

## Herby Pork Tenderloin with onion sauce and roasted apples

### INGREDIENTS:

- Trimmed pork tenderloin – enough for your number of diners
- Fresh rosemary, picked and chopped
- 2 apples (ideally English), skins on and chopped chunky
- Garlic cloves 2 or 3 peeled, sliced finely
- 2 tbsp creme fraiche
- 1 tbsp Demerara sugar
- 1 large onion, peeled and cut into chunky pieces
- Dry Cider about 150ml
- Salt and pepper
- Oil - about 1tbsp or small knob of butter
- Apple cider or white wine vinegar about 1 tbsp
- Fresh thyme, picked and chopped



### METHOD:

1. Preheat your oven to 210 degrees fan/230 degrees nonfan. Place the oil, cider vinegar in a bowl to mix, toss the apples and onions in the mixture and place in your baking dish.
2. Using a knife make slits all over your fillet and squish in the slithers of garlic, gently toss in the oil and vinegar mixture.
3. Now sprinkle the onion and apple with a little sugar and the chopped herbs, sprinkle the herbs also on the pork, season the whole dish with salt and pepper.
4. Bake for 25 - 30 minutes until the pork is cooked and apples and onions have softened and are starting to caramelize.
5. Remove from the oven and put the pork and apples in a separate dish and keep the warm whilst you make the sauce. Wrap the dish in foil, turn off the oven and place the dish in the oven to keep warm.
6. Bring the roasting juices and cider to the boil in the roasting pan, ensuring you scrape about to gather all the flavours into the sauce, bring to the boil and reduce by approximately half.
7. Once the sauce has reduced add the creme fraiche and season to taste.
8. Slice the pork diagonally and serve with your chosen vegetable accompanied by some of the caramelised apples, onions and your delicious cider sauce.