

Flambéed Pork Medallions with Pears



Ingredients

- 1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg
- Salt and ground black pepper
- ¼ cup / 50 mL sodium-reduced chicken broth
- 1 Tbsp / 15 mL lemon juice
- 1 tsp / 5 mL Worcestershire sauce
- 3-4 drops Tabasco sauce
- 2 tsp / 10 mL canola oil
- 1 tsp / 5 mL butter
- ½ cup / 125 mL minced shallots
- 1 large ripe pear, peeled, halved, cored and cut horizontally into ¼-inch thick slices
- ¼ cup / 50 mL Sambuca liqueur
- 1 Tbsp / 15 mL fresh tarragon leaves

Directions

1. With sharp knife, slice tenderloin crosswise into 6 equal pieces. With cut side down, flatten slightly with palm of hand to 1-inch thickness.
2. Season both sides of each medallion with salt and pepper. Set aside.
3. In small bowl, whisk together broth, lemon juice, Worcestershire sauce and Tabasco sauce. Set aside.
4. In large nonstick skillet, heat oil over medium-high heat. Add butter; swirl pan to melt.
5. Add medallions to skillet and sear 3-4 minutes. Using tongs, turn medallions to brown other side.
6. Arrange shallots and pear slices around meat. Cook 1-2 minutes more.
7. Add broth mixture to skillet. Reduce heat to low. Cover and simmer, about 3 minutes or until instant-read thermometer inserted into centre of medallions registers 150-155°F.
8. Meanwhile, in small saucepan, heat Sambuca over medium heat just until bubbles begin to form around the edge, about 1 minute. Carefully pour warmed Sambuca over medallions. Remove skillet from element and immediately ignite vapours with a long match or BBQ lighter. Gently rotate skillet so flames and alcohol distribute evenly. After 10-15 seconds, the alcohol will cook off and the flames will die out.

9. Baste medallions with sauce and sprinkle with tarragon leaves. Serve immediately.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 15
- **Number of Servings:** 3-4