

Roast Pork Braised in Bourbon

John Fleming - Dayton Hudson Central

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

The bouquet garni: Tie thyme, sage and parsley in a pouch made from cheesecloth or a strong paper towel.

24 prunes

1 cup beef bouillon

3 to 4 pounds pork tenderloin, boned and tied

1/2 pound smoked ham

1/2 to 3/4 cup Dijon mustard

2/3 to 3/4 cup packed dark brown sugar

2 1/2 tablespoons vegetable oil

2/3 to 3/4 cup bourbon

1 1/2 cups beef bouillon

salt

freshly ground black pepper

bouquet garni

1/2 to 3/4 teaspoon cornstarch

Preheat the oven to 375 degrees.

In a small bowl, soak the prunes in one cup of tepid bouillon.

Split the tenderloin in half and stuff with thin slices of smoked ham. Spread mustard over the tenderloin and roll in brown sugar.

In a heavy pan, heat the oil. Brown the meat turning it so it does not burn. (The sugar will caramelize.) Pour half of the bourbon. Cover the pan.

Bake for 1-3/4 hours. Halfway through cooking, turn the meat and season with salt and pepper. Add the bouquet garni.

Reduce the oven temperature to 350 degrees.

About 10 minutes before the end of cooking time, add the remaining bourbon, prunes and liquid. After the mixture has baked the additional 10 minutes, remove the roast and place it on a warm platter. Simmer the sauce in the pan until thickened (cornstarch can be used to thicken the sauce).

Pork

Per Serving (excluding unknown items): 2489 Calories; 60g Fat (22.0% calories from fat); 152g Protein; 331g Carbohydrate; Cholesterol; 3908mg Sodium. Exchanges: 4 Grain(Starch); 20 1/2 Lean Meat; 8 1/2 Fruit; 7 Fat; 9 1/2 Other Carbohydrate