

# Pork Medallions in Sherry Sauce



## Ingredients

1 pork tenderloin, well-trimmed, about 12 oz / 0.375 kg  
¼ cup / 50 mL all-purpose flour  
¼ tsp / 1 mL salt  
½ tsp / 2 mL EACH dried rosemary and ground black pepper  
2 tsp / 10 mL canola oil  
3 shallots, thinly sliced  
¼ cup / 50 mL white wine vinegar  
1 cup / 250 mL dry sherry  
½ tsp / 2 mL dry mustard  
½ cup / 125 mL beef stock  
1 Tbsp / 15 mL fresh rosemary leaves, chopped  
½ tsp / 2 mL salt  
¼ tsp / 1 mL ground black pepper

## Directions

1. With sharp knife, slice tenderloin into 6 equal pieces. Flatten slightly with palm of hand to 1-inch thickness.
2. In shallow container, combine flour, salt, rosemary and pepper. Coat pork medallions with seasoned flour, shaking off any excess.
3. In large nonstick skillet, heat oil over medium-high heat. Brown medallions, 3-4 minutes per side. Remove from skillet to a clean plate. Cover loosely with foil to keep warm.
4. Reduce heat to medium-low and allow skillet to cool slightly. Add shallots to skillet; sauté for about 1 minute.
5. Deglaze skillet with vinegar scraping up brown bits from bottom of skillet.
6. Whisk in the sherry.
7. Add stock, mustard, rosemary, salt and pepper; Stir to combine.
8. Bring sauce to a boil over medium-high heat. Reduce heat to low and return medallions to skillet. Simmer until medallions are heated through, about 2 minutes.
9. Arrange medallions on a platter and drizzle with half the sauce.
10. Serve with remaining sauce.

## **Additional Info**

- **Cut:** Tenderloin
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 25
- **Number of Servings:** 4