

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

Recipe for 4 persons

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.

Note

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

Ingredients

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

- Vegetable oil
- Salt and pepper
- Butter
- Olive oil

For the sweet potato mash

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

- Vegetable oil
- Salt and pepper
- Butter
- Olive oil

Preparation

- Preparation time **45.00 mins**
- Preheat your **four** at **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.

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. 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.

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.

Bon appétit!