

Pork Saltimbocca



Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 375 g
Ground black pepper for seasoning
4 slices prosciutto
10-12 fresh sage leaves
¼ cup / 50 mL flour
2-3 Tbsp / 30-45 mL olive oil, divided
2 Tbsp / 30 mL minced shallot
1-2 garlic cloves, minced
¼ cup / 50 mL white wine or chicken broth
1 Tbsp / 15 mL unsalted butter
½ lemon, sliced into wedges
Chopped fresh parsley for garnish

Directions

1. With sharp knife, slice pork tenderloin crosswise on slight angle into 8 equal pieces. With cut side down, flatten each piece slightly with palm of hand to ¼-inch thickness.
2. Lightly season medallions on both sides with pepper.
3. Place one or two sage leaves onto each medallion and cover with half a slice of prosciutto. Gently pat prosciutto so it adheres to meat, tucking edges under medallion if required.
4. One at a time, dust medallions with flour. Set aside.
5. In large skillet, heat 1 Tbsp oil over medium-high heat. Place half the medallions, prosciutto-side down, in skillet. With spatula, press down on medallions; cook until prosciutto starts to crisp, about 4-5 minutes. Carefully turn medallions. Cook, just until bottoms are nicely browned, about 2 minutes.
6. Transfer medallions to serving platter. Tent loosely with foil to keep warm. Repeat with remaining medallions, adding more oil as needed.
7. Add butter to skillet. Swirl skillet until butter melts.
8. Add shallot and garlic to skillet. Sauté, stirring often, about 1 minute.
9. Deglaze pan with broth, scrapping up any browned bits from bottom of skillet.
10. Spoon sauce over medallions. Drizzle with juice from 1-2 lemon wedges. Garnish with chopped parsley. Serve with additional lemon wedges if desired.

Additional Info

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 10
- **Number of Servings:** 3-4