

Seared Pork Medallions with Wild Blueberry Pan Sauce



Ingredients

Pork:

1 pork tenderloin, well-trimmed about 12 oz / 0.375 kg
1 tsp + ½ tsp / 7 mL chopped fresh thyme
Salt and ground black pepper to taste
1 Tbsp / 15 mL canola oil

Pan Sauce:

¾ cup / 175 mL dry red wine or unsweetened grape juice
1 cup / 250 mL frozen wild blueberries
1 Tbsp / 15 mL granulated sugar
1 tsp / 5 mL lemon zest
1 tsp + ½ tsp / 7 mL cornstarch mixed with 2 Tbsp / 30 mL water

Directions

For the medallions:

1. With sharp knife, slice tenderloin into 6 equal pieces. With cut side down, gently pound medallions with meat mallet, rolling pin or heavy pan until ½- inch thick.
2. Pat medallions dry with paper towels; season with thyme, salt and pepper.
3. Preheat oven to 200°F.
4. In large skillet, heat oil over medium-high heat. Sear medallions until nicely browned, about 2 minutes per side.
5. Transfer medallions to rack on rimmed baking sheet; keep warm in oven while making pan sauce.

For the pan sauce:

1. Drain any fat from skillet.
2. Add wine or grape juice. Bring to a boil over high heat, scraping up any brown bits from bottom of skillet.
3. Reduce heat to medium; boil an additional 3 minutes.
4. Stir in blueberries, sugar and lemon zest; return to a boil.
5. Reduce heat. Stir cornstarch mixture into sauce; simmer just until clear.
6. Pool sauce onto warm dinner plates. Top with warm medallions.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 15
- **Number of Servings:** 3-4