

Pistachio-Rosemary Crusted Pork Tenderloin Fillet,
Steamed Asparagus, Cottage Pastry with Currant Blackberry Reduction

Servings: 2

Pistachio Crusted Pork Tenderloin Fillet

8 ounces Pork Tenderloin
¼ teaspoon dried Rosemary
Pinch of salt
18 pistachio nuts, dry roasted
6 blackberries

Remove silver skin from tenderloin. Slice into two fillets. Rub entire fillet with olive oil, wrap with saran. Place in cooler until ready to cook.

Shell pistachios and place nuts into chopper with dried rosemary. Chop into fine pieces, and set aside.

Preheat pan over medium high heat. Cook and brown fillet on all sides until internal temperature reaches 140 degrees. Pinch salt and sprinkle fillet tops. Remove fillet from heat and let rest for a few minutes.

Pour crushed pistachio rosemary blend on plate. Roll sides and bottom of fillet into pistachio rosemary blend until well coated. Cover fillets until ready to plate. Hold blackberries until ready to serve.

Currant Blackberry Reduction

¼ cup currant jelly
1 tablespoon balsamic vinegar
1½ teaspoons champagne vinegar
1 ounce (approximately 5) blackberries

Place currant jelly, balsamic and champagne vinegar into sauce pan. Turn heat to medium low. Add berries. Using a fork, mash berries into small pieces. Adjust heat if needed to slowly melt jelly while stirring frequently to combine ingredients and flavors. Cook liquids until reduced to thin-nectar consistency. Keep warm until ready to serve.

Cottage Pastry

2 tablespoons butter, softened
2 tablespoons 1% cottage cheese
¼ cup flour + 2 tablespoons

Cream butter and cottage cheese together. Add flour and combine. Form pastry mixture into a ball, wrap with saran and chill 10 to 15 minutes or until ready to bake.

Preheat oven to 425°. Remove saran and place pastry on a cutting board sprinkled lightly with flour. Flatten ball of pastry and lightly dust both sides with flour. Using a rolling pin, roll out pastry, cut into 2 portions, and place on cookie sheet. Bake for 10 to 15 minutes or until brown.

Steamed Asparagus

14 stems fresh asparagus

Preheat oven to 350°. Cut cleaned asparagus into 6" lengths. Place asparagus into brown paper bag and fold top to seal. Brush or rub outside of paper bag with olive oil. Bake asparagus for 15-20 minutes. Remove bag from oven. Carefully open to release steam.

To serve, pour currant blackberry reduction on plate, top with cottage pastry, asparagus and pistachio crusted fillet. Spoon additional currant blackberry reduction over fillet and asparagus. Garnish each plate with remaining blackberries.