

HOW TO MAKE

Pork tenderloins with apricots

Shopping list	Step	What to do	What you need (serves 6)	Marguerite's tip
<ul style="list-style-type: none">• 1.5 lb fresh apricots• 0.5 lb dried apricots• 2 TBS honey• 2 oranges• Salt and pepper• 1 TBS veal demi glace• Salt and pepper• 1 lb frozen bell onions• Salt and pepper• 2 TBS butter• 1 cup of white wine• 2 TBS white vinegar• 1 TBS tomato paste• 2 oz raisins• 3 TBS pine nuts	1	Melt the butter with a little olive oil in a cocotte. Sear the meat on all sides and remove it and season it.	<ul style="list-style-type: none">• 1 TBS butter• Olive oil• 2 pork tenderloins	<i>« Feel free to change the proportions between fresh and dried apricots, keeping in mind that more dried apricots will require more cooking liquid...»</i>
	2	In the same cocotte place the apricots (pitted ones and dried ones), the honey, the oranges zest and juice, a little red pepper and some salt. Cook for 5 minutes with the lid on. Remove the apricots from the cocotte and set aside.	<ul style="list-style-type: none">• 1.5 lb fresh apricots• 0.5 lb dried apricots• 2 TBS honey• 2 oranges• Salt and pepper	
	3	Put the meat back in the cocotte. Add the demi glace, a little water if necessary (especially if using dry fruits, add 1.5 cups), salt and pepper. Cover with the lid and cook on slow for 20 minutes.	<ul style="list-style-type: none">• 1 TBS veal demi glace• Salt and pepper	
	4	Melt the butter, add the still frozen onions. Add the wine, the vinegar, the raisins, the tomato purée, salt and pepper. Place the lid on the saucepan and cook for 20 minutes on medium to slow.	<ul style="list-style-type: none">• 1 lb frozen bell onions• Salt and pepper• 2 TBS butter• 1 cup of white wine• 2 TBS white vinegar• 1 TBS tomato paste• 2 oz raisins• 3 TBS pine nuts	
	5	Add the pine nuts and the pre-cooked fruits to the meat and cook 10 more minutes.		
	6	Serve the meat sliced with some fruits and some onions. Bulgour can be a nice side serving.		