

Orange & Goat Cheese Stuffed Pork Tenderloin

Courtesy of Carole's Creations

Prep Time: 45 minutes

Cooking Time: 20-25 minutes

Serves:

CChints: You will need a zester or microplane for this recipe to zest an orange. If you don't have one you can purchase them at stores that sell all kinds of kitchen utensils. You can use it to zest lemons and limes as well. When you zest a fruit, you only want to zest the colored part and not go down into the white area where it can be bitter.



4 teaspoons olive oil, divided
1/2 cup small chop, yellow onion
1 stalk of celery, chopped fine
1 cup slice portabella mushrooms
1 teaspoon salt, divided
1/2 teaspoon of black pepper, divided
1 glove minced garlic
One 2 pound pork tenderloin, or two 1 lb. tenderloins, trimmed
1 Tablespoon fresh thyme leaves
1 Tablespoon fresh chopped oregano
2 teaspoons orange zest
1/2 cup crumbled goat cheese
1/4 cup chopped walnuts
Cooking twine
1/2 cup reduced fat chicken broth
2 tablespoons orange marmalade and 2 Tablespoon for the sauce

Serve with 4 serving of rice
A side vegetable of your choice
that goes with sweet items like, corn,
green beans, broccoli, peas, etc.

Add half of the oil to a large nonstick pan and turn the heat to medium. Add the onions, celery and mushrooms to the pan and sprinkle with some of the salt and pepper. Cook, stirring occasionally for 6-7 minutes until all the vegetables are tender. Add the garlic and cook for 1 more minute. Remove the pan from the heat and pour into a large bowl to cool for 10 minutes. While you wait, you can prepare the pork.

Lay a piece of plastic wrap or waxed paper on your work surface that is longer than the pork. Cut off any excess fat from the pork and rinse in cold water. Pat dry and lay on the plastic wrap. Slice the pork nearly in half lengthwise. Cut down through the pork and stop about 1/2 inch before it goes all the way through. Open the halves and lay another large piece of the plastic wrap over the pork. With a heavy skillet or meat mallet, pound the pork until it is about 1/2 inch all over. Sprinkle with salt and pepper. If you are working with two 1 lb. tenderloins, leave the first one on the plastic wrap and tear a new piece for the second one.

Preheat the oven to 425 degree F. and locate a large cast iron skillet or Dutch oven. You need a pan that can be used on the stove and go into the oven and be large enough for the pork.

Pour the vegetable mixture into a bowl and add the fresh herbs through walnuts. Stir well and spread over the pork to within 1/2 inch of all the edges. Roll the pork up starting on a long side and roll into a long roll. Tie the cooking twine around one end of the pork and wrap it down the length of the pork about 1-2 inches apart and secure the other end. Sprinkle with salt and pepper .

Sprinkle with salt and pepper and add the rest of the oil to the cast iron skillet or Dutch oven and turn the heat to medium. When the pan and oil are hot, add the tenderloin to the pan and sear for 1 minute on one side and carefully roll it over to sear on another side for 1 minute.

Let it sit, seam side up and use a pastry brush and spread 2 tablespoons of the marmalade over the pork. Bake for 15 minutes and use a meat thermometer and if it registers 160 degrees, remove it from the pan. If not, let it cook another 5-10 minutes and test again. Carefully remove it from the pan so you don't lose the stuffing inside. Lay it on a cutting platter, seam side up, and let it rest for 10 minutes.

While the pork rests, start the sauce by adding the chicken broth to the same pan that was used to cook the pork. Turn the heat to medium and scrape the bottom of the pan to loosen the brown bits of flavor. After 2 minutes add 2 tablespoons of marmalade and stir to dissolve the marmalade. Stir slowly and the mixture will thicken in about 2 minutes. Remove it from the heat and set aside.

Remove the twine and slice the pork into 1 inch pieces. Serve with rice and vegetables. Spoon the sauce over the pork and enjoy.