



SOUTHERN PORK  
TENDERLOIN

Pork Tenderloin



Swiss Chard



Corn Fritters



Contains Dairy

Apple Cider  
Gastrique



## STEP 1

Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove pork tenderloin from plastic and place on parchment paper. Place in hot oven for 10-15 minutes or until the pork chop reaches an internal temperature of 135°F\*. \*See chart below if you prefer your pork more well done.

## STEP 2

While the pork is in the oven, heat a medium sized sauce pan to medium - high heat, add 1-2 tbsp of desired oil. Sear corn fritters for 2-3 minutes per side, until desired crispness.

## STEP 3

After fritters are done, heat a medium sized sauce pan to medium - high heat, add 1-2 tbsp of desired oil. Add Swiss chard and sauté for 2-3 min or until tender.

## STEP 4

Once the pork and fritters have finished heating, transfer to your preferred serving dish and top pork tenderloin and swiss chard with room temperature apple cider gastrique.

*Rare*



*Well  
Done*

130°F

140°F

150°F

160°F