

BALSAMIC Cherry Pork Tenderloin

3-4 pound pork tenderloin
2 cups fresh cherries, pitted, halved
1 sweet onion, thinly sliced
1/4 cup balsamic vinegar
4 cloves garlic
fresh rosemary stems
olive oil
salt and pepper, to season

In a cast iron skillet, add 2-3 tablespoons olive oil on medium heat. Cut a couple of slices in the pork tenderloin and insert the garlic cloves; season with salt and pepper. In the prepared skillet, sear all sides of the pork tenderloin; about 2 1/2 minutes per side. Be careful not to scorch your meat or the olive oil.

Place the entire pan straight into the oven preheated to 375 from the stove and roast the tenderloin until the internal temperature of the pork is 145 degrees. Remove the tenderloin from the pan to a cutting board and allow to rest as you prepare the glaze.

On medium heat on the stovetop, add the thinly sliced onion to the pan and sauté 1-2 minutes before adding the cherries and a couple of sprigs fresh rosemary. Sauté until the onions are wilted and the cherries are releasing their juices, stirring to keep from scorching and loosening up the bits of pork tenderloin that cooked into the pan. Add the balsamic vinegar and cook allowing the flavors to mesh, stirring continuously to keep from burning. Simmer until the balsamic vinegar begins to reduce and thicken.

Remove the rosemary stems from the mixture. Slice your pork tenderloin and serve the cherry balsamic mixture over the top