

PORK TENDERLOIN WITH BOURBON PEAR SAUCE

Created by The Boozy Chef

Shopping List

- | | | | | | |
|---|-------------------------------|---|-----------------------|---|----------------------|
| ✓ | Extra Virgin Olive Oil (EVOO) | ✓ | Bourbon | ✓ | White Wine Vinegar |
| ✓ | Fresh Rosemary | ✓ | Chicken Stock | ✓ | Sugar |
| ✓ | Shallot | ✓ | Chicken Base | ✓ | Cayenne Pepper |
| ✓ | Garlic | ✓ | Canned Pears | ✓ | Pork Tenderloins (2) |
| | | ✓ | Anjou Pear | ✓ | Salt |
| | | ✓ | Bartlett or Bosc Pear | ✓ | Pepper |
| | | ✓ | Lemon for Zest | ✓ | Butter |

Directions

- Rough chop the following ingredients:
 - 3 stems of fresh rosemary**
(Set aside half of rosemary for pork)
 - 1 medium shallot**
 - 1 medium clove of garlic**
- Heat **2 TBSP of EVOO** in skillet
- Sauté shallots, garlic and half of the rosemary over medium heat until softened
- Add:
 - ¼ cup Bourbon**
 - 1 ½ cups chicken broth**
 - 1 tsp chicken base**
 - 1 (14.5 oz) can of pears with juice or syrup**
 - 1 tsp fresh lemon zest**
- Continue to cook over medium heat until liquid is reduced by half and pears are beginning to break apart
- STRAIN the mixture through a wire mesh lined with cheesecloth and set aside the strained liquid.

PHASE 1

Create flavorful base for sauce

chef hint

If using pears canned in syrup, omit the sugar from this recipe

Directions

- Pre-heat oven to 375 degrees
- Clean tenderloins by removing silver skin and thick fat deposits
- Sprinkle **1 tsp salt, 1 tsp pepper** and **1 tsp of chopped Rosemary** on each loin
- Heat **2 TBSP EVOO** in skillet over high heat
- When pan is **HOT**, sear tenderloins on all sides.
- Spray baking sheet with non-stick spray and transfer seared loins to baking sheet.
- Cook meat for 12 to 18 minutes or until it reaches an internal temperature of 145 degrees
- Allow meat to rest 10 minutes before slicing into 3/4" medallions

PHASE 2

Prepare Pork Tenderloins

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PHASE 3

Directions

Finish Sauce
(while Pork is cooking)

1. Peel pears, remove seeds and stems and slice evenly
 - **1 fresh Anjou Pear**
 - **1 fresh Bartlett or Bosc Pear**
3. Heat skillet used to sear the pork over medium heat.
4. Add **¼ cup Bourbon** to deglaze the pan.
5. Add **2 TBSP EVOO**.
6. Add in freshly cut pears. Allow to brown lightly, being careful not to break the pears (about 1 to 2 minutes)
7. Pour pear sauce from Phase 1 over the top of the pears and lightly toss.
8. Add **1 tsp white wine vinegar, 1 TBSP of sugar** and a **pinch of cayenne pepper**. Allow to simmer for 2 to 3 minutes.
9. Add **1/4 cup Bourbon** and cook until pears are easily pierced with a fork (about 2 minutes). They should be softened but slightly firm (al dente).
10. Add **1 tsp salt** and **1/2 tsp pepper**. Taste. Add more salt and pepper if needed.
11. Place **2 TBSP butter** in center of pan on top of sauce. Do not stir. Allow to melt while gently swirling pan. Spoon gently to mix the sauce before serving.
12. Serve sauce over the pork or on the side.



Freezer Meal

Freeze the Sauce:

1. Make the sauce following Phases 1 and 3.
2. Allow to cool completely, then place in freezable container

Freeze the pork:

1. Follow Phase 2, Steps 2 thru 4 – do not finish cooking in the oven.
2. Once cooled, package pork in freezer safe bag.

When ready to serve:

1. Thaw overnight in refrigerator.
2. Cook pork at 375 degrees for 12 to 18 minutes or until internal temperature reaches 145 degrees.
3. Warm sauce on stovetop or in microwave.

Gluten-Free & Paleo

Gluten-Free

This dish is gluten-free when made with GF Chicken Stock and Chicken Base. All other listed ingredients are typically gluten-free.

Paleo

- Replace chicken stock and base with homemade chicken stock
- Omit canned pears and replace with fresh pears
- Omit sugar