

Across the Fence **Recipes – October 2021**

Maple Balsamic Pork Tenderloin with Potatoes

2 lbs. pork tenderloin	1½ to 2 lbs. baby red and/or gold potatoes, halved
¾ cup Vermont maple syrup	3 Tbsp. olive oil
2 tsp. garlic	½ tsp. Italian seasoning
2 Tbsp. reduced sodium soy sauce	½ tsp. garlic powder
2 Tbsp. balsamic vinegar	⅓ cup grated parmesan cheese
⅛ tsp. crushed red pepper flakes	Salt and pepper to taste
¼ tsp. smoked paprika, optional	

Preheat oven to 425°F and grease a sheet pan. Line one half of the sheet pan with foil, folding up the sides about 2 inches from the edge to make a "tray" (to prevent pork juices from spilling out). Place tenderloin in the center of the foil tray. Pat tenderloin dry with a paper towel. Whisk together maple syrup, garlic, soy sauce, balsamic vinegar, red pepper flakes, and paprika. Pour over pork tenderloin, then turn the tenderloin over a couple of times to make sure all sides are coated. Arrange potatoes on the other half of the sheet pan (non-foil half). Drizzle with oil, toss to coat, then season with salt and pepper to taste, Italian seasoning, garlic powder, and parmesan cheese. Bake in preheated oven for 20 to 25 minutes, using tongs to turn the pork over in the sauces every 5 to 10 minutes. Make sure pork is cooked all the way through, if it is still pink in the middle, move to separate cookie sheet and bake for an extra 15 to 20 minutes. Allow pork to rest for 5 minutes before slicing into 1-inch sections and serving.

Apple Crisp

Crumble Topping:

2/3 cup old-fashioned rolled oats
½ cup all-purpose flour
½ cup light brown sugar
½ tsp. cinnamon
½ tsp. baking powder
½ cup butter, cut in pieces

Apple filling:

3 to 4 large Granny Smith apples, peeled and thinly sliced	½ tsp. vanilla
3 Tbsp. butter, melted	¼ cup sugar
2 Tbsp. all-purpose flour	½ tsp. orange zest
1 Tbsp. lemon juice	½ tsp. lemon zest
2 Tbsp. orange juice	½ tsp. cinnamon
	¼ tsp. nutmeg

Preheat oven to 375°F. **Crumble Topping:** In a medium size bowl combine oats, flour, brown sugar, cinnamon, and baking powder. Add butter and cut in with a pastry blender or fork until well combined. Refrigerate while you prepare the apple filling. **Apple Filling:** Peel, core and slice the apples all at once. In a small bowl stir together melted butter and flour until smooth. Add lemon juice, orange juice, vanilla and stir. Stir in brown sugar, cinnamon, and nutmeg. Pour butter mixture over apples and toss to coat. Pour apple mixture into an 8×8-inch baking dish and spread into an even layer. Sprinkle crumb topping evenly over the apples. Bake for about 35 minutes or until golden brown and top is set. Remove from oven and allow to cool for at least 10 minutes before serving. Serve with vanilla ice cream, if desired. **Note:** To make it in a crockpot; place prepared apple filling in the bottom of the slow cooker. Add crumble topping. Place a few paper towels on top of the oat topping, to keep condensation from the lid from making the topping soggy. Cook on high for 3 to 4 hours, or low for 6 to 8 hours until apples are tender.

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

Contact us: atfence@uvm.edu, phone: (802) 656-5059, or online at: www.uvm.edu/extension/atf

University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.