



Southern Foods At Home Recipe Of The Month

○ Pork Medallions With Apple-Raisin Chutney

Do you want something the whole family will love that's perfect for this time of year? Try this fun recipe tonight! I promise they'll come back for seconds, plus it's a great way to mix things up and prepare something a little different. Even better, it'll make the whole house smell terrific. As with any recipe, you can increase or decrease ingredients or cook time to suit your own tastes.

Serves 4

- 1 pound pork tenderloin
- salt and pepper, to taste
- 1 tablespoon olive oil

For The Chutney

- 2 apples, peeled, cored, and medium diced
- 1 tablespoon butter
- 1/4 cup red wine
- 1-2 teaspoons brown sugar, depending on sweetness of the apples
- 1/2 -1 teaspoon lemon juice, depending on sweetness of the apples
- 1/4 cup golden raisins
- 1 teaspoon ground cinnamon

1. Trim fat from tenderloin and cut into 3/4 inch thick slices. Season all over with salt and pepper.
2. Heat a large skillet on medium-high. Add oil to pan and swirl to coat. Add medallions and cook 2-3 minutes on each side, turning once, until nicely bronzed. Remove to a clean plate.
3. For the chutney: Wipe out same pan with paper towels and put over medium heat. Melt butter in pan, add apples, and sauté for 1 minute. Add the wine, sugar, lemon juice, raisins, and cinnamon. Simmer for 2-3 minutes until apples are tender and liquid reduces to a thick sauce. Serve the chutney with the pork medallions.

Enjoy! Chef Mike