

Chef David Wong's

Prosciutto Wrapped Pork Tenderloin

Soft Goat's Cheese Polenta with a Lemon and Apple Chutney

Serves 2

PORK TENDERLOIN

2pc Pork Tenderloin (5oz each)
4 slices Prosciutto
2Tbsp vegetable oil
Salt and white pepper

POLENTA

1c quick cooking cornmeal
5c homogenized milk
2Tbsp butter
1/4c goat's cheese
Salt and white pepper

LEMON AND APPLE CHUTNEY

2 Granny Smith Apples
1Tbsp Butter
1Tbsp Brown Sugar
1 Lemon
1 sprig of fresh thyme

Heat oven to 350F.

To begin, peel and dice the apple in to 1/2cm dice. Melt the butter in a small pot over medium-low heat. Add the diced apples with brown sugar. Stir to coat. Allow the sugar to melt. Zest then juice the lemon and add it to the apples. Add the thyme sprig and cook until soft.

Combine the cornmeal and cold milk into small pot. Bring up to temperature over medium heat. Stir until thickened (approximately 12-15 minutes). Add butter, goat's cheese, salt and white pepper.

Season the pork tenderloin with white pepper and very lightly with the salt. Wrap each with 2 overlapping prosciutto slices. Heat an oven proof frying pan to medium-high and add the vegetable oil. Carefully place pork into pan, seam side down. Place in oven for 8-10 minutes or to an internal temperature of 135F for medium. Leave in longer if desired. Remove from oven and allow rest for 5 minutes before slicing.

Place a dollop of the polenta in center of the plate. Top with the slices of prosciutto wrapped pork and top with chutney.

