

CHBC Demo Recipes

Caraway Apples & Pork Tenderloin

(serves 4)

A

- 2 red delicious apples (cored and cut into 12 slices)
- 2 tbsp caraway
- 4 portobello mushrooms (stems removed)
- 4 cloves garlic (sliced)
- 1.5 lb pork tenderloin (cut into 12 medallions)
- ½ cup flour (sifted)
- 1 tbsp paprika
- to taste sea salt and cracked pepper
- ½ cup white wine (preferably Chardonnay)

B

- ½ lb brie (sliced)
- 1 cup red pepper (matchstick cut)
- 1 cup green onions (finely sliced)

- A. Heat a large frying pan on medium-high heat. Use olive oil as needed. Season apple slices with salt, pepper and caraway (press caraway into apple slices so it sticks). Fry the apples until golden and tender; remove from pan. Add portobellos to pan and fry until tender (add olive oil as needed). When the portobellos are half done, add the garlic, finish cooking the mushrooms and remove from pan. Mix the flour and paprika, season with salt and pepper. Dredge the pork medallions in the flour and fry until three-quarters done; remove from pan. Deglaze with white wine and reduce by half.
- B. Slice portobellos, maintaining their natural shape and place back in the pan. Top each portobello with alternating slices of apple and pork medallions then top with slices of brie. Bake in the oven at 400° for 6-10 minutes. Plate individually and top with red peppers and green onions. Spoon a little of the pan juices onto each portion. Enjoy!



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