

Glazed Pork Tenderloin with Curry Nut Stuffing



Ingredients

2 pork tenderloins, well-trimmed, about 12 oz / 0.375 kg EACH
1 ½ cups / 325 mL walnut halves, toasted
1 tsp / 5 mL curry powder
2 tsp / 10 mL canola oil
1 clove garlic
2 slices day-old bread, torn into coarse crumbs
½ small apple, peeled and chopped
1 tsp / 5 mL EACH ground coriander, ground cumin and salt
¼ tsp / 1 mL ground black pepper
Canola oil for brushing

Directions

For the tenderloin:

1. With sharp knife, butterfly pork tenderloin by slicing horizontally to, but not through, opposite side. Open tenderloin as you would a book. Set aside.
2. Place 1 cup walnuts, curry powder, canola oil and garlic in a food processor (reserve remaining walnuts for garnish). Pulse until finely ground.
3. Scrape mixture into small bowl, Add bread crumbs and apple.
4. Evenly spread stuffing mixture down the centre of tenderloin in 3 or 4 places.
5. Combine coriander, cumin, salt and pepper; rub over pork.
6. Preheat oven to 350°F. Place tenderloin seam side down on foil-lined rimmed baking sheet. Brush tenderloins with canola oil.
7. Bake at 350°F for 45-60 minutes or until instant-read thermometer registers 155°F.
8. Remove tenderloins from oven onto clean platter. Tent loosely with foil and let tenderloins rest 5 minutes before slicing. Drizzle with Red Currant Glaze. Garnish with remaining walnuts.

For the Red Currant Glaze:

1. Combine 1 cup / 250 mL red currant jelly, 2 Tbsp / 30 mL sherry, 1 Tbsp / 15 mL cider vinegar,

- ½ tsp / 2 mL ground ginger and pinch red pepper flakes.
2. Simmer 5 minutes. Keep warm. Cover.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 60
- **Number of Servings:** 4