



BBQ PORK TENDERLOIN

(with cherry, peach – walnut chutney and fried garden sage)

Wine pairing: VQA Riesling

Summer is almost here! That means BBQ season. Break out the coals and get ready to serve up this beautiful and simple pork tenderloin dish with this full-on spiced fruit chutney – a new summer favorite. This chutney lasts a long time so make a large batch to last the summer.

YIELD: 4 as a main

PREP TIME: 1 day + 20 minutes

COOK TIME: 30 minutes

INGREDIENTS

For the pork tenderloin:

2 fresh (2 x 460 gm)	Pork tenderloin, fresh
1 tbsp. (18 gm.)	Kosher salt
2 tsp. (4.7 gm.)	Cracked black pepper
2 tbsp. (30 ml.)	Extra virgin olive oil (EVOO)
1.5 cups (425 gm.)	Cherry, peach – walnut chutney (Recipe Follows)
12 whole, fresh	Sage leaves, for frying

For the chutney:

1 small (115 gm.)	Onion, Spanish, fine dice
2 cloves	Garlic, minced
1 cup (236 ml.)	Cider vinegar
120 gm.	Dark brown sugar
2 cups (280 gm.)	Cherries, pitted
½ cup (50 gm.)	Walnut halves
2 med. (300 gm.)	Peaches, peeled, cored, cut into 10 wedges
1.5 tsp (9 gm.)	Salt
1 whole	Cinnamon stick 3" (7 cm.)
2 whole	Star anise
1 tsp. (2.7 gm.)	Red pepper flakes
1/2 tbsp. (5.5 gm.)	Mustard seeds
1 tsp. (5 ml.)	Fresh ginger juice
2 tbsp. (30 ml.)	Lime juice





METHOD

For the pork tenderloin:

1. Clean any silver skin from the pork and season well with salt, pepper and olive oil.
2. Render down BBQ coals until glowing embers. Place the pork tenderloin on the grill and cook for 5 minutes, rotate the pork 45-degrees and cook an additional 3 minutes.
3. After 10 minutes, turn the pork over and repeat the 5 + 3 cooking time. If you like your pork cooked medium-rare, cook until an IRT (Instant Red Thermometer) reads 145F (62°C). If Medium, then cook additionally until it reads 155°F (68°C).
4. When desired temperature is reached, remove to resting plate, sprinkle with salt and keep tented in foil for 5 minutes. After 5 minutes, slice each tenderloin in half, for 4 pieces. Additionally, cut those in half, for 8 total pieces.
5. To plate, place 2 pieces on each of 4 warm plates and top with 2 tbsp. of the chutney, fresh cracked black pepper and 3 pieces of the fried sage for garnish.

For the chutney:

1. Combine the onion, garlic, vinegar and sugar in a large, heavy-bottomed 35-cm. skillet and cook until sugar dissolves.
2. Stir in cherries, peaches, walnuts, salt and spices. Simmer covered on medium-low heat until the onions are very soft (about 30 min.) Skim the foam from the surface as it collects and discard.
3. Stir in the ginger juice and lime juice and check and adjust the seasoning.
4. Remove from the heat, pick out the cinnamon stick and star anise and cool to room temperature uncovered. The chutney will thicken somewhat as it cools, but should be thinner than preserves. Cool to room temperature and then refrigerate in air tight container, will last 6 months in the fridge. To use, remove from fridge 1-hour before serving.

YIELD: 800-1000 ml.

EQUIPMENT NEEDED

- Sharp boning knife
- BBQ
- Coals
- Chef Tongs
- IRT (Instant Read Thermometer)
- Resting plate/platter
- Aluminum foil
- 35 cm. skillet for chutney
- Wooden spoon for stirring





ADDITIONAL NOTES & TIPS

- Buy fresh pork tenderloin only, about 1-2 days before you plan to cook it, try and stay away from frozen products.
- To fry the sage, simply deep fry for 8-10 seconds in 365°F oil and drain on paper towels, this can be done the day of.
- Chutneys can last a very long time (years in fact), so it's a good idea to make a 3-4 times the batch for this recipe; it can be enjoyed with any grilled meats or as an accompaniment to a cheese board as well.
- IRT (Instant Read Thermometers) are a great item to have. If you can, purchase a digital thermometer/timer with a probe as this is a far better investment and great for so many other cooking uses.

SUGGESTED WINES

Cave Spring Vineyard 2018 Riesling CSV
Thirty Bench 2019 Small Lot "Steel Post" Riesling
Featherstone Estate Winery 2019 Black Sheep Riesling
Honsberger 2020 Riesling
GreenLane 2013 Dry Riesling
Ravine 2019 Small Batch Riesling

[LCBO](#) | [Winery](#)
[Winery](#)
[LCBO](#) | [Winery](#)
[Winery](#)
[Winery](#)
[Winery](#)

