



# Apple and Cornbread Pork Loin with Plum Sauce, Pumpkin Mashed Potato and Mustard Sautéed Watercress

## Ingredients

### For the pork loin:

1 ½ Pounds pork loin  
2 Granny smith apples (diced)  
3oz. Cornbread (Crumbled)  
1 Cup pork stock  
2oz. Butter (melted)  
2 Tsp. granulated garlic  
Salt  
Pepper

### For the potatoes:

8oz. Red potatoes  
8oz. Pumpkin (diced)  
1 Tbsp. olive oil  
3 Tbsp. brown sugar  
2 Tbsp. butter  
4oz. Heavy cream  
1 Tsp. nutmeg  
1 Tsp. ground cinnamon

### For the sauce:

3 fresh plums (about 8oz.)  
1 ½ Tbsp. red wine vinegar  
2 Tsp. brown sugar  
2 Tsp. diced onion  
¾ Tsp. crushed red pepper  
1 Tsp. crushed fresh garlic  
½ Tsp. crushed fresh Ginger

### For the watercress:

1½ Pound watercress  
2 Tbsp. olive oil  
1 Tsp. grey poupon mustard  
2oz. Water  
Salt (to taste)  
Pepper (to taste)

## Directions (serves 4)

Heat up the butter in a pan; add the apples and sauté for 3 minutes. Let it cool down.

In a mixing bowl add the cornbread, apples, pork stock and seasonings. Mix well.

Cut the pork loin from the top part of the piece, going down the back, all the way around to make a long and thin base (This will make it easy to stuff and roll up the pork loin). Stuff the loin with the apple and cornbread mix, place in a baking sheet and bake for about 25 to 35 minutes in a 350 degree oven.

Mix the diced pumpkin with the oil, sugar, nutmeg and cinnamon, and bake for 20 minutes at 350 degree.

Meanwhile mix all the ingredients for the sauce and blend until incorporated. Set a side.

Boil the potatoes (leave whole) for 20 minutes or until tender. In a mixing bowl, add the potatoes, roasted pumpkin and heavy cream, adjust the seasoning if needed.

In a large sauté pan; heat up the oil over medium-high heat, add the watercress and sauté for 2 minutes, add the mustard salt and pepper, and cook for 2 more minutes. Add the water and cook for additional 2 minutes.

Pull the pork loin from the oven and check for 150 degree internal temperature. Let it rest for 5 minutes, then slice.

Place the watercress in the middle of the plate, and then mashed potatoes, and top with the pork loin, pour the sauce over the pork.

