

PORK MEDALLIONS WITH WINE, CREAM, MUSTARD, AND HERBS

Pork tenderloin is an inexpensive, lean, tender and delicious cut of meat. However, due to its leanness, it has a tendency to dry out, so pounding it thin and cooking it hot and fast in a pan is essential to preserving the meat's juiciness. We whipped up a simple pan sauce using white wine, stock, cream, mustard, and fresh herbs to give the dish that fatty, luscious, tangy finishing touch. It's a simple recipe, using simple ingredients, and a perfectly delicious main course your whole family will love any night of the week.

Prep time: 30 minutes

Cook time: 20 minutes

Serves 6



Preheat the oven to 200°F

Place a large piece of parchment or wax paper on a work surface. Lay down 3 slices of meat, a few inches apart. Place another piece of paper on top and with a cleaver or mallet, pound the meat flat to ¼-inch thick pieces. Season the slices of pork on both sides with salt and pepper, then transfer to a plate. Continue with the rest of the pork.

Heat 1 tablespoon of butter and 1 tablespoon of olive oil in each of 2 large skillets over medium-high-heat. Sear the pork medallions in batches for about 2 minutes on each side, or until lightly browned and cooked through. Transfer the pork to a platter and keep in a warm 200 degree oven while you finish cooking the rest of the meat and making the sauce.

Using only one pan to make the sauce, pour out the fat and wipe the pan clean with paper towels. Add the minced shallots, wine, and chicken stock. Turn the heat up to high and boil rapidly for a few minutes, scraping up all the browned bits from the

Ingredients:

2 pork tenderloins,
sliced into ½-inch thick
medallions and dried with
paper towels
4 tablespoons butter
4 tablespoons extra-virgin
olive oil
1 shallot, minced
½ cup dry white wine or
vermouth
⅔ cup chicken stock
⅔ cup heavy cream
1 tablespoon dijon mustard
3 tablespoons chopped
parsley
squeeze of lemon juice
1 lemon, sliced thin for
garnish (optional)
Kosher salt and freshly
ground pepper, to taste