

DINNER

Pork Fillets With Dark Cherry Sauce

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	10 min	25 min	4	\$5.07	582 kcal

Pork Fillets With Dark Cherry Sauce is a main course that serves 4. For \$5.07 per serving, this recipe covers 37% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 55g of protein, 26g of fat, and a total of 582 calories. This recipe is liked by 1 fo...

Ingredients

- ☐ ½ cup beef broth
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons fresh lemon juice
- ☐ 2 tablespoons olive oil
- ☐ ½ teaspoon freshly ground pepper
- ☐ ½ teaspoon salt
- ☐ 4 servings Garnish: fresh watercress
- ☐ ¼ cup bourbon
- ☐ 1½ teaspoons chopped fresh rosemary
- ☐ 2 teaspoons grated lemon rind
- ☐ ½ cup chopped pecans, toasted
- ☐ 2 pounds pork loin
- ☐ 17 ounce pitted dark sweet cherries
canned

EQUIPMENT Bowl, Frying pan, Whisk, Kitchen twine

Method

- 1

Cut pork loin into 4 (1 1/2-inch thick) fillets; sprinkle evenly with salt and pepper. Securely tie a 12-inch piece of kitchen string around each fillet, if desired.

- 2 Cook pork fillets in hot oil in a skillet over medium-high heat 2 to 3 minutes on each side or until golden brown. Stir together beef broth and bourbon; add to skillet, stirring to loosen particles from bottom of skillet. Reduce heat to low; cover and simmer for 10 to 15 minutes or until pork is done.
- 3 Remove fillets to a serving platter, reserving pan juices, and keep warm.
- 4 Remove and discard kitchen string.
- 5 Drain cherries, reserving syrup in a small bowl.
- 6 Whisk together cherry syrup, cornstarch, and next 4 ingredients; add to skillet with reserved pan juices. Bring to a boil over medium heat, and cook, stirring constantly, 1 minute or until thickened.
- 7 Remove from heat; remove cloves, and stir in cherries and chopped toasted pecans. Spoon mixture evenly over warm pork fillets.
- 8 Garnish, if desired, and serve immediately.

Nutrition per serving

	582 KCAL	55 g PROTEIN	26 g FAT	24 g CARBS
Saturated Fat				4.7 g · 30% of daily needs
Fibre				4.2 g · 17% of daily needs
Sugar				16.3 g · 18% of daily needs
Sodium				528 mg · 23% of daily needs
Cholesterol				143 mg · 48% of daily needs
Vitamin C				27.4 mg · 33% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/pork-fillets-with-dark-cherry-sauce-148603