

Mustard Glazed Pork Tenderloin with Onion Sauce

Serves: 2-4

Ingredients:

1 2-3 lb. Pork Tenderloin

7 Tbsp. Country Dijon or
Whole Grain Mustard

$\frac{3}{4}$ cup Apple Cider

3 Tbsp. Brown Sugar

2 medium Onions, thinly
sliced

1 cup Beef Stock

Salt

Pepper

Butter

Olive Oil

Flour

1. Preheat oven to 425 degrees.
2. In a small saucepan, bring $\frac{1}{2}$ cup of the Apple Cider to the boil and reduce to about $\frac{1}{4}$ cup. Remove from heat and whisk in 4 tablespoons of the mustard and the brown sugar. Whisk to dissolve the brown sugar. Set glaze aside.
3. Heat a large oven-proof sauté pan with 3 tablespoons of olive oil.
4. Season the pork tenderloin with 2 teaspoons of salt and 1 teaspoon of pepper.
5. Sear the tenderloin on all sides in the sauté pan. About 3-4 minutes per side.
6. Paint half of the glaze, over the top of the pork tenderloin. Add $\frac{1}{2}$ - $\frac{3}{4}$ cup of the beef stock to the sauté pan and place in the preheated oven.
7. Roast for about 15-20 minutes until the internal temperature reaches 145 degrees. About half way through, paint the rest of the glaze on the pork. Remove tenderloin to a side plate and cover with foil and allow to rest for about 5-10 minutes, reserve liquid in the pan for the sauce. While the pork cooks, start on the sauce.
8. In a medium sauté pan, heat 2 tablespoons of butter and 2 tablespoons of olive oil over moderate heat. Add the sliced onions and cook until tender and nicely browned.
9. Season onions with $\frac{1}{2}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of pepper.
10. Stir in the other 3 tablespoons of the mustard and the other $\frac{1}{4}$ cup of Apple Cider. Add the reserved drippings from cooking the pork. Bring to the boil and reduce until the sauce is nice and thick. If it gets too thick add some more beef stock or water. Correct seasoning if necessary.
11. Once the pork has rested, slice the pork on the bias and serve the sauce over top.