



Pork Medallions with Sage, Apple & Mustard Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 3

- 500g Pork Fillet, cut into inch-long medallions
- 1 Granny Smith (or other crunchy, sharp apple), thinly sliced just before frying
- about a dozen sage leaves
- 1 large shallot, very finely chopped
- a little oil & butter for frying
- 50ml brandy
- 1tsp english mustard
- 100ml good vegetable or chicken stock
- 100ml single cream

Instructions

This is a lovely rich and delicious recipe. The brandy and mustard contribute to a gorgeously silky rich sauce and the sharpness in the apples completes the dish.

I served this with new potatoes and January King Cabbage.

I would recommend preparing the sauce up to the point before adding the mustard and cream - then taking care of the pork - and finishing the sauce at the very end.

Think the dish through first because there's quite a bit to do at the last minute - it's worth it though!

1. Preheat oven to 150 degrees C
2. For the sauce, gently cook the shallot in a saucepan on a medium heat, in a little oil and butter, until soft and translucent.

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3. Turn up the heat, add the brandy and deglaze. Reduce by two thirds and turn the heat down to medium-low.
 4. Add the stock and simmer until reduced by half.
 5. Stir the mustard into the mixture well.
 6. Add the cream, heat through for 2-3 minutes and serve.
 7. Pan fry the medallions on a medium-high heat, in plenty of oil & butter, to brown on both sides (about 2-3 minutes per side).
 8. Keeping the used pan on the hob, transfer medallions to an ovenproof dish and finish in the oven - about 10-15 minutes, or until the pork is just cooked through.
 9. In the pan that was used for the pork, fry the sage leaves & apple slices, using a little more butter if required.
 10. Plate the apple slices in the centre, sit 2 or 3 medallions on them, and top with the fried sage. Spoon the sauce round the side.