



## **November 23, 2016**

### **A Dinner Menu to Celebrate Sweater Weather**

Ready in less than 30 minutes, pork tenderloin is one of our favourite cuts of meat for weeknight dinners. Our Apple Glazed Pork Tenderloin takes a little extra planning, as the tenderloin marinates overnight in a spiced apple juice marinade, and is served with a sweet and tangy apple glaze.

Serve the pork with our Mashed Sweet Potatoes and Apples, which takes advantage of the natural sweetness of fruit to add flavour to a classic side dish. Our simple Crunchy Broccoli Slaw rounds out the meal, combining prepared coleslaw mix and crisped bacon with a creamy yogurt dressing.

---

#### **APPLE GLAZED PORK TENDERLOIN**

##### **Ingredients:**

- 1 cup (250 mL) apple juice
- 1 tsp (5 mL) grated fresh ginger
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) freshly ground pepper
- 1/2 tsp (2 mL) cinnamon
- 1 clove garlic, crushed
- 2 pork tenderloins (1 lb/0.5 kg each)
- 1/4 cup (50 mL) apple butter
- 1 tbsp (15 mL) balsamic vinegar
- 1 tbsp (15 mL) honey
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) freshly ground pepper
- 1/4 tsp (1 mL) cinnamon
- 1/8 tsp (0.5 mL) ground ginger
- 1 clove garlic, finely chopped
- 1 tbsp (15 mL) oil



### **Method:**

1. To prepare marinade, combine first 6 ingredients (apple juice through crushed garlic) in a heavy zip-lock plastic bag. Add pork and squeeze bag to coat pork with marinade. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 4 hours or up to 8 hours.
2. Preheat oven to 400°F (200°C). Line a rimmed baking sheet with nonstick foil. Remove bag with pork from refrigerator and let stand for 20 - 30 minutes.
3. To prepare glaze, combine next 8 ingredients (apple butter through chopped garlic) in a small nonreactive saucepan. Bring to a boil over medium heat, stirring frequently. Remove from heat; set aside.
4. Heat oil in a large frypan over medium heat. Remove pork from marinade; discard marinade. Add pork to frypan and brown on all sides. Transfer pork to prepared pan. Brush pork with glaze, rotating to brush all sides.
5. Bake, uncovered, for 20 - 25 minutes or until a meat thermometer registers 160°F (71°C). Let stand for 5 minutes before slicing. *Serves 6 - 8.*

**Cook's Note:** *Apple butter is a thick dark preserve of cooked apples that is used as a spread. ATCO Blue Flame Kitchen used Eden Organic Apple Butter in this recipe.*

---

## **MASHED SWEET POTATOES AND APPLES**

### **Ingredients:**

5 cups (1.25 L) cubed peeled sweet potatoes  
1/2 cup (125 mL) chopped onion  
3 tbsp (40 mL) butter, divided  
2 cups (500 mL) coarsely chopped peeled tart apples  
2 tbsp (25 mL) water  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) pepper  
1 tsp (5 mL) lemon juice  
1/4 tsp (1 mL) nutmeg  
Chopped fresh parsley



### **Method:**

1. Cook sweet potatoes in boiling water for 15 minutes or until tender; drain. Meanwhile, in a large frypan, sauté onion in 1 tbsp (15 mL) butter until softened.
2. Add apples and water. Cover and cook over medium heat for 10 - 15 minutes, stirring occasionally, until tender.
3. Combine apple mixture with sweet potatoes, 2 tbsp (25 mL) butter, salt, pepper, lemon juice and nutmeg. Beat with an electric mixer or mash until combined. Some pieces of onion may remain.
4. Spoon into serving dish. Garnish with parsley. Keep warm until serving. May be prepared and refrigerated for up to 24 hours. Reheat, covered, at 325°F (160°C) for 25 - 30 minutes or until heated through. *Serves 6.*

---

## **CRUNCHY BROCCOLI SLAW**

### **Ingredients:**

- 1/4 cup (50 mL) light mayonnaise
- 1/4 cup (50 mL) yogurt
- 2 tbsp (25 mL) apple cider vinegar
- 2 tsp (10 mL) sugar
- 1/2 tsp (2 mL) dry mustard
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) freshly ground pepper
- 5 cups (1.25 L) broccoli coleslaw mix
- 1/2 cup (125 mL) chopped red onion
- 1 can (8 oz / 227 mL) sliced water chestnuts, drained and chopped
- 4 slices bacon, cooked and crumbled

### **Method:**

1. To prepare dressing, whisk together first 7 ingredients (mayonnaise through pepper) until blended. Combine broccoli coleslaw mix, onion, water chestnuts and bacon in a bowl. Add dressing and toss to combine. *Serves 4 - 6.*