

Pork Tenderloin with Prunes

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prunes
water
Madeira or port wine
pork tenderloin
salt
pepper
flour
butter
2 tablespoons whiskey or
brandy
1/4 to 1/2 cup heavy cream

Soak six prunes per serving in tepid water. When the prunes are somewhat swollen, drain and cook them slowly in a small quantity of water mixed equally with Madeira.

Cut the pork tenderloin, free of fat, into 1/2-inch-thick slices. Season with salt and pepper. Dredge lightly with flour and brown slowly and thoroughly on both sides in butter. Cook until done. Arrange the meat in a ring on a heated platter and place the prunes in the center. Add two tablespoons of whiskey or brandy to the frying pan.

Set a flame and shake until all the alcohol has burned out. Stir in the heavy cream. Simmer for a minute and pour the sauce over the pork and prunes.

Per Serving (excluding unknown items): 205 Calories; 22g Fat (94.5% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 82mg Cholesterol; 22mg Sodium. Exchanges: 0 Non-Fat Milk; 4 1/2 Fat.