



## Pork Normandy

Jacob · 29/09/2024



### Prep Time

1 hr 25 mins

### Difficult

Medium

### Servings

6

### Description

I got this pork Normandy recipe from my mother who learned to make it when we lived in England. It's a family favorite and great for company.

### Ingredients

- 1 tablespoon butter - 1 ½ pounds pork tenderloin - 1 medium onion
- thinly sliced - 1 large sweet apple - peeled
- cored and thinly sliced - 1 tablespoon all-purpose flour - 5 ounces chicken stock - 4 fluid ounces hard apple cider - salt and pepper to taste - 2 tablespoons heavy cream

### Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Melt butter in an oven-proof skillet over medium heat. Sear tenderloin in melted butter
2. then transfer to a plate. Add onions to the skillet; cook and stir for 2 to 3 minutes. Stir in apple and cook until golden brown. Stir in flour and cook for about 30 seconds. Whisk chicken stock and hard cider together in a bowl; pour into the skillet and bring to a boil while scraping the browned bits of food off the bottom of the pan. Return tenderloin to the skillet; season with salt and pepper. Cover the skillet
3. transfer to the preheated oven
4. and bake until is pork is slightly pink in the center
5. about 45 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Transfer tenderloin to a cutting board
6. and cut into 1 1/2-inch slices. Place onions
7. apples
8. and all liquid from the skillet into a blender or food processor; pulse until smooth. Return sauce to the pan
9. and reheat over medium-low. Stir in cream and heat until warm. Spoon sauce over sliced tenderloin to serve.