



Blue Harbour Cheese stuffed Pork Tenderloin with Blueberry Gastrique

Ingredients for 2 people

1 pork tenderloin
4 oz blue cheese
olive oil
salt and pepper

For the sauce

1 cup blueberry juice
1/4 cup vinegar
1/4 cup maple syrup
1/2 cup blueberries

Method

Pre heat oven to 375F.

Cut the tenderloin in half. Make an incision into the middle of the tenderloin without cutting through the end. Crumble the blue cheese and stuff into the tenderloin. Season with salt and pepper. Heat olive oil in a frying pan and sear the tenderloin on all sides. Place the tenderloin in the pan in the oven for about 15 min.

When the tenderloin is ready, take out of the oven and pan and let it rest under a cover of tin foil. Place the used frying pan on top of the stove and heat. When hot add the blueberries and sauté for 2 min. Add the juice and the maple syrup and cook for 5 min. Add the vinegar and reduce the sauce until lightly thickened. Slice the pork, put on a plate and drizzle with the gastrique.

