



Pork Medallions with Mushrooms

MyPlate2Yours - Lynn Dugan

Serving Size: 6

Ingredients

1-1/2 pounds pork tenderloin
2 tablespoons olive oil
2 shallots, finely diced
1 pound white mushrooms, sliced
1 tablespoon flour
1/2 cup Madeira wine (dry port, sherry or Marsala wines can be substituted)
1 cup chicken stock
Salt and freshly ground pepper
Parsley, for garnish

Directions

Cut tenderloin into generous 1 inch medallions. Season with salt and pepper. Heat 1 tablespoon oil in a large sauce pan over high heat. Sear meat until browned, about 2 minutes. Flip and repeat browning on other side. Transfer pork to a plate. Add remaining oil to pan and heat. Add shallots and sauté until golden while scraping any browned bits from pan. Add the mushrooms and sauté until most of liquid evaporates. Sprinkle with flour and add the Madeira. Once the wine has reduced by half, add the stock and bring to a simmer. Add pork and any accumulated juices to the pan. Cook in simmering sauce for 5-8 minutes, flipping once, until internal temperature is 145 degrees. Serve medallions on top of parsnip mash* and garnish with parsley.

*Parsnip Mash

3 pounds* parsnips, peeled, cored and cut into 1 inch pieces
Salt and ground white pepper
2 teaspoons butter or Earth Balance
2 tablespoons milk (more, if needed, for desired consistency)

Place parsnips in a large saucepan and cover with water. Bring to a boil. Turn down heat to a gentle boil until parsnips are easily pierced with a fork, about 8-10 minutes. Drain well.

Put parsnips in a food processor and puree until smooth. Add butter and milk. Season to taste with salt and white pepper.

*If purchasing young parsnips, only 2 pounds needed since they have tender cores and do not need to be cored.