

**Seasonal Eating**  
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**Grapes Go Savory for Fall**  
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I love fall. The change of seasons, the pretty leaves, the cooler air and all of the fall flavors are comforting and exciting. In the flavor department, we often think of pumpkins and apples and pears for fall, but it is also the best time of the year for grapes.

Almost 99% of our table grapes are grown in California with availability from May to January, so fall is the height of the season. Table grapes are used for fresh eating as opposed to use for wine or juice. Different varieties are grown for different purposes. Table grapes are larger and thinner skinned with small or no seeds and a higher pulp to juice ratio than wine grapes. I say thank goodness for seedless grapes – growing up it was my job to seed the grapes for fruit salad. I don't miss those days!



Grapes are most often used cold. We eat them fresh as a snack and they're great for taking in a lunch bag as they hold up well. We also tend to use them in fruit salads or added to chicken salad. But there is a whole other side to grapes when they are cooked.

Grapes can be roasted whole. Just toss in a little vegetable oil and spread on a pan to roast at 450 degrees until just bursting, about 10-15 minutes. The roasted grapes can be used to top a grilled chicken breast or put on top of a piece of toasted French bread and sprinkled with blue cheese for an appetizer.

The recipe below uses the grapes in a sauce for pork tenderloin. Full of fall flavor, this recipe is easy enough for a weeknight dinner or special enough for company. The entire recipe is done in one skillet. First you brown the pork and then add the grapes and cover and cook them down while the pork comes to an internal temperature of 140 degrees. With the pork removed and tented with foil to rest, the sauce comes together in the pan with the savory flavors of balsamic vinegar, stone ground mustard, rosemary and green onions against the sweetness of the cooked grapes. The grapes will be browned and shriveled and have a concentrated flavor. It is a little different combination, but pork always plays well with fruit and grapes are no exception. This would be great served with a rice pilaf or yellow rice on the side.

For more information and recipes check out the Seasonal Eating page at [bedford.tennessee.edu](http://bedford.tennessee.edu).

## **Pan Seared Pork Tenderloin with Grapes**

1 tablespoon vegetable oil  
1 (1 - 1 1/2 pound) pork tenderloin, cut into four sections  
kosher salt and black pepper  
1 cup red seedless grapes, cut in half lengthwise  
1 tablespoon balsamic vinegar  
1/2 tablespoon whole grain (stone ground) mustard  
2 green onions, sliced, reserve green part for garnish  
1/2 teaspoon finely chopped, fresh rosemary  
1/2 cup chicken broth  
1 tablespoon butter

Heat the oil in a medium skillet over medium high heat. Sprinkle the pork tenderloin with salt and pepper. Add to the pan and let sear until browned, turning until all side are browned. Turn the heat down to medium low and add the grapes. Cover and cook until the pork reaches 140 degrees F. in the center, about 8-10 minutes. Remove pork to a plate and tent with foil. Increase the heat and add the vinegar to the pan, stirring to scrape up any bits on the bottom. Stir in the mustard and add the white part of the green onion and rosemary. Add the chicken broth and stir to combine. Let reduce by about 1/3rd. Pull off of the heat and add butter, stirring to melt and combine. Slice each piece of pork into about 3 slices and place on plate. Spoon sauce over the top and sprinkle with sliced green onion tops. Serve immediately.