

Roasted Apple Pork Tenderloin with Basil Polenta

Recipe from: Jenna Fletcher, NSCC Kingstec Campus, 2nd Year Culinary Student

Roasted Apple Pork Tenderloin

1 Meadowbrook's Omega Pork Tenderloin
1 tbsp chilli powder
½ cup of apple jelly

2 Macintosh apples, quartered with peel left on
1 apple teabag
2 tsp cinnamon

1. Heat oven to 375 F
2. Trim pork tenderloin if needed
3. Coat the tenderloin with apple jelly
4. Mix the cinnamon and chilli powder together
5. Gently sprinkle the seasonings all over the pork
6. Place the cut pieces of apple in the roasting pan
7. Place in oven until cooked to desire temperature

Basil Polenta

2 tsp olive oil
salt to taste
1-cup cornmeal
½ cup of shredded parmesan

1 tablespoon minced garlic
freshly ground black pepper
¼ cup chopped fresh basil leaves

1 bay leaf
4 cups chicken stock
35% cream to smooth down once cooked

1. In a 4 quart saucepan, heat the olive oil over low heat
2. Add the garlic and cook for 1 minute
3. Add the chicken broth, bay leaf, a pinch of salt and a pinch of black pepper
4. Increase the heat and bring the stock to a boil
5. Slowly which the cornmeal into the hot stock
6. Cook for 15 to 20 minutes, stirring occasionally, until Polenta has thickened
7. Remove the pan from the heat, stir in basil and season with salt and pepper
8. Mix together the parmesan cheese
9. Add the desired amount of cream to smooth it down

The Polenta can be made in advance and re-warmed before serving.