

Apple and Pecan Stuffed Pork Tenderloin

2 pork tenderloins (each about 12 oz/375 g)
1 Tbsp butter
¼ cup finely chopped onion
¼ cup finely chopped celery
1 small golden delicious apple (unpeeled) diced
1 small carrot, grated
1 ½ cups fresh bread crumbs
¼ finely chopped pecans
2 Tbsp chopped fresh sage (or 1 tsp/5ml dried)
Salt and freshly ground black pepper
¼ cup honey mustard
4 slices bacon

Preheat oven to 375 F (190 C). Grease a roasting pan. Remove any silvery looking skin from the pork. Cut a deep pocket lengthwise through each pork tenderloin, set aside.

In a medium skillet, melt butter over medium heat. Sauté onion, celery, apple and carrot for 5 to 7 minutes or until softened. Stir in bread crumbs, pecans, sage and salt and pepper to taste, pressing with a spatula so that the mixture sticks together slightly.

Stuff pork with onion mixture, packing tightly. Tuck thin ends of tenderloins under and tie each tenderloin with three to four pieces of kitchen string to hold pork and stuffing together.

Brush tops with honey mustard. Place two strips of bacon lengthwise along each tenderloin.

Place in prepared pan and bake for 45 to 60 minutes or until a meat thermometer inserted in the thickest part of a tenderloin registers 155 F (68 C) and just a hint of pink remains inside.

Transfer to a cutting board and let rest for 5 minutes. (The pork will continue to cook in its own heat, and the temperature will rise by about another 5 F/3 C). Remove string and slice.

Serves 6-8