

Bacon Wrapped Pork Loin with Apples & Sage – serves 6 - 8

2 large pork tenderloins total about 2 lbs (1 kg)

10 fresh sage leaves, very finely chopped or 1 tsp dried sage

2 to 3 large garlic cloves minced or chopped

1/4 tsp salt

¼ tsp freshly ground pepper

9 to 10 slices of thick cut well streaked bacon (fresh from butcher preferred)

Kitchen twine

3 to 4 large Granny Smith apples

1 large cooking onion

2 Tbsp all-purpose flour

1 ½ cups chicken broth or stock

Method

Remove any silver skin from loins. Sprinkle with mixture of chopped sage, garlic, salt and pepper all over the loins. Place loins closely together lengthwise with thick ends meeting the thin end on other loin to even the roast.

Cut 5 x 12 inch lengths of twine and one 30 inch in length. Place 5 short lengths down on a cutting board spaced apart. Lay one long one across the five lengths. Lay out slices of bacon snugly together on the twine on the cutting board forming a rectangle. Place the loins across the bacon ensuring the bacon ends emerge on either side. Beginning at one end of the roast, lift the bacon end up over the loin. Then from alternate sides, continue to layer the bacon to form a chevron pattern of bacon on top.

Working from the center firmly tie up each piece of twine (without causing deep indents). Then tie up the length wise piece of twine. Trim the twine ends. Roast can be prepared and covered and refrigerated for a half day. Add 10 mins to cooking time if necessary.

When ready to roast, preheat the oven to 425 deg. Heat a large frying pan and lightly brown roast on all sides for about 15 mins in total (Save the frying pan and fat). Transfer meat to a baking lined with a rack. Place in oven and set time for 30 mins. Check and continue to cook till meat thermometer reads 145 deg. Remove from oven and transfer to a cutting board. Cover with foil and rest for 20 mins.

While roasting the meat, slice onions and peel and slice apples. Drain most of the fat from the frying pan. Place back on medium heat and add the onions to cook till lightly browned. Stir in flour and cook 1 minute. Stir in chicken broth; add apple slices. Bring to a boil and simmer, covered for 5 to 10 minutes until apples are tender and sauce is lightly thickened. Add more broth as need and keep covered and hot.

To serve

Slice pork roast by removing lengthwise twine and slicing 2 cm thick slices. Remove crosswise string as they encountered. Place a few saucy apples on each warm plate, top with slices of roast and drizzle with more sauce.

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