



## Orchard Fruit-Glazed Pork Loin\*

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prep time:  
10 minutes\*

\*marinate time  
extra

cook time:  
20 minutes

makes 4 servings

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### grocery list

2 lb. pork tenderloin  
apple cider  
cider vinegar

**Filippo Berio Extra Light Tasting Olive Oil**

**Morton & Bassett Whole Cloves**

**Morton & Bassett Whole Allspice**

**Morton & Bassett Star Anise**

kosher salt

**Morton & Bassett Coarse Ground**

**Black Pepper**

demi-glace or 100% all-natural beef base

\*Recipe by ShopRite Culinary Workshop Instructor  
Chef Steve Sundberg

# orchard fruit-glazed pork loin

- 2 lb. pork tenderloin  
1 cup apple cider  
1/2 cup cider vinegar  
1 tbsp. **Filippo Berio Extra Light Tasting Olive Oil**  
1 tbsp. **Morton & Bassett Whole Cloves**  
1 tbsp. **Morton & Bassett Whole Allspice**  
1 tbsp. **Morton & Bassett Star Anise**  
1 tbsp. kosher salt  
1 tsp. **Morton & Bassett Coarse Ground Black Pepper**  
1 pkg. prepared demi-glace or  
1 tbsp. 100% all-natural beef base
1. Place pork tenderloin in a shallow dish or large resealable plastic bag. In a small bowl, combine apple cider, vinegar, olive oil, cloves, allspice, anise, salt and pepper. Pour marinade over pork and cover or seal bag. Turn to coat and refrigerate 1 hour.
  2. Preheat oven to 400°F. Meanwhile, heat grill pan or large heavy skillet over medium-high heat. Remove pork tenderloin from marinade, reserving marinade. Grill pork until golden brown on all sides. Carefully move pan from stovetop to oven and bake 15 minutes. Remove and allow to rest.
  3. Meanwhile, place reserved marinade in a small saucepan. Bring to boiling and reduce to 1/2 cup. Whisk in demi-glace and simmer 15 minutes over low heat until sauce thickens. Serve reduced sauce with sliced pork tenderloin.

**Nutrition Per Serving:** 356 calories, 11g carbohydrate, 48g protein, 0g fiber, 12g fat, 4g saturated fat, 148mg cholesterol, 203mg sodium

## cook's journal

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## kitchen tools

measuring utensils  
resealable plastic bag  
small bowl and whisk  
grill pan or heavy skillet  
small saucepan  
meat thermometer  
slicing knife  
cutting board

## recipe note

When the roast feels firm all over to the touch, it is done. You can also use a meat thermometer to register desired temperature.

## a good idea

For a more flavorful roast, buy a bone-in pork roast. The bones help to hold in the pork loin's juices while it is roasting.