

# Maple Rum Pork Tenderloin



## Ingredients

2 pork tenderloins, well-trimmed, about 12oz / 0.375 kg EACH  
1 tsp / 5 mL ground black pepper  
1 tsp / 5 mL dried thyme leaves  
1 Tbsp / 15 mL butter  
2 oranges, unpeeled and thinly sliced  
2 Tbsp / 30 mL cider vinegar  
½ cup / 125 mL chicken broth  
⅓ cup / 80 mL maple syrup  
2 Tbsp / 30 mL dark rum  
¼ tsp / 1 mL dried thyme leaves

## Directions

1. Preheat oven to 375°F.
2. Season tenderloins with pepper and 1 tsp thyme.
3. In large skillet, melt butter over medium-high heat. Add tenderloins and brown well on all sides.
4. Meanwhile, line bottom of a baking dish with orange slices. Place tenderloins on top of orange slices. Roast for 25-30 minutes or until instant-read thermometer registers 155°F.
5. Meanwhile, drain off any fat from skillet. Add vinegar and bring to a boil over medium-high heat, scraping up any brown bits from bottom of skillet.
6. Add broth, maple syrup, rum and remaining thyme to skillet. Stir. Bring mixture to a boil. Reduce heat to low and simmer 10 minutes, or until sauce thickens.
7. Remove tenderloins from oven onto a clean plate or cutting board. Tent loosely with foil and let tenderloins rest 5 minutes before slicing.
8. Serve on orange slices with hot maple-rum sauce.

## Additional Info

- **Cut:** Tenderloin

- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 30
- **Number of Servings:** 6