

# PORK TENDERLOIN WITH FRUIT COMPOTE

*Sarah Harmeyer, December 2015*

\*GLUTEN-FREE

## *Pork Ingredients*

- 1 pork tenderloin (about 1 pound)
- 1 tbsp kosher salt
- 1 tbsp ground black pepper
- 1 tbsp brown sugar
- 1 tbsp ground curmin
- olive oil, for searing

## *Compote Ingredients*

- 12 dried mission figs, quartered
- 1 green apple, diced
- 12 dried apricots, thinly sliced
- 1/2 cup seedless grapes, halved
- 1/2 cup chopped red onion
- 1/2 cup dry white wine
- 1/2 cup cider vinegar
- 1 cup granulated sugar
- 1/2 tsp salt
- 1/2 tsp ground black pepper

## DIRECTIONS

### *To make the pork*

1. Mix spices together in a small bowl.
2. Pat the tenderloin dry and rub with spice mixture.
3. Heat a large, heavy oven-proof skillet (preferably cast iron) over medium-high heat. Add a bit of oil to the pan, then sear the tenderloin, turning every 2 minutes until it's nicely browned on all sides, for a total of about 7 minutes.
4. Put the skillet in the oven for about 10 to 15 minutes, flipping the tenderloin over halfway through cooking, until the meat reaches 140 degrees F. (If you don't have a meat thermometer, cook pork until juices run clear when poked with a knife).
5. Remove the pork from the oven and place the tenderloin on a cutting board. Let the meat rest for five minutes before slicing it across the grain.

### *To make the compote*

1. Combine all ingredients in a saucepan.
2. Cook compote over medium heat, stirring occasionally, for 25 minutes, or until liquid is reduced by three-fourths.
3. Serve warm or at room temperature over pork.