

Brandy Plum Pork Tenderloin Served On Buttermilk Corn Cakes

Prep Time - 45 minutes to 1 hour

Cook Time - approximately 1 1/2 hours

Total Time - 1 1/4 - 2 1/2 hours

Servings - 6 (if each person eats 2)

Ingredients For Pork

2 tablespoons olive oil

1 cup onion

1 cup bell pepper

1 teaspoon fresh ginger

1/2 teaspoon sesame oil

1 pound pork tenderloin cut in 1/2" slices

2 ounces brandy

1/2 cup plum sauce (a Chinese style cooking and dipping sauce found in Asian grocery store or in Oriental section of regular market)

2 teaspoons fresh oregano or 1/2 teaspoon dried

2 teaspoons fresh sage or 1/2 teaspoon dried

1/2 tablespoon dark pomegranate balsamic vinegar

Ingredients For Buttermilk Corn Cakes

2 cups all purpose flour
1 cup self rising corn meal mix
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon table salt
2 large eggs
3/4 cup sugar
8 tablespoons (1 stick) unsalted butter, melted
6 ounces of Greek vanilla yogurt (I used Chobani)
2 tablespoons sour cream
1/2 cup buttermilk, shaken
1 to 2 tablespoons of butter and canola oil for frying cakes

Directions For Pork Tenderloin

You need to scroll down and make the corn cakes before the pork OR you can make them 1 or 2 days before, rather than doing it all in the same night.

Salt and pepper each side of the pork slices.

Heat oil in a deep 12 inch skillet or stir fry pan. Add onions and peppers and cook for 2 to 3 minutes. Add ginger and sesame oil. Cook for another 6 or 7 minutes, until they are soft.

When you add the ginger, shove the peppers and onions to one side of the pan and place the pork slices into the skillet in a single layer. Cook 3 to 4 minutes per side. Stir meat and vegetables together.

Pour in brandy and allow to evaporate for 2 or 3 minutes. Add plum sauce and herbs. Allow sauce to just heat through and herbs to blend with everything. Then right before removing from heat, pour in balsamic vinegar.

Directions For Corn Cakes

This may seem a bit long and complicated for a corn muffin recipe but they're the most moist, tender, and flavorful ones I've ever tasted! You can transform your own corn muffin into a corn cake if you prefer.

Whisk flour, cornmeal, baking powder, baking soda, and salt in a medium bowl to combine; set aside.

Whisk eggs in second medium bowl until well combined and light-colored, about 20 seconds. Add sugar to eggs; whisk vigorously until thick and homogeneous, about 30 seconds; add melted butter in 3 additions, whisking to combine after each.

Blend yogurt and sour cream together. Add half of that to the egg mixture, along with half of the milk. Whisk to combine. Whisk in remaining sour cream and milk until blended. Add wet ingredients to dry ingredients. Mix gently with rubber spatula until batter is just combined and evenly moistened. Do not over mix.

Heat 1/2 tablespoon each, of butter and oil in a skillet on medium heat. Add additional grease to pan as necessary.

Using a medium ice cream scoop or spoon, pour batter into pan to make approximately 2 inch cakes. They don't have to be perfect. Just make them about the same size as the pork slices or slightly larger. Cook until fluffy and golden brown, about 2 to 3 minutes per side.

This recipe makes approximately 48 corn cakes or 24 regular muffins. You need about 12 for this meal. You can do half muffins and half cakes. Leftovers corn cakes do make scrumptious pancakes with melted butter and warm maple syrup! You can also freeze either one in freezer Ziploc bags for 1 to 2 months.