



HÉLOÏSE BRION
MISS MAGGIE'S
— KITCHEN —
Relaxed French Entertaining

Flammarion



PORK TENDERLOIN WITH APPLES

Serves 4–5

ACTIVE TIME

15 minutes

COOKING TIME

25 minutes

INGREDIENTS

1 pork tenderloin (about 1¼ lb./600 g)
½ cup (3½ oz./100 g) light brown sugar
3 tbsp Dijon mustard
3 tbsp unsweetened apple juice
3 cloves garlic, finely chopped
3 tbsp extra-virgin olive oil
2 apples, skin on, cut into ½-in. (1-cm) slices
2 sprigs fresh thyme, snipped into
small pieces
Salt and freshly ground pepper

1. Generously season the pork with salt and pepper.
2. In a bowl, combine the brown sugar, mustard, apple juice, and garlic to make a glaze.
3. Coat the pork with the glaze and set aside the rest.
4. Heat the olive oil in a large skillet over high heat. Add the pork tenderloin and cook until golden brown all over, turning it every 2–3 minutes.
5. Place the apple slices in the pan around the pork and lower the heat to medium. Cook for 10–15 minutes, until the apples are tender and browned, occasionally turning them over.
6. Pour the remaining glaze over the pork if necessary—the meat should be deeply caramelized.
7. Sprinkle with the thyme sprigs, season with salt and pepper, and serve immediately.