

U The Lexingtonienne U

PORK TENDERLOIN WITH APPLES AND LEEKS

- 2 pork tenderloins (Should be less than 2 pounds total. Where I shop, the tenderloins just come with two in the package. If I could buy just 1, I would.)
- 1 T or canola oil
- Salt & pepper
- 2 T butter
- 2 leeks, white and light green parts only, rinsed, halved lengthwise, and cut into 1/2 inch pieces
- 3 Gala apples, cored and cut into 1/4 inch thick pieces
- 1 T honey
- 1 tsp red wine vinegar
- Pinch of cinnamon (optional)

Trim tenderloins of excess fat and silver skin. (Silver skin is the connective tissue that runs along the tenderloin cut; it looks like its name. It doesn't break down with cooking, so it's best to trim it off before cooking.)

Heat broiler in oven with rack positioned about 4 inches away from the heat. Place tenderloins on a rimmed baking sheet lined with aluminum foil. Rub with canola oil, then season generously with salt and pepper. Broil about 12-14 minutes -- flipping tenderloins over halfway through cooking -- or until a meat thermometer registers 145 degrees. (Transfer to a plate and cover with aluminum foil. Allow to sit for about 10 minutes.)

Meanwhile, in a large skillet, melt butter over medium heat. Add leeks, stir occasionally, and cook until tender, about 7-8 minutes. Add apple slices and cook until they begin to soften, about 5 minutes. Stir in honey, vinegar, and cinnamon. Season with salt and pepper.

Slice pork and serve with the apples and leeks.

Remember that The Unseen People Who Make the Food Rules tell us it is fine for pork to be slightly pink in the middle. And it's really good this way.

Another note. The apples with their red skins and the pale green leeks look so pretty on the plate together, but if you have picky little eaters who might not like the apple skins so much, you can peel your apples before cutting and cooking them.

