

PORK TENDERLOIN IN BARREL PICKLE TOMATOES SAUCE

2 Portions | Preparation time 60 min

INGREDIENTS

350 g of pork tenderloin

Rapeseed oil

Salt, pepper.

SAUCE

20 pieces of pickled tomatoes

1 white onion

½ of red onion

1 raspberry tomato

2 cloves of garlic

1 teaspoon of fresh ginger

1 sprig of rosemary

½-piece chilli peppers

2 sweet peppers

3 laurel leaves

4 English herbs

50 ml of white wine

1 teaspoon of honey

100 ml of water

200 ml of cream 36%

Olive oil

Salt, pepper.

PURCHASE LIST

Pork tenderloin

Barrel pickle tomatoes

Raspberry tomato

White onion

Red onions

Garlic

Ginger

Rosemary

Chilli pepper

2 sweet peppers

White wine

Honey

Cream 36%

Laurel leaf

English herbs

INSTRUCTION

First, we make the sauce. Wash the two sweet peppers and place them on a baking tray. Grill the peppers in the oven for 10 minutes on each side at 220°C.

Peel white and red onions and cut into feathers. Peel the garlic and squeeze through a press. Peel the pickled tomatoes from their skins. Peel the ginger and chop finely. Scald fresh tomatoes, peel and finely cut them.

Heat the olive oil in a pot. Put onion, ginger, laurel leaves (I recommend using fresh ones), English herbs and chilli pepper into the hot oil. When the onion is made of glass, add the squeezed garlic. Fry the whole thing for about 1 minute, then pour in white wine. When the wine evaporates, throw in the whole pickled tomatoes. Cook for 10 minutes under the lid. In the meantime, take the grilled peppers out of the oven and pick them up from the skin. Cut the grilled pepper into smaller pieces and add to the rest of the sauce in the pot. Add 100 ml of water, chopped fresh tomato, a teaspoon of honey and cook under cover for 15 minutes. After this time add 36% cream to the sauce. Season the sauce with salt and pepper and simmer for about 2 minutes.

Warm up the rapeseed oil in a wide pot. Wash and cut the pork tenderloin into two-centimetre slices. Fry the tenderloin for a minute and a half on each side. Season with salt and pepper when in the pot. After frying the tenderloin pour the sauce over it and stew under the lid for about 15 minutes. After this time remove the lid and cook for another 5 minutes.

I recommend serving the pork tenderloin prepared with grilled cauliflower.