

## Bob's Walnut-Crusted Pork Tenderloin with Maple Walnut Glaze



### Ingredients

- 1 pound pork tenderloin, cleaned, trimmed & cut in half
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon pepper, freshly ground
- 2 eggs beaten with 1 tablespoon water
- 1 ½ cups walnuts, finely chopped (but not powdered)
- Olive oil
- Maple Sauce (recipe follows)

### Process

Make the Maple Glaze first and then reduce as listed below.

While the sauce is simmering (or before if you wish to store the pork in the refrigerator), toss together the flour, salt and pepper. Roll the tenderloin in the flour, shaking to remove excess. Be sure to coat the ends too. Dip the tenderloin in the beaten egg wash and roll to coat thoroughly. Drip off excess. Then roll the coated tenderloin in the crushed/chopped walnuts and don't forget the blunt end(s), pressing gently to secure the nuts for the crust. Set aside for 10 minutes for the coating to 'set'. You may prepare this ahead of time, wait the 10 minutes to 'set', then cover with wax paper and refrigerate until ready to cook.

Preheat the oven to 435°.

Using a roasting pan or cast iron skillet, place a small layer of olive oil in the bottom then carefully place the crusted tenderloins in the pan and roast in the oven until the interior temperature reaches 145° to 150° (about 25 to 30 minutes). When to temperature remove from the oven and let it rest on the stove top for 5

minutes. If the crust is not brown enough on top, turn the oven broiler on for a short time to slightly brown the top crust. If you have turned off the glaze, warm it up just a bit.

Slice the pork in about 1" thick slices being careful to protect the crust. Place the sliced tenderloin on a serving platter or a couple slices on each plate then drizzle the thickened glazed sauce over the pork.

Makes about 4 servings.

Side dishes that went well with this were Roasted Tiny Potatoes and Green Bean, Bulgur & Barley Salad. See my other recipes for particulars.

## Maple Walnut Glaze

- 1 cup coarsely chopped walnuts
- 2 cups maple syrup (use real maple if available and you can afford it, otherwise a good substitute unflavored maple syrup)
- ½ cup red wine vinegar
- 2 tablespoon finely chopped fresh thyme or 1 tablespoon dried thyme leaves

Place the walnuts into a dry heavy or cast iron pan and toast them until they are nicely browned, being careful to not let them burn.

In another bowl add the syrup, vinegar and thyme and whisk them together.

When the walnuts are toasted, add the syrup mix to the pan and bring it up to a soft simmer. Carefully simmer the mixture to make a thickened glaze being sure to stir it often. Be careful not to over do the simmer or it will turn into rock candy or burn. Stir often and turn it off when at or just before the desired density. It might take 30 to 60 minutes to obtain the desired thickening.

Serve warm over Walnut Crusted Pork Tenderloin.