

Quebec roast pork tenderloin, rosemary sweet potato mousseline, cider and cranberry sauce

Recette pour 4 personnes

Description

Pork tenderloin seared in a pan, then roasted and served on mashed sweet potatoes flavored with rosemary and served with a cider reduction and dried cranberries.

L'idée déco

Pork flavor matches fruits very nicely. You may substitute dried cranberries by dried apricots or cherries.

Ingrédients

For the pork tenderloin with apple cider reduction

- 600 Gr Pork tenderloin
- 20 Gr Dried cranberries
- 2 Unit(s) Shallot
- 125 Ml Apple cider
- 125 Ml Veal demi-glace
- 8 Slice(s) Bacon

For the sweet potato mash

- 600 Gr Sweet potatoes
- 1 Unit(s) Red onion
- 2 Sprig(s) Rosemary

Brussels sprouts petals

- 10 Unit(s) Brussels sprout
- 100 Ml Water
- 1 Tbsp Butter

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre oven à 400.00 F°

General preparation

Peel and dice the sweet potatoes. Chop the red onion. Finely chop the shallot. Cut the pork in 150g

portions.

Clean the Brussels sprouts, remove the first leaves and keep aside in ice cold water.

For the sweet potato mash

In a large saucepan, drizzle some olive oil and sweat the red onion. Allow to caramelize then add the diced sweet potatoes. Season with salt and pepper and cover with cold water and add the rosemary sprigs. Bring to a boil, then reduce the fire intensity. Simmer for 15 to 20 minutes. Until potatoes are soft. Drain, taking care to preserve a little of the cooking liquid and remove the rosemary sprigs. In the bowl of a food processor, place the sweet potatoes and mix them to create a very smooth puree. Add some butter and a little cooking liquid to adjust the texture. Adjust the seasoning.

Pork tenderloin and cider reduction preparation

Season with salt and pepper the pork tenderloins.
Lay down the slices of bacon on some saran wrap.
Roll the pork and the bacon.

In a skillet, pour a little oil and brown them. They should be nicely browned on both sides. Finish cooking in oven for 10 to 15 minutes. Just before serving, slice the pork. Using the same skillet, sweat the shallots and deglaze with apple cider. Add the dried cranberries, reduce by half then add the demi-glace.

Cook for few minutes and season to taste.

Brussels sprouts petals

Season the Brussels sprouts with salt, put in a bowl with a bit of water and cook for 1 minute in the microwave.

To serve

Serve the puree using a ring mold and place the pork on top. Garnish with a drizzle of cider reduction with dried cranberries.

Decorate with Brussels petals.

Bon appétit!