

Andrew's Pork Medallions and Mushroom Sauce (~4 servings)

Ingredients

- 800 g of pork tenderloin cut into 8 medallions and sprinkled with salt
- 1 tbsp olive oil
- 1 tbsp butter
- 2 small leeks, diced
- 1 small fennel, diced
- 3-4 cups mushrooms, sliced
- 1 tsp dried thyme
- ½ cup of white wine
- 1 cup chicken stock mixed with 1 tbsp flour
- 3 cloves garlic, rasped
- ½ cup shredded parmesan
- 1 cup crème fraîche
- ½ lemon

Method

1. Heat a large frying pan over medium heat and add olive oil and butter. When foam subsides add medallions and cook for ~10 minutes until 145°F in the centre (medium), flipping halfway through. Remove medallions and reserve.
2. Add leeks and fennel and sauté, deglazing pan with white wine. Add mushrooms and season with salt and thyme. Cook covered until mushrooms have reduced.
3. Add stock with flour, rasped garlic and parmesan. Add any juices released by medallions. Stir well and simmer for ~10 minutes to reduce and thicken.
4. Taste sauce and adjust salt, season with pepper and add crème fraîche. Stir to incorporate and bring to a simmer. Add juice of about ½ lemon to brighten flavour.
5. Spoon sauce over medallions to serve.

Notes

- You can serve this on top of cooked pasta coated with butter and seasoned with pepper.