

# Seared Pork Medallions with Wild Blueberry Pan Sauce



## Ingredients

### Pork:

1 pork tenderloin, well-trimmed about 12 oz / 0.375 kg  
1½ 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 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 towel; 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