



GF

# PORK IN CHERRY BEER SAUCE



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per serving:  
420 kcals 17g Fats  
33g Carbs 30g Protein

## INGREDIENTS:

- 1 ½ cup (350g) pitted cherries in syrup
- 1 shallot
- 3 tbsp. (75g) butter
- 2 tbsp. (25g) buckwheat flour or other
- 3 springs fresh thyme
- 1 cup (250ml) cherry beer
- 1.1 lb. (500g) pork
- 3 tbsp. maple syrup

## PREPARATION:

1. Drain the cherries but collect the syrup in a bowl. Finely chop the shallots. Heat 1 tbsp. butter in a saucepan and fry the shallots for 3 minutes. Add the flour and cook, stirring, for 5 min.
2. Next add in the thyme, cherry beer, half of the cherries and all the syrup from the jar. Simmer on low heat for 10 minutes to reduce.
3. Meanwhile, sprinkle the pork with salt and pepper.
4. Heat 1 tbsp. butter in a frying pan and fry the pork on high heat for 5 minutes to brown on each side. Reduce the heat to low and cook the pork for another 10 min.
5. Once cooked to your liking, remove the meat from the pan and rest covered with foil, for 5 minutes.
6. Meanwhile, pour the sauce through a strainer into a saucepan and bring to the boil, then remove from the heat.
7. Mix in the remaining butter, cherries and maple syrup and season with pepper and salt.
8. Cut the tenderloin into slices 1 cm thick and spoon over the sauce.