

# Pork Fillet and Apples with Creamy Calvados Sauce

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Serves 4

Preparation Time: 10 mins

Cooking Time: 35 mins

*Although considered an Autumn dish, why not enjoy it at any time of year?*

## Ingredients

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- ❖ 15ml (1 tbsp) oil
- ❖ 60ml (4 tbsp) butter
- ❖ 2 pork [tenderloin] fillets, weighing about 800 g (1¾ lb)
- ❖ salt and pepper
- ❖ 2 shallots, finely chopped
- ❖ 45ml (3 tbsp) Calvados [optional]
- ❖ 125ml (½ cup) dry cider
- ❖ 125ml (½ cup) chicken stock
- ❖ 250ml (1 cup) double [heavy] cream
- ❖ 2 eating apples, sliced
- ❖ 15ml (1 tbsp) sugar [optional]

## Directions

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1. Preheat the oven to 180°C (fan 170°C/350°F/gas 4). Trim the pork fillet, removing any fat or sinew from the outside.
2. Heat oil and 30ml (2 tbsp) butter in a frying pan, add the fillets and cook until lightly browned all over. (Retain the cooking oils in the pan.) Remove and place in an oven-proof dish and bake for 15 minutes for medium to well-done or 20 minutes for well-done. Leave in a warm place for 10 minutes before slicing in 2.5cm (1 inch) diagonal wedges.
3. Meanwhile, add 15ml (1 tbsp) butter and the shallots to the frying pan and fry slowly until the shallots have softened.
4. Pour in the Calvados, then carefully ignite it to burn off the alcohol.
5. When the flames have died down pour in the cider and stock to the pan and simmer gently until the liquid has reduced by half.
6. In another frying pan, melt the remaining butter and fry the apple slices gently. Add sugar if you like. When soft, set aside.
7. The meat should be resting by now. Add the cream to the sauce pan and bring to the boil. Reduce the heat and simmer for 5 minutes, or until reduced enough to coat the back of a spoon.
8. Serve the sliced pork on plates. Add the apple slices to the sauce, give it a good stir and serve the sauce on top. Serve immediately.

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## Serving Suggestion

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Rice or mash, and your favourite steamed greens.

## Notes

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- If you can't get hold of cider, use dry white wine instead.
- Use brandy if you can't get hold of Calvados.