

SMILE

Woman to shoe salesman: "My New Year's resolution is to be the ideal weight for my height. What do you have in six-inch heels?"

Very Good

ROASTED PORK TENDERLOIN WITH CARAMELIZED APPLES AND MUSTARD SAUCE

3 pork tenderloins
1 tsp. (5 mL) freshly ground pepper
1/2 tsp. (2 mL) salt
1/2 tsp. (2 mL) chopped fresh rosemary
2 Tbsp. (30 mL) olive oil

Mustard Sauce:

1/2 cup (125 mL) white wine
1 Tbsp. (15 mL) Dijon mustard

Caramelized Apples:

1/4 cup (60 mL) butter
3 cups (750 mL) sliced cooking apples
1/2 cup (125 mL) brown sugar

Season pork on all sides with pepper, salt and rosemary. Heat oil in large skillet over high heat. Add pork tenderloins and sear on both sides until just brown, about 2 minutes per side. Place seared tenderloins in roasting pan and set aside. Preheat oven to 350°F (180°C).

To make Mustard Sauce, remove skillet from heat to cool slightly. Return skillet to medium heat and add white wine, scraping pan to loosen any meat bits. Cook 1-2 minutes until slightly reduced. Whisk in mustard, then remove skillet from heat; set aside.

Roast pork about 30 minutes or until meat thermometer registers 170°F (77°C).

To caramelize apples, melt butter in medium sauté pan. Add apples and sprinkle on brown sugar. Cook until liquid is syrupy but apples are still firm, 3 to 4 minutes.

Reheat Mustard Sauce, adding any juices from roasting pan. Add tenderloins to skillet and cook briefly, just enough to coat with sauce, about 1 minute per side.

To serve, slice pork tenderloins diagonally into 1/4" (1 cm) thick pieces. Arrange on individual plates and spoon warm Caramelized Apples on the side.

*Excellent served with roasted new potatoes.
Serves 4-6.*