cider
½ cup Figs, halved
1 Tablespoon Brown Sugar
½ teaspoon Cinnamon, ground
¼ teaspoon Cloves, whole
1 each Vanilla bean halved or split open
½ teaspoon Salt
2 teaspoon Cornstarch + cold water about 2 tsp.

PREPARATION:

- Warm sauce pan to a medium heat
- Once pan is hot, add shallots and cook until tender; then add pear cubes.
- Let pears cook for about 5 minutes stirring frequently.
- Then add apple juice, figs, brown sugar, cinnamon, cloves, vanilla bean and salt.
- Stir frequently and bring pears to a simmer until they are tender and sauce has a slight thickness to it. If more thickness desired, add small amounts of cornstarch in cold water (slurry) until you have reached your desired consistency.
- Serve over pork tenderloin or your favorite protein.

***Chef's Note:** This sauce is great over Roasted Duck breast, or even as a stuffing for pork by removing the apple sauce from the recipe. If compote is too spicy, cu, with more apple cider and apples, however, if you want it spicier you may add more red pepper flakes. Remember that because they are dry spices, they will take a few minutes to rehydrate and release their flavor so add flakes slowly.*

Number of Servings: 4

Serving Size: approx ¼ cup

Calories: 45

Fat: 0





Stuffed Pork Tenderloin

INGREDIENTS:

12 ounce Pork tenderloin, cleaned and butterflied
3 each Granny Smith apples, peeled, diced medium
2 each Shallots, chopped
¼ teaspoon Sea salt
½ teaspoon Black pepper
¼ teaspoon Nutmeg
½ teaspoon Cinnamon
¼ teaspoon Cloves, ground
¼ cup Dried cranberries, chopped
¼ cup Dried figs, chopped
2 teaspoons Fresh oregano, chopped

PREPARATION:

- Preheat oven to 375°.
- Ask your butcher to butterfly the tenderloin for you. Lay the pork out on a flat surface and season the inside with salt and pepper.
- Spread the apples, shallots, cranberries, figs and spices on the tenderloin.
- Roll the tenderloin up and tie with butcher string.
- Heat a large skillet over medium high heat. Spray with cooking spray.
- Brown stuffed tenderloin on all sides; about 1 minute per side.
- Transfer sauté pan to oven or place tenderloin on baking sheet and roast for 10-15 minutes or until thermometer registers 155° F.
- Remove the tenderloin from the pan and allow to rest for 5 minutes.
- Slice into four equal portions.
 - If you prefer your pork a little pink, pull out of the oven at about 145 degrees then let set for 5 minutes.

***Chef's Note:** This can be served with a spiced apple cider sauce, pear and fig compote or served as is.*

Number of Servings: 4

Serving Size: 4 oz or ¼ of tenderloin

Calories: 160

Fat Grams: 4.4

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