

Almond-Crusted Pork Tenderloin with Dried Cranberry-Apple Conserve

Prepared by Janet McElroy & Donna Dicker



Ingredients:

- 2 (1 lb each) pork tenderloins
- 1 (1 oz) slices white bread
- 2 Tbsp sliced almonds, finely chopped
- 1 Tbsp dried rosemary
- 1 tsp coarsely ground black pepper
- 1/2 tsp salt
- 2 large egg whites, lightly beaten
- Cooking spray



Directions:

1. Preheat oven to 425 degrees.
2. Trim fat from pork.
3. Place bread in a food processor & pulse until crumbly. Combine bread and next 4 ingredients in a shallow dish.
4. Dip pork in egg whites, then breadcrumb mixture.
5. Place pork on a broiler pan coated with cooking spray. Insert a meat thermometer into thickest

part. Bake at 425 for 30 minutes or until thermometer registers 160 degrees (slightly pink).

6. Cover with foil; let stand 10 minutes. Cut into 1/4 inch slices.
7. Serve with Cranberry-apple conserve and garnish with a rosemary sprig.
8. Serves 8 (3 oz pork _ 1/4 c conserve).
9. maintain the rich green color. Drain again. Put in food processor or blender and save until after the next step.

Dried Cranberry-Apple Conserve

Ingredients:

- 2 c sweetened dried cranberries
- 1 1/2 c boiling water
- 1/3 c diced dried apple
- 1/4 c raisins
- 1 Tbsp minced crystallized ginger
- 1/3 c white wine vinegar
- 3 Tbsp sugar (opt add extra Tbsp)
- 1/8 tsp ground red pepper
- Dash each of allspice, cinnamon, dried ginger
- 1/4 c red plum or raspberry jam



Directions:

1. Combine first 5 ingredients. cover and let stand for 30 minutes.
2. Combine vinegar and next 5 ingredients in a small saucepan. Bring to a boil, stirring frequently.
3. Add the fruit mixture. Bring to a boil, reduce heat, and simmer for 5 minutes. Stir in Jam. (Pulse briefly in food processor for smoother texture.)
4. Remove from heat and cool to room temperature

Yield: 2 1/2 cups.