

PECAN-CRUSTED PORK TENDERLOIN WITH BOURBON MUSTARD SAUCE

Ingredients

- Non-stick cooking spray
- 1 (1-pound) pork tenderloin, trimmed
- 2-3 tablespoons Dijon mustard
- 1 cup pecan pieces, ground
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon cayenne pepper, or to taste
- Salt and black pepper, to taste

Sauce

- 3/4 cup chicken broth
- 1/4 cup bourbon
- 1 tablespoon cornstarch
- 2 tablespoons dark brown sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons soy sauce
- 1/4 cup Dijon mustard
- 3 tablespoons unsalted butter, cut into small pieces
- salt, to taste

Instructions

1. Preheat oven to 350 degrees.
2. Line a baking sheet with aluminum foil, preferably non-stick and spray lightly with cooking spray.
3. Rub the mustard evenly over the pork. Combine ground pecans, thyme, cayenne, salt and black pepper to taste and spread in a pan. Roll the tenderloin in the nut mixture, coating well on all sides.
4. Transfer to the prepared baking sheet and spray with cooking spray. Bake for 25 to 30 minutes or to an internal temperature of at least 145 degrees.
5. SAUCE: Meanwhile, prepare sauce. Combine chicken broth, bourbon and cornstarch in a small saucepan. Bring to a boil. Reduce heat to medium low. Whisk in sugar, Worcestershire, soy sauce and mustard and stir until smooth. Whisk in butter. Add salt to taste. Serve with pork.

