

Roasted Pork Tenderloin with Apples, Vegetables, and Sage

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Recipe source: [Sweet Peas and Saffron](#), lightly adapted by Ann Johnson @ Entertain The Possibilities



INGREDIENTS:

- 1 to 1 ½ pounds pork tenderloin

Brine

- ¼ cup kosher salt
- ¼ cup brown sugar
- 2 quarts cold water

Rub

- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 2 teaspoons paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Glaze/Sauce

- 2 tablespoons applesauce
- 1 tablespoon brown sugar
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard

Roasted Vegetables

- 3 carrots, peeled and coarsely chopped
- 3 parsnips, peeled and coarsely chopped
- 1 medium onion, coarsely chopped
- 1 medium apple, peeled and coarsely chopped
- 2 cloves garlic, sliced
- 8 baby potatoes, quartered
- 8 fresh sage leaves, chopped (roughly one tablespoon)
- 1 teaspoon apple cider vinegar
- 1 teaspoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons white wine

DIRECTIONS:

- Brine the meat: Combine salt, sugar, and water in a large bowl or pitcher. Whisk hard until the salt and sugar are dissolved. (Note: Many brine recipes call for cooking the brine and then cooling it before use but this technique works just as well [and is quicker], just be sure the particulates are dissolved.
- Trim the tenderloins of excess fat and remove any silverskin. Then place the meat in a bowl or roasting pan. Pour the brine over, cover, and chill for at least 30 minutes, up to 2 hours.
- When ready, remove the meat from the brine, rinse, pat dry, and set aside.
- Mix the rub by combining all dry ingredients listed in the Rub section above. Set it aside.
- Mix up the glaze/sauce by combining all Sauce ingredients listed above and set aside.
- Pre-heat oven to 400°F.
- Place the pork tenderloin into a roasting pan or sheet pan, brush on the olive oil, then sprinkle on the rub. Roast the pork for about 15 minutes.

- Spread several tablespoons of sauce onto the pork, turn the tenderloin over, and continue roasting until the temperature reaches 145-150 degrees, approximately 10 more minutes. When done, let the pork rest for at least 10 minutes before slicing. If you are making the dish in advance, cool the pork then wrap the unsliced tenderloins in aluminum foil and chill overnight.
- For the vegetables: Combine the sage, vinegar, olive oil, wine, salt and pepper in a small bowl.
- In a large bowl, toss the vegetables with the seasonings and oil that you just combined. Arrange the vegetables and apples on sheet pans – either all together or separating similar types of vegetables together. (Carrots and parsnips together; potatoes and onions together; apples by themselves, because they will take less time to cook.)
- Roast the vegetables for about 15 minutes, then stir the veggies and roast again for 10-15 minutes. Remove the veggies as they are done – nice and tender, golden brown. Potatoes will probably take the longest.
- Cool the vegetables and apples once roasted. Combine them all into containers to store and chill overnight.
- When it is time to serve the meal, combine the vegetables, apples, and pork together in a roasting dish. Spread a little sauce over the pork and vegetables. Warm in a low oven (about 300 degrees F.) for about 15-20 minutes until heated through. Serve with remaining sauce.