



Dr. Susan Henry's Roasted Pork Tenderloin
stuffed with apples & prunes, complimented with creamed cabbage

From our friend Dr. Susan Henry, the former dean of Cornell's College of Agriculture & Life Sciences: "This pork roast is an adaptation of a Scandinavian classic comfort food."

Ingredients:

- 3 lbs. Pork tenderloin
- 12-15 Pitted prunes (if the prunes are very dry, boil them briefly and let them sit until cool)
- 1 Apple, peeled and cut into cubes or wedges about an inch at the widest dimension
- $\frac{3}{4}$ C Heavy Cream
- $\frac{3}{4}$ C Hunt Country Vineyards *Valvin Muscat*
- 1-2 tsp. Red Currant jelly or lingonberry jam, optional
- Butter, sufficient to sauté the pork before roasting
- Salt and pepper, to taste

Preparation:

- Preheat oven to 350° F
- Prepare the roast for stuffing by one of the following methods:
 - Preferred method: Use the handle of a long-handled wooden spoon to poke through the roast from end to end, and wide enough for stuffing and as near to the center of the roast as possible.
 - Alternate method: Use a long, sharp knife to make a slit that comes no closer than $\frac{1}{2}$ inch to either side of the roast. Be careful not to slice through the roast, or you will have to tie it at intervals to keep fruit from poking out as it cooks.
- Stuff the roast alternating between apples and prunes. Again, if you perforate the sides of the roast while stuff it, you will need to tie it at intervals to keep it whole during cooking. The apples and prunes must be inserted alternately one at a time. Starting at either end, push the first piece in to the middle of the roast, alternate sides until the roast is full. It's a good idea to begin with a piece of apple, which is somewhat more rigid and will widen the hole. Use the handle of a wooden spoon to push in the apples and prunes and position them.
- Sew or use a tie to close the holes at each end (or use small skewers, such as are used for closing a turkey after stuffing) to prevent the stuffing from coming out the ends.
- Over medium heat, melt the butter in a roast pot, with a lid, large enough to accommodate the roast comfortably. Brown the roast in the pot with the lid off, turning to brown on all sides. This process should take 15 to 20 minutes.
- Use a basting bulb, remove excess fat.
- Pour the wine into the pot, followed by the heavy cream. Whisk while bringing to a simmer on the stovetop. If the roast fits very snugly into the pot, you may want to remove it while carrying out these steps.



- Place the lid onto the pan and move the roast into the oven and cook for 1 to 1 ½ hours in the sauce. When finished, the roast should be very tender, showing not resistance at all to a sharp pronged meat fork. If not tender, continue roasting. Baste occasionally and check regularly to make sure that the sauce in the pan does not dry out. Add more wine or water if necessary to retain moisture.
- Remove the roast to a warm platter and keep warm while you finish the sauce. Remove excess fat from the liquid in the pan and boil to reduce to 1 cup. If the volume is already reduced below this level, consider adding more cream and wine, and continue boiling until the sauce is slightly thickened. The finished sauce should be brown and creamy.
- Add salt and pepper and currant or lingonberry jam or jelly to taste (the jelly or jam will make a slightly sweet sauce, so add a little at a time and taste. Note that the jelly makes a smoother gravy than the jam).
- Slice the pork roast into 1 to 2 inch thick slices, revealing the stuffing, and ladle sauce over the slices to serve.

Creamed Cabbage

Ingredients:

1 head cabbage (I prefer Savoy)
Heavy Cream
Butter
Salt and pepper, to taste
A grating of nutmeg to finish, optional

Preparation:

- Place sufficient, lightly salted water into a pot large enough to hold all of the cut up cabbage, and bring to a boil while cutting up the cabbage.
- Cut the cabbage in half and cut out the core. Slice the cabbage into half inch strips, lengthwise.
- Put the cabbage into the boiling pot, bring back to a boil and continue boiling the cabbage for about 5 minutes, and then drain and rinse it immediately under cold water to enhance the color. Drain and then dry with paper towels or squeeze out the excess water.
- Melt some butter over medium heat in a fry pan or pot large enough to hold all the cabbage. Add the cabbage and cook, stirring regularly over medium heat to reduce the liquid in the cabbage. Do not let the cabbage brown; turn down the heat if necessary. Depending on the size of the cabbage and amount of remaining moisture, this could take anywhere from 10 to 20 minutes.
- When most of the liquid from the cabbage is gone, add cream to taste and continue cooking over low to medium heat until cream is mostly absorbed and cabbage is tender. This step can also take 15 to 20 minutes.
- Salt and pepper to taste (and add optional dusting of nutmeg).