

Rosemary Rubbed Pork Tenderloin with Blackberry Wine Sauce

Adapted slightly from a Phillis Carey cooking class, Feb. 2011



Servings: 6

2 pounds pork tenderloin (two whole tenderloins)

3 cloves garlic, minced

4 tablespoons fresh rosemary (you can use less)

1/4 cup olive oil

Salt and pepper to taste

Rosemary sprigs for garnish

BLACKBERRY SAUCE:

2 cups frozen blackberries, or fresh ones

2 cups Zinfandel wine, from California, preferably

1/4 cup sugar

1/4 cup unsalted butter, cut into 4 pieces, chilled

1 tablespoon cornstarch, or 1 T. King Arthur Flour's Signature Secrets Culinary Thickener

Serving Ideas: Ideally serve this with a creamy polenta, made with half milk and half chicken broth, seasoned with a 5-ounce package of Boursin cheese, adding a bit of butter at the end, and salt and pepper to taste.

1. Trim pork of nearly all the fat and silverskin. Combine in a bowl the garlic, rosemary and olive oil, and rub all over the pork and allow to stand for 30 minutes. You can make this ahead and refrigerate for several hours. Allow to sit out at room temp for about 30 minutes before proceeding. Season the meat to taste with salt and pepper.

2. Preheat oven to 400. Heat a large skilled over medium high heat and add the pork. Brown well on all sides, about 6-8 minutes total. Transfer the meat to a parchment-lined rimmed baking sheet and roast the pork for 20-30 minutes, or until the internal temperature reaches 155. Remove, tent lightly with foil and allow to sit for about 8 minutes before slicing on the diagonal in 1/2 inch slices.

3. **SAUCE:** Place frozen berries, wine and sugar in a medium saucepan and bring to a boil, stirring until sugar dissolves. Reduce heat and simmer until the mixture is reduced by half. If you're using cornstarch to thicken this, dissolve it in about 2 T. water, then add to the saucepan. Use a whisk, if necessary to remove any lumps. If you're using the Signature Secrets, it can be added directly to the hot sauce. Heat mixture until it returns to a boil, then reduce heat to a VERY low simmer and add the butter, one piece at a time, gently swirling each piece until it melts. When the last piece is melted, it's ready to serve. Do not boil or the sauce will separate.

Per Serving (excluding unknown items): 459 Calories; 22g Fat (48.8% calories from fat); 33g Protein; 19g Carbohydrate; 3g Dietary Fiber; 119mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>