

Pork Tenderloin Madeira, Sage & Jersey Royals



Serves 3 Prep 20 mins Cooking 30 mins Easy

Ingredients

For the pork

1 pork tenderloin
150ml Madeira
a bunch of sage leaves
olive oil
butter

For the Jersey Royals

400g Jersey Royals, washed
olive oil
salt

1. Heat the oven to 220C/ Fan200C/ Gas 7. Heat a knob of butter and a glug of oil in an oven proof frying pan. Season the tenderloin and brown well on all sides, to form a good crust. Add the Madeira, then transfer to the oven for 15-20 mins, until the pork is cooked through. (If you have a meat thermometer, the internal temperature should reach 68C.)
2. When the pork is in the oven, boil the potatoes until they are tender, about 8-10 minutes. Drain them well then mix the potatoes with a drizzle of olive oil and a pinch of salt.
3. Remove the meat from the pan, cover with foil and rest for 10 mins. Meanwhile, reduce the pan juices with another knob of butter on a low heat and season.
4. To serve, cut the pork into thick slices and arrange on a warm platter. Dress with the pan juices and lots of freshly chopped sage.
5. Serve with the Jersey royals and some fresh peas.

