



l'art de cuisiner

STARK & WHYTE

Pork Medallions with Roasted Apple Grille Cream Sauce

Method

1. Cut pork into 2.5 cm (1") thick medallions. Place between plastic wrap and pound to 6 mm (1/4") thickness.
2. Heat 15 ml (1 Tbsp) butter and oil in a sauté pan over medium heat. Add pork medallions and season with salt and pepper. Sauté until just cooked through, about 3 minutes per-side. Transfer to a plate and cover loosely with foil. Drain fat from pan.
3. To make sauce, add a few tablespoons of the chicken broth to the sauté pan to deglaze the pan.
4. Combine the remaining 30 ml (2 Tbsp) of butter and flour in a small dish. Add this mixture to the sauté pan. Over medium heat, melt butter until it bubbles, about 1 minute.

Ingredients (Serves 4):

600 g (1 ¼ lb) pork tenderloin

15 ml (1 Tbsp) oil

45 ml (3 Tbsp) Butter, softened

15 ml (1 Tbsp) Flour

190 ml (3/4 cup) chicken broth

190 ml (3/4 cup) cup light or heavy cream

125 ml (1/2 cup) Stonewall Kitchen
Roasted Apple Grille Sauce

(continued on reverse)

(continued on reverse)

5 ml (1 tsp) Salt

Pepper to taste

Caramelized apples, sautéed mushrooms,
or 15 - 30 ml (1-2 Tbsp) brandy added to
sauce optional

5. Slowly add the chicken broth and simmer until slightly thickened.

6. Stir in the cream and Stonewall Kitchen Wood Roasted Apple Sauce. Add Salt and pepper to taste. Continue to heat until sauce is slightly thickened.

7. Serve sauce over plated pork medallions.

Recipe Tips

Caramelized apples, sautéed mushrooms, or 15 - 30 ml (1-2 Tbsp) brandy added to
sauce optional

