

Pork Medallions with Apples & Cider



Ingredients

- 1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg
- Salt and ground black pepper
- 2 Tbsp / 30 mL canola oil
- 2 tart apples, peeled, cored, and sliced
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 1 cup / 250 mL apple cider, dry
- 1 tsp + ½ tsp / 7 mL chopped fresh sage leaves, or ½ tsp / 2 mL dried sage leaves

Directions

1. With sharp knife, slice tenderloin into 8 equal pieces. Flatten slightly with palm of hand to ½-inch thickness. Season both sides with salt and pepper.
2. In large nonstick skillet, heat oil over medium-high heat. Sear medallions, about 2 minutes per side.
3. Remove medallions from skillet to a clean plate. Cover loosely with foil to keep warm.
4. In same skillet, fry onions until lightly browned, about 5 minutes.
5. Add garlic, cider, and sage; boil rapidly to reduce liquid by half.
6. Add apple slices; simmer for 5 minutes or until apples are softened.
7. Return medallions to skillet. Continue simmering for 1-2 minutes, just until medallions are heated through; do not overcook. Serve immediately.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 20
- **Number of Servings:** 4