

Aamodt's Apple Harvest EGGFest

When I was asked to enter the Aamodt's Apple Harvest EGGFest, I thought this would be cool. So I tried to figure out something that would highlight Apple products and have somewhat of an apple theme. I used some ideas that I had been using for a few years and combined these techniques to come up with this recipe. But, I had to figure out something that would really give it that big Apple flavor and not be too overpowering and sweet. I think I hit upon a pretty good idea. It can be served as an appetizer or a main course. Hope you enjoy this.

I went to Aamodt's store the week before Apple Harvest EGGFest and purchased the following items:

10 Apples (several varieties)
1 Gallon of Apple Cider
1 Jar of unsweetened Apple Butter

Other items you will need:

Pork tenderloin..... (usually come two to a package)

Note: Do NOT get the pork tenderloin that has been marinated. Do you know that there is up to 30% by weight of a liquid solution? They say it is to add flavor and moisture. I won't pay about a third for water. So, get the natural tenderloin.

Wild Rice..... There are several varieties of wild rice. You will need a sturdier variety for this recipe, so use a Canadian or a Paddy wild rice as opposed to a lake variety or a naturally processed variety as these are a little softer and may turn mushy when stuffed in the tenderloin.

Chicken or vegetable stock for cooking the wild rice or just water

Bacon, about 8 slices per tenderloin

For the sauce:

Butter

Whole Grain mustard

Cayenne pepper

Fine ground Black Pepper

Salt

Wild Rice and Apple Stuffed Pork TenderLoin

For the sauce: Start reducing the apple cider. I did a whole gallon and it took a long time. About $\frac{1}{2}$ gal will make about 8 oz of syrup. Put the apple cider in a two quart saucepan and boil over med heat until it is reduced and is a syrup consistency. Add about 4 TBS of butter and stir. Add about $\frac{3}{4}$ TB of Whole Grain Mustard. (not the spicy variety, but a good whole grain mustard) This will help to keep the apple syrup and butter from separating. Now add the black pepper and cayenne pepper to taste. Careful, a little goes a long way here. A pinch of salt will do nicely here too.

Cook the rice: Wash 2 cups of wild rice under running water. Put in a 2 quart saucepan along with a quart plus one cup of stock. You can use any stock you want. I have even used beer. You will need a little more than 2 cups of liquid to one cup of wild rice. Canadian and Paddy rice varieties will need to cook for about 45-60 minutes. A lake variety or a naturally processed variety will take about 20-35 minutes to cook. Cook the wild rice until done but not too soft. Drain

Now for the tenderloin.

You'll need to open it up and trim it a bit.



See that shiny stuff? It is called silver skin, and is basically a tendon that needs to be removed.

Slide your knife under it and cut away from you.



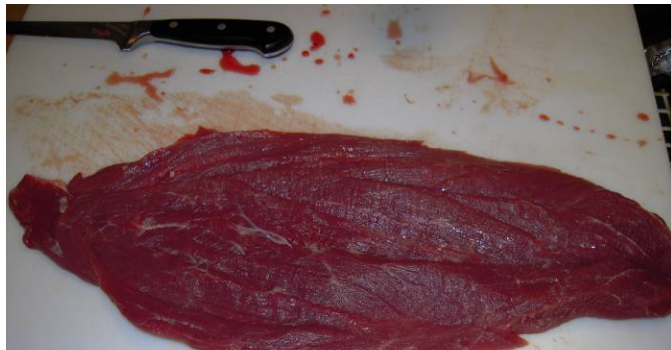
Continue with all of the stuff you see here until it is all cleaned.

That wasn't so hard.



Now, you'll need to flatten out the tenderloin. Start by cutting down along the length of the tenderloin, about 1 inch from one side. Cut about half way down, then turn your knife sideways and cut (parallel to the cutting board) just until you are almost through. Now

open it like a book.



Now place it on a piece of cling wrap, and then place another piece of cling wrap over it. Using a meat mallet, or a can of cream corn or something, flatten out the tenderloin until there is a uniform thickness, about $\frac{1}{2}$ inch thick.



Remove the top layer of wrap, and spread about a tablespoon of Apple Butter all over the tenderloin. Then place apple slices in a single row followed by a good handful of wild rice.



Now, using the cling wrap, roll up the tenderloin tight, and twist the ends of the wrap. The cling wrap will help you to roll this up with a minimum amount of mess.





OK, now for the bacon. Lay out another cling wrap, and place bacon strips alongside each other for the length of the tenderloin.



Unwrap the tenderloin, and place it on the bacon. Using the cling wrap, roll up the tenderloin in the bacon.

Now roll it up until it is all wrapped up. Twist the ends of the cling wrap to make it tight.

You can do this ahead of time if you would like. Keep it in the refrigerator or a cooler until you are ready to cook.



When you are ready to cook, sprinkle on your favorite seasoning. (I used Penzy's Northwoods Seasoning), but anything will work.

You can cook over direct or indirect heat. Add a little piece of wood if you like to add some smoke flavor.



Keep dome temp around 350F. For the Apple Harvest EGGFest, I used the indirect method.

If cooking over direct heat, turn in about 15-20 minutes.





Cook until internal temp is about 140 degrees F, Remember it will continue to cook after you take it off. It should take about 40 minutes.

Let it rest for a few minutes and then cut it at an angle. Put slices on a plate and add a little bit of the sauce



You can use your own variations for this one. Experiment and have fun.