

Extension

Seasonal Eating Whitney Danhof, Extension Agent

Pork and Apples
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“Pork chops and applesauce.” Anyone from my generation will remember these famous words from Peter Brady of the Brady Bunch television show. While I don’t think Peter did much of the cooking, Alice the live-in housekeeper did most of that, he definitely had the right idea. Pork and apples go together splendidly. The sweet tart flavor of the apples complements the sweetness of the pork meat perfectly. Whether it’s a pork tenderloin, pork chops or a pork loin roast, apples and applesauce are a natural match.

Fall is the perfect time for pork and apples as the apples start pouring in from the orchards. These dishes are hearty and warming and full of fall flavors from the apples as well as cinnamon, cloves and other fall spices. Apples are so versatile. From appetizers to salads to main dishes and, of course, wonderful desserts, apples can be savory or sweet, raw or cooked, crunchy or soft. A perfect fruit for so many uses. No wonder the average person eats about 46 pounds of apples and apple products each year. With over 2500 different varieties grown in the United States, we have a lot of choices. So try some different varieties to find your favorites for eating fresh, cooking and baking.



They say an apple a day keeps the doctor away. I don’t know about that but apples are a good source of fiber and vitamin C. A medium apple provides about 14% of the recommended daily amount of fiber (for a 2000 calorie diet) and 11% for vitamin C. It is best to eat the skin of the apple as almost half of the vitamin C content is just underneath the skin and most of the apple’s fragrance cells are concentrated in the skin.

One of my favorite pork dishes is Pork Tenderloin with Apples. Bacon and apples combine in a cider and vinegar sauce to serve over the pork. The drippings from frying the bacon are used to brown the tenderloin and then it is cooked to 150 degrees. Set it aside to rest while you add the apples to cook in the vinegar, cider or juice and sugar. I like to use a good cooking apple that will still retain some of its texture such as a Golden Delicious, Honeycrisp, Braeburn, Granny Smith or Rome Beauty. I used Golden Delicious today. When the apples are tender, thicken the sauce and add the bacon. Serve over the sliced tenderloin for a great fall dinner that works just as well for a family meal as for company.

For more ideas on using seasonal produce, visit the Bedford County Extension website (<https://utextension.tennessee.edu/bedford>) and click on Seasonal Eating. The Seasonal Eating Cooking Demonstration on “An Apple for the Teacher” will be on Wednesday, September 18 at 12:00 noon at the Extension Office. Call the Office at 684-5971 to sign up and bring \$7.00 to class to cover the samples.

Pork Tenderloin with Apples

2 pork tenderloins

Salt and pepper to taste

3 strips bacon

1/4 cup cider vinegar

1/4 cup apple cider or juice

1/2 cup water

1/4 cup sugar

2 apples, cored and cut into wedges

2 teaspoons cornstarch in 2 tablespoons water

Trim pork and season with salt and pepper to taste. Set aside. In large frying pan, fry bacon until crisp. Remove from pan, crumble and reserve. On medium low heat, add pork to the bacon drippings in the pan. Brown on all sides and cook until thermometer reaches 150 degrees, about 20-30 minutes. Remove and place on platter, cover to keep warm. Combine vinegar, apple cider, water and sugar. Add to pan drippings with apples. Bring to boil and reduce liquid until apples are tender, about 10 minutes. Add cornstarch mixture and cook until thickened. If it is too thick, add a little apple juice. Add bacon and pour over pork.